

The Flagship®





NAS Oceana to live broadcast air show Sept. 19

U.S. Navy

By Brock Vergakis
Navy Region Mid-Atlantic Public Affairs

VIRGINIA BEACH

Naval Air Station (NAS) Oceana will broadcast its annual air show, Sept. 19 from noon to 4 p.m., featuring performances by a variety of military aircraft including the Navy’s F/A-18 Super Hornet and the Air Force’s F-22 Raptor.

The decision to broadcast the air show, instead of inviting the public on the base to view, allows Hampton Roads residents to see naval aviation up close in a safe environment during the COVID-19 pandemic.

This year’s in-person air show was canceled on July 13 to help stop the spread of the coronavirus. The event has been held nearly every year since 1962 and typically attracts more than 250,000 spectators, making physical distancing impractical.

“NAS Oceana is very fortunate to call the cities of Virginia Beach and Chesapeake our home, and we take pride in doing our part to keep the public safe. As

members of these great communities, we know that people look forward to attending our very popular air show,” said Capt. John W. Hewitt, Commanding Officer of NAS Oceana. “Moving the air show to a live-streamed event allows us to keep everyone healthy, while still showcasing what the Navy and Marine Corps team is capable of doing when we deploy around the world to defend America’s interests.”

This year’s air show theme is “In It Together,” which pays tribute to frontline workers who are keeping everyone safe during the pandemic.

The air show schedule is still under development, but will be highlighted by a live performance of the NAS Oceana-based “Rhino” Demonstration Team that flies the F/A-18F Super Hornet with aircrew who are assigned to VFA-106.

The demonstration team performs at air shows around the country and consists of pilots, weapon sys-

» See **LIVE** | A7

IN IT TOGETHER



2020
NAS OCEANA
AIR SHOW

MWR and Operation Homefront supports military families with back to school supply drive-thru

By ABH2 Megan Kintner
Naval Station Norfolk Public Affairs

NORFOLK

Although this may be an unusual start of a new school year for many students in the Hampton Roads area, Naval Station (NAVSTA) Norfolk’s Morale, Welfare and Recreation (MWR) in partnership with Operation Homefront hosted a back to school supply event, Aug. 25.

“Due to COVID, our event was scaled down and done differently than in past years,” said MWR Community Recreation Director, Elizabeth Amaya. “Even in the current environment we felt it was still important to host the event in a safe and effective manner.”

Approximately 94 cars were full of active duty families and their young ones waiting to get their 2020-2021 school backpack and supplies. From the safety of their own vehicle, families were able to drive-thru to pick up pens, pencils, notebooks, backpacks and so much more for kids.

“Providing school supplies for military



Angel Fretwell-Horowitz with Naval Station Norfolk’s Morale, Welfare and Recreation department checks in families during the annual back to school supply drive-thru, Aug. 25. Each year, MWR partners with Operation Homefront and additional sponsors to host the event.

families helps to alleviate some stressors associated with the financial burden of returning back to school. MWR recognizes that being able to provide masks, hand sanitizer, pencils, notebooks, highlighters and backpacks, helps the greater cause,” said Amaya. “Although most children will be returning to a virtual classroom in the upcoming weeks, these supplies may be essential for the success of each military student.”

Operation Homefront is a nonprofit or-

ganization headquartered in San Antonio, Texas and Arlington, Virginia. Its stated mission is to “build strong, stable, and secure military families so that they can thrive in the communities they have worked so hard to protect.” In addition to Operation Homefront, Ketia4kidz and Lidl are also to be thanked for their contributions.

For additional information on NAVSTA Norfolk MWR visit the Facebook page at <https://www.facebook.com/NSNMWR>

USS Hershel “Woody” Williams supports U.S. SOF interoperability

From U.S. Naval Forces Europe-Africa Public Affairs

MEDITERRANEAN SEA

The Expeditionary Sea Base USS Hershel “Woody” Williams (ESB 4) is conducting interoperability training with Special Operations Forces (SOF) assigned to Special Operations Command-Africa (SOCAF) in the Mediterranean Sea.

The training aboard Hershel “Woody” Williams enables the SOF to train in a shipboard environment in preparations of upcoming operations throughout the U.S. Africa Command (AFRICOM) area of responsibility (AOR).

“The interoperability training we have conducted with the teams from SOCAF and the 352nd Special Operations Wing in the Mediterranean has demonstrated our unique capabilities as an Expeditionary Sea Base,” said Capt. David Gray Jr., Commanding Of-

» See **WOODY** | A7

CHECK US OUT ONLINE!

www.flagshipnews.com

facebook

www.facebook.com/The.Flagship

twitter

www.twitter.com/the_flagship

Port visits onboard NSA Naples

When two ships pulled into the Port of Naples in August, Naval Support Activity (NSA) Naples made it their mission to ensure a fun and safe visit for the Sailors where crews could still maintain their “bubble.” » See **A5**



RIMPAC 2020 participants conduct sinking exercise

Live fire from ships and aircraft participating in the Rim of the Pacific (RIMPAC) exercise sank the decommissioned amphibious cargo shipex-USS Durham (LKA 114) August 30.

» See **B1**

Nauticusto host maritime adventure

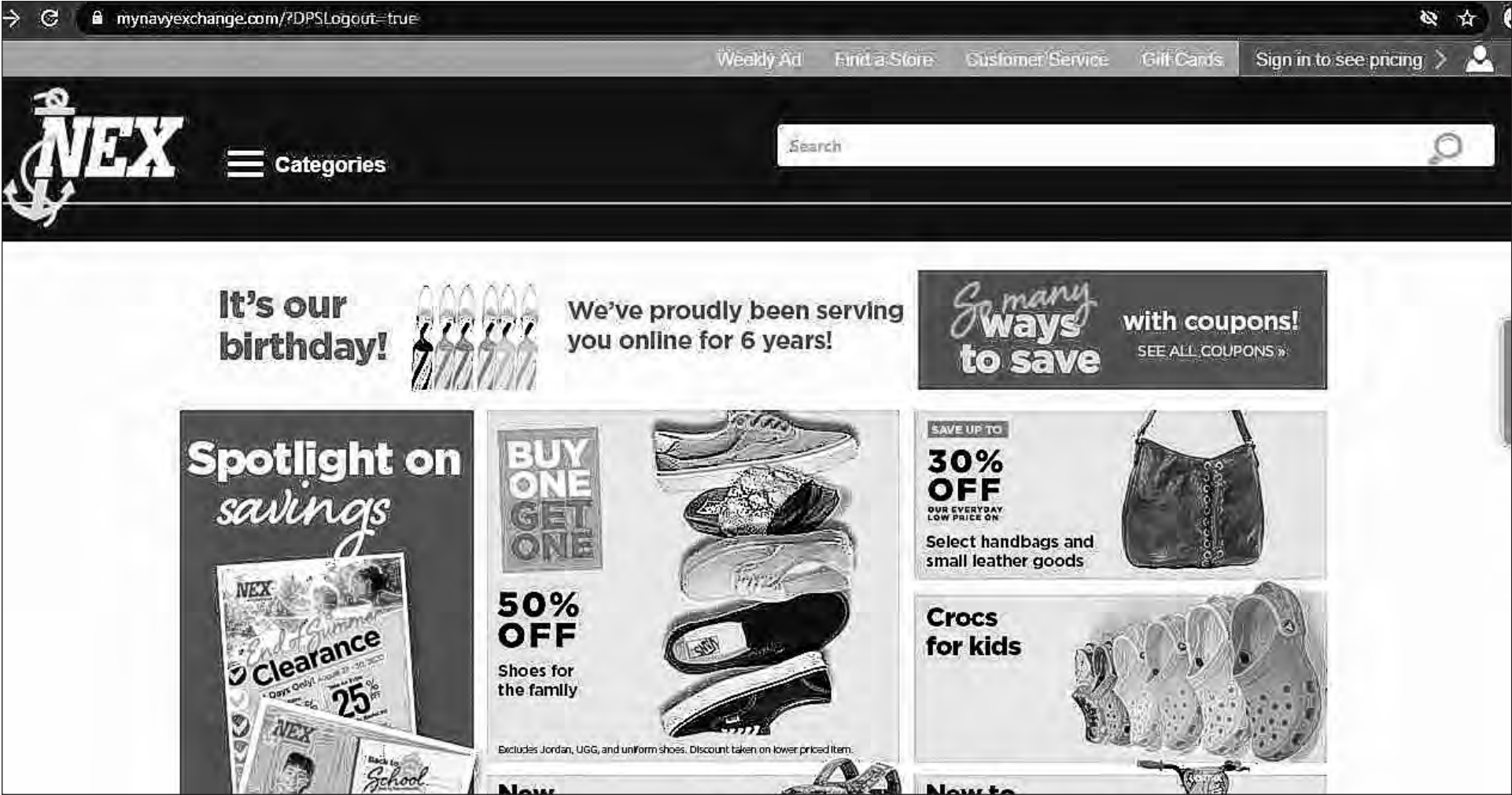
Astravel plans and school schedules are impacted this fall, Nauticus is offering a voyage far below the ocean’s surface.

» See **C2**

THE FLAGSHIP’S FREE HOME DELIVERY

South Hampton Roads: Get the convenience of your Navy newspaper delivered right to your door for free!

Sign up today! Call 222-3900



NEXCOM Public Affairs
On Aug. 27, the Navy Exchange Service Command's (NEXCOM) website, myNavyExchange.com, turns six years old. Over the years, the NEX online store has continued to evolve to meet the needs of its customers. NEXCOM is comprised of 14,000 personnel worldwide facilitating six business lines, NEX retail stores, the Navy Lodge Program, Telecommunications Program, Navy Clothing and Textile Research Facility, Ships Store Program and the Uniform Program Management Office.

NEX online store turns six, continues to evolve to support customers

By Kristine Sturkie
Navy Exchange Service Command Public Affairs

VIRGINIA BEACH
On Aug. 27, the Navy Exchange Service Command's (NEXCOM) website, myNavyExchange.com, turned six years old. Over the years, the NEX online store has continued to evolve to meet the needs of its customers.
"Our NEX website has come a long way in the past six years," said Rich Honiball, Executive Vice President, Global Merchandising and Marketing Officer, NEXCOM. "Now more than ever, we know our customers are

looking for a safe and convenient place to shop for the products they need for their families. MyNavyExchange.com offers that and more to our authorized customers."
Since its inception in 2014, the NEX online store has greatly expanded its merchandise assortment to encompass more products its customers have requested. In 2016, the Ship to Store program was launched allowing customers to have merchandise ordered online shipped to their local NEX for pick up. Most recently, the myNavyExchange.com integrated military Uniforms for a seamless shopping experience for the customer. The website

also features the NEX Marketplace which offers a variety of products and services including flower delivery, military, food and personalized gifts, overseas vehicles sales and moving, storage, car and trunk rentals. Customers can also purchase NEX gift cards, view weekly ads and find store specific information such as hours of operation and available services. In June, the web store hit yet another milestone, signing up its one millionth customer.
In 2017, NEX online shopping privileges were extended to all honorably discharged veterans of the U.S. military. On Jan. 1, 2020,

NEX in-store and online shopping and Navy Lodge guest privileges were extended to Veterans with a Department of Veterans Affairs (VA)-documented service-connected disability rating, Purple Heart recipients, former prisoners of war and primary family caregivers for veterans enrolled in the VA's Program of Comprehensive Assistance for Family Caregivers.
"We are continually reviewing and upgrading our website to ensure it has the merchandise our customers need when they need it," said Honiball. "Even now, during the COVID-19 pandemic, we are leveraging the buying power of the military resale's Joint Buying Alliance so that our military customers have priority when it comes to allocation of any merchandise that may be in limited supply. We also have an exciting new partnership to announce this fall that will elevate our website even more. Stay tuned!"



MC3 Louis Thompson Staats IV
Arleigh Burke-class guided-missile destroyer USS Winston S. Churchill (DDG 81) executes maneuvering drills with Greek Navy warship Kortaenar FF Class Aegean (F 460), Aug 24.

USS Winston S. Churchill completes maneuvering exercises with Hellenic Navy

By MC3 Louis Staats
USS Winston S. Churchill (DDG 81) Public Affairs
MEDITERRANEAN SEA

The Arleigh Burke-class guided-missile destroyer USS Winston S. Churchill (DDG 81) executed maneuvering exercises with the Hellenic Navy in the Med-

iterranean Sea, Aug. 24, 2020. Winston S. Churchill and the Hellenic Navy frigate Aegean (F 460) conducted the exercises to build partner capability using NATO operational and tactical procedures.
"Today's exercises enabled Winston S. Churchill to work alongside our long-

standing NATO Ally," said Cmdr. Brian Anthony, executive officer of Winston S. Churchill. "It is an honor to train with Greece to advance our regional maritime security efforts."
The U.S. Navy routinely trains with allied and partner nations in order to enhance maneuverability capabilities

and interoperability by establishing communication and safety standards that strengthen regional maritime security.
Winston S. Churchill departed Norfolk, Virginia, Aug. 10 for a regularly-scheduled deployment to maintain maritime security and to ensure access, deter aggression, and defend U.S. allied and partner interests around the globe.
U.S. 6th Fleet, headquartered in Naples, Italy, conducts joint and naval operations in order to support regional allies and partners and U.S. national security interests in Europe and Africa.

The Flagship

Editorial Staff

Military Editor | MC1 Mark Hays
757-322-2853 / news@flagshipnews.com

Military Editor | Travis Kuykendall
757-322-2853 / news@flagshipnews.com

Graphic Designer | Abby Likens, 757-222-3859

Flagship, Inc.

MNV Military Manager | Ski Miller, 757-222-3993
Advertising Inquiries | Ski Miller, 757-222-3993

Free Classified Advertising, 757-222-5373
Distribution, 757-222-5629
Home Delivery, 757-222-3900
Commander, Navy Region Mid-Atlantic (CNRMA):

Rear Adm. Charles W. "Chip" Rock
Regional program manager for Navy Region Mid-Atlantic (NRMA):
Public Affairs Director | Beth Baker

The Flagship® is published by Flagship, Inc., a private firm in no way connected with the Department of Defense (DOD) or the United States Navy, under exclusive written contract with Commander, Navy Region Mid-Atlantic. This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the paper, including advertisements, are not necessarily the official views of, nor endorsed by, the U.S. Government, DOD, or the Department of the Navy (DON). The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD; DON; Commander, Navy Region Mid-Atlantic or Flagship, Inc. of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is edited, prepared and provided by the Public Affairs Department of Commander, Navy Region Mid-Atlantic.

Stories may be submitted via email to news@flagshipnews.com. The Flagship® is published every Thursday by Flagship, Inc., whose offices are located at 150 W. Brambleton Ave., Norfolk, Va. 23510.
©2020 Flagship, Inc. All rights reserved.



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

-COLBY
adopted 06-18-11

adopt
a person is the best thing to happen to a shelter pet
thesherpetproject.org

Ad Council



MC3 Brett Walker
Sailors assigned to USS Gerald R. Ford's (CVN 78) weapons department, demonstrate weapons handling and transfer proficiency in the hangar bay during Consolidated Operability Test Aug. 20.

Ford completes expanded Consolidated Operability Test

From USS Gerald R. Ford (CVN 78) Public Affairs

USS Gerald R. Ford's (CVN 78) weapons department completed its Consolidated Operability Test (COT) Aug. 22, demonstrating the ship's proficiency in conventional air-launched weapons handling and stowage systems operability. The milestone achieved added significance because Ford's COT was expanded to cover inspections and demonstrations of the unique weapons spaces that set Ford apart from Nimitz-class aircraft carriers, to include Advanced Weapons Elevators (AWEs), forward and aft weapons handling areas, additional ready service magazines, and larger aircraft armament system storage areas.

