



# USS Cole 20th anniversary special edition coming Oct. 8

INSIDE TODAY: History behind the USS Cole Memorial

# The Flagship®



VOL. 26, No. 37, Norfolk, VA | flagshipnews.com

9.24.2020-9.30.2020

## RESILIENCE IN ACTION NAS OCEANA HOLDS ITS FIRST VIRTUAL AIR SHOW



MC3 Michael Botts

Two U.S. Navy F/A 18s and an E2D-Hawkeye perform a flight demonstration in formation above NAS Oceana during the 2020 Virtual Air Show, Sept. 19. The 2020 Virtual Air Show was held onboard the installation and broadcast live on Oceana's social media platforms reaching an estimated audience of over 260,000.

By MC2 Mark Thomas Mahmod  
Naval Air Station Oceana Public Affairs

### VIRGINIA BEACH

During a time when all events are cancelled, schools have closed their doors, and take-out is the preferred method of restaurant dining, where does the public turn for entertainment? In true U.S. Navy fashion, Naval Air Station Oceana (NASO) overcame tough circumstances to bring the public its first ever "virtual" NAS Oceana Air Show, Sept. 19.

Broadcasting on social media, local television channels, and global websites allowed NASO to bring educational and engaging entertainment to an initial estimate of 260,000 individuals all over the world, reaching as far as countries like Australia, Ireland, Egypt, and Japan.

» See **RESILIENCE** | A7



Capt. John "Spew" Hewitt, commander, Naval Air Station Oceana, takes part in an interview during Naval Air Station Oceana's Virtual Air Show, Sept. 19.

MC2 Mark Thomas Mahmod

## Naval Station Norfolk wins 2020 award of excellence

From Naval Station Norfolk Public Affairs Office

### NORFOLK

The Department of Defense selected Naval Station (NAVSTA) Norfolk as the winner of the 2020 Commander in Chief's Annual Award for Installation Excellence.

The Commander in Chief's Annual Award for Installation Excellence recognizes the outstanding and innovative efforts of the people who operate and main-

tain U.S. military installations. One installation from each of the services and the Defense Logistics Agency is selected each year for this highly competitive presidential award for exemplary support of Department of Defense (DoD) missions.

NAVSTA Norfolk was selected as a winner following a successful year of demonstrated leadership and superb support to the fleet by supporting 1,162 ship movements. This included deployments and homecomings for five carrier strike groups, two Expeditionary Strike Groups, nine independent destroyers and 25 ships of foreign allies. NAVSTA Norfolk supported over 250 pier-side ordnance operations, 3,374 diving operations, and 264 fueling operations. NAVSTA Norfolk's airfield logged more than 44,000 mishap-free flight operations, as well as 71

» See **AWARD** | A7

## Exercise Black Widow 2020 kicks off in the Atlantic

By MC2 Joshua Tolbert  
Commander, U.S. 2nd Fleet Public Affairs

### ATLANTIC OCEAN

U.S. Navy aircraft, surface ships and submarines will participate in Exercise Black Widow 2020 in the North Atlantic Sept. 12-18.

During Exercise Black Widow our Fleet warfighters employ, hone, and evaluate tactics, techniques and procedures to enhance our readiness for real world operations, with specific focus on advancing our theater undersea warfare advantage in

a multi-domain environment. This exercise will allow us to develop new doctrine and innovative tactics that address the capabilities of our near-peer competitors across the range of missions we expect to encounter in major combat operations.

This year's participants include the amphibious assault ship USS Wasp (LHD 1), the Arleigh Burke-class guided-missile destroyers USS Arleigh Burke (DDG 51) and USS McFaul (DDG 74), a Virginia-class fast-attack submarine, a Los Angeles class fast-attack submarine, Patrol and Reconnaissance Wing 11, and Helicopter Maritime Strike Squadrons 46 and 72.

This marks the first time U.S. 2nd Fleet (C2F) and Commander, Submarine Group (SUBGRU) 2 will lead the force.

"The reestablishment of Submarine Group 2 enables the Navy and our Allies

» See **WIDOW** | A7

**CHECK US OUT ONLINE!**  
www.flagshipnews.com

**facebook**  
www.facebook.com/The.Flagship

**twitter**  
www.twitter.com/the\_flagship

### NAVSTA Norfolk commemorates Sept. 11

During a ceremony on Sept. 11 at Naval Station (NAVSTA) Norfolk's Flag Plaza, Sailors assigned to NAVSTA Norfolk and its tenant commands participated in a wreath laying ceremony

» See **A2**



### Live-fire missile shoot for exercise Valiant Shield 2020

USS Antietam (CG 54) conducted a tomahawk land attack cruise-missile (TLAM) strike scenario targeting the Farallon de Medinilla range, located on an uninhabited 200-acre island off the coast of Guam

» See **B1**

### Tip to take a safe and affordable fall road trip

As American families continue to track developments of the pandemic, many are opting for regional travel experiences this fall

» See **C3**

## THE FLAGSHIP'S FREE HOME DELIVERY

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

Signup today! Call 222-3900





Kelly Wirfel

Capt. Vince Baker, Naval Station Norfolk Commanding Officer salutes while TAPS is played during a Wreath Laying Ceremony to honor and reflect on the sacrifice of more than 3,000 victims of the terrorist attacks of Sept. 11, 2001, their family members and the heroic actions of the first responders, Sept. 11.

# Naval Station Norfolk commemorates Sept. 11

From Naval Station Norfolk Public Affairs Office

NORFOLK

During a ceremony on Sept. 11 at Naval Station (NAVSTA) Norfolk’s Flag Plaza, Sailors assigned to NAVSTA Norfolk and its tenant commands participated in a wreath laying ceremony to reflect on the sacrifice of more than 3,000 victims of the terrorist attacks of September 11, 2001, their family members and the heroic actions of the first responders.

On that day, 19 years ago, three passenger airliners were hijacked by al-Qaeda forces and flown into the Twin Towers of the World Trade Center and the Pentagon. A fourth crashed in a field near Shanksville, Pennsylvania, due to the courage of the passengers that tried to retake the plane. This was the worst attack on American soil since the attack at Pearl Harbor in 1941.

The morning’s events began with First Responders assigned to Navy Region Mid-Atlantic Fire & Emergency Services con-

ducting morning colors alongside NAVSTA Norfolk Sailors.

"Every day, we come in in uniform, whether it be military or first responders, and we pray that the attacks of 9/11 will never happen again," said Fire Captain John Michin, Navy Region Mid-Atlantic Fire & Emergency Services. "We continue to do our jobs, but we stop on a day like today and we remember.

Following morning colors, the wreath laying began with an invocation, followed by the reading of the sequence of events that took place on Sept. 11, beginning with the takeoff of the first plane from Boston’s Logan International Airport at 7:59 a.m. and ending with President Bush’s address to the nation at 8:30 p.m. NAVSTA Norfolk’s Commanding Officer Capt. Vince

Baker then placed the wreath and TAPS was played.

"While this may be history for some of our very junior Sailors, because we do ceremonies such as this, they understand their purpose and the significance of the things we do here," said Baker.

Baker said he believes all Sailors, Marines, Soldiers, Airmen and Coastguardsmen continue to perform daily acts of heroism in response to the attacks. The legacy of that September day lies in the worldwide embrace of freedom that followed.

The event concluded with the Master of Ceremonies encouraging everyone to participate in the nationwide moment of silence at 8:46 a.m., which is when the first plane hit the World Trade Center.

# Commitment in the face of adversity: IWTC Monterey Sailor earns a second chance

From Center for Information Warfare Training Public Affairs

MONTEREY, CALIF.

"I will support and defend the Constitution of the United States of America," stated Cryptologic Technician (Interpretive) (CTI) 2nd Class Caitlin Kennedy as she stood in the gym of the Price Fitness Center, located onboard the Presidio of Monterey, California.

Her right hand was raised as she repeated the oath of enlistment after Information Warfare Training Command (IWTC) Monterey’s Executive Officer, Lt. Cmdr. Christopher Ayala. A fresh graduate of the Defense Language Institute Foreign Language Center (DLIFLC) and a cross-rate to CTI from yeoman, Kennedy reenlisted for six more years in the Navy.

However, her road to DLIFLC graduation didn’t start at the beginning of her Russian basic course. Kennedy first came to DLIFLC in 2014, but was disenrolled for a disciplinary violation.