Lt. Cmdr. Paul Castillo, Ford's ordnance handling officer, said the demonstrations are some of the most difficult procedures a weapons handler would perform in the fleet and makes the crew learn the full capability of their equipment and work environment. "I'm extremely proud of my team for this accomplishment," said Castillo. "They demonstrated their proficiency with multiple tasks, one of which involved taking the largest missile container in the inventory and maneuvering it through the smallest access point and elevator door—a very challenging feat." The four-day test involved multiple COT members from Commander, Naval Air Forces Atlantic (CNAL); Naval Sea Systems Command; Naval Air Systems Com-

mand Shipboard Weapons Integration Team; Naval Ordnance Safety & Security Activity; Naval Packaging, Handling, Storage & Transportation Center; and Huntington Ingalls Industries-Newport News Shipbuilding Division (HII-NNS). Dion Edon, CNAL's Air and Ship Integration Liaison, recognized the Ford team's impressive performance during the inspection, noting the ship conducted the evolution one week earlier than planned due to COVID-19 mitigation efforts. "Weapons department's leadership was continuous, engaging, and undoubtedly beneficial, providing that extra motivation to all when navigating from one display of capability to the next," said Edon. "[The crews] professional contributions were vital to showcasing numerous demonstrations involving the safe and effective staging, handling, and stowage of conventional air-launched weapons, equipment, and stowage systems." Edon added that the validation of ordnance magazine spaces and ready service

lockers are key elements underpinning Ford's forward progression in executing the ship's operational missions. HII-NNS has delivered six AWEs to Ford, and the remaining five are on track to be certified by the time Ford undergoes Full Ship Shock Trials, scheduled for the third quarter of FY21. Ford is scheduled to conduct COT Part 2, which will largely focus on Lower Stage Weapons Elevator (LSWE) 7 and emergency handling procedures, following certification of LSWE 7 this Fall. LWSE 7 services the same magazine groups as LSWE 5, providing critical redundancy and survivability needed to ensure Ford's weapons department can support the mission and conduct ordnance handling evolutions safely. COT events feed into Ford's final certification to handle and store explosive material, a prerequisite for deployed operations. For more information, contact USS Gerald R. Ford's (CVN 78) Public Affairs Officer at pao@cvn78.navy.mil.



CTG®


**HARD-TO-FIND
AND OBSOLETE
PARTS YOU
CAN TRUST**

SUPPLY CHAIN SOLUTIONS DESIGNED TO KEEP FLEETS & SYSTEMS OPERATIONAL, READY AND SAFE



©2020 CTG is a registered trademark of Crestwood Technology Group, Corp. All rights reserved.

757-434-9123 | ctgsales@ctgnow.com | CTGNOW.COM

 Follow us on LinkedIn



U.S. Navy courtesy photo

Naval Station Norfolk Chapel remains committed to patrons throughout COVID-19

By DC2 Ashley Pierson
Naval Station Norfolk Public Affairs Office

NORFOLK
Norfolk’s religion ministries team continues to provide service to its patrons throughout the COVID-19 outbreak.
The base chapel is operated by fifteen qualified personnel four of which being commissioned officers, four contract employees and seven enlisted sailors. The chapel is open to all military personnel, DoD civilians, retirees and their families Monday through Friday 0800 to 1600. Due to the corona virus the employees split into two groups to adhere to the social distancing guidelines put in place.

“The everyday mission of the chapel is to support the religious needs of the personnel stationed at NAVSTA Norfolk as well as their families,” stated Religious Program Specialist Petty Officer 1st Class Christopher Atwood.
On a weekly basis the Flagship Chapel is visited approximately 150 people for their Catholic, Protestant, Jewish, and Islamic services. The Chaplains will also facilitate for those and other religious traditions by finding a chaplain and or religious professional according to the person requesting’s faith.
“Due to COVID-19 we now have to do

things a little differently,” said Atwood. “We were forced to down size the services that we were hosting to Sunday services and Monday Catholic Mass which were virtually streamed for the congregation over Facebook. We still function well, but just had to adjust to the circumstances.”
For safety measures the chapel has the space being utilized sanitized both before and after the event being held by whomever is hosting the service, all equipment must be sanitized, everyone is required to wear masks, do a temperature check, fill out a COVID-19 screening and all attending must sign contact tracing paperwork.

Currently the chapel is only holding religious services due to COVID-19, but prior to COVID, the chapel was utilized for hosting a myriad of events such as retirement ceremonies, weddings, baptisms, memorial services, promotions, professional development training workshops and Safe TALK and assistance training.
“I am very proud of our personnel flexing to provide religious services, training opportunities, crisis counseling and other services to increase personnel readiness,” said Cmdr. Timothy Moore, Command Chaplain NAVSTA Norfolk, “The Chapel department continues to stand ready to support our military families.”
For additional information on the Flagship Chapel and services they provide visit their Facebook page at www.facebook.com/NSNChapel/. The 24-hour duty chaplain can also be reached at (757) 438-3822.

Designer Looks

VCF

VALUE CITY FURNITURE

Happy Labor Day

SALE

10% OFF*

orders of \$999+

15% OFF*

orders of \$1999+

20% OFF*

orders of \$4999+

OR

60 MONTHS NO INTEREST*

On qualifying purchases totaling \$999 or more with your Value Plus or Signature Plus credit card made between 9/1/20–9/7/20. Equal monthly payments required for 60 months. *See below page for details.

Excludes Dream Mattress Studio. Prices shown reflect final discounts*.

Labor Day

DOORBUSTERS

Cannot be combined with storewide offers. *See back page for details.

Lots of choices. Same great doorbuster price!

3 colors

First Time Ever!

FREE Ottoman, Recliner, or Chaise

Cordelle Ottoman

Cordelle Rocker Recliner

Cordelle Chaise

3

colors

Your choice with purchase of Cordelle 2-Piece Sectional

\$1099⁹⁸

Accent pillows included.

\$300 SAVINGS

OVER 115 STORE LOCATIONS

FIND YOUR NEAREST STORE AT VCF.COM

CALL 1-888-751-8552

Prices are in effect from receipt of ad through 9/7/20 and are subject to change. Value City Furniture (VCF) is not responsible for typographical errors. Assortments vary by location. See store for details regarding all warranties. Other restrictions may apply. See store associate for details. *Promotions and Discounts are not valid towards Art Van Liquidation, Top Deals, Doorbusters, previous purchases, gift cards, delivery charges, or Pure Promise. Beautyrest Black and Beautyrest Hybrid cannot be used in conjunction with any other promotions or discounts. Selection may vary by store. *Offer applies to single-receipt qualifying purchases. Subject to credit approval. Minimum monthly payments required. See stores for details. Stores will accept but not require a down payment equal to sales tax and delivery charges at time of purchase to reduce the total amount financed and possible interest charges. Maximum period of repayment for applicable sales tax and delivery charges is 12 months even if a longer period of repayment applies to the total purchase. No interest will be charged on the promo purchase and equal monthly payments are required to the initial promo purchase amount divided equally by the number of months in the promo period until promo is paid in full. The equal monthly payment will be rounded to the next highest whole dollar and may be higher than the minimum payment that would be required if the purchase was a non-promotional purchase. Regular account terms apply to non-promotional purchases. For new accounts; Purchase APR is %29.00; Minimum Interest Charge is \$2. Existing cardholders should see their credit card agreement for their applicable terms. While we strive for 100% accuracy in our price listings and product descriptions, we understand that errors may occur. In cases where errors occur, we expressly reserve the right to correct errors that do not accurately reflect the intended offer or description. Pricing error corrections may result in a refund or cancellation of orders. Refunds will be credited to the original payment method.



U.S. Naval Support Activity Naples
U.S. Navy Sailors and Military Sealift Command civilian mariners assigned to Expeditionary Sea Base USS Hershel “Woody” Williams (ESB-4) enjoy Carney Park, a Naval Support Activity (NSA) Naples 96-acre recreation area located within an extinct volcano crater, while maintaining their COVID-19 mitigation “bubble” during a port visit on their regularly scheduled deployment, Aug. 14.

Operation liberty during COVID-19: Port visits onboard NSA Naples

By Alicia McNeely
U.S. Naval Support Activity Naples Public Affairs

NAPLES, ITALY

Port visits on deployment usually mean liberty filled with relaxation or exploring new places, but during the COVID-19 global health pandemic, ships have had to take precautions to ensure the health and safety of their crews, partners, and allies. When two ships pulled into the Port of Naples in August, Naval Support Activity (NSA) Naples made it their mission to ensure a fun and safe visit for the Sailors where crews could still maintain their “bubble” of no outside contact.

NSA Naples supported two separate port visits for Sailors assigned to USNS Trenton (T-EPF 5) and USS Hershel “Woody” Williams (ESB 4), Aug. 13 and Aug. 14, respectively. In accordance with COVID-19 restrictions, the crews enjoyed liberty at Carney Park, an NSA Naples recreational area located in an extinct volcanic crater.

Morale, Welfare, and Recreation (MWR) Naples, through close coordination with the

visiting units and other NSA Naples partners, worked to meet the unique challenge of eliminating outside contact for the crews in order to ensure readiness.

“In this specific instance, MWR and its various partners and teammates on the installation quickly came up with plans to serve the crews of the USNS Trenton and the USS Hershel “Woody” Williams safely with recreational programming, while also providing it in a safe bubble at Carney Park,” said Christopher Kasperek, MWR Naples community recreation director.

The NSA Naples public works department transported Sailors directly from the Port of Naples to Carney Park, where the crews had exclusive use of the entire park and its amenities.

During both visits, Sailors were able to take full advantage of all the facilities and sport courts at Carney Park. Some played golf at the nine-hole course and hit golf balls at the new practice facility driving range. Others spent their time roller blading and bicycling throughout the grounds, swim-

ming in the Olympic-sized pool, and playing basketball, volleyball, football, and tennis. Lawn games such as cornhole and horseshoes were also set up for their use.

MWR also catered to those looking for a more relaxed time in port. The team set up sound systems outside for music, and the bar was open at the on-site clubhouse. Plus, free Wi-Fi was available. Meals were organized for the Sailors at the restaurant, and they could grill at the pavilions.

“Sailors from the USS Hershel ‘Woody’ Williams were able to enjoy food and beverages at Fairways Bar and Grill, as well as a barbecue provided by MWR,” explained Kasperek. “Sailors from the USNS Trenton enjoyed food and beverages from Fairways.”

In addition to MWR offering memorable days in a unique location, the Navy Exchange (NEX) and Commissary participated in the port visits to ensure Sailors’ needs would be met prior to getting back underway.

“We partnered with both ships and the Naval Supply Systems Command Fleet Logistics Center to process orders for individuals on both ships so that they could receive personal care items and sundries while maintaining their ‘bubble,’” said Lisa Brennan, NEX Naples general manager.

The Naples Commissary offered a similar service: crew members aboard each ship were able to purchase food goods and neces-

sities with contact-free ordering and delivery.

With private use of a golf course and swimming pool inside an extinct volcano, as well as deliveries of favorite pantry and toiletry items, NSA Naples was able to facilitate a successful and safe port visit for Trenton and Hershel “Woody” Williams crew members.

“The visits were a shining example of what makes NSA Naples truly special: a community of professionals working together to serve those that are carrying out the mission of our Navy,” said Kasperek.

Kasperek also noted that liberty may continue to look different as the Navy navigates deployments and port visits while also mitigating COVID-19 spread.

“It not only sets a precedence for future visits, it sets an expectation as well as an example of what can be done for future visits,” he said.

The mission of NSA Naples includes providing support to visiting units, and in coming alongside MWR and organizations such as the Commissary and the NEX, NSA Naples will be able to continue accomplishing this duty, even in the ever-changing times of the coronavirus pandemic.

NSA Naples is an operational ashore base that enables U.S., allied, and partner nation forces to be where they are needed, when they are needed to ensure security and stability in Europe, Africa, and Southwest Asia.

50% OFF
FAMILY LINES FOR
MILITARY & VETERANS

50% off add'l line price for lines 2-6 vs. Magenta; w/ AutoPay.



T-Mobile®

Verify military status for account holder within 45 days and maintain valid military line on account or pay up to \$20/line more per month. Qualifying credit required.

For access to the full assessment, contact
the Naval Safety Center at NAVSAFE-
CEN_CODE521_MEDIA-
COMMS@navy.mil



MC3 Caledon Rabbipal

An F/A-18E Super Hornet assigned to the "Gladiators" of Strike Fighter Squadron (VFA) 106 conducts airshow practice at Naval Air Station Oceana, Jan. 15. The Gladiators' train and prepare the finest strike fighter aircrew and maintenance professionals for the fleet in support of combat operations around the world.

LIVE | Performances will feature F/A-18 Super Hornets and F-22 Raptors

Continued from A1

tems officers and maintenance crews. The NAS Oceana Air Show homecoming is always one of the performances the team looks forward to the most.

"We're honored that even in a COVID environment, we are able to safely perform and showcase the incredible dedication by the men and women who maintain and operate aircraft from NAS Oceana every day," said Lt. Matt Lindeman, Rhino Demo Team. "The demo profile is designed to highlight the mobility, versatility and power of the F/A-18 Super Hornet, and enhance

U.S. Navy recruiting in the area of Naval Aviation."

The broadcast will include live performances by the Air Force's F-22 and A-10 Thunderbolt tactical demonstration teams. The F-22 is the Air Force's stealth fifth generation fighter jet and the A-10 provides close air support for troops on the ground.

The broadcast will also show pre-recorded video features that include a tour of the Navy's East Coast Master Jet Base, an overview of the history of Naval Aviation, and an up-close look at the Navy's unmanned autonomous helicopter, the MQ-8B Fire Scout.

The air show will be narrated live from NAS Oceana by commentators from LiveAirShowTV, a company that uses state-of-the-art sports cameras, graphics and audio operated by experienced sports production personnel.

The four-hour show can be viewed online

at:

■ www.facebook.com/events/1849904701816801

■ tinyurl.com/NAS-OceanaAirShow2020-YouTube3

Updates to the show's schedule will be posted on NAS Oceana's Facebook page at www.facebook.com/naionalstationoceana.

Hewitt reminds the public that unmanned aerial systems, commonly known as drones, are not permitted at NAS Oceana. The unauthorized use of drones can threaten the safety of aircraft, military personnel and nearby civilians. Flying a drone within five miles of NAS Oceana – including the oceanfront resort area – is also prohibited unless the operator has complied with all Federal Aviation Administration regulations and contacts NAS Oceana's Air Traffic Control office before beginning any flights.

It is also a violation of federal law to use a drone to photograph or record video of military bases. Drone operators should use the B4UFLY mobile app and visit <https://faadronezone.faa.gov/> to ensure they are complying with all state and federal regulations. Hewitt also encouraged air show fans to not to congregate on nearby roads in an effort to view the live performances, which are choreographed specifically for the live broadcast cameras.

"The best way to view the air show is on your phone, tablet or computer," Hewitt said. "We need to make sure emergency services personnel can get wherever they may need to go and that nobody is spreading the virus outside of our gates trying to get a better view of the show. We can't wait to welcome everyone back to NAS Oceana when it is safe to do so, but you can help us speed up that process by watching from the comfort of your home."



MCSA Conner Foy

Sailors conduct recovery exercises with an MV-22 Osprey assigned to the 352nd Air Force Special Operation Wing on the flight deck of the Expeditionary Sea Base USS Hershel "Woody" Williams (ESB 4) in the Mediterranean Sea, Aug. 21.

WOODY | Training enables SOF to train in a shipboard environment

Continued from A1

ficer of Hershel "Woody" Williams (Blue Crew). "We look forward to working alongside our African partners and allies and to demonstrate our commitment to maritime security in and around the African AOR."

The SOF training, which includes small boat and aircraft operations, focuses on team interoperability with the ship for a variety of missions.

"This interoperability training between our special operations forces, Navy, Air Force, and our partners shows the strength and flexibility of our joint force," said Maj. Gen. Dagvin Anderson, Special Operations Command Africa commander. "This new joint capability for the AFRICOM theater will allow us to engage around the continent in ways far beyond what we've done in the past."

Hershel "Woody" Williams is on a regularly scheduled deployment to the U.S. Naval Forces Africa area of operations. The ship will be a long-term presence assigned to the AFRICOM mission set and will support security cooperation missions and operations in and around the African continent.

At 784 feet (230 meters) long, the ship

features a 52,000 square-foot (4,830 square-meter) four-spot flight deck. Further features include a hangar, mission deck, and work and living spaces for hundreds of embarked personnel. Additionally, for the U.S. Navy crew, there is a Blue Crew and a Gold Crew, which will turn over periodically to allow for continuity while the ship remains forward-deployed.

Hershel "Woody" Williams, which is the second of a new class of sea-basing ships, departed Naval Station Norfolk, Virginia, on July 27, for its inaugural deployment following its commissioning in March. Its crew consist of a mix of U.S. Navy Sailors and Military Sealift Command civilian mariners.

The 352d SOW based at Royal Air Force

Mildenhall, England, is part of Air Force Special Operations Command. The 352 SOW mission is to provide combat ready, responsive, specialized airpower and combat support to execute the full spectrum of SOF missions. The wing has more than 1,100 Air Force members assigned, as well as personnel associated through Joint Special Operations Air Component-Europe. The wing is the only Air Force special operations unit in the European Theater.

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



Coming to
NAS Oceana
September 4



Check it out at
www.commissaries.com



SPONSORED BY





Excavation unearths links to D.C. history
Construction site excavation at the United States Naval Observatory, led by Naval Facilities Engineering Command (NAVFAC) Washington, has unearthed structures and artifacts dating back to the nineteenth century. **See B3**

SECTION B | FLAGSHIPNEWS.COM | 9.3.2020



Live fire from ships and aircraft participating in the Rim of the Pacific (RIMPAC) exercise sink the decommissioned amphibious cargo ship ex-USS Durham (LKA 114), August 30. U.S Navy courtesy photo

From Commander, U.S. 3rd Fleet Public Affairs

PACIFIC OCEAN

Live fire from ships and aircraft participating in the Rim of the Pacific (RIMPAC) exercise sank the decommissioned amphibious cargo ship ex-USS Durham (LKA 114) August 30.

The sinking exercise (SINKEX) provided participating units the opportunity to gain proficiency and confidence in their weapons and systems through realistic training that could not be duplicated in simulators.

“Simulation is a critical part of our training but there is nothing better than to conduct live fire training,” said Royal Australian Navy Capt. Phillipa Hay, commander, RIMPAC 2020 Task Force One. “Sinking exercises are an important way to test our

weapons and weapons systems in the most realistic way possible. It demonstrates as a joint force we are capable of high-end warfare.”

Former Navy vessels used in SINKEXs, referred to as hulks, are prepared in strict compliance with regulations prescribed and enforced by the Environmental Protection Agency under a general permit the Navy holds pursuant to the Marine Protection, Research and Sanctuaries Act.

Each SINKEX is required to sink the hulk in at least 1,000 fathoms (6,000 feet) of water and at least 50 nautical miles from land. Surveys are conducted to ensure people and marine mammals are not in an area where they could be harmed during the event.

Prior to being transported for participation in a SINKEX, each vessel is put

through a rigorous cleaning process, including the removal of all liquid polychlorinated biphenyls (PCBs) from transformers and large capacitors, small capacitors to the greatest extent practical, and all trash, floatable materials, mercury or fluorocarbon-containing materials, and readily detachable solid PCB items. Petroleum is also cleaned from tanks, piping, and reservoirs.

A Navy environmental, safety and health manager and a quality assurance supervisor inspect the environmental remediation conducted in preparation of a vessel’s use in a SINKEX. Upon completion of the environmental remediation, the manager and supervisor provide signed certification of the work in accordance with EPA requirements.

Ex-Durham was a Charleston-class amphibious cargo ship commissioned on May 24, 1969, and was decommissioned on Feb-

ruary 25, 1994. The ship was named for Durham, North Carolina, and served during the Gulf War.

Ten nations, 22 surface ships, one submarine, and approximately 5,300 personnel are participating in RIMPAC from Aug. 17 to 31 in the waters surrounding the Hawaiian Islands. The at-sea-only construct for RIMPAC 2020 was developed to ensure the safety of all military forces participating, and Hawaii’s population, by minimizing shore-based contingents, while striking a balance between combating future adversaries and the COVID-19 threat. RIMPAC provides a unique training opportunity designed to foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s interconnected oceans. RIMPAC 2020 is the 27th exercise in the series that began in 1971.



A Special Operator (SO) treats a medical dummy for simulated injuries during a Tactical Combat Critical Care (TCCC) and Prolonged Field Care (PFC) training evolution held at Strategic Operations, Aug 6. MC2 Matthew C. Duncker

Discipline, innovation, attention to detail: Training combat medics

By MC2 Matthew C. Duncker
Naval Special Warfare Group ONE Public Affairs

CORONADO, CALIF.

The Navy SEAL ethos states that it demands discipline and expects innovation; a teammate’s life, as well as the success of the mission depends on technical skill, tactical proficiency and attention to detail. Training is never complete. This is especially true for combat medics.

A combat medic’s skills must be continuously practiced and maintained at the highest level. High-intensity training promotes and nurtures opportunities for skill advancement and sustainment which translates to lives saved on the battlefield.

Answering the call from deck-plate leadership for more medical training, Naval Special Warfare Group (NSWG) 1’s newly

Why Mondays can be a drag in the military

By Lisa Smith Molinari

“Oh for criminy’s sake!” I spat at my windshield when I realized that the commissary was closed. After decades of military life, you’d think I’d remember that on Mondays, commissaries traditionally close for restocking. But there I was, for the umpteenth time, in the empty parking lot, my grocery list in hand.

As always, I turned a big donut and high tailed it outta there. Hunched low in my seat, I sheepishly exited the gate and headed to Aldi’s to stock up for the week ahead.

Aldi’s is an interesting experience, with its weird copycat brands, gazillions of snack foods, and interesting European items. Regardless, I preferred commissaries to all other grocery stores. Commissaries were my turf, where I belonged.

After 27 years as a military spouse, I understood the layouts, products, and customs, and was comforted by this familiarity. I relished the fact that we paid a dollar less per pound for deli meat. I liked the fact that those in uniform took priority. I took it in stride that the produce section was, at times, inconsistent, offering mushy nectarines and heaps of

fresh corn one week, and green bananas and sprigs of cilantro the next. And, I was only mildly perturbed that the meat coolers were sometimes completely out of boneless skinless chicken thighs for no apparent reason.

With all its advantages and aggravations, the commissary was home.

Approaching the Aldi entrance, I felt the pang of anxiety which usually stemmed from not knowing where to find the items on my grocery list in a cavernous civilian supermarket stocked with national brands, store brands, off brands, specialty brands and generic brands. I could easily feel lost and confused at our humongous local Stop & Shop, where the produce section is roughly the same square footage of our house. Sure, civilian supermarkets have everything, like pine nuts, smoked mackerel, and pickled watermelon rind. But it wasn’t worth the plantar fasciitis flares ups to push my cart up and down 20-some isles in search of birthday candles.

Outside Aldi, I dug through my purse for my mask and a quarter, fishing both out of a linty corner that was also hiding a forgotten tube of Chapstick. After inserting the quarter in the cart lock contraption — so European — I entered the relatively small store of only five short isles. But I was still anxious, knowing I’d have to substitute many items on my list.

No Barlett pears, but plenty of Medjool dates. No almond milk coffee creamer, but lots of jalapeño cheese curds. No Wheat Chex, but a ten-count box of blueberry pancakes and sausage on a stick. No King’s

Hawaiian Rolls, but dozens of Deutsche Küche Bavarian soft pretzels.

After filling my cart to the brim with bizarre foodstuffs, I headed to the check out line, waiting behind floor tape to be called by the cashier. I glanced at my phone screen when suddenly, I heard a whistle. I looked up to see the cashier flailing her arms. There was no one behind me, but her irritated gestures implied that, I’d better hurry it up, slowpoke.

Sensing the cashier’s urgency, I scrambled ahead and lobbed armfuls of food frantically onto the moving conveyor belt. While she scanned and beeped, I inserted my debit card and punched buttons. A few seconds later, the cashier’s hand rap-rap-rapped on the plexi-glass enclosure. With all the scanning and beeping, I hadn’t heard the ping telling me to remove my card. “Alright already!” I was afraid to say out loud.

I snatched the receipt from the cashier’s outstretched hand and moved quickly to the self-bagging area, where my soul ached for commissary customs. I had only brought four bags to this bagless store — again, so European — which I packed to the point of bursting.

My organs nearly broke loose lifting the overfilled bags into my car, which gave me even more determination to retrieve a consolation prize for my substandard shopping experience. If I had to walk a mile across that parking lot, I was going to return that cart and get my damned quarter back.

And hopefully, I’d finally remember: Never go grocery shopping on Monday.

www.themeatandpotatoesoflife.com



Military OneSource

Thrive helps military parents and children

By Military OneSource

The Department of Defense is committed to the health and well-being of military children and families. That’s why DOD teamed with the Clearinghouse for Military Family Readiness at Penn State to create a parenting-education program.

Thrive is a free online program for busy parents like you. It promotes positive parenting, stress management and healthy lifestyle practices. Find out how Thrive can help you raise healthy, resilient children from birth to 18.

HOW DOES THRIVE WORK?

Thrive has four interactive modules organized by age group:

- Take Root: for children ages 0-3
 - Sprout: for children ages 3-5
 - Grow: for children ages 5-10
 - Branch Out: for children ages 10-18 (Coming in 2021)
- Each module has tips for your child’s level. Build on strengths you have and develop new skills as your child grows and changes. Suggestions include how to:
- Find a parenting style that works for your family.
 - Help your child make good decisions, master new skills and more.
 - Support your child with positive discipline techniques.
 - Model an active lifestyle.
 - Manage stress.
 - Be a positive role model.

- Communicate with your partner or support circle.
- Plan and prepare healthy meals.
- Manage screen time.

HOW IS THRIVE DIFFERENT FROM OTHER PARENTING PROGRAMS?

Thrive grows with your child. The four age-group tracks are free, available in online formats and immediately accessible.

Other benefits of Thrive include:

- It provides program choices that fit your family.
- It promotes social-emotional, cognitive and physical health.
- It is flexible. Pause your session at any time.
- It is interactive and fun.
- It is available to the public and shareable with family members and caregivers.

Whether you are expecting your first baby or raising teens, let Thrive support you along the way. Learn more and enroll in the program today. Find information about other parenting resources on Military OneSource.



Q: If I apply for housing using the Housing Early Assistance Tool (HEAT), does the date I submit my application become my control date?

No. HEAT does not change existing policy for determining your control date.

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

Mid-Atlantic Fleet and Family Support Centers (FFSC) programs and services are designed to help you make the most of your military experience, and they’re all available to you at no cost.

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



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

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

Help is just a *Click, Call or Text* away!

For confidential victim assistance, visit www.SafeHelpline.org

Live Help 24/7
Call 877.995.5247 (Inside the U.S. or via Defense Switched Network)

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



Matthew Stinson
Brian Clevon, NAVFAC Washington natural resource specialist and regional archeologist, excavates a smokehouse used approximately 150 years ago to cure and smoke meat and fish on the Pretty Prospect plantation, now the grounds of the United States Naval Observatory in Washington, D.C., Aug. 26.

Excavation at United States Naval Observatory unearths links to D.C. history

By **Matthew Stinson**
Naval Facilities Engineering Command Washington Public Affairs
DISTRICT OF COLUMBIA

Construction site excavation for the new master time clocks and operations facility at the United States Naval Observatory, led by Naval Facilities Engineering Command (NAVFAC) Washington, has unearthed structures and artifacts dating back to the nineteenth century. The structures revealed include the foundations of the mansion home of the previous property owners, the Barber family, a smokehouse used on their plantation, as well as a standpipe, or water tower, built during the construction of the new Washington Naval Observatory.

In early March, construction activity at the site of the new master time clocks and operations facility, conducted by NAVFAC Washington in partnership with contractor Environmental Chemical Corp, revealed a curious discovery. The foundation of a standpipe built circa 1892 during the construction of the new Washington Naval Observatory in preparation for its move from Foggy Bottom.

A standpipe is a metallic tank, usually of cylindrical form, with a flat bottom resting directly upon a masonry or sand foundation and used for the storage of liquids, in this case, water. The concrete foundation was 24 feet across and 7 feet deep with concrete skim coat on top showing an imprint that confirms the standpipe measured 15 feet-6 inches in diameter with 4-foot-4-inch long

braces. According to an image taken in 1920 and data from similar diameter standpipes, it likely stood between 80 and 100 feet tall.

The standpipe provided water to a pair of steam pumps in the basement of the 26-inch telescope building of the Naval Observatory. The steam pumps boosted the water pressure for raising and lowering the elevating floor of the telescope building. In 1926, the Pittsburgh-Des Moines Steel Company installed a new 8-inch water main and fire system and the standpipe was sold and removed.

Then in June, “a trench was being dug and we hit a few bricks that were stacked up, so we started digging carefully with an excavator and shovels,” said Petty Officer 3rd Class Daniel Julian, engineering technician, NAVFAC Washington, Public Works Department Washington. “We then realized there was a stone wall, not just bricks. We dug Monday through Thursday excavating the site with, Brian Clevon.”

Clevon is a natural resource specialist and NAVFAC Washington regional archeologist. What he and Julian unearthed was the foundation of a smokehouse used approximately 150 years ago to cure and smoke meat and fish on the Pretty Prospect plantation.

In the 1880s and 1890s, the U.S. Navy purchased portions of eight tracts of land to form the Observatory Circle, the current grounds of the United States Naval Observatory. The largest purchase was a plantation called Pretty Prospect, theretofore owned by

Cornelius and Margaret Barber, who had settled on the property in 1834. According to historical maps of the area, the plantation consisted of numerous buildings, including a slave house, corner, hen houses, ice-house, hay shed and smokehouse. In the early 1850s, the Barbers constructed a large Italianate villa on the highest point on the property, that they called North View, as well as a large brick carriage house and a stable.

Upon Cornelius Barber’s death in 1853, Margaret Barber managed the estate until she sold it to the federal government for use as the Naval Observatory grounds in 1881. At that time, the majority of the Barber structures, including the villa, were demolished to make way for the new buildings. However, the U.S. Navy preserved the carriage house, stable, and some of the winding paths.

Experts like Clevon are tasked with analyzing and guiding the excavations of historic discoveries at NAVFAC construction sites. They are also required to report on their findings and coordinate with the preservation organizations in the locality, in this case, the Washington, D.C. Historic Preservation Office.

“The final report needs to be submitted to the Historic Preservation Office for the District of Columbia and three D.C. repositories – D.C. Archives, Washingtoniana Room at the D.C. Public Library and the Historical Society of Washington,” said Clevon.

Construction plans for the master time clocks and operations facility included sewer, electrical and telecommunication lines that ran through the site of the smokehouse remains.

“We have to determine whether our activities are going to have any effect on [a discovery] and we have to file a plan to document what we find,” said Julie Darsie, NAVFAC Washington cultural resources program manager. “If we are going to have any effect, we have to file a plan to do some mitigation.”

Referring back to historical maps of the area, the smokehouse was built near the grounds where the old Barber villa, North View, used to stand. A water line for the new master time clocks and operations facility was set to run through those grounds. As part of the mitigation for the smokehouse, the NAVFAC Washington team set to the task of searching for the presumed buried foundation of the Barber villa.

Approximately five to seven feet below ground, they found it.

“Eventually we got down to a few layers of brick,” Clevon said. “That was all that remained of the foundation. Initially the water line was going to impact that, so we went back to the designers and asked if it was possible to raise that water line so that it would not disturb the foundation. With an adjustment, the designers were able to do just that in order to preserve the foundation in place.”

The effort put forth by the NAVFAC Washington team resulted in the extensive documentation of these historic structures and prevented the construction timeline for the new master time clocks and operations facility from being significantly impacted.



MC2 Indra Beaufort
The Ticonderoga-class guided-missile cruiser USS Philippine Sea (CG 58) sails in the Mediterranean Sea after participating in a vertical replenishment-at-sea exercise with the Spanish frigate Álvaro de Bazán (F 101), Aug. 26.

USS Philippine Sea conducts maneuvering exercises with Spanish Navy

By **MCC Justin Stumberg**
U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet Public Affairs
MEDITERRANEAN SEA

The Ticonderoga-class guided-missile cruiser USS Philippine Sea (CG 58) executed passing exercises with the Spanish Navy in the Mediterranean Sea, Aug. 26, 2020.

Philippine Sea and the Spanish Navy frigate Álvaro de Bazán (F 101) conducted the exercises to build partner capability using NATO operational and tactical procedures.

“These exercises enabled Philippine Sea

to coordinate with our NATO Ally of many years,” said Cmdr. Matthew J. Iwanczuk, executive officer aboard Philippine Sea. “We are privileged to have this opportunity to train with our Spanish counterparts to increase operational efficiency and interoperability and build upon our strong partnership.”

The U.S. Navy routinely trains with allied and partner nations in order to enhance maneuverability capabilities and interoperability by establishing communication and safety standards that strengthen regional maritime security.

Philippine Sea is currently deployed to the U.S. 6th Fleet area of operations in support of regional allies and partners and U.S. national security interests in Europe and Africa.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts joint and naval operations in order to support regional allies and partners and U.S. national security interests in Europe and Africa.

Vice Adm. Kitchener speaks on readiness at SNA Waterfront Symposium

From Commander, Naval Surface Force, U.S. Pacific Fleet Public Affairs

SAN DIEGO

Vice Adm. Roy Kitchener, Commander, Naval Surface Forces, delivered the keynote address at the Surface Navy Association’s (SNA) Waterfront Symposium, Aug. 27.