"I was arrogant the first time I came to DLIFLC," shared Kennedy. "I felt entitled,



Center for Information Warfare Training Command

Cryptologic Technician (Interpretive) 2nd Class Caitlin Kennedy, attached to Information Warfare Training Command (IWTC) Monterey and a recent graduate of the Defense Language Institute Foreign Language Center, poses for a photos onboard the Presidio of Monterey, California, Sept. 18.

and didn’t have any self-discipline or good study habits. I had come into the Navy specifically to be a CTI, and when I found out that I was disenrolled, it was like a punch in the face."

Upon disenrollment, then Kennedy was sent to the fleet as an undesignated seaman under the Professional Apprenticeship Ca-

reer Track (PACT) program.

When asked about that experience, she stated, "At first, I didn’t know how to ‘ship life’. Because I had come in [to be] a CTI, I had a sense of superiority. Going through being an undesignated seaman taught me that everyone has an equally important part to play. I think every Sailor should experi-

ence being an undesignated seaman."

Kennedy eventually struck into the yeoman rating, qualified as an Enlisted Surface Warfare Specialist, and was promoted to second class petty officer. All the while she kept working toward her goal of returning to DLIFLC, and doing it right.

"I liked Petty Officer Kennedy from the start because she was clearly a squared away fleet returnee," said Chief Cryptologic Technician (Interpretive) Bryan Burrows, Kennedy’s division chief during her time as a student. "What impressed me most was that although she had times when she was struggling academically, she never let up and never lost sight of who she was as a leader."

When asked if she had any advice for Sailors facing adversity or rebounding from mistakes, Kennedy offered, "Don’t give up. Keep your eyes on your goal, and you’ll get there or find something better. You know who you are, and do your best no matter what anyone else says."

IWTC Monterey, as part of the Center for Information Warfare Training (CIWT), provides a continuum of foreign language training to Navy personnel, which prepares them to conduct information warfare across the full spectrum of military operations.

With four schoolhouse commands, a detachment, and training sites throughout the United States and Japan, CIWT trains over 22,000 students every year, delivering trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

# The Flagship

**Editorial Staff**

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

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

**Graphic Designer** | Abby Likens, 757-222-3859

**Flagship, Inc.**

**MNV Military Manager** | Ski Miller, 757-446-2795

**Advertising Inquiries** | Ski Miller, 757-446-2795

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**  
theshelterproject.org

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

Ad Council





MC1 Jason Pastrick  
Sailors assigned to USS Dwight D. Eisenhower (CVN 69) man the rails as the ship returns to Naval Station Norfolk after a regularly scheduled deployment in support of maritime security operations and theater security cooperation efforts in U.S. 5th and 6th Fleet, Aug. 9.

# Regional Supply Office Oceana completes first of its kind training and inspection

By Jim Kohler  
NAVSUP Fleet Logistics Center Norfolk Public Affairs

## VIRGINIA BEACH

NAVSUP FLC Norfolk, Regional Supply Office (RSO) Oceana completed the Navy’s first-ever virtual Supply Management Assist (SMA) last month.

The SMA is conducted nine to twelve months prior to the Supply Management Inspection (SMI). The SMA is treated as an inspection but there are also training events scheduled throughout the week with the Sailors, hosted by the inspection team. Because of ongoing COVID-19 restrictions and concerns, the SMA was conducted virtually instead of with an on-site inspection team.

According to RSO Oceana Supply Officer Lt. Cmdr. Kurt Welday, the SMA is conducted about every 24 months, but

preparation for the SMA is continuous. “We live by the checklist because the inspection team has the ability to pull data from any period,” explained Welday. “The actual ramp-up to SMA involves a lot of inventories, record and log reviews, QA of documents and zone inspections for cleanliness, safety, and compliance. We also conduct at least one pre-inspection, often conducted in partnership with our Navy Reserve counterparts for added authenticity, as was the case for this inspection.”

Preparing for a virtual inspection requires a few extra steps and a lot of coordination with several entities. “Beginning in July, 2020, we took on the task of bringing RSO/Aviation Support Detachment (ASD) into compliance with the requirement that we become auditable and inspectable in the COVID-19 environment using Commercial Virtual Remote (CVR)

and Microsoft Teams,” said Welday. “This capability was critical to ensure the inspection team could use the necessary audio, video, screen-share, and chat functions to conduct a thorough inspection and could provide relevant training virtually and in compliance with NAVNORTH FRAGORD 20.24.013 COVID-19 restrictions.

“We coached all hands through each step of the process including updating the Global Address Listing (GAL) and creating their CVR accounts. This required one-on-one interaction with dozens of Sailors and civilians to work through the myriad of connection and account issues.”

Once all hands were able to collaborate on Microsoft Teams, The RSO/ASD team created shared folders where all of the necessary files and videos were uploaded for the inspectors to view. Once the fold-

ers were set up and everyone was comfortable working in the virtual collaborative environment, the conduct of the inspection was not much different from an in-person inspection. The inspectors were able to populate the calendars within Microsoft Teams and the work-centers were able to assign talent to the specific events on the schedule. The only things that could not be inspected virtually were items classified at or above a level which precludes taking photographs or items in spaces where cameras are not allowed.

“All of the hard work and preparation paid off. RSO/ASD Oceana was assessed an overall score of outstanding with 100 percent inventory accuracy across the board. “Commander Naval Air Force (CNAF) presented the 2019 Ashore Blue-E for Supply Excellence during the SMA out-brief via Microsoft Teams,” said Welday. “They read the citation over Teams and I symbolically presented the plaque to LSSN (Logistics Specialist Seaman) Alec Nugent of ASD Oceana during a ceremony attended by both the CNAF inspection team and the RSO/ASD team.”

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.









MC2 Justin Wolpert  
A Sailor visits the Cole Memorial on the 18th anniversary of the attack on the ship, Oct. 12, 2018. Seventeen Sailors lost their lives and another 39 sustained injuries while the crew worked for 96 consecutive hours to keep the ship afloat.

# History behind the USS Cole Memorial

From Naval Station Norfolk Public Affairs Office  
**NORFOLK**

Exactly one year later with a promise to never forget, the U.S. Navy dedicated the USS Cole monument to honor and remember the 17 Sailors killed in the tragic bombing that took place on the Norfolk-based destroyer in Yemen, Oct. 12, 2000.

During the dedication at Naval Station (NAVSTA) Norfolk in 2001, more than 1,000 crew members and relatives gathered at the memorial that overlooks Willoughby Bay where ships leaving and returning to

NAVSTA Norfolk pass by.

The memorial consists of three sections. The main plaza of the memorial contains three 10-foot monoliths that represent the three colors of the American flag. Encircling the monoliths are 17 low level markers that represent the victims of the bombing. Three plaques are placed on the monument. The two outside pillars contain the names of the Sailors killed during the bombing and the center pillar contains the USS Cole emblem and an inscription that reads, “In lasting tribute to their Honor, Courage and Commitment.”

Along the path to the memorial are 28 pine trees that represent the 17 victims and 11 children who lost a parent during the bombing. Also along the path is a plaque that marks the location of the USS Cole Memorial Tree that was planted by the Hampton Roads Council of the Navy League during the dedication ceremony. The plaque reads, “You will forever be in our thoughts, our memories never forgotten, you will live in our hearts, and may this tree remind every ship rolling by, of your sacrifice.” At the end of the path is a raised plaque that details the events of the bombing and amplifies the heroic efforts to save ship and their shipmates. Part of the inscriptions reads “As a permanent symbol of that strength and resolve, steel from the ships damaged hull is forged into this plaque. The crew of the USS Cole personified honor, courage and commitment.”

“The USS Cole Memorial is a beautiful

tribute to the honor, courage and commitment displayed by the determined warriors on Oct. 12, 2000,” said Cmdr. Edward Pledger, commanding officer of the guided-missile destroyer USS Cole (DDG 67). “Every time we sail past the memorial when departing and returning to Norfolk, we pay our respects to the Cole heroes by rendering honors to the memorial.”

The monument was designed by John Blackburn, a landscape architect with the Navy’s worldwide engineering corps. Blackburn took input from USS Cole crew members while developing his design. Donations through the Navy Marine Corps Relief Society paid for the \$143,000 project.