Although the Navy cancelled its traditional public symposium due to COVID-19 restrictions, the event was held online and rebranded to a virtual event. This allowed the surface force to continue forward with the event and to open up the opportunity for attendance to a larger audience.

The theme of the professional development event was “Battle-Ready Ships for Today’s Fight.”

“You need to make it top priority to fix your equipment and train for battle, because the battle will not wait for you to be ready,” said Kitchener. “Uncertainty during this time of great power competition means that we’ll need to be ready. Despite challenges we’ve been tackling on a day-to-day basis, we must keep our eye on the ball. We in the Surface Forces are in the business of being prepared to fight and win at sea.”

Kitchener had a message for commanding officers during his address.

“For our commanding officers, I want you to use that and push your authorities to take advantage of mission command – to have the freedom to act in getting the mission done,” Kitchener said. “But, an important part of that is understanding the risk. We need to assess the risks, properly communicate them to our leaders and crews, and then



MC2 Joseph Millar
Vice Adm. Roy Kitchener, Commander, Naval Surface Force U.S. Pacific Fleet, tours the engine spaces of the dock landing ship USS Rushmore (LSD 47), with Senior Chief Engineman Jason Saffa, Aug. 20.

execute.”

Kitchener told the story of the quintessential surface warfare officer, Vice Adm. John Bulkeley, whose actions earned him a Medal of Honor. His attributes underpin the surface force’s values.

Kitchener said the traits Bulkeley displayed are in the Surface Warfare community’s DNA, and the Surface Force will continue to strive toward the warrior traits reflected by Bulkeley and toward a culture of excellence.

“For four months and eight days, then Lt. Cmdr. Bulkeley savaged enemy forces without repairs, overhaul, or maintenance facilities for his ships,” Kitchener said. “He was a forceful and daring leader, willing to take calculated risks, executing offensive actions that demonstrated a resourcefulness and ingenuity which, I believe, makes him an outstanding leader and the epitome of a Surface Warrior.”



MCSN Juel Foster

Covers hang from the lines as the Freedom-variant littoral combat ship USS Sioux City (LCS 11) gets underway, Aug. 30. Sioux City is homeported at Naval Station Mayport.

USS Sioux City deploys to support counter narcotics operations

By MCSN Juel T. Foster
Commander, Littoral Combat Ship Squadron TWO Public Affairs

MAYPORT, FLA.

Beginning its initial deployment, the Freedom-class littoral combat ship USS Sioux City (LCS 11), with embarked Gold crew, departed its homeport today for the U.S. Southern Command area of responsibility.

Sioux City will support enhanced counter-narcotics operations in the Caribbean and Eastern Pacific. Sioux City’s operations will involve practical exercises and exchanges with partner nations, sup-

porting U.S. 4th Fleet interoperability and reinforcing the U.S. position as the regional partner of choice.

“We are excited to begin the ship’s maiden deployment and live up to our motto “Forging a new frontier,” said Cmdr. Daniel Reiher, Sioux City’s commanding officer.

The deployment of an LCS to the region demonstrates the U.S. commitment to regional cooperation and security. The LCS’s shallow draft provides unparalleled opportunities for port access, making the ship an ideal vessel for these types of engagements.

“LCS’s have amazing capabilities and are underestimated,” said Sioux command senior chief (CMDCS) Conrad Hunt. “Sioux City is ready to deploy to show why the LCS program is so important to the Navy’s mission.”

The Sioux City crew will also demonstrate its operational capabilities and allow the Navy to evaluate crew rotation and maintenance plans. Sioux City is equipped with surface warfare mission package personnel, a U.S. Coast Guard law enforcement detachment and an aviation detachment to operate an embarked MH-60S

Seahawk helicopter and a MQ-8B Fire Scout Vertical Takeoff Unmanned Aerial Vehicle.

“Preparing for this deployment has been very challenging, as this is my first deployment,” said Logistics Specialist 2nd Class Luz Peña, a Sioux City crewmember. “It has helped me learn the importance of my job and team work, as they are both critical to completing our mission.”

USS Sioux City is attached to U.S. 2nd Fleet and is one of four deployable littoral combat ships under Surface Division Two One.

LCS is a highly maneuverable, lethal and adaptable ship designed to support focused surface warfare, mine countermeasures and anti-submarine warfare. LCS integrates new technology and capability to affordably support current and future mission capability from deep water to the littorals.

Car Loan Decisions in Seconds



We can help you save on a new or used car with a Navy Federal car loan.¹

- Great interest rates
- Fast approval process
- Low monthly payments

Easily apply with our mobile app,² online or at your local branch.
navyfederal.org/auto

NAVY
FEDERAL
Credit Union

ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
SPACE FORCE
VETERANS

Our Members Are the Mission



MC3 Anthony Collier
An MH-60R Seahawk helicopter, from the "Battlecats" of Helicopter Maritime Strike Squadron 73, lands on the flight deck of the guided-missile destroyer USS Ralph Johnson (DDG 114) during a Strait of Hormuz transit Aug. 13.

Underway on deployment, in maintenance stateside and beyond: The life cycle of an HSM 73 helicopter aboard USS Ralph Johnson

By MC3 Anthony Collier
Carrier Strike Group 11 Public Affairs

ARABIANGULF

"Flight quarters, flight quarters, man your flight quarters stations" rings out over the general announcing system aboard the Arleigh Burke-class guided-missile destroyer USS Ralph Johnson (DDG 114).

It's a call that is well known aboard Ralph Johnson and throughout the Navy, as flight operations play a critical role in a deployed ship's mission. While movies such as Top Gun and Midway give the pilots involved in naval aviation the spotlight, the aircraft themselves are just as important to the success of flight operations as the pilots and maintainers are. The glamorous role of the fixed wing aircraft are generally the subjects of many Hollywood wartime thrillers, but rotary aircraft play a vital role in many naval aviation missions. At sea, the helicopter is a versatile and invaluable part of an air wing and strike group.

"Apart from their primary role as a submarine search and attack platform, having our own MH-60Rs on board expands our weapons engagement zone," said Lt. Jonathan Sharbo, of Lakeville, Minn., Ralph Johnson's safety and training officer. "Helicopters also allow for an airborne look at other vessels while keeping the ship out of potential engagement zones, and allows us to move people and parts over much greater distances much faster than if we did not have the helicopters embarked."

From the conception of an aircraft, to operational uses, all the way to an airframe's final resting place, the Navy has plans in place to ensure that the aircraft are as capable, safe and reliable as possible through planned inspections and maintenance, even after thousands of hours of flight.

Every type of Navy aircraft begins its lifecycle as a request from the Navy to a private sector manufacturer to build an aircraft that is suited for the demanding needs of flight operations underway.

"All of them start off with a request for proposal," said Lt. Cmdr. Pete Keaney, from Jacksonville, Fla., air boss and aviator for the "Battlecats" of Helicopter Maritime Strike Squadron (HSM) 73 aboard Ralph Johnson, a part of Carrier Air Wing (CVW) 17. "The military will say what they need the helicopter to do. In the case of our MH-60R Sea Hawk helicopters on board, they conduct anti-submarine warfare and surface warfare, all while remaining small enough to fit in our hangar. From there, private companies will start bidding for the contract, and then build the helicopters."

The Navy's goal is to have a replacement aircraft ready before the older models are either worn out due to a high amount of flight hours or become obsolete as technology advances. In the case of the MH-60Rs aboard Ralph Johnson, they were built to replace the SH-60B Sea Hawk helicopters that once served the fleet.

"When accepting new aircraft, we take certain steps to ensure it is safe to fly. These include a variety of inspections of the aircraft itself, as well as performing a full inventory and a thorough screening of all logbooks and past maintenance documentation," explained Chief Warrant Officer 2 Alex Rullo, of Virginia Beach, Va., the Aviation Maintenance/Material Control Officer for HSM 73 embarked aboard the Carrier Strike Group 11 flagship, the aircraft carrier USS Nimitz (CVN 68). "Lastly, we perform a Functional Check Flight to test out all the aircraft systems, check for abnormal vibrations and the performance of the engines."

While on deployment, the squadron will consistently maintain the aircraft to prolong service life and ensure it is safe to operate despite the high amount of physical stress the aircraft endures during operations.

"When deployed, maintenance is divided into multiple two-hundred hour slots that are called phases," said Keaney. Whether on shore or at sea, the squadron's maintainers conduct extensive maintenance and inspections that delve into the aircraft's many systems.

"Phases are a major maintenance cycle for specific parts of an aircraft," said Aviation Machinist's Mate 2nd Class Zachariah Hickman, from Dexter, Ore., also assigned to HSM 73.

The parts of an aircraft are scheduled for different maintenance periodicities, occurring every 7, 14, 28 and 56 days, to ensure that they are routinely inspected and repaired if need be. These periodicities vary by hundreds of flight hours. The parts that require periodic maintenance determine what the aircraft's maintainers will work on during a scheduled phase.

"There's all sorts of different things we might have to do during a phase," said Hickman. "It can vary from breaking down, inspecting and cleaning the helicopter's tail rotor all the way up to tearing apart the entire rotor head. We also work on the landing gear and different avionics components."

Hickman added that in rare cases, they may have to change out a motor if there is a problem with it or its periodic window happens to coincide with that phase.

"It's also a way for us to really dig deep into the aircraft and look at all the components with a fine tooth comb [and] see what might be wrong, what needs to be replaced," said Hickman.

For aircraft components that the squadron does not have the capability to repair, the Aircraft Intermediate Maintenance Department aboard Nimitz would have the capability to delve deeper into repairing the item or forwarding the part to an aircraft depot or the Original Equipment Manufacturer for repair.

Deployments end eventually, but helicopters still require maintenance, especially after long months of flying at sea; so between deployments, helicopters will go to aircraft depots like Fleet Readiness Southwest, in San Diego for depot-level maintenance. At the depot, the aircraft can be literally 'stripped' to its airframe, fixing and repairing of the components, and completely rebuild the aircraft.

"They open up the actual structure, do x-rays to see what's worn down and they fix what they find there. It can be a six month process," said Keaney.

Keaney added that they can extend the service life of helicopters by rotating aircraft after depot-level maintenance from operational and deploying squadrons to training squadrons, or vice versa. Moving aircraft between squadrons helps the Navy to manage the entire fleet, ensuring aircraft don't reach life-limiting milestones from over use in some mission or training environments and allows for level-loading those airframes. This method ensures that the Navy keeps enough aircraft operational as long as possible.

Finally, after multiple deployments and thousands of flight hours, aircraft reach the end of their initial expected life cycle, but if new airframes aren't ready to replace the older aircraft, the Navy has ways to safely extend their service life.

"Once a helicopter is near the end of its planned service life, you can put them through a service life extension program (SLEP)," said Keaney. "Basically, you send them off to the depot once again and they'll do a refurbishing on the aircraft. From there, it's good for thousands of hours again."

Should the Navy opt to not send an aircraft through the SLEP program, it has reached the end of its service life. They are then transferred to facilities such as Davis-Monthan Air Force Base, located near Tucson, Ariz., where they will spend the rest of their days in long term preservation.

"Every single liquid is drained out, and all the electronic and mechanical parts are removed from the aircraft," said Keaney. "The airframe is then placed in the industrial equivalent of bubble wrap, and it is then stored in the desert [environment] where there isn't a lot of salt or humidity. This way we try to avoid corrosion, in case we ever need to bring the airframe out of retirement and call on its services once again."

Currently on deployment in the Arabian Gulf, the deserts of Arizona are a long way away from Keaney and the rest of HSM 73. While operating in U.S. 5th Fleet, or anywhere else, the Sailors aboard Ralph Johnson will continue working day and night to ensure their aircraft are well maintained and mission ready. They currently support Coalition Task Force Sentinel, the British-led operational arm of the International Maritime Security Construct which promotes maritime security and ensures freedom of navigation and the free flow of commerce throughout key waterways in the Arabian Gulf, Strait of Hormuz, the Bab el-Mandeb Strait and the Gulf of Oman.

HSM 73, CVW 17 and Ralph Johnson are part of Carrier Strike Group 11 and are 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.



Sean Dath/
(L-R) Naval Air Station Corpus Christi (NASCC) Public Works Officer Cmdr. Eric Hass, NASCC Commanding Officer Capt. Chris Jason, Corpus Christi Army Depot Commanding Officer Col. Joseph Parker, and Brad Winans, District Manager and Vice President of Hensel Phelps Construction Company, officially open the new Powertrain Transmission Assembly Building during a ribbon cutting ceremony, Aug. 27.

Powertrain facility is huge win for DoD

By Sean Dath
Naval Air Station Corpus Christi Public Affairs

CORPUS CHRISTI, TEXAS

Naval Air Station Corpus Christi and the Corpus Christi Army Depot celebrated the opening of the Powertrain Transmission Assembly Building Aug. 27 with a ribbon cutting ceremony.

The facility will provide the Army Depot space for aircraft component maintenance with flexible manufacturing space to house component maintenance processes, administrative spaces, rest rooms, support spaces, and a central energy plant. This project is Phase 2 of 7 phases of the expansion, reconfiguration, and relocation of CCAD buildings that are long past their service life.

"CCAD currently operates its component rebuild activities in Building 8, a World War II era structure that has been expanded over the years. The aged facility presents challenges that impede work flow, including inadequate space for shops and equipment, long travel distances and staging times for parts, and air conditioning inefficiency that increases energy costs" said Capt. Chris Jason, NASCC commanding officer. "This new facility is a major step in assuring the long term viability of the Depot and the sustainability of helicopter operations for the DoD."

The \$62.4 million contract was awarded by Naval Facilities Engineering Command Southeast for the 126,479 square-foot facility in September 2017, and they managed the project through completion. The project included demolishing seven Navy-owned buildings within the footprint of the CCAD project.

"First of all, our thoughts and prayers are with those who are currently dealing with Hurricane Laura," said Col. Joseph Parker, commander, Corpus Christi Army Depot. "The facility is a really huge win for the base and the Department of Defense because of what we do here for the Warfighter."

The new Powertrain Facility will house rotary wing aircraft component rebuild activities and infrastructure. The facility includes 25 bridge cranes and a medium-voltage duct. It is constructed at a raised level above the 100-year floodplain.

"The team faced many challenges while finishing the project the past few months during the COVID-19 pandemic," said Public Works Officer Cmdr. Eric Hass. "It was a team effort that involved coordination among public works, security, CCAD and the contractor utilizing nonconventional methods when face-to-face meetings could not take place."

The construction management team worked hard to coordinate efforts during COVID-19 to support the contractor with delivery of materials and provide necessary access to keep the project moving forward. The installation had processes in place to help navigate new access procedures.

"The new facility was phase 2 of 7 total phases and has a design life span of 50 years," Hass said. "Once all phases are complete, CCAD will see enhanced efficiencies and process flow with these new facilities."

CCAD is the largest tenant aboard NAS Corpus Christi, occupying nearly 140 acres leased from the station and is the largest industrial employer in South Texas. Established in 1961 as a relatively small maintenance facility for fixed-wing aircraft, CCAD has evolved into the Army's premier helicopter repair, overhaul and maintenance center.

Naval Air Station Corpus Christi provides the best possible service and material, to support operations of aviation facilities and units of the Naval Air Training Command, CCAD, and other tenant activities and units.



U.S. Navy courtesy photo
Ship to Shore Connector (SSC), Landing Craft, Air Cushion (LCAC) 100, conducts exercises in the local waterways of Louisiana, May 2018. The craft is the evolutionary replacement for the existing fleet of Landing Craft Air Cushion vehicles.

Navy accepts delivery of second next generation Landing Craft

From Team Ships Public Affairs

NEW ORLEANS

The Navy accepted delivery of the next generation landing craft, Ship to Shore Connector (SSC), Landing Craft, Air Cushion (LCAC) 101, Aug. 27. LCAC 101 is the second craft delivered by Textron Systems to the Navy this year.

The LCAC is a high-speed, over-the-beach, fully amphibious landing craft capable of carrying a 60-70 ton payload. The

LCAC replaces the existing fleet of legacy LCAC vehicles, and will primarily transport weapon systems, equipment, cargo, and personnel of the assault elements through varied environmental conditions from amphibious ships to and over the beach.

The delivery follows the successful completion of Acceptance Trials with the Navy’s Board of Inspection and Survey. During these at sea trials, the craft underwent testing to demonstrate the capability

of the platform and installed systems across all mission areas to effectively meet its requirements.

“Our next generation surface connectors are going to significantly enhance the Navy and Marine Corps team’s capability to execute missions – from humanitarian assistance to amphibious assault,” said Capt. Cedric McNeal, amphibious warfare program manager, Program Executive Office Ships. “We have 12 additional craft in production with another 10 on contract,

positioning us to steadily deliver increased capability to our fleet over the coming years.”

LCACs are constructed at Textron Systems in Slidell, Louisiana and are built with similar configurations, dimensions, and clearances to legacy LCAC, ensuring the compatibility of this next-generation air cushion vehicle with existing well deck equipped amphibious ships, as well as Expeditionary Transfer Dock and the Expeditionary Sea Base.

As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, boats and craft.

THOSE WHO SERVE COULD
SAVE MORE
— WITH A SPECIAL MILITARY DISCOUNT —



109 Volvo Parkway
Chesapeake
(757) 549-1772

GEICO | LOCAL OFFICE



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



Hampton Roads and
Central Virginia





MC2 Nathan Serpico
Astronaut, aquanaut, and the 10th Administrator of the National Oceanic and Atmospheric Administration (NOAA) Dr. Kathryn Sullivan spoke to students and faculty about her experiences from space to the depths of the Marianas Trench and the lessons learned from her experiences during the Naval Postgraduate School's (NPS) latest virtual Secretary of the Navy Guest Lecture (SGL), held online, Aug. 25.

Astronaut, Aquanaut shares unconventional leadership journey during NPS virtual lecture

By MC2 Nathan Serpico
Naval Postgraduate School Public Affairs

MONTEREY, CALIF.
Dr. Kathryn Sullivan, renowned scientist and explorer, who became the first American woman to walk in space and dive to the Earth's deepest point, spoke virtually to students, faculty and staff about her experiences and lessons learned in space and in the depths of the Marianas Trench during the Naval Postgraduate School's (NPS) latest virtual Secretary of the Navy Guest Lecture (SGL), held online, Aug. 25.
Sullivan was one of the first six women to join the NASA astronaut corps in 1978 and flew three missions and logged 532 hours in space. Her submersible dive to the Challenger Deep in June of 2020 made her the first person to both orbit the planet and reach its deepest point.
Her lecture titled, "From Sea to Space and Back Again: Lessons from an Unconventional Leadership Journey," characterized her pursuits as an astronaut and aquanaut as her way to better understand the planet, and encapsulated the leadership lessons needed to work together with others to do it.
"Understanding this planet has always been my quest," opened Sullivan. "The

reason I applied to become an astronaut in the first place was principally because I would get to see the Earth with my own eyes.
"[My motivation] to better understand this planet is to develop and deliver data and information that can help all of us that are living on the planet do so more wisely, more successfully, and more sustainably," she continued.
Sullivan acknowledged that while she is most known for her time as an astronaut, it's her journey to the depths of the Marianas Trench in June aboard the deep submergent vehicle (DSV) named Limiting Factor and the technology that is increasing capability for that journey that is forefront in her mind.
"It's a novel capability and it represents a radical change in mankind's ability to access the deepest parts of our ocean," stated Sullivan. "I think it's not much of a stretch to say that the Limiting Factor and the exploration system it supports is to oceanography of the past like what a moonshot was to space-faring in the 60s. In fact, the frequency with which Limiting Factor can reach the bottom or any part of the deep sea is like having the ability to do a moonshot a week. It's really quite a radical experience."
Using an infographic, Sullivan showed

the depth of the Marianas Trench, which is approximately 10,994 meters, which would be higher than Mt. Everest, and even comparable to the common cruising altitude of a commercial airliners.
"I've got a couple thousand hours flying small jets at that altitude, but it never felt quite so high as it did after going all the way to the bottom of the Marianas Trench," commented Sullivan.
According to Sullivan, seeing something with your own eyes allows for another dimension of understanding. When you experience an environment, like space or the ocean depths, the physical presence creates a deeper level of understanding.
"[During my time aboard] three dives and nine lander deployments in seven days is a tremendous scientific capacity in these deep regions compared to anything that has existed before," said Sullivan. "It's a tremendous step forward to do scientific observations on the bottom, with sediment samples, and biological observations via video, and water samples. We're starting to get the eDNA of the water column in these deep hadal regions and it's never been done before. The scientific value of just knowing what the bottoms of these trenches are like and how they affect the geology and the biology actually matters."
After her remarks, Sullivan answered questions from NPS students – Navy, Marine Corps and Army officers – which were moderated by Drs. Mara Orescanin, assistant professor of Oceanography and Giovanni Minelli faculty associate in Space Systems. Faculty and student questions focused on her motivations, and her unconventional way of learning to lead.
Sullivan recalled being in the iconic, visible role as an astronaut yet not having

any one directly reporting to her nor having any real authority. However, the responsibilities laid on her and other astronauts carried major significance, such as signing their names on paperwork stating space shuttle systems would bring everyone back alive and ensure mission success. Sullivan noted that those responsibilities revolve very much around that position and the person in it, and it was here where she learned a key distinction between styles of leadership.
"This [position] was where I learned the difference between leading and managing," said Sullivan. "You have to learn how to bring people along by force of argument, by abundance of data, by mastery of your subject matter, but also by understanding what other people's leverage points are, what motivates them, and how to engage them because you could yell, scream and throw a tantrum, but no one actually reported to you or had to obey anything that you said. Not every situation is a hammer and nail type of scenario and the same motivation technique will not work for everyone."
In her final remarks to NPS, Sullivan urged people to never stop learning, and to use mistakes as tools for continual learning. Sullivan, a children's book author in her own right, expressed something she holds close to her heart is the motto of the character Mrs. Frizzle from the television program, The Magic School Bus, "take chances, make mistakes, and get messy."
To watch the complete lecture and student Q&A session with Dr. Kathy Sullivan, visit the SGL website[https://www.nps.edu/sgl] or NPS YouTube[https://www.youtube.com/user/NPSvideo] channel.

MEDIC | Tactical Medical Cell developed advanced combat medicine course

Continued from B1

established Tactical Medical Cell (TMC) developed an advanced combat medicine course of instruction. The course covers Tactical Combat Casualty Care (TCCC) and Prolonged Field Care (PFC) and provides training to an integrated team of SEAL medics and augmented independent duty corpsmen (IDC).
TMC Training Director Cmdr. Levi Kitchen believes that this course will help to ensure SEAL medics and IDCs are proficient in the latest combat medical concepts aimed to limit preventable combat trauma death.
"To my knowledge, there is no training like this within NSW that is organically sourced amongst Department of Defense (DoD) components," said Kitchen. "There are courses similar to this, but they are generally contracted out with a heavy price tag. Though labor intensive for the NSWG-I TMC, we provide advanced training for a fraction of the cost."
Kitchen added that the TMC is uniquely positioned to provide this excellent training because the unit has the support of its leaders in addition to the use of one of the largest military medical centers in the world.
The weeklong training, held at Naval Medical Center San Diego (NMCS) Bio-Skills & Simulation Training Center fo-

cuses on TCCC which was initially developed by Dr. Frank Butler, a former Navy SEAL officer, in 1996. Hoping to reduce preventable combat trauma deaths, Butler developed research protocols and examined combat trauma experiences to find where medicine had fallen short in saving lives on the battlefield.
After identifying areas for improvement, a curriculum was developed and utilized by Special Operations Forces (SOF) personnel beginning in 1997. It has since grown into a DoD-wide training curriculum.
PFC is an extension of TCCC concepts and designed to care for combat casualties in austere locations without available medical evacuation resources – a scenario not uncommon to SOF.
Special Warfare Operator 1st Class Noel Sons is the TMC tactical medical lead. Sons states that from his experience in SOF medicine, the best possible outcome in SOF medicine is a result of dedicated and diverse teams of medical professionals working in close partnership with SEAL medics and IDCs.
"Cmdr. Kitchen and I developed the TMC program to be an example of the proud NSW tradition of persistence, perseverance, and excellence under challenging conditions," said Sons.
According to Chief Special Warfare Operator Dave Dillehay, the TMC leading chief petty officer, SEAL medics are often cross-trained in different specialties such as sniper or breacher. The time available for specific medical training is limited or difficult to obtain due to the cost and logistics involved.
"This week is protected time specifically

focused on combat trauma without the distractions of other roles and responsibilities," said Dillehay. "The training via NSWG-I puts the combat medics and IDCs in direct contact with a subject matter expert (SME) in combat trauma medicine by utilizing the extensive resources of NMCS." The course is strategically placed at the end of the Inter-Deployment Training Cycle to provide a high-fidelity combat medical refresher prior to a SEAL team's deployment.
The first three days of training employ the didactic method of learning and build upon the strong foundational knowledge of the combat medics and IDCs. Lectures are facilitated by SMEs from trauma surgery, orthopedic surgery, emergency medicine, otolaryngology, anesthesia, and general surgery. Additionally, time is spent in simulation and cadaver labs practicing TCCC and PFC techniques.
Kitchen notes that this training allows for the integration of IDCs into medical treatment teams with medics.
"IDCs and SEAL medics have completely separate training pipelines, rarely do they interact in a training environment which can lead to confusion with roles, responsibilities and capabilities in the operational environment," said Kitchen. "By focusing this course on a SEAL team's medics and IDCs, they are able to train together and become a fully integrated medical treatment team."
The fourth day is the capstone of the week's training. SEALs and IDCs are involved in realistic scenario training at Strategic Operations, a combat medical training facility in San Diego.

"The capstone event provides simulated environments in order to fully immerse the students and allow them to use the skills and training received throughout the course," said Sons. "Environments range from naval vessels and a crashed helicopter to a medical trauma center. Realism is added with explosions, sounds of gun fire, and role-players that utilize prosthetics and fake blood to simulate realistic combat injuries."
The fifth and final day is conducted in small groups and covers controlled substance inventory, authorized medical allowance list refresher, advanced ultrasound.
Kitchen believes that in the current medical climate, developing in-house training for NSW combat medics and IDCs is crucial. The course is the first step of a training program which includes special operations diving medicine, whole blood transfusion, and high fidelity combat casualty scenarios interspersed throughout the training cycle.
"At a time when training is being cancelled or becoming untenable due to restriction of movement (ROM) requirements, we are able to produce an extremely high quality, locally sourced product thereby reducing the risk of COVID-19 and the associated ROM requirements for course attendees," said Kitchen.
In providing regular local training classes and simulated environments, NSWG-I's TMC has created a program that, despite constrained timelines and a global pandemic, allows for combat medics and IDCs to remain fully prepared to care for combat casualties. With continued support, TMC will further develop a robust training program that will measure its continued success in lives saved on the battlefield.

Magenta® Military

A PLAN BUILT FOR MILITARY & VETERAN FAMILIES

- ✓ Unlimited talk, text & data while on our network
- ✓ Data & texting in 210+ countries & destinations
- ✓ Netflix on Us with 2+ lines

During congestion, customers using >50GB/mo. may notice reduced speeds until next bill cycle due to data prioritization. Video typically streams on smartphone/tablet at DVD quality (480p). International data at 2G speeds.



50% OFF FAMILY LINES FOR MILITARY & VETERANS

50% off add'l line price for lines 2-6 vs. Magenta; w/ AutoPay.

Verify military status for account holder within 45 days & maintain military line or pay up to \$20/line more per month.

T Mobile™

Find your nearest store at www.t-mobile.com/store-locator

Submit U.S. military verification at my.t-mobile.com/profile. Limited time offer; subject to change. At participating locations. Credit approval, deposit, \$10 SIM card, and, in stores & on customer service calls, \$20 assisted or upgrade support charge may be required. May not be combined with other promotions/discounts and features; existing customers who switch may lose certain benefits. U.S. roaming and on-network data allotments differ: includes 200MB U.S. roaming. Unlimited talk & text features for direct communications between 2 people; others (e.g., conference & chat lines, etc.) may cost extra. Unlimited high-speed data US only. In Canada/Mexico, up to 5GB high-speed data then unlimited at up to 128kbps. Not available for hotspots and some other data-first devices. Capable device required for some features. **Video streams** at up to 1.5Mbps. Optimization may affect speed of video downloads; does not apply to video uploads. **Netflix:** Offer subject to change. Receive Netflix Basic (1-screen, up to a \$8.99/mo. value) while you maintain 2+ qual'g Military lines in good standing. Not redeemable or refundable for cash. Cancel Netflix anytime. Netflix Terms of Use apply: www.netflix.com/termsofuse. 1 offer per T-Mobile account; may take 1-2 bill cycles. See t-mobile.com/netflix for add'l info. Like all plans, features may change or be discontinued at any time; see T-Mobile Terms and Conditions at T-Mobile.com for details. **Tethering:** 3GB high-speed data then unlimited on our network at max 3G speeds. Smartphone usage is prioritized over tethering usage, which may result in higher speeds for data used on smartphones. **AutoPay Pricing** for lines 1-8. Without AutoPay, \$5 more/line. May not be reflected on 1st bill. **Int'l Roaming: Not for extended international use; you must reside in the U.S. and primary usage must occur on our network.** Device must register on our network before international use. Service may be terminated or restricted for excessive roaming. Usage may be taxed in some countries. Calls from Simple Global countries, including over Wi-Fi, are \$.25/min. (no charge for Wi-Fi calls to US, Mexico and Canada). Standard speeds approx. 128Kbps without Plus; with Plus approx. 256 Kbps. Coverage not available in some areas; we are not responsible for our partners' networks. **Network Management:** Service may be slowed, suspended, terminated, or restricted for misuse, abnormal use, interference with our network or ability to provide quality service to other users, or significant roaming. During congestion the small fraction of customers using >50GB/mo. may notice reduced speeds until next bill cycle due to data prioritization. On-device usage is prioritized over tethering usage, which may result in higher speeds for data used on device. See T-Mobile.com/OpenInternet for details. **See Terms and Conditions (including arbitration provision)** at www.T-Mobile.com for additional information. T-Mobile and the magenta color are registered trademarks of Deutsche Telekom AG. © 2020 T-Mobile USA, Inc.



Nauticus to host U.S. premiere of maritime adventure
Nauticus is offering a voyage far below the ocean’s surface. Voyage to the Deep: Underwater Adventures is a 6,000 square-foot exhibition produced and developed by the Australian National Maritime Museum, and makes its’ United States debut at Nauticus on September 19.

See C2

ROSIE THE RIVETER: A TRUE LABOR ICON

The first Monday in September, Labor Day, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of our country.

WHO STARTED LABOR DAY?
Like much in American history, Labor Day’s origins are humble. The first “official” government observance of what we now know as Labor Day started at the municipal level, where the state of Oregon passed the first legislation to formally recognize the holiday.

The identity of who first thought up the original idea is uncertain. According to the Department of Labor, it was either Peter J. McGuire, a co-founder of the American Federation of Labor or Matthew McGuire, a machinist who later became the secretary of his local International Association of Machinists lodge in New Jersey.

WHEN WAS THE FIRST LABOR DAY?
New York City has the distinction of being the first to observe Labor Day on September 5, 1882. This was done “in accordance with the plans of the Central Labor Union” according to the Department of Labor.

The idea spread thanks to the encouragement of the Central Labor Union, and over time the tradition of observing the first Monday in September as Labor Day went national. Today, banks, government offices and individual businesses close to observe this nationwide recognition of labor, the labor movement, and its’ role in American history.

WHO IS ROSIE THE RIVETER AND WHY IS SHE ASSOCIATED WITH LABOR DAY?

Department of Defense

nrm.org

WILL THE REAL “ROSIE” PLEASE STAND UP?
One of the most recognizable icons of labor is “Rosie the Riveter,” the World War II-era woman who rolled up her sleeves, flexed her arm muscles and said, “We Can Do It!” But, this isn’t the original Rosie.

The “Rosie” image popular during the war was created by illustrator Norman Rockwell for the cover of the Saturday Evening Post on May 29, 1943. The image depicts a muscular woman wearing overalls, goggles and pins of honor on her lapel. She sports a leather wrist band and rolled-up sleeves. She sits with a riveting tool in her lap, eating a sandwich, and “Rosie” is inscribed on her lunch pail. And, she’s stepping on a copy of Adolph Hitler’s book “Mein Kampf.”

The cover was an enormous success and soon stories about real life “Rosies” began appearing in newspapers across the country. The government took advantage of the popularity of Rosie the Riveter and embarked on a recruiting campaign of the same name. The campaign brought millions of women out of the home and into the workforce. To this day, Rosie the Riveter is still considered the most successful government advertising campaign in history.

After the war, numerous requests were made for the Saturday Evening Post image of Rosie the Riveter, but Curtis Publishing, the owner of the Post, refused all requests. The publishing company was possibly concerned that the composers of the song “Rosie the Riveter” would hold them liable for copyright infringement.