As we approach the 20th anniversary of the USS Cole bombing, the memorial stands as a solemn reminder of the 17 Sailors who lost their lives, those injured and the all those impacted by the events of that tragic day.

# MADE FOR THE MILITARY

For nearly 100 years, we’ve served military members. We not only understand your needs — we share your values. You’ll see it in our products and services tailored for military life.

**Join USAA**  
**USAA.COM/JOIN or call 800-531-8521**



**WHAT YOU'RE MADE OF  
WE'RE MADE FOR™**

No Department of Defense or government agency endorsement. Member eligibility and product restrictions apply and are subject to change. USAA means United Services Automobile Association and its affiliates. © 2019 USAA. 266289-1019



SEPTEMBER IS

NATIONAL PREPAREDNESS MONTH

"Disasters Don't Wait. Make Your Plan Today."

VISIT READY.GOV

TO LEARN HOW TO

LIMIT THE IMPACT OF

NOT ONLY HURRICANES,

BUT ALSO:

SEVERE WEATHER,

HOME FIRES,

POWER OUTAGES,

CHEMICAL EMERGENCIES,

ATTACKS IN PUBLIC PLACES,

CYBER THREATS

AND OTHER DISASTERS

THAT COULD EFFECT YOUR AREA.

Make a plan.

Build a kit.

Prepare for disasters.

MCSN Ashley Croom

Lowball Settlement Offer?

Don't take it.

If you've been seriously hurt in an accident that wasn't your fault, an insurance adjustor will call you with a lowball offer before you even know how badly you're hurt. Don't fall for it. Let an experienced attorney be your voice.

555 Main Street, Norfolk VA 23510 757.625.1214 [tavss.com](http://tavss.com)

TAVSS FLETCHER

PERSONAL INJURY

Si habla español

MNV

MILITARY NEWS PAPERS OF VIRGINIA

MILITARYNEWS.COM

We take your business seriously.

Contact our dedicated team and reach over 92,500 readers each week throughout the Hampton Roads military community.

Military Personal Shoppers

You Want It. We Get It.

Helping Our Military Get The Most Out Of Every Paycheck.

[militarypersonalshoppers.com](http://militarypersonalshoppers.com)

MILITARY NEWS YOU NEED TO KNOW

SERVICE MEMBER HIGHLIGHTS

ENTERTAINMENT

EMPLOYMENT OPPORTUNITIES

757.222.3990

150 W. Brambleton Ave. | Norfolk, VA

MILITARYNEWS.COM

TRULY LIVE

Wright Model

1012 Chartwell Drive

3 Bedrooms · 2 ½ Half Baths

\$349,500

MLS #10313480

Lavery Model

1014 Chartwell Drive

4 Bedrooms · 2 ½ Half Baths

\$355,500

MLS #10313480

Wright Model

1016 Chartwell Drive

3 Bedrooms · 2 ½ Half Baths · 2267 Sq. Ft.

\$359,900

MLS #10311468

Contact Kimberly Dobson Quinn (804) 695-6125 for more information.

Sales & Marketing by Rose & Womble Realty Co. 757-935-9010

Directions: From Denbigh Blvd., turn onto Independence Blvd., turn left onto Chartwell Drive.

Model home/sales office is first home on the left.

Immediate Occupancy

KIRBOR HOMES

Kirbor.com



**RESILIENCE I**  
*Viewers were able to witness the aviation capabilities of the military and civilian aircraft and pilots*  
*Continued from A1*

Showcasing aerial performances from the Strike Fighter Squadron 106 Rhino Demonstration Team, Michael Goulian Aerosports, and the A-10C Thunderbolt II Demo Team, among many others, viewers were able to witness the aviation capabilities of both military and civilian aircraft

and pilots.

“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.”

Rich “Corky” Erie, Navy Region Mid-Atlantic special events manager and director of the NAS Oceana Air Show, said this airshow was unlike any other and showed the ability of the Navy to dive into the unknown and reach new heights.

“Being one of the first shows to enter

these uncharted waters, everything came together when it was time to execute, and it worked flawlessly,” said Erie. “That’s principally because of very detailed planning and the exceedingly hard work of all hands involved. The measure of success for us was the precision of execution in a highly unknown environment.”

New challenges included coordinating with a live broadcast team and also ensuring the safety of the public by coordinating with the City of Virginia Beach to monitor nearby roadways and parks for gathering spectators. However, local spectators weren’t the only members of the public on the minds’ of the Air Show planning team.

“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 allowed 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 was “In It Together,” which paid tribute to frontline workers who continue to keep everyone safe during the pandemic. In case you missed the live stream, you still have an opportunity to watch on the NAS Oceana Facebook page at <https://www.facebook.com/NavalAirStationOceana/>

**AWARD I NAVSTA**  
*Norfolk won following a successful year of demonstrated leadership and superb support to the fleet*  
*Continued from A1*

mishap-free helicopter operations. A result of a focused, multi-year program, NAVSTA Norfolk has reduced its energy use by 15.1%, from the fiscal year 2015 baseline, exceeding the goal of 11.9%. A 14.9 mega-watt combined heat and power plant began full-scale operations, and now supplies approximately 74% of the station’s steam requirement, saving \$6.5 million in utility costs. The Fleet and Family Support Program engaged in multiple activities across the station, providing 4,657 education programs and collaborated with Junior Achievement to provide financial management education to over 500 students in local schools. Commander, Naval Installations Command recognized NAVSTA Norfolk’s Morale, Welfare and Recreation as a 5-star Accredited Program. The Chaplain’s Office conducted 30 Chaplain Religious Enrichment Development Operation events to provide religious ministry designed for the NAVSTA Norfolk community to increase personal resilience. To maintain aggressive environmental awareness, the installation revised its environmental training program

to provide a more holistic approach to environmental protection, and has worked to identify areas with the greatest environmental risks and impacts. This approach helped reduce spills by 66% compared to the base year. In recognition of their successful environmental program, NAVSTA Norfolk has received a 4th consecutive Gold Award from the Hampton Roads Sanitation District and their 17th Tree City USA Community award.

“The Naval Station Norfolk team had an extremely successful year and we are honored and humbled to be recognized with this prestigious award,” said Capt. Vince Baker, Naval Station Norfolk commanding officer. “This award is a reflection of the hard work that our service members, DoD employees and contract workers do each and every day and I am thankful they are getting the recognition they truly deserve. I could not be more proud to be part of this team.”

Installations compete on how well they achieve departmental objectives in several areas of installation management, including mission support, energy conservation, quality of life and unit morale, environmental stewardship, real property management, safety, health and security, communications, and public relations.

Excellent installations enable better mission performance and enhance the working and living conditions for military men and women, DoD civilians and their families. Each of the winning installations succeeded at being the best in achieving excellence in performing installation management within their military service and DLA.

**WIDOW I**  
*During exercise Fleet warfighters employ, hone and evaluate tactics, techniques and procedures to enhance our readiness for real world operations*  
*Continued from A1*

to finely tune our efforts in this resurgent battlespace, and reinforces the critical trans-Atlantic link,” said Vice Adm. Andrew Lewis, Commander, U.S. 2nd Fleet. “Exercises like Black Widow give the undersea force a venue to showcase how we are agile, persistent, flexible, interoperable, and resilient.”

Participating units will refine communication techniques between platforms and simulate real-world application to enhance the lethality of the team as one cohesive fighting force. Black Widow also provides a chance for an increased focus on training in anti-submarine warfare on multiple platforms to enhance strategies and heighten the combat readiness of the fleet.

“Black Widow is a high-end undersea warfighting exercise that brings together Navy aircraft, surface ships, and submarines to rehearse our unique undersea warfare capabilities, while refining and innovating multi-domain tactics and

communication,” said Vice Adm. Daryl L. Caudle, Commander, Submarine Forces. “We train like we fight, and strive for innovation, development, and improvement across all spectrums of warfare. To maintain superiority, we must be more agile in concepts, geography and technology.”

During exercise Black Widow, SUBGRU 2 will work for C2F and SUBLANT, and in cooperation with Undersea Warfare Development Command in Groton, Connecticut, overseeing the tactical operations of all assets to increase the lethality of our fighting forces by forming one cohesive unit.

“Black Widow is a graduate level undersea warfare, building team mastery to ensure superior lethality and undersea dominance in the Atlantic,” said Rear. Adm. Jim Waters, Commander, Submarine Group 2. “I am proud of our team’s ability to work together throughout the unforgiving undersea environment as one effective fighting force in defense of our homeland.”

Exercise Black Widow is conducted in the Atlantic to advance the art of theater undersea warfare in a multi-domain environment in response to the rise of great power competition. Our submarines, surface ships, ASW capable aircraft, and other undersea capabilities work together in a dynamic environment to prepare our teams for challenging operations against near-peer competitors. Our persistent presence in the Western Atlantic is foundational to our security strategy in defense of the homeland.





Congratulates  
our  
“Heroes at Home”

Proud sponsor  
of the 2020 Military  
Spouse Awards







TOYOTA

THANKS TO ALL THE BRAVE MEN AND WOMEN  
FOR YOUR SERVICE TO OUR COUNTRY.



NOW GET



\$7500

U.S. Military  
Incentive<sup>1</sup>

CAN BE COMBINED WITH TOYOTA SPECIAL CASH  
BACK OR SPECIAL FINANCING OR SPECIAL LEASES!



2020 RAV4

0%

APR FINANCING  
FOR 60 MONTHS<sup>2</sup>

OR

BUY WITH

\$1750

CASH BACK  
FROM TOYOTA<sup>3</sup>

2020 CAMRY

0%

APR FINANCING  
FOR 60 MONTHS<sup>2</sup>

2020 HIGHLANDER (INCLUDES HYBRIDS)

1.9%

APR FINANCING  
FOR 60 MONTHS<sup>2</sup>

OR

\$20000

TOYOTA  
FINANCE CASH<sup>4</sup>

2020 4RUNNER

BUY WITH

\$10000

CASH BACK  
FROM TOYOTA<sup>3</sup>

2020 COROLLA

0%

APR FINANCING  
FOR 60 MONTHS<sup>2</sup>

2020 TACOMA

BUY WITH

\$10000

CASH BACK  
FROM TOYOTA<sup>3</sup>

2020 TUNDRA

BUY WITH

\$25000

CASH BACK  
FROM TOYOTA<sup>3</sup>

CASEY TOYOTA

601 East Rochambeau Drive • Williamsburg  
757.259.1000 • caseytoyota.com

CHARLES BARKER  
TOYOTA

1877 Laskin Road • Virginia Beach  
757.437.4000 • charlesbarkertoyota.com

CHECKERED FLAG  
TOYOTA

5301 Virginia Beach Blvd. • Virginia Beach  
757.490.1111 • toyota.checkeredflag.com

FIRST TEAM TOYOTA

3400 Western Branch Blvd. • Chesapeake  
833.628.1653 • firstteamtoyota.com

GLOUCESTER TOYOTA

6357 George Washington Memorial Hwy. • Gloucester  
804.693.2100 • gloucestertoyota.com

PEARSON TOYOTA

12978 Jefferson Ave. • Newport News  
757.874.6000 • pearsontoyotascion.com

PRIORITY TOYOTA  
CHESAPEAKE

1800 Greenbrier Parkway • Chesapeake  
757.213.5000 • prioritytoyotachapeake.com

PRIORITY TOYOTA HAMPTON

2301 W. Mercury Blvd. • Hampton  
757.838.5000 • prioritytoyotahampton.com



TOYOTA

buyatoyota.com

Every new Toyota comes with  
**ToyotaCare**  
No Cost Service & Roadside<sup>5</sup>

<sup>1</sup>\$750 INCENTIVE OFFERED BY TOYOTA MOTOR NORTH AMERICA, INC. AND MAY BE APPLIED TOWARD FINANCE OR LEASE CONTRACTS ON NEW TOYOTA VEHICLES, DATED FROM **AUGUST 31, 2020 THROUGH SEPTEMBER 30, 2020**. TO QUALIFY FOR THE INCENTIVE, AT THE TIME OF PURCHASE OR LEASE YOU MUST (1) BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE, SELECTED RESERVE AND INACTIVE NATIONAL GUARD; OR A MILITARY VETERAN OR RETIREE (RETIRES HONORABLY DISCHARGED) OF THE U.S. MILITARY WITHIN TWO YEARS OF THEIR DISCHARGE/RETIREMENT DATE; OR A HOUSEHOLD MEMBER OF AN ELIGIBLE U.S. MILITARY PERSONNEL, INCLUDING GOLD STAR FAMILY MEMBERS; AND (2) PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE; (3) RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENT FOR YOUR NEW VEHICLE; AND (4) RECEIVE CREDIT APPROVAL FROM AND EXECUTE A FINANCE OR LEASE CONTRACT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. **NOT ALL APPLICANTS WILL QUALIFY.** ON LEASE CONTRACTS, INCENTIVE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, INCENTIVE MUST BE APPLIED TOWARD THE DOWN PAYMENT. LIMIT ONE INCENTIVE PER FINANCE OR LEASE TRANSACTION PER ELIGIBLE U.S. MILITARY PERSONNEL OR ELIGIBLE HOUSEHOLD MEMBER. OFFER NOT COMBINABLE WITH THE COLLEGE GRADUATE INCENTIVE PROGRAM, THE IFI PROGRAM, AND THE LEASE-END REFI PROGRAM. VEHICLE MUST BE TAKEN OUT OF DEALER STOCK. TERMS, CONDITIONS AND RESTRICTIONS APPLY. PROGRAM IS NOT AVAILABLE IN AL, FL, GA, HI, NC, AND SC. ASK YOUR PARTICIPATING DEALER ABOUT THE MILITARY INCENTIVE TERMS IN YOUR AREA. MUST PAY SALES TAX. VOID WHERE PROHIBITED BY LAW. NOT REDEEMABLE FOR CASH. TOYOTA FINANCIAL SERVICES IS A SERVICE MARK OF TOYOTA MOTOR CREDIT CORPORATION (TMCC). TMCC IS THE AUTHORIZED ATTORNEY-IN-FACT AND SERVICER FOR TOYOTA LEASE TRUST. **\*VARIES BY MODEL.** 0% APR FINANCING UP TO 60 MONTHS ON RAV4 (**EXCLUDES HYBRIDS**); CAMRY AND COROLLA (**EXCLUDES HYBRIDS**); AND 1.9% APR FINANCING UP TO 60 MONTHS ON HIGHLANDER AVAILABLE TO QUALIFIED BUYERS THRU TOYOTA FINANCIAL SERVICES. TOTAL FINANCED CANNOT EXCEED MSRP PLUS OPTIONS, TAX, TITLE, LICENSE AND DEALER FEES. 60 MONTHLY PAYMENTS OF \$16.67 AT 0% AND 60 MONTHLY PAYMENTS OF \$17.48 AT 1.9% FOR EACH \$1000 BORROWED. **NOT ALL BUYERS WILL QUALIFY.** <sup>3</sup>CUSTOMERS CAN RECEIVE \$1000 CASH BACK FROM TOYOTA ON TACOMA (**EXCLUDES TRD PRO MODELS**) AND 4RUNNER (**EXCLUDES TRD PRO MODELS**); \$1,750 CASH BACK FROM TOYOTA ON RAV4 (**EXCLUDES HYBRIDS**); \$2500 CASH BACK FROM TOYOTA ON TUNDRA (**EXCLUDES TRD PRO MODELS**) OR CAN APPLY CASH BACK TO DOWN PAYMENT. <sup>4</sup>ON APPROVED CREDIT, QUALIFIED BUYERS CAN RECEIVE A \$2,000 FINANCE INCENTIVE FROM TOYOTA WHICH IS ONLY AVAILABLE WITH NON-SUBVENTED RATES IF VEHICLE IS PURCHASED AND FINANCED THROUGH TOYOTA FINANCIAL SERVICES. INCENTIVE WILL BE APPLIED FIRST TO THE DOWN PAYMENT. ONE INCENTIVE PER TRANSACTION. **NOT ALL BUYERS WILL QUALIFY. ALL OFFERS:** OFFERS MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED OTHERWISE. DEALER FEES ARE EXTRA. VEHICLES SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. ACTUAL MODEL MAY VARY. DELIVERY MUST BE TAKEN FROM DEALER STOCK BY 9/30/20 AND IS SUBJECT TO AVAILABILITY. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS. **OFFERS END 9/30/20.** <sup>5</sup>TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.





**USS Tripoli arrives in San Diego**  
The Navy's latest America-class amphibious assault ship, USS Tripoli arrived at Naval Base San Diego following its commissioning and subsequent sail around South America this summer.