Since then, the J. Howard Miller “We Can Do It!” image has replaced Norman Rockwell’s illustration as “Rosie the Riveter” in the minds of many people. Miller’s Rosie has been imprinted on coffee mugs, mouse pads, and countless other items, making her and not the original “Rosie” the most famous of all labor icons.

Department of Defense

CULTURAL IMPACT OF ROSIE THE RIVETER
• In 1942, Redd Evans and John Jacob Loeb composed a song called, “Rosie the Riveter.”

- Rosie the Riveter changed women’s fashion. Dresses and skirts were inappropriate for “Rosies” dealing with hard metals. They needed more practical clothing for work. Women began wearing denims, trousers, overalls, pants, boots and bandanas, which later on became a statement for equality with men.
- Women who worked to produce tanks, ships, planes and other material during World War II called themselves “Rosies.”
- At the end of WWII, most of the Rosies returned home as housewives. The increase of females in the workforce didn’t happen again until the 1960s during the rise of Second Wave Feminism in America.
- The U.S. Postal Service issued a stamp in the 1990s featuring the image of Rosie the Riveter.

Naval History and Heritage Command

Aviation Machinist’s Mate 3rd Class Barbara Warfield, USNR(W) works on an aircraft at Naval Air Station, Seattle, Wash., September 28, 1943. She was one of the first WAVES assigned to the overhaul and repair of naval aircraft.

WAR INFLUENCE
American women played important roles during World War II, both at home and in uniform. Around five million civilian women served in the defense industry and elsewhere in the commercial sector during World War II with the aim of freeing men to fight.

Around 350,000 American women served in uniform — both at home and abroad — volunteering for the newly formed Women’s Army Auxiliary Corps, the Naval Women’s Reserve (WAVES), the Marine Corps Women’s Reserve, the Coast Guard Women’s Reserve, the Women Air Force Service Pilots, the Army Nurses Corps and the Navy Nurse Corps.

Some women served near the front lines in the Army Nurse Corps, where 16 were killed as a result of direct enemy fire. Sixty-eight American service women were captured as prisoners of war in the Philippines. More than 1,600 nurses were decorated for bravery under fire and meritorious service, and 565 WACs in the Pacific Theater won combat decorations. Nurses were in Normandy four days after the invasion began.

Sources: Department of Defense, U.S. Department of Labor, nrm.org, Library of Congress, Naval History and Heritage Command

Community

■ **Submit YOUR events, news and photos**
The Flagship welcomes submissions from our readers online.
Please submit **events** here: www.militarynews.com/users/admin/calendar/event/
Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/



Courtesy photo

Nauticus to host U.S. premiere of maritime-themed adventure

From Nauticus

NORFOLK

As travel plans and school schedules are impacted this fall, Nauticus is offering a voyage far below the ocean’s surface. Voyage to the Deep: Underwater Adventures is a 6,000 square-foot exhibition produced and developed by the Australian National Maritime Museum, and makes its’ United States debut at Nauticus on September 19.

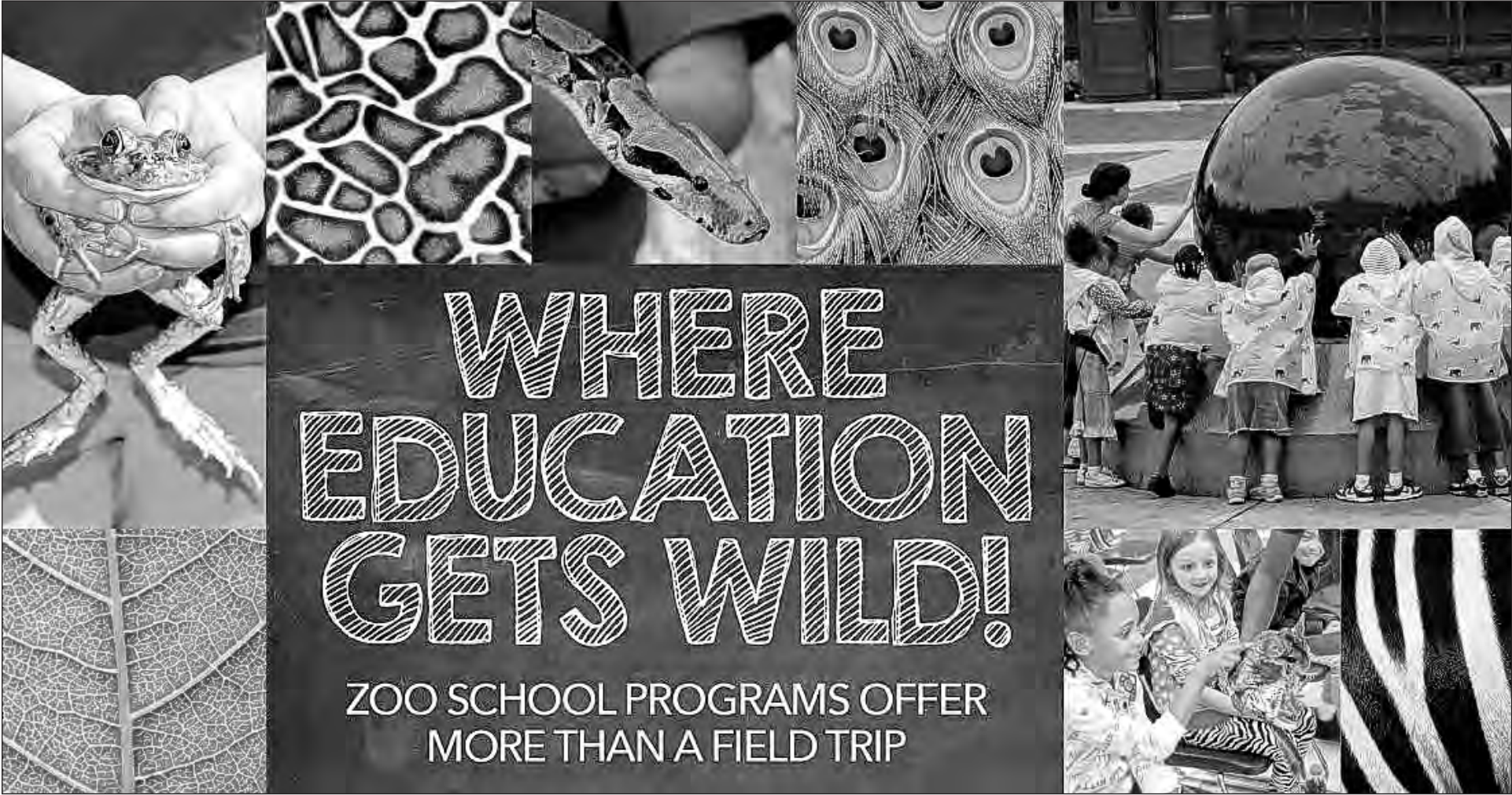
Based on the French author Jules Verne’s 1870 classic, 20,000 Leagues Under the Sea, the experience is anchored by an enormous Nautilus submarine, complete with a periscope, propellers, a control station and Captain Nemo’s marine specimens. For those brave enough to venture outside the submarine, Voyage to the Deep also features an octopus garden, a kelp forest, a code-cracking station, and a colossal squid floating high overhead.

“As we looked towards another season of virtual learning and homeschool challenges, we wanted to present a very real, very safe, entirely new adventure for Hampton Roads families,” said Nauticus’ executive director, Stephen E. Kirkland. “After all, who couldn’t use a little escapism these days?”

Voyage to the Deep will also serve as a supplement to classroom curriculums and STEM learning. Families will learn how to operate simple machines, gain a better understanding of the natural environment (life cycles, habitats, and sea animals), and more fully appreciate the importance of maritime resources. Nauticus educators

will also be on-hand to teach families how to pilot underwater robots in a fun, safe, dynamic and wide open space.

Voyage to the Deep will open on September 19 and make its splash at Nauticus through January 3, 2021. A maximum of 50 guests will be allowed in the 45 minute adventure at one time, and thorough cleanings will occur throughout the day. Masks are required. Timed tickets may be purchased for \$10 per person, or guests may select a combo ticket option to include battleship admission. Nauticus members will receive free admission. Ticket reservations will open online on September 14th at <https://nauticus.org/voyage-to-the-deep/>.



Courtesy photo

Virginia Zoo offers free educational programming to eligible schools this fall

From Virginia Zoo

NORFOLK

Virginia Zoo virtual school programs offer memorable, fun and a highly educational way to learn about animals and conservation — and now Title I and Norfolk Public Schools are eligible to virtually attend a new “Career Chat and Q&A Session.” These two-way conversations with Zoo Educators give insight on what it’s like to work at a zoo.
“Because in-person field trips, outreach events, and classroom programs are not a viable option this fall, we had rethink our approach,” said Michelle Lewis, Education Manager. “Our mission is to engage

our community to take action to save the world’s wildlife and the environment, and that means meeting them where they are, whether it is at the Zoo, at school, or in their own living rooms,” Lewis added.
The Education team is also offering other virtual programs for a minimal cost that allow students to explore the Zoo like never before. Take a live, interactive virtual “Zoo Tour” led by a passionate Educator. Or bring learning to life with a “Classroom Program” by virtually meeting two animal ambassadors and seeing biofacts. New “Scout Badge Workshops” are offered through Google Classroom and allow participants to complete badge requirements at their own pace, with dif-

ferent badges available monthly.
Choose from a variety of topics that will keep your group engaged as they learn more about the natural world around them. Each program includes science lessons aligned to Virginia’s Standards of Learning. Virginia Zoo school programs also fit curriculum requirements in North Carolina and private schools.
Paid programs range in cost from \$30-\$60 and last 30-45 minutes.
These programs are not just limited to school students. They make perfect activities for retirement centers, nursing homes and other organizations.
To book a program or learn more, visit virginiazoo.org/school-programs. All

programs are offered on a first-come, first-served basis.

ABOUT THE VIRGINIA ZOO

The Virginia Zoo 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.



Brandpoint

3 ways to boost eye health amid virtual learning

By Brandpoint

Whether students are attending class in person, virtually or a hybrid version of both, there’s one thing everyone has in common: a lot more education will be happening digitally. Screens are a valuable tool in education, but they also can have health implications, including stress on the eyes.

Students of all ages are spending more time on computers, tablets and phone screens in general, but COVID-19 has accelerated this use. In recent months, screen time for kids has increased by 500% as virtual learning was introduced and parents continue to work from home. This is having a direct impact on eye health.

Fortunately, there are simple ways families can support eye health and position students for success no matter what school shapes up to be this year:

TAKE BREAKS AND SET LIMITS

Have a family meeting to get everyone on board for following the 20/20/20 rule. For every 20 minutes you are using a screen you need to take at least 20 seconds to look away at something that is at least 20 feet away. This allows the eyes to rest and refocus, helping to prevent strain. If everyone is

working at the same time in the house, you could ring a bell or play a song at these intervals as an eye rest reminder.

In addition to these mini breaks, it’s important to take larger breaks to more thoroughly relieve eyes. This is especially important for children’s eyes that are still growing. For every hour working or playing on a screen, take a 5- to 10-minute break to leave the area and let the eyes rest. Perhaps take a walk or grab a snack before returning to studies.

WEAR BLUE LIGHT BLOCKING GLASSES

The blue light emitted from digital screens can be particularly harsh on eyes, plus it can have a negative impact on sleep patterns. The brain registers blue light as daytime, so it’s especially important to be aware of screen time before bed. Shut off screens at least an hour before bedtime to ensure kids fall to sleep efficiently and get deep, restorative rest.

Beyond limiting evening screen time, you can help filter harsh lights with blue light blocking glasses. These are sometimes called computer glasses because they have no prescription but look like normal glasses. Strive to have students always wear these

glasses while using a device. If that’s not possible, research blue light blocking software and apps.

EAT FOR EYE HEALTH

What you eat can help support eye health by providing the body essential nutrients to support vision like lutein. Lutein is a powerful antioxidant that plays a key role in shielding eyes from damaging light. Registered Dietitian and Nutritionist Dawn Jackson Blatner shares nutritious foods that can help boost eye health amid virtual learning:

Green leafy vegetables like kale or spinach are high in lutein content, as are Eggland’s Best eggs, which contain 38% more lutein compared to ordinary eggs. Lutein found in eggs is also more easily absorbed by the body than leafy greens. Just remember to eat the whole egg since lutein is found in the egg yolk.

In addition to lutein, Eggland’s Best eggs contain a variety of important micronutrients that support immune health. With six times more vitamin D, 10 times more vitamin E, and more than double the omega-3s and vitamin B12 compared to ordinary eggs, Eggland’s Best eggs are a perfect ingredient to optimize immune health and incorporate into your family’s diet as you prepare for back to school.

Try new recipes that contain these ingredients and others that help support vision wellness. With both a leafy vegetable and nutrient-rich Eggland’s Best eggs, this is a delicious option you can try at home.

Spinach, Brie and Bacon Mini Quiche

- INGREDIENTS**
- 5 Eggland’s Best eggs
 - 1/4 cup fat-free half & half
 - 1/4 cup skim milk
 - 1/2 cup brie cheese, shredded
 - 1/4 small onion, shredded
 - 1 cup fresh spinach leaves, washed & diced
 - 4 slices turkey bacon, cooked & crumbled
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper
 - 2 refrigerated pie crusts

- DIRECTIONS**
- Preheat oven to 350 degrees F; spray a 12-cup muffin tin with non-stick cooking spray and set aside.
- In a medium-size bowl, whisk eggs together with milk, half & half, salt & pepper; set aside.
- In a small skillet over medium heat, cook turkey bacon slices until crispy; drain, cool, and dice or crumble into small pieces and set aside.
- Wash spinach well and pat dry; chop into small pieces and set aside.
- Using a handheld grater, grate onion and brie cheese.
- Add spinach, bacon, onion and brie to egg mixture and blend well.
- Roll out refrigerated pie crust and cut in 3 inch circles; line muffin tins with pie crust. Spoon egg mixture into each muffin cup, filling 3/4 full; place in oven and cook for 25 minutes or until eggs are set.
- Allow to cool for 5 minutes before serving.
- Note: You may have extra egg mixture depending on how high the muffin tins are filled. Repeat steps above to create more quiches to finish off egg mixture.

Apple Fritters: Get ‘em while they’re hot

By The Good Housekeeping Test Kitchen

Tucked inside the brown sugar batter (spiked with fresh apple cider!) is a combo of chopped and grated Granny Smiths that add tons of texture and a tart edge to these sugar-dusted, shallow-fried apple fritters.

Apple Fritters

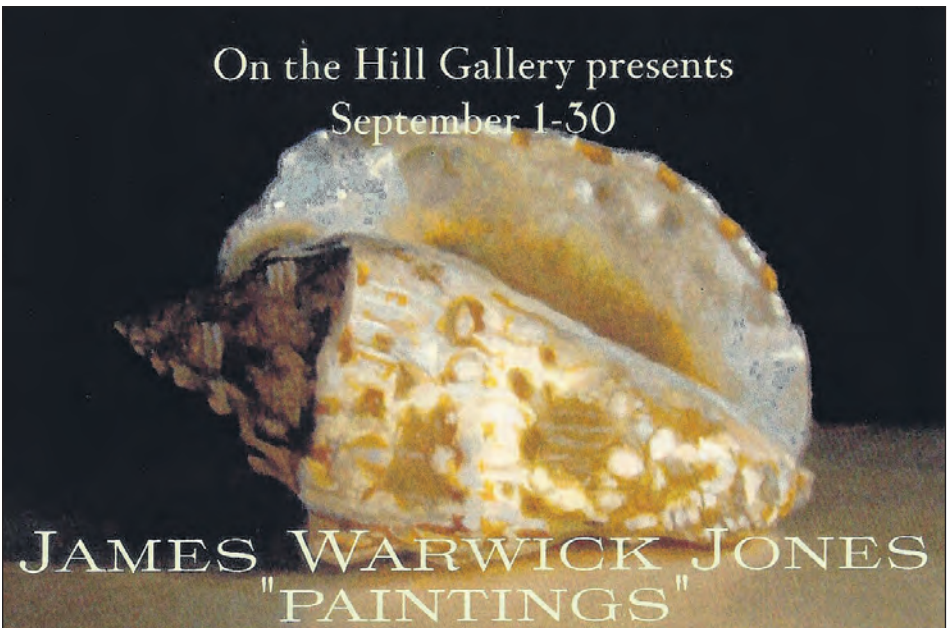
Yields: 6 servings
Total time: 0 hours 30 mins

- INGREDIENTS**
- Canola oil, for frying
 - 1/2 c. granulated sugar
 - 1 tsp. apple pie spice, divided
 - 1 1/4 c. all-purpose flour
 - 2 tbsp. packed light brown sugar
 - 1 1/2 tsp. baking powder
 - 1/4 tsp. kosher salt
 - 1/2 c. fresh apple cider
 - 1 large egg
 - 1 tsp. pure vanilla extract
 - 1 large Granny Smith apple

- DIRECTIONS**
- Fill large Dutch oven with 1½ inches oil and heat to 350°F. Set wire rack on rimmed baking sheet. In large bowl, combine granulated sugar and ½ tsp pie spice; set aside.
- In another large bowl, whisk together flour, brown sugar, baking powder, salt, and remaining ½ teaspoon pie spice. In separate bowl, whisk together cider, egg and vanilla. Add wet ingredients to dry ingredients, mixing until just combined. Peel and core apple. Coarsely grate half the apple and cut remaining half into ¼-in. pieces. Gently fold into batter.
- Working in batches, drop spoonfuls of batter (about 2 Tbsp each) into oil. Fry, turning once, until golden brown, 2 to 4 min.
- Toss warm fritters in sugar-spice mixture. Transfer to wire rack. Serve warm or at room temp.