See B5

# Antietam conducts tomahawk live-fire missile shoot for exercise Valiant Shield 2020

By MC1 Gregory Juday  
Commander, Task Force 70 / Carrier Strike Group 5 Public Affairs

PACIFIC OCEAN

USS Antietam (CG 54) conducted a tomahawk land attack cruise-missile (TLAM) strike scenario, Sept. 20, targeting the Farallon de Medinilla range, located on an uninhabited 200-acre island off the coast of Guam as part of Valliant Shield 2020.

Valiant Shield is a U.S. only, biennial field training exercise (FTX) with a focus on integration of joint training in a blue-water environment among U.S. forces. This training enables real-world proficiency in sustaining joint forces through detecting, locating, tracking and engaging units at sea, in the air, on land and in cyberspace in response to a range of mission areas.

“The United States military is committed to preserving security, maintaining regional stability, and remaining postured to respond to a wide variety of contingencies,” said Capt. Russell Caldwell, commanding offi-

cer USS Antietam. “The TLAM exercise, as part of the overall Valiant Shield 20 scenario, provides the entire Ronald Reagan Strike Group the opportunity to exercise critical war fighting skills that helps the warfighter refine their tactical abilities to respond to a full range of military response options that are available in defense of our shared interests in the Asia Pacific region.”

This exercise demonstrates the Antietam’s ability to track, target, and engage threats to protect peace and stability in the Indo-Pacific.

Valiant Shield is a series of military exercises that promote integration among the U.S. Army, Air Force, Navy and Marine Corps. Each successive exercise builds on lessons learned from the previous training to enhance complementary capabilities and develop new tactics, techniques, and procedures. This training increases the deterrence and stabilizing effects of a joint force, ready to respond to any contingency.



A tomahawk land-attach cruise missile (TLAM) exits the forward vertical launch system (VLS) of the Ticonderoga-class guided-missile cruiser USS Antietam (CG 54), Sept. 20, during Valiant Shield 2020.

This is the eighth exercise in the Valiant Shield series that began in 2006. This year’s participants include USS Ronald Reagan (CVN 76) Carrier Strike Group with embarked Carrier Air Wing (CVW 5), USS Chicago (SSN 721), USS America (LHA 6), USS New Orleans (LPD 18), USS Comstock (LSD 45) and multiple surface ships -- approximately 100 aircraft and an estimated

11,000 personnel from the U.S. Navy, Air Force, Army, and Marine Corps. Valiant Shield focuses on integration of training in a blue-water environment. This training enables real-world proficiency in sustaining joint forces through detecting, locating, tracking, and engaging units at sea, in the air, on land, and cyberspace in response to a range of mission areas.



Ticonderoga-class guided-missile cruiser USS Antietam (CG 54) launches a Harpoon surface-to-surface missile as part of a joint force sinking exercise (SINKEX) targeting the decommissioned frigate USS Curts (FFG 38) during Valiant Shield 2020, Sept. 19. Valiant Shield is a U.S. only, biennial field training exercise (FTX) with a focus on integration of joint training in a blue-water environment among U.S. forces. This training enables real-world proficiency in sustaining joint forces through detecting, locating, tracking and engaging units at sea, in the air, on land and in cyberspace in response to a range of mission areas.

# U.S. joint forces sink ex-USS Curts during Valiant Shield live-fire exercise

By MC1 Gregory Juday  
Commander, Task Force 70 Public Affairs

PACIFIC OCEAN

U.S. joint armed forces conducted a multi-platform live-fire missile exercise, Sept. 19, involving surface, air, and subsurface launched ordnance to sink the decommissioned frigate USS Curts (FFG 38) as part of exercise Valiant Shield 2020.

The sinking exercise (SINKEX) combined an orchestrated sequence of live ordnance targeting the ex-USS Curts, including air-launched ordnance from fixed and rotary wing squadrons of Carrier Air Wing (CVW) 5, embarked aboard USS Ronald Reagan (CVN 76), surface-launched missiles from cruisers USS Antietam (CG 54) and Shiloh (CG 67), a subsurface launched missile from Los Angeles-class fast-attack submarine USS Chicago (SSN 721), as well

as various supporting Navy and U.S. Air Force aircraft.

“This exercise demonstrates our ability to bring overwhelming firepower from the sea whether that comes from under the surface, on the surface, or from the air,” said Capt. Steven DeMoss, commodore, Destroyer Squadron (DESRON) 15. “We have this capability in every theater across the globe and can employ these weapons at the place and time of our choosing.”

Air Force assets included tanker support from KC-135s and KC-10s of the 909th Air Refueling Squadron and 9th ARS, respectively.

“The SINKEX provided unique, high end, tactical training for our air wing aviators,” said Capt. Michael Rovenolt, commander, Carrier Air Wing (CVW) 5. “The experience gained by our crews can only be

achieved with live fire events like this one and cannot be replicated through simulated engagements. Our ordnance and maintenance teams got the satisfaction of seeing their labors produce actual results on a maritime target...very rewarding for them.”

Valiant Shield is a U.S. only, biennial field training exercise (FTX) with a focus on the integration of joint training in a blue-water environment among U.S. forces. This training enables real-world proficiency in sustaining joint forces through detecting, locating, tracking and engaging units at sea, in the air, on land, and in cyberspace in response to a range of mission areas.

“The entire evolution showcases CVW-5’s ability to fully integrate with our joint teammates to provide ready, dynamic maritime superiority anywhere within the Pacific AOR,” Rovenolt said. “Utilizing a

decommissioned ship for targeting during missile exercises allows participants to take advantage of maximum-level realism in warfighting engagements. It also affords warfare commanders the opportunity to employ engagements from a myriad of available platforms that bring U.S. joint strike capabilities to bear.”

This is the eighth exercise in the Valiant Shield series that began in 2006. Participants include USS Ronald Reagan (CVN 76) Carrier Strike Group with embarked Carrier Air Wing (CVW) 5, USS Chicago (SSN 721), USS America (LHA 6), USS New Orleans (LPD 18), USS Comstock (LSD 45) and multiple surface ships -- approximately 100 aircraft and an estimated 11,000 personnel from the U.S. Navy, Air Force, Army, and Marine Corps. Valiant Shield focuses on the integration of training in a blue-water environment to enable real-world proficiency in sustaining joint forces through detecting, locating, tracking, and engaging units at sea, in the air, on land, and cyberspace in response to a range of mission areas.



# A farewell to rinse and spit

By Lisa Smith Molinari

Waiting for the receptionist to call, I counted my fingers. It had been eleven months since I'd been to the dentist thanks to COVID-19. I scraped a fingernail across my front tooth and thought, "The hygienist has her work cut out for her today."

Sitting in my car in the parking lot didn't have the same appeal as lounging in the dentist's cushy waiting room. Over the years, spending countless hours waiting while my kids were in appointments with pediatricians, dentists, orthodontists, speech therapists, hair dressers, occupational therapists, gastroenterologists, ophthalmologists and psychologists, had taught me how to entertain myself.

First, I'd grab any free K-Cup coffee or bottled water, before settling into a comfy seat. Next, I'd peruse the magazines, splayed out like a feast before me. I'd snag a gossip rag first, gobbling up who wore what dress better, who went to rehab, or who's breaking up with whom. Then, I'd leaf through lifestyle magazines for good recipes, which I'd tear out in a secret act of kleptomania. If I was still waiting, I'd clean out my purse. I'd make a garbage pile of old receipts, gum wrappers and linty cough drops. Loose change, Chapstick, keys, pens and those stolen recipes were put in their proper places.

My car phone rang, and soon, I was in the dentist's lobby answering COVID-19 questions. I passed the test and was led to a room with a reclining chair, instrument cart, advertising posters, tortuously bright light suspended from robotic hinged arm, and pamphlets with ghastly photos of gum disease.

The hygienist adorned me with a paper bib and laid the lead x-ray vest over my torso. One after the other, she jammed uncomfortable x-ray slides into my widened mouth. I felt as if my lips had exceeded their elasticity and



iStockphoto

might droop down past my chin like an Ethiopian tribal woman without her lip plate.

The hygienist then gave me the run down: first she'd clean my teeth [most likely with a chisel, ice pick and sledge hammer,] then the dentist would stop by [grace me with his presence] to take a look [poke me with a sharp object] and have a chat [try to sell me expensive cosmetic procedures.]