Brian Woodcock



On The Hill Gallery to host solo show for James Warwick Jones

From Yorktown Arts Foundation

YORKTOWN, VA

Yorktown Arts Foundations’ On The Hill Gallery is honored to present a solo show by award-winning painter James Warwick Jones Sept. 1-30. The show was rescheduled from April because of COVID-19.

James Warwick Jones is well known in Hampton Roads for his realist paintings and as a teacher and manager of Charles Taylor Visual Arts Center in Hampton, from which he retired in 2018.

Simply titled “Paintings,” Jones’ show collection includes a range of his realist paintings in sizes from miniature to large, acrylic and watercolor media, and a range of subjects including landscape, interiors, architecture, travel, still life and portraits.

His paintings are interpretations and inspirations of the world he sees around him.

He says, of his subject matter, “I try to be aware of, constantly observing and sensitive to things I see that interest and move me in some way. Sometimes this occurs in my everyday life -- taking a walk, driving in my car, and seeing someone I know or a stranger. Other times, I go out with a photo shoot in mind, perhaps after a snowfall or a foggy morning, or to a favorite or new place.”

He adds, “Things that attract me to paint might be beautiful, or something most people would consider unappealing or even ugly. They might be transformed by light and shadow, show the effects of time and wear.”

“Paintings” is Jones’ first solo show at a

gallery in a decade.

“After the COVID-19 delay, we are glad that we are able to present this show. We are honored and excited to have James Warwick Jones and his work at On The Hill Gallery,” says Yorktown Arts Foundation President Lisa Trichel-Beavers. “Jim’s paintings are dramatic; each eliciting emotion and their own story. I invite everyone to come and see this show,” she said.

Over the past 54 years, Jones has shown in more than 250 exhibitions and won over 150 awards, including Best Traditional Painting at The Virginia Beach Boardwalk Art Show, Mariner’s Museum Award, Best in Show and Mayor’s Award at the Bay Days Juried Exhibition and PFAC Award at Peninsula Fine Arts Center.

In order to maintain the health and safety of patrons, there will be no opening reception. All works by Jones are for sale and may be viewed during regular Gallery hours. Masks are required to enter the Gallery and social distancing will be enforced. Admission is free.

For more information, please contact the Gallery at 757-369-1108.

ABOUT YORKTOWN ARTS FOUNDATION

The Yorktown Arts Foundation was established in 1975. Its mission is to promote an appreciation of the arts in the York County area by providing a venue for art sales by local artists (On The Hill Gallery), art education, art outreach and promoting art appreciation and participation in the visual arts.

COVID-19 postpones Virginia Beach Funkfest Beach Party

From Chartway

VIRGINIA BEACH

The virtual 11th Annual Virginia Beach FunkFest Beach Party presented by Chartway Federal Credit Union has been postponed until Sept. 26 and 27. The delayed broadcast is the result of unavoidable technical circumstances related to the COVID-19 pandemic.

Saturday’s show features E.U. (Experience Unlimited) and Rose Royce.

Sunday’s show features The Bar-Kays and The Dazz Band.

Shows still will be broadcast exclusively on YouTube, Facebook and WSKY. No FunkFest performances will occur on the beach at the oceanfront this year. All concerts will be virtual and online.

Links for the concert broadcasts are:

YouTube -- www.youtube.com/visitvabeach

Facebook -- www.facebook.com/visitvabeach, www.facebook.com/liveonatlantic, and www.facebook.com/sandlercenter.

“We’re honored to support this year’s Virginia Beach FunkFest Beach Party,” said Brian Schools, president & CEO of Chartway Federal Credit Union. “It’s a privilege for all of us at Chartway to help bring this wonderful experience to Hampton Roads – and, even more, be a part of the positive impact it will have on our community.”

The Virtual Virginia Beach Funk Fest Beach Party will also air on WSKY on Saturday, September 26 from 8:00-9:30pm and on Sunday, September 27, from 8:00-9:30pm. WSKY is carried mainly on channel 4, except on the Charter Spectrum system in Suffolk, where it is carried on channel 10. A high definition feed is available on Cox digital channel 1004, Spectrum channel 703 in Suffolk, channel 704 in Manteo, and channel 1232 in Elizabeth City, and Mediacom channel 804.

Performances will be taped in the Sandler Center for the Performing Arts in Virginia Beach’s Town Center and will not be open to the public. Everyone is invited to watch the free online broadcasts from the safely social-distanced comfort

of their homes.

SEPTEMBER 26

E.U.’s unique blend of “Go-Go Funk,” urban, R&B, and soul has made them an extremely popular live band since the 1980’s. Their loyal fanbase began following the D.C.-based group with the No. 1 hit “Da Butt” and Top 10 follow-up “Buck Wild.” Several additional E.U. records made the Billboard charts. Their songs reached new fans when their tunes were featured in Spike Lee movies and Xbox games.

Rose Royce’s Grammy Award first record “Car Wash” went platinum. Rose Royce has earned eight gold and five platinum records for “Love Don’t Live Here Anymore,” “Do Your Dance,” “I’m In Love,” “I Wanna Get Next To You,” and “Wishing on A Star.”

SEPTEMBER 27

The Bar-Kays performed FunkFest in 2018 to one of the largest audiences in the event’s history. The band’s career of 29 albums includes five gold, a platinum, 40 single releases and 20 Top Ten records. They’ve been inducted into the Memphis Music Hall of Fame and Beale Street Walk of Fame, have been featured in the Rock ‘n’ Roll Hall of Fame, and have been invited to perform for the troops in Iraq. The also played President Barack Obama’s second inaugural and were featured in a nationally-televised White House tribute to Memphis soul.

The Dazz Band was the first Funk/R&B groups to win a Grammy Award out of Cleveland, Best Performance by a Group or Duo for “Let It Whip.” The Dazz Band has released 20 hits on Billboard Chart. They were one of the most popular and frequent acts on Soul Train in the 1980’s and 90’s.

The virtual 11th Annual Virginia Beach FunkFest Beach Party presented by Chartway Federal Credit Union is sponsored by the City of Virginia Beach as part of Live! On Atlantic, and Tito’s Handmade Vodka and is produced by IMGoring.

For additional information, please visit www.liveonatlantic.com.

WE GET YOUR BUSINESS IN FRONT OF OUR MILITARY

PRINTEVENTSONLINE

MILITARY NEWSPAPERS OF VIRGINIA is a trusted partner to the active duty military community and the contracted, authorized publisher of on-base newspapers in the area, some for as long as 38 years. Our branch-specific publications, corresponding websites and social media platforms offer the most relevant content for today’s service member in Hampton Roads. Choosing to do business with Military Newspapers of Virginia means you are an integral part of the daily lives of area active duty, veterans, retirees and their families.

CONTACT US TODAY TO START ADVERTISING!
757.222.3990 | MILITARYNEWS.COM



Ken Kassens/

Sleep, healthy diet and good exercise — your invisible body armor against infection

By Samir Deshpande
Walter Reed Army Institute of Research

The current COVID-19 pandemic adds another layer of difficulty to continuously remaining fit and effective, requiring extra care to avoid infection or spreading the infection to family, friends, fellow Sailors and the wider community.

Yet, researchers from the U.S. Army Research Institute of Environmental Medicine and Walter Reed Army Institute of Research, both subordinate commands of the U.S. Army Medical Research and Development Command, are finding that these same building blocks of Soldier performance may also prove to be techniques for fighting off the disease.

“As we’ve shifted our resources to help address this pandemic, we’re building from the understanding that the same strategies that help us optimize human performance in training and operational settings — eating well, exercising right and getting a good night’s sleep — also protect us from infection,” said Col. Sean O’Neil, USARIEM’s Commander.

Here is what these laboratories, leaders of the Army’s efforts to improve military nutrition, human performance, sleep, resilience and defense against infectious disease, have learned and what they advise:

NUTRITION: THE BUILDING BLOCKS OF IMMUNITY

A balanced diet that meets energy demands and provides essential nutrients not only increases energy and endurance, enabling better performance — it also directly impacts the immune system.

The absence of key nutrients can directly limit your body’s ability to protect from invaders: a lack of vitamin D can limit the production of antimicrobials and compromise your skin, the primary barrier against infectious disease; a lack of iron and zinc directly threaten the function of white blood cells, which include your body’s “first responders” against pathogens.

Poor nutrition can even increase harm

from infectious disease — one study found that low levels of the nutrient selenium caused viral mutations resulting in an even more damaging infection.

Obesity, or excess energy intake, can also stress the immune system. Studies have identified a greater risk of hospital-acquired infections, more severe infections from influenza and other respiratory infections and a greater overall risk of viral and bacterial infection.

Furthermore, individuals with obesity are still at risk of missing critical nutrients from their diets, further compounding potential risk.

“These findings highlight the critical role of diet and nutrition in Warfighter health and performance — including immune function and infectious disease. Optimal nutrition is a critical first step to immunity,” says James McClung, chief of the Military Nutrition Division at USARIEM.

SLEEP — YOUR INTERNAL BODY ARMOR

Given its well-known impact on vigilance, learning, reaction time and mental acuity, sleep loss has long been a topic of concern for military leaders and a focus of research by military scientists. Less widely known, however, is the recent evidence showing that sleep is also critical for maintaining a healthy and effective immune system.

It is now understood that sleep duration is a powerful predictor of infection. In one study, volunteers were exposed to the virus that causes the common cold. It was found that those who averaged less than seven hours of sleep per night had a three-fold greater risk of infection than those who averaged eight hours or more; for those who habitually obtained less than five hours of sleep, the risk was 4 ½ times greater.

In addition, limited but exciting evidence from animal studies suggesting that sleep not only helps protect against initial infection, but also plays a direct role in aiding recovery from infectious illness.

“These studies show that sleep can enable and enhance your body’s ability to establish physical, cognitive and now immunological dominance,” says Lt. Col. Vincent Capaldi, director of the Behavioral Biology Branch at WRAIR, responsible for studying the relationship between sleep and military performance.

PHYSICAL ACTIVITY: BOOST YOUR IMMUNE SYSTEM

Physical activity and fitness are critical aspects of military service as well as overall health—they also can boost your immune system.

Even a single session of physical activity can improve your immune system, resulting in the redistribution of immune cells to your body’s “front lines”—places like your lungs or gut—to enhance surveillance of potential pathogens. Regular physical training also improves one’s immune response to infection challenges.

Conversely, excessive physical training without adequate time to recover has been linked to a suppressed immune system.

“Physical activity and fitness are key to optimal and enhanced health and performance of our Soldiers. Special care to practice smart physical training practices will help promote stronger immune system responses,” says Susan Proctor, chief of the Military Performance Division at USARIEM, responsible for targeted musculoskeletal health and military performance research.

DON’T LET THIS INFORMATION STRESS YOU OUT

In addition to emotional health, well-being and job performance, stress may impact our immune system as well.

One study found that self-reported stress predicted more symptoms in volunteers exposed to influenza virus. Another study found that individuals who reported high levels of stress over a period of at least a month were two to three times more likely to develop colds than those reporting less

stress when challenged with a cold virus.

A range of evidence also suggests that in addition to increasing the risk of infection, stress also worsens outcomes: stress may increase the likelihood of disease becoming symptomatic (as opposed to having a mild, asymptomatic infection) or more active (some viruses like herpes can lay dormant after infection with symptoms recurring over time).

“Stress has significant direct and indirect impacts to both risk and severity of infection — alongside getting enough sleep and regular exercise, stress mitigation strategies like mindfulness can go a long way to improving overall wellness and staying healthy,” says Amy Adler, acting director of WRAIR’s Research Transition Office, which bridges the gulf between laboratory and field to get research advances into Army training.

THE PERFORMANCE TRIAD, INFECTION AND COVID-19

Perhaps most significant is that deficits in each factor are separately linked to decreased vaccine efficacy. For example, being physically active heightens vaccine effectiveness compared to being sedentary. Also, hepatitis B vaccine efficacy was eight times lower in individuals with obesity than those at a healthy weight; individuals who slept fewer than six hours the night prior to vaccination against hepatitis B were less likely to have gained immunity six months later compared to those who had obtained more than seven hours of sleep.

Furthermore, nutrition, sleep, exercise and stress are all intrinsically linked—high levels of stress may result in difficulty falling asleep, poor diet or lack of motivation to exercise; overexertion is often linked with compromised nutrition and sleep disturbances — suggesting that addressing one factor can positively influence others.

“Sleep, activity and nutrition are all critical aspects of ready, resilient and healthy Soldiers and Family members—it is important that individuals and their families consider every one of them. Setting realistic, attainable, but ambitious goals can help you focus on your health during this pandemic while building your invisible body armor against infection,” said Col. Deydre Teyhen, WRAIR’s Commander.



WE’VE GOT THE BASES COVERED.
DEDICATED TO SERVING THOSE WHO SERVE.



THE FLAGSHIP
Authorized newspaper for the Navy Region Mid-Atlantic.



PENINSULA WARRIORS
Authorized newspapers for Langley Air Force Base & the U.S. Army at Fort Eustis.

MILITARY NEWS YOU NEED TO KNOW

SERVICE MEMBER HIGHLIGHTS

ENTERTAINMENT

EMPLOYMENT OPPORTUNITIES

The Flagship
www.flagshipnews.com

MNV
MilitaryNews.com | MILITARY NEWSPAPERS OF VIRGINIA

757.222.3990

150 W. Brambleton Ave. | Norfolk, VA

MilitaryNews.com

TO PLACE AN AD:
Visit placeanad.pilotonline.com

Flagship Values

Hampton Roads Military Classified Marketplace

■ advertise
your business

The Flagship is a weekly publication aimed at military service members, family, and retirees.



announcements

Announcements

LOST DIPLOMA I, Arman Anwar, would like to inform the general public that my University Diploma from Bogazici University in Istanbul, Turkey (Diploma No. 7063, graduation date 7th September 1995), has been lost. If you find it please return it to the address: 10325 Forest Ave, Fairfax, VA 22030.



stuff

Misc. Merchandise For Sale

ALL OAK FIREWOOD
One Cord Minimum Delivery
Deliver To All Areas
757-335-0198 Dan

Misc. Merchandise For Sale

BATTERY OUTLET, INC.
CAR BATTERY SPECIAL! Factory Seconds \$55.00 With Exchange (for most U.S. & Foreign Cars.)
1608 Campostella Rd., Chesapeake (757) 545-4442.
2815 Geo. Washington Hwy., Yorktown 757-867-8280.
www.batteryout.com

Antiques & Collectibles

AMERICAN ANTIQUE BUYER
RAY HIGGINS
BUYING ANTIQUES & ESTATES, ITEMS OF VALUE
VINTAGE ARTWORK
ALL COINS
GOLD JEWELRY
STERLING FLATWARE
VINTAGE WRIST WATCHES
KNIVES
COSTUME JEWELRY
25 YEARS EXPERIENCE
LICENSED, 7 DAYS A WEEK
FREE ESTIMATES
757-617-4043
www.raymondsantiques.com

Subscribe to The Virginian-Pilot today.
Call 757-446-9000 or go to PilotOnline.com

Antiques & Collectibles

BUYING COINS
757-474-1303
COIN COLLECTIONS
STAMP COLLECTIONS

CLASSIC STEREO SYSTEM 1965
Consisting of Marantz 2330 B Receiver. 2KLH Speakers, Dual 1019 Turntable, \$4000. excellent condition, never used since 2004. Call: 252-255-0645



DECOYS WANTED

Highest CASH prices paid
Old wooden ducks or Canvas geese
Swans and Shorebirds. Also buying
Old fishing tackle & Wooden lures
Boat oars Nautical & Lifesaving items
Call Mark at 757-721-2746

Cockatoo, too.