She swung the robotic arm over my face holding what looked like a miniature gaffing hook. Between pokes and picks, she slurped up my excess saliva with a curved suction tube while I stared up at the posters aimed at selling me Invisalign, Botox and expensive whitening treatments. "What else will these dentists come up with to make money? They should just stick that saliva sucker into our wallets," I thought.

Although the hygienist was wearing a new COVID-19 face shield, to me, modern day dental staff had always looked prepared for nuclear holocaust. Goggles, lab coats, latex gloves, surgical masks, shoe covers, and equipment wrapped in cellophane.

Staring into the light, my mind wandered back to childhood dental visits. I recalled the taste of soap as Dr. Petras, protected by noth-

ing but his horn-rimmed glasses, used bare hands to clean and polish my teeth himself with instruments laid out on a rolling metal tray. I remembered rinsing and spitting into a tiny swirling sink that looked like a miniature toilet bowl, having trouble disconnecting myself from a long string of saliva.

The hygienist woke me from my daydream with jab to the gums. I marveled at her sparkling white teeth. Dr. Petras had had his share of coffee stains and silver fillings, but today, dentists and hygienists have unnaturally perfect teeth. "Another high pressure sales tactic," I thought.

When it was all done, I looked around for the little toilet bowl, but there was none. Instead, the hygienist hooked me like a catfish with the curved suction tube and sucked my mouth dry. I sat up and tried to put my lips back into place.

On the way home, I admired my teeth in the rear-view mirror, running my tongue over their smooth surface. Despite my nostalgia for the simpler times of my childhood, I'd found new appreciation for modern advancements, and bid a fond farewell to the era of rinse and spit.

[www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com)



Military OneSource/

# Relationship support for your service member

By Military OneSource

Although everyone hopes for a happily-ever-after romance, all couples are bound to experience conflict from time to time. Military couples in particular have unique pressures that most civilians do not have to deal with. In fact, relationship issues are the top reason service members and their families seek non-medical counseling support through Military OneSource.

Couples can strengthen their partnership by enhancing communication skills, addressing challenges early, learning how to resolve their differences and developing healthy relationship habits.

If your service member is having relationship problems or is trying to pick up the pieces after a breakup, help is available.

**THE IMPORTANCE OF ADDRESSING RELATIONSHIP STRESS**

An unhappy relationship can affect every aspect of a person's life, including their physical and mental health. Studies show that people live longer, healthier lives when they have

positive emotional connections. For service members, relationship issues can affect readiness by making it difficult to stay focused on the mission at hand.

Not everybody is willing to seek help, however. As a friend or family member, you can let your service member know that it's not only OK to reach out for support, it's a sign of strength. Share a time when you were in a similar situation. This will help your loved one understand that problems like theirs are not uncommon. Talk about the ways you and your partner repaired your relationship. Or if your efforts weren't successful, mention how tapping into available resources might have helped.

**HELP FOR RELATIONSHIP STRESS**

Your service member and their partner can seek help at any stage of their relationship, whether they are just starting out or have been together for many years. Resources for service members include:

- **Non-medical counseling.** Non-medical counselors are experienced professionals who understand the unique issues service members

and their partners face. They will meet with couples or individuals face-to-face, or by phone, online chat or video. Sessions are free and confidential.

- **Building Healthy Relationships specialty consultations.** These consultations focus on the area of a relationship that needs attention. Common issues military couples may seek assistance for include communication refreshers, reconnecting after deployment and staying connected while away. The sessions include coaching, practical tools, resources and problem-solving techniques. The Building Healthy Relationships specialty consultations are free and confidential.
- **Love Every Day.** This interactive tool helps couples practice their communication skills in only a few minutes each day.
- **Marriage enrichment programs for military couples.** Each military service branch offers programs designed to enrich marriage by helping couples develop their communication skills and rekindle their romance. These programs are either low-cost or free.

If your service member or their partner feels unsafe in a relationship, they can reach out to the Family Advocacy Program or call the National Domestic Violence Hotline at 800-787-7224.

Your service member can learn more by contacting Military OneSource at 800-342-9647. International calling options are available for those outside the continental United States.



## Q: What if the housing discrimination act occurred overseas?

In foreign countries, the intent of the prohibitions against discrimination shall be carried out to the extent possible within the laws and customs of the country. Upon the receipt of information on suspected discriminatory acts, the Commanding Officer will consult with the Staff Judge Advocate to determine if the laws of the country prohibit this discrimination and take investigative action, as appropriate.

**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](http://www.cnmc.navy.mil/navylifema)

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

Live 24/7 Help

Confidential

Worldwide 24/7

Help is just a Click, Call or Text away!

For confidential victim assistance, visit [www.SafeHelpline.org](http://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.)





MC2 Juan Sua

Lt. Stefan Knight, a naval flight officer assigned to the ;Skinny Dragons; of Patrol Squadron (VP) 4 watches the sunrise from the apron of Naval Air Station Sigonella before pre-flighting a squadron P-8A Poseidon aircraft for a maritime domaine awareness flight over the Mediterranean Sea, Dec. 19, 2019. VP-4 is forward deployed to the U.S. 6th Fleet area of operations and is assigned to Commander, Task Force 67, responsible for tactical control of deployed maritime patrol and reconnaissance squadrons throughout Europe and Africa.

# NAS Sigonella dedicates to suicide prevention

By MC1 Kegan Kay  
Naval Air Station Sigonella Public Affairs

## SICILY, ITALY

In honor of World Suicide Prevention Day on September 10th, the Naval Air Station Sigonella Chaplains and Suicide Prevention Team hosted an awareness event at the Ristorante Bella Etna Galley, providing people with information on how to seek help for themselves and for others, as well as general information on mental health.

While September is Suicide Prevention Month, the goal is for suicide prevention to be an every day, every person mission set.

This year’s theme “aligns with the Navy’s Culture of Excellence (COE) approach by highlighting the importance of connectedness in supporting every Sailor, every day, and integrating Defense Suicide Prevention Office’s (DSPO) call-to-action ‘Connect to Protect.’ Connectedness is a key protective factor against

suicide,” according to the “I Small Act” toolkit.

“During the month of September we take a pause to highlight some of the leading causes of suicidal behavior and suicidal ideations,” said NAS Sigonella Command Suicide Prevention Specialist Chief Master-at-Arms Andre Billingsley. “We provide information leading to programs that can assist in combating suicidal behaviors and recommend resources for those who are suffering from suicidal ideations. It is our hope that we can prevent anyone from even thinking that suicide is an option when dealing with their emotional distress.”

Participants at the event were invited to fill out “I Will” posters declaring what they would do when confronted with someone who is struggling with thoughts of suicide or they themselves are struggling.

“I have lost both friends and family members to suicide, nothing can fill the void that we feel when a loved one takes

their own life,” said Billingsley. “I think about how much those people meant to me, how much I miss them and how I wish that I could have been there to stop them from taking their own lives. I think about what I could have done, what help I could have sought out for them and how we could have made things better for them, together.”

Many factors can influence our mental health, including stress at work, deaths of family members, mental illnesses, and more. Fears surrounding the novel coronavirus, as well as precautions such as social distancing, can also lead to feelings of isolation and depression.

“While [people struggling with thoughts of suicide] say they would reach out to people who are close to them first, these same people also have fears about what people will think or say if they meet with a psychologist, counselor, or chaplain,” explains Lt. Ryan Albano, Chaplain. “They believe that people will think there is something wrong with them.”

The base offers many avenues of help for anyone who is struggling with not only depression and thoughts of suicide, but stress and other emotional issues.

Chaplains are available for non-medical counseling, and both the mental health department at the U.S. Naval Hospital Sigonella and Fleet and Family Support Center provide counseling services as well.

“I do understand that the world tends to be more of a burden on some more than others; I just ask that before you think of taking your own life, reach out, communicate and get the help before you act on those emotions,” said Billingsley.

The suicide prevention team is also looking for committed members who would like to help.

“Anyone who would like to be a member of the Suicide Prevention Team can contact me at DSN 624-7142 or email me at [andre.billingsley@eu.navy.mil](mailto:andre.billingsley@eu.navy.mil),” explains Billingsley. “After the training processes are complete, individuals can be added to the official Suicide Prevent Team and contribute year round to prevention measures promoted by the U.S. Navy.”