Pick a pet in the
CLASSIFIED
MARKETPLACE.

The Virginian-Pilot
PilotOnline.com

Antiques & Collectibles

ESTATE & MOVING SALES
WE ARE THE "STRESS RELIEVERS"
When We Handle Your Estate or Moving Sale.
We Offer On-Site Tag Sales with a Knowledgeable & Courteous Sales Team.
Over 45 yrs. Exp. in Antiques, Estates & Moving Sales. References.
Larry Zedd 422-4477

Good news.

Early home delivery.
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

WANTED

ANTIQUES & ESTATES
18th, 19th & 20th Century,
Furniture, Artwork, China,
Crystal & Collectibles.
1 Piece Or Entire Contents.
We Come To You With & Courteous & Professional Service. No Obligation Offers. Please Get My Offer Before You Sell!
Tag Sales & Estates Settled.

LARRY ZEDD
422-4477
Virginia Beach Antique Co.

Appraisal Service With 40 Years Experience

Wanted To Buy

CARDS, COMICS, RECORDS
Collectibles. Etc. Cash Paid Today.
Please Call 757-636-5466 Thanks!

Early home delivery. 757-446-9000 or PilotOnline.com



pets

Dogs, Cats, Other Pets

BEAGLE
1.5 year old pure bred female. \$500.
Call: 252-484-0775

BORDER COLLIE
11 weeks old, 1st shots, 3 black & white, 1 male, 2 female. \$700. 757-319-2860 Call after 7pm, text anytime.

Jump start
your day.

Early home delivery
757-446-9000
PilotOnline.com

The Virginian-Pilot

Early home delivery.
757-446-9000 or PilotOnline.com

business services

757.622.1455 | placeanad.pilotonline.com



Concrete/Asphalt

S & H ENTERPRISE 20 YRS.
Concrete Exp. All types of concrete work driveways, stamped & exposed. We accept credit cards. 757-652-4050.
www.shabazzmva.com

Electricians

ANY ELECTRICAL 498-2653
10% OFF ABSOLUTELY ANY JOB. Free Estimates \$100 OFF ANY BREAKER BOX.
COLE ELECTRIC - 498-2653

Hauling

(A) FAMILY TRASH MAN-HOUSEHOLD,
Demo inside & out, construction sites, dumpster drop off, backhoe work. We haul it all! 20 yrs. exp., lic & ins. 485-1414

B & J MOVING
Reasonable Rates, Licensed & Insured.
bandjmoving.com 757-576-1290

Home Improvements

ADDITIONS, SUNROOMS, ROOFS,
Decks, more. Member BBB. 274-4533.
986-3777. www.builderscorporation.com

AIR DUCT CLEANING
UNIVERSAL DUCT CLEANING
FREE INSPECTIONS
MEMBER BBB. 757-502-0200

BEST PRICE EXTERIORS 757-639-4692
Siding, Windows, Trim, Roofing. FREE ESTIMATES! Lic. & Ins'd. Lowest Prices & Top Quality Work. No Repairs. BBB A+ Rating

BRICK & STONE REPAIRS Steps, Walls, Foundations, etc. Virginia Beach Native. Masonry Contract. 40+ yrs Known As Stone Smith USA. Semi-Retired - A Legend in His Own Mind! Earl Smith 757-270-0578. You Won't Find A Better Man!

D & W GARAGES
20x24' \$15,995; 24x24' \$17,995; 24x30' \$20,995; w/Slab & Vinyl Siding. 465-0115 or 362-1833. dandwgarages.com

FRANK'S SIDING & REPAIRS
Repairing Siding & Trim. Small & large jobs. Lic/Ins. Low Prices. BBB A+ RATING
757-227-8964

PEST CONTROL
Universal Pest & Termite.
FREE INSPECTIONS. 757-502-0200.
(Mention This Ad and Get \$25 Off)

RICHARD'S /RGSPROS.COM
PLUMBING REPAIRS/CLOGGED DRAINS/ JETTER SERVICES/KITCHENS/BATH-ROOMS/ADDITIONS/ROOFLEAKS/HANDY-MAN REPAIRS/CRAWL SPACE REPAIRS/ VAPOR BARRIERS/SEWAGEPROS.COM/24 HR SERVICES/7578690380 CALL RICH ANYTIME WE'RE HERE TO HELP

Lawn and Tree Service

GODWIN TREE SERVICE 25yrs. Trimming, topping, total removal. Free estimate. Senior disc. Licensed & Insured
757-237-1285 or 757-816-3759

LEAF RAKING AND CLEANUP
Yard Work, Weed Control, Mulching, Trimming, Planting, Transplanting of Shrubbery and Trees. 25 yrs exp. Call 757-918-4152

PARKER TREE SERVICE Mulch, trim shrubs, landscaping. Free Estimates. 757-620-9390

Early home delivery. 757-446-9000 or PilotOnline.com

Subscribe to The Virginian-Pilot today.
Call 757-446-9000 or go to PilotOnline.com

Painting/Paperhanging

INTERIOR/EXTERIOR PAINTING
Wallpapering, Pressure Washing, Carpentry, Tile Work, Plumbing and Renovations! Free estimates! Call: 757-714-4573

Roofing

CALVIN'S ROOFING REPAIR LLC
Roofing of all types-shingles/gutters. Free est. 30+ yrs exp. BBB. Lic/Insured.
757-377-2933

ROOFING SALE
30 Yr. Architect Shingles \$1.99 sq ft. Labor & Material included, repair, siding. Class A Lic'd & Ins'd. (757) 345-9983.

YOUR
PERFECT
HIRE
IS WAITING

tribune publishing
recruitment services

Stop wasting time searching for talent. Find the right talent with tribune publishing recruitment services.

We work hard to make your talent search easy. With our expansive network of distinguished print and online publications and their respective reach and readership, you'll have access to top talent from coast-to-coast.

Plus, enjoy advanced job matching and ad targeting technology, access print and digital advertising opportunities, career fairs and more.

Extend your reach. Access customized technology. Simplify your search.

jobs.pilotonline.com



help wanted

jobs

Healthcare Careers

ASSOCIATE VETERINARIAN

PORTSMOUTH

SANDBRIDGE

drive

Travel/Camping Trailers

2006 WINNEBAGO ITASCA

FOR RENT

Room For Rent

Parkview furnished rm, mature person.

Sound side, priv bath, no smkg/alcohol.

Travel/Camping Trailers

CONSIGNMENTS WANTED!

Autos for Sale

BUICK 2012 LACROSSE

BUICK 2017 ENCLAVE

CADILLAC 2019 CTS

CHEVROLET 1999 SILVERADO 1500

CHEVROLET 2010 IMPALA

CHEVROLET 2011 MALIBU

CHEVROLET 2017 CRUZE

Autos for Sale

CHEVROLET 2020 MALIBU

DODGE 2013 CARAVAN

DODGE 2014 GRAND CARAVAN

DODGE 2019 RAM 1500

FORD 2014 FUSION

FORD 2015 MUSTANG

Autos for Sale

FORD 2019 RANGER

GMC 2020 TERRAIN

HONDA 2017 CIVIC

MERCEDES-BENZ 2006 SL-CLASS

MERCUY 2004 GRAND MARQUIS

NISSAN 2019 SENTRA

SUBARU 2018 WRX

TOYOTA 2014 CAMRY

Autos for Sale

TOYOTA 2017 COROLLA

VOLKSWAGEN 2009 TIGUAN

VOLKSWAGEN 2020 TIGUAN

Classic, Antique Cars

CHEVROLET 1985 EL CAMINO

DODGE 1953 D100

FORD 1989 BRONCO

MERCEDES-BENZ 1987 560SL

Trucks and SUVs

FORD 2011 F-350

FORD 2016 FLEX

GMC 2018 YUKON

JEEP 2020 WRANGLER

Wanted Automotive

ABSOLUTELY ABLY ACQUIRING AUTOS

AUTOS ACCEPTED-ANY YEAR

Boats & Watercraft

1999 SEA RAY 330 SUNDANCER

Good news.

Early home delivery.

PilotOnline.com

Fun and Games

ACROSS

1 Rum brand

8 River of D.C.

15 Winger of Hollywood

20 Qom native

21 Great Plains tribe

22 "Sk8er Boi" singer

23 Method of making customers' mixed drinks?

25 Surrender

26 Dairy farm machine

27 Mai —

28 Slithery creature

29 Metal deposit

31 Added a coward as a Facebook connection?

37 "Unto the Sons" author

41 Apple center

42 Aries article

43 Prosecuting attorney's statement about his last-ever client?

51 Bewildered

52 Dentist's filler

53 On the — (in hiding)

55 Gift add-ons

58 Nice smell

62 "A mouse!"

63 Popular pain reliever

65 Golf rarity

66 Noted U.S. lithographer

70 One nosing around

72 R&B singer with the 2003 hit "4Ever"

73 Exemplars

74 Forebode

79 Golf ball holder

80 Black — cattle

81 Wide foot spec

82 Yule tunes

83 Bunks, e.g.

84 TV "Science Guy"

85 Garb

87 Bellybutton variety

90 Email a large image file in error?

99 Color tone

100 Vivacity

101 Nasty type

102 Funds given to a certain soccer player?

110 IM giggle

111 Lift up

112 Teeny-tiny holding

113 Seer's site

117 Estate in the country

118 Trumpeting beast wins someone's affection?

125 Ashley or Mary-Kate

126 Monte Carlo locale

127 Vail, for one

128 Must have

129 Get more precipitous

130 Climbed monkey-style

DOWN

1 Baby's tie-on

2 Football coach

3 Parseghian

3 Tony's wife on "The Sopranos"

4 Voting "nay"

5 Cambodian money unit

6 Like a cold, damp cellar

7 Like the article "a" or "an": Abbr.

8 Golf average

9 Hosp. scrubs sites

10 Longest river in Scotland

11 Photo finish?

12 Photo finish

13 In advance

14 Waggish sort

15 Hotel chain with a sun logo

16 Showed plainly

17 Rest period

18 Poet Rainer Maria —

19 Mayflower man John

24 Make a gaffe

29 Giant Mel

30 Yell of cheer

32 Here, in Haiti

33 Long period

34 Gun org.

35 Salami seller

36 Rock's Lewis

38 JFK data

39 JFK jet, once

40 Lifesaving team, in brief

44 2018 is one

45 TV's Jamie

46 Lacking in variety

47 Absconded

48 Counterfeit

49 Lift up

50 Untangled

54 Untidy states

55 New York's — Zee Bridge

56 "AWOL" or "FAQ," e.g.

57 1714-27 king of England

59 Most unctuous

60 Lo — (Chinese dish)

61 Songwriter Harold

63 Totals (up)

64 Falsification

66 Middle marks

67 Large vase

68 Retort to "Are not!"

69 Author Anaïs

71 Letters on an AC

75 Actor Bruce

76 Yard intruder

77 Bump on —

78 "The jig —"

83 Test version

85 Action

86 Old New

88 Robbins of "Short Cuts"

89 Hard water

91 Forked (out)

92 Many beach mementos

93 TV Tarzan player Ron

94 "Thwack!"

95 Ending for serpent

96 Get rid of, as a bad habit

97 — de Oro

98 Slithery creature

102 — Rex (cat variety)

103 Force out of the country

104 Counterfeit

105 Water jugs

106 Ignited anew

107 Irk

108 "Just joking!"

109 Hair lock

114 Egyptian

115 Twice CCI

116 Slant

119 Bakery buy

120 With it, man

121 Exist

122 "The Mugger"

123 R&B singer

124 Bummed out

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130

last week's answers

LEARNING

UPTOPARPIANOMANOLIO

NITROGENRINGTONONEWONT

ACE

TESTS

INTROS

CESIUMMISCULELEADDEAL

BLEED

NOTAELEA

ENOLA

GERRTE

ROHODIUMHUMIDORNOSEE

OONAEPEE

NUTRITIRADECACTI

IRONNOIR

TILEITALICUNEVEN

RADONDRANOSPANERATO

IBOOK

FOYT

TROI

STUN

ACCURATE

PIANOMAN

TRON

TALL

TBIRDS

SCUE

ENDEAR

DIAL

ARSENIC

GALES

WIDOR

EPEE

TI

SILVER

ITALIC

DRANO

THUD

SELENIUM

HOARDERS

ASSESSES

HANG

OLIO

WONT

BANJO

NORGAN

VEND

DEAL

SELMA

ALPS

CARNIES

PRO

NOSEE

LESS

LIVER

UNEVEN

CUR

VERMEER

NESS

1 8 5 4 3 7 6 2 9

7 4 6 9 2 5 8 3 1

9 3 2 6 8 1 5 4 7

4 7 9 2 1 8 3 6 5

8 6 1 5 9 3 2 7 4

2 5 3 7 6 4 1 9 8

3 9 7 8 5 2 4 1 6

6 1 8 3 4 9 7 5 2

5 2 4 1 7 6 9 8 3

Sudoku

8 7 3

1 4 6

6 2 5

7 6 8 9

6 3 1

4 9 2

9 2 5 6

3 6 4

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: P equals R

MAB EDE SAFE ZHTTO QMPAYXM

QMLQ HLPXT TLPQMGYLUT?

D ZYOOAZT MT BLZ ZMLUTF,

SYQ FAQ ZQDPTE!

©2020 King Features Synd., Inc.

Last week's CryptoQuip answer

If everybody were to gain a bunch of weight, would that bring us all closer together?

Religious Services

For your installation's religious service times, visit www.flagshipnews.com/base_information/religious_services

A GREAT WEBSITE

dedicated to our active duty military and their families!

MILITARY NEWS

Your online military connection to Hampton Roads

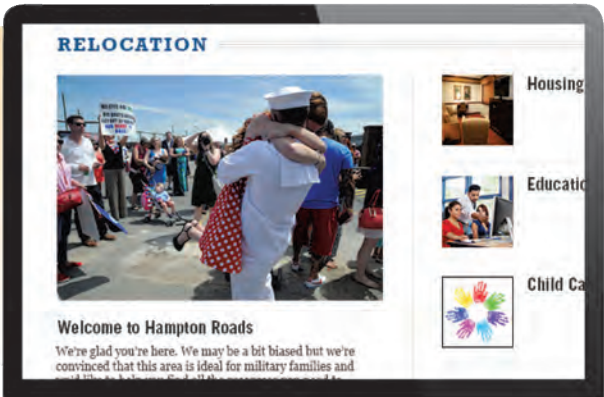


INTRODUCING
MILITARYNEWS.COM

ATTENTION MILITARY FAMILIES: now there’s a regional website just for you! **MilitaryNews.com** assists active duty military and their families, both during their transition and throughout their residence here in Hampton Roads. There’s an abundance of information at your fingertips!

★ RELOCATION INFO

All the resources you need to make Hampton Roads your home.



★ DISCOUNTS & DEALS

Great deals are easy to find with MilitaryNews.com’s list of military discounts and military-only coupons and contests!



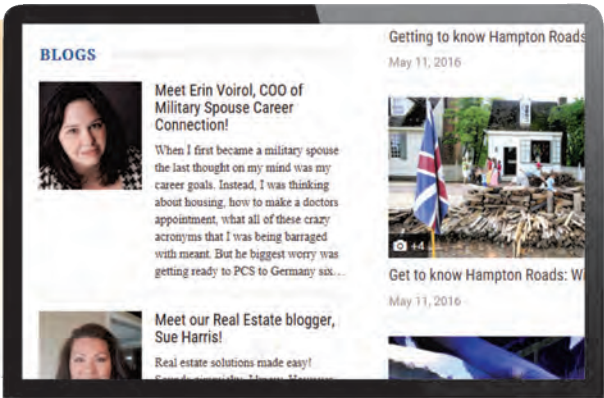
★ EVENTS & CALENDAR

Looking for fun, military friendly events for the whole family? Check out our events and calendar pages for all the military happenings.



★ MILITARY NEWS & BLOGS

Find information for military families by military families. Our slate of bloggers are all connected to the military and want to help you make the most of your time in Hampton Roads.



PLUS SO MUCH MORE.
CHECK OUT MILITARYNEWS.COM TODAY!