GEICO | MILITARY

Military Discount for Heroes Like You

Kate Beckage  
Military Spouse



“GEICO has made every transition easier. By having GEICO on our side, I knew I only had to call 1-800-MILITARY every time I was going to move. They would help me take care of my needs, whether it be for my home insurance, our dwelling fire policy, or for all of our auto insurance needs.”

Get your discount today.

[geico.com](http://geico.com) | 1-800-MILITARY | Local Office

Some discounts, coverages, payment plans and features are not available in all states, in all GEICO companies, or in all situations. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © 2020 GEICO



# A crisis leader – Vice Adm. Diego E. ‘Duke’ Hernandez – decorated pilot and Hispanic hero left a legacy

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

WASHINGTON

When Vice Adm. Diego “Duke” Hernandez retired in 1991, he was the highest ranking hispanic in the Navy. A native Puerto Rican, Hernandez was a Vietnam War Hero who rose to the highest levels of the Navy. In the lead of a flight of Navy F-4B aircraft from the aircraft carrier USS Ranger (CV-61) into North Vietnam on Dec. 16, 1967, Lt. Cmdr. Diego “Duke” Hernandez’ orders were to destroy a heavily defended bridge, electrical transformer and motor maintenance facility near the port city of Haiphong.

As the flight leader, he had planned a two-prong attack to knock out the facility, but instead of leading the main attack, he took the role of flack suppression, selflessly exposing himself to danger, to pave the way for his squadron mates from Fighter Squadron 21 to deal the decisive blow on the main target.

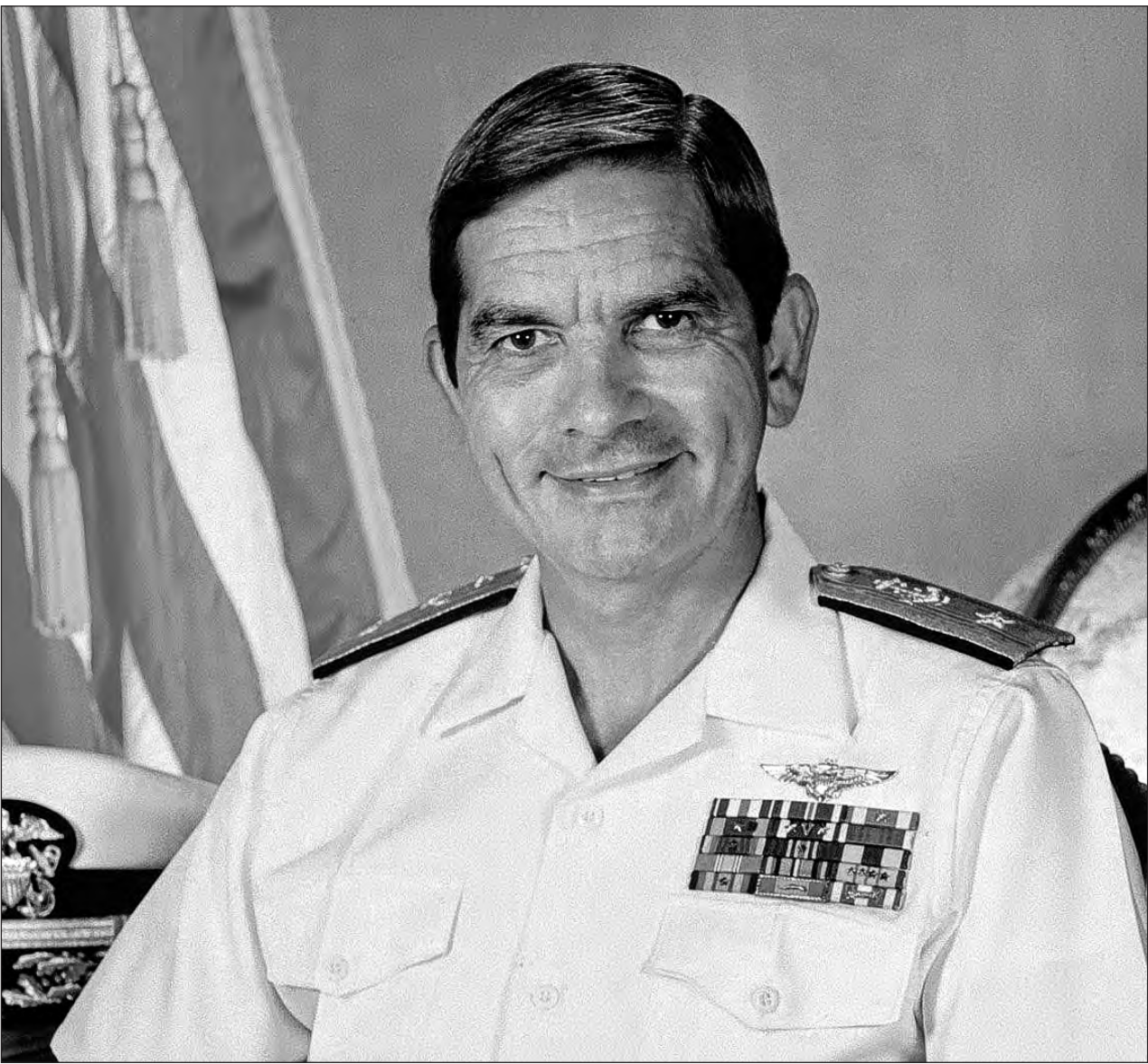
According to the citation awarding him the Silver Star -- the nation’s third highest decoration for valor in combat Hernandez, “silenced an 85-mm site near the Kien An Highway Bridge with a perfectly placed rocket salvo and then, while checking the other half of his group, sighted an active anti-aircraft site at Kien An Airfield,” threatening his squadron mates. He chose to make a second flack suppression run, the citation detailed, knocking out the site and saving the mission.

“As he pulled out of this run his aircraft sustained a direct hit which destroyed both hydraulic systems and rendered the control stick useless,” the citation reads. “With the stabilizer locked in the full up position, Hernandez flew the aircraft through a series of high G, rudder-controlled barrel rolls out of enemy territory.”

Once out to sea in the Gulf of Tonkin, Hernandez and his radar officer ejected and were quickly rescued.

That wasn’t the only narrow escape Hernandez had during his two combat tours that saw him rack up 147 combat missions over North Vietnam and having two aircraft shot out from under him.

His combat service would also see him awarded the Purple Heart, the Distinguished Flying Cross, ten air medals and three Navy Commendation Medals, all with



Vice Adm. Diego E. "Duke" Hernandez

Courtesy photo

Combat V devices. Along the way he racked up 5,732 flight hours and 750 carrier landings.

Born and raised in San Juan, Puerto Rico, Hernandez was the son of two working class schoolteachers. His love of reading and continuous learning, a habit recognized for creating strong minds, great leaders, and military professionals, began with the subtle example his parents provided and set him on a path to be one of our great Naval heroes.

“I didn’t plan to have a career as a naval officer, I saw a chance to get a free education in the United States and I took it,” Hernandez said in a 2011 interview. “When I was in high school in Puerto Rico, I heard the Navy gave scholarships to study in the United States,” referring to the Navy Reserve Officers Training Corps scholarship, which still remains as one of the premier commissioning programs available to high school seniors.

Hernandez would rise to command Fighter Squadron 84, the oiler USS Truckee (AO-147) and the aircraft carrier USS John F. Kennedy (CV-67). As a flag officer, he commanded Naval Forces, Caribbean, Carrier Strike Group SIX, and U.S. Third Fleet. He finished his incredible career as deputy commander of U.S. Space Command and vice commander of North American Aerospace Defense Command before retiring in 1991. At the time, he was the senior Naval Officer of Hispanic descent on

active-duty.

After his retirement, he served on the advisory committee for the Department of Veterans Affairs’ Center for Minority Veterans, helped plan future transportation needs for Miami-Dade County, and even co-founded the Town of Miami Lakes Veterans Affairs Committee, where he called home.

Still, he never forgot his Puerto Rican roots. In 1998, Hernández testified before the Senate urging Congress to respond in the Puerto Rican struggle to achieve political self-determination as a state of their own, consistent with the sacrifice to our nation he and others like him had, and continue to fight, to defend.

Hernandez passed away July 7, 2017 after a long battle with Parkinson’s Disease.

Hernandez’s contribution to our Navy’s legacy came from his own words in that 2011 interview about an inner feeling all who serve on active-duty and in the reserves today can identify with: “I was a professional pilot and naval officer. [It] was not what I did, it was who I was.”

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

*Lt. Cmdr. Rolando Machado contributed to this story.*



MCSN Austin G. Collins

Quartermaster 2nd Class Daniel A. Draughon takes the bearing of Bulgarian Naval ships as they participate in a passing exercise with the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80), Sept. 20, 2020. Roosevelt, forward-deployed to Rota, Spain, is on its first patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners and U.S. national security interests in Europe and Africa.

## USS Roosevelt completes PASSEX with Bulgarian Navy

By MCSN Austin G. Collins  
USS Roosevelt Public Affairs

BLACK SEA

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) executed a passing exercise (PASSEX) with Bulgarian naval counterparts in the Black Sea, Sept. 20.

Roosevelt conducted the bilateral exercise off the coast of Varna, Bulgaria, with Bulgarian Navy Koni-class frigates BGS Smeli (F-11) and BGS Bodri (F-13).

“This weekend marks 117 years of diplomatic relations between the United States and Bulgaria,” said Cmdr. Ryan Kendall, Roose-

velt’s commanding officer. “Roosevelt feels privileged to continue strengthening this relationship through a passing exercise with BGS Smeli and BGS Bodri.”

The U.S. and Bulgarian naval forces that participated in the drill showed seasoned tactical preparation. The force also demonstrated excellent joint interactions and a unified sense of collaboration. U.S. Navy vessels routinely conduct training with allies and partners in order to increase capacity and capability as they work together to strengthen regional ties.

“This exercise enables our forces to refine

our maritime coordination skills and build relationships,” said Kendall.

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

U.S. Sixth Fleet, 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.





MC1 Woody Paschall

The Navy's newest America-class amphibious assault ship USS Tripoli (LHA 7) arrives at its new homeport at Naval Base San Diego, Sept. 18. Tripoli is the second America-class amphibious assault ship to join the fleet. The ship was commissioned in Pascagoula, Miss., July 15, 2020.

# USS Tripoli arrives in San Diego

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

## SAN DIEGO

The Navy's newest amphibious assault ship, USS Tripoli (LHA 7), arrived at its new homeport in San Diego, Sept. 18.

The Navy's latest America-class amphibious assault ship, USS Tripoli arrived at Naval Base San Diego following its commissioning and subsequent sail around South America this summer.

"Our Sailors did an outstanding job in getting Tripoli safely to our new homeport of San Diego," said Capt. Kevin Meyers, Tripoli's commanding officer. "Now, we shift our focus to preparing this ship for her future mission: supporting combat operations and providing humanitarian assistance around the globe, in the air, on land, and sea."

Tripoli, the only America-class amphibious assault ship in San Diego, joins the Wasp-class large-deck amphibious assault vessels USS Essex (LHD 2), USS Boxer (LHD 4), USS Bonhomme Richard (LHD 6), and USS Makin Island (LHD 8). As the largest amphibious ship on the waterfront,

Tripoli serves as an LHD variant designed to accommodate the Marine Corps' future Air Combat Element (ACE) including the F-35B Lightning II and MV-22 Osprey.

"Tripoli serves as a fine example of our Sailors' ability to learn, adapt, and continuously improve even in the face of uncertainty," said Capt. Jennifer Ellinger, commodore of Amphibious Squadron (CPR) 7. "The ship's arrival here today is exciting and the crew has worked diligently to get to this point."

Tripoli's arrival brings approximately 1,100 Sailors and their family members to the San Diego area.

"It will be nice to get the ship to her homeport in San Diego, a city that is renowned for its continuing support of our service members," said Master Chief Alicia Harrison, Tripoli's acting Command Master Chief. "This crew has not ceased to amaze me in how they have risen to every challenge from ship's delivery, to crew move aboard, to operating under new health guidelines, to sail around."

Tripoli is the second LHA to be delivered to the Navy, and the third in naval history to bear the name which harkens back to the first U.S. battle fought on foreign soil. The name Tripoli was previously assigned to a Casablanca-class escort carrier which saw service in the Sec-

“ Tripoli serves as a fine example of our Sailors’ ability to learn, adapt, and continuously improve even in the face of uncertainty”

Capt. Jennifer Ellinger

ond World War. Later, the first amphibious assault ship with the name USS Tripoli (LPH 10) served in Vietnam and during the Gulf War.

Tripoli was built in Pascagoula, Mississippi, by Huntington Ingalls Industries. Prior to departing for San Diego, Tripoli's crew conducted a 14-day restriction of movement (ROM) in accordance with U.S. Navy pre-deployment guidelines. In addition, the Navy canceled the ship's traditional commissioning ceremony as a COVID mitigation measure. The Navy commissioned Tripoli via naval message on 15 July and transitioned the ship into service as scheduled.

# U.S. Navy conducts follow-on joint ops with NATO in Black Sea

From U.S. 6th Fleet Public Affairs

## BLACK SEA

Following operations in the Adriatic Sea, U.S. Navy and NATO units again conducted a joint maritime and air training mission in the Black Sea, Sept. 15, 2020.

The Arleigh Burke class guided-missile destroyer USS Roosevelt (DDG 80), one U.S. Navy P-8 Maritime Patrol Reconnaissance Aircraft out of Sigonella, Italy, and NATO E-3A Airborne Warning and Control System (AWACS) aircraft based out of Geilenkirchen Air Base, Germany, participated in the training.

"Roosevelt is thrilled to work alongside NATO and our naval aviation teammates as we safely enter for operations in the Black Sea," said Cmdr. Ryan R. Kendall, commanding officer of Roosevelt. "Just a few days ago, on Sept. 11, we conducted a training event with these very same partners in the Adriatic Sea. These opportunities strengthen our ability to operate as a joint force and demonstrate our ability to respond to threats, move throughout the European theater, and protect our NATO Allies and partners."

The training mission is part of an ongoing integration of air and maritime units in the U.S. 6th Fleet. The ultimate goal is to refine joint air defense procedures to better defend U.S. Navy ships.

Participating units conducted training scenarios to establish air and maritime superiority, which enable freedom of navigation in all international air and water spaces.

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



MC2 Josh Cote

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) as seen from the window of a P-8A Poseidon multi-mission maritime patrol and reconnaissance aircraft assigned to Patrol Squadron (VP) 4, April 23. The ship and aircraft are forward deployed to U.S. 6th Fleet.

integrate platforms across multiple domains.

Roosevelt is one of four U.S. Navy destroyers based in Rota, Spain, and assigned to Commander, Task Force 65 in support of NATO's Integrated Air Missile Defense architecture. These Forward-Deployed Naval Forces-Europe ships have the flexibility to operate throughout the waters of Europe and Africa, from the Cape of Good Hope

to the Arctic Circle, demonstrating their mastery of the maritime domain.

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



# International Coffee Day 2020

coffee facts!!!

men drink more coffee!!!

according to a 2019 statista.com survey, on average, men drink 2.2 cups of coffee per day versus 1.8 cups per day for women.

ranging from \$100 to \$600 per pound, **KOPI LUWAK** is the world's most expensive coffee!!!

\*\*business insider\*\*

just over half of coffee drinkers prefer hot over cold coffee.

\*\*huffpost.com\*\*

The National Coffee Association says:

“Depending on the variety, it will take approximately **3 to 4 years** for the newly planted coffee trees to bear fruit.”

Brazil produces about **40%** of the world's supply of coffee.

America's favorite coffee add-in is... **milk!!!**

\*\*onstaffusa.com\*\*

coffee is the second most consumed beverage in the **World!!!**

\*\*toptenlist.com\*\*

MCSN Ashley Croom



## NEW PENNY GAMES JACKPOTS STARTING AT \$100,000!

Rosie's features state-of-the-art games that look, spin and play like the games you know and love. New ways to win featuring new penny games with jackpots starting at \$100,000!

HAMPTON | NEW KENT | RICHMOND | VINTON | ROSIESGAMING.COM   

**MEMBERSHIP IS FREE!**

**SHIPYARD WORKERS BONUS**

SIGN UP FOR THE ROSIE'S REWARDS CLUB AND RECEIVE:

**\$5 FREE PLAY \$5 R' BURGER & FRIES & 5X POINTS.**

Must be 18 or older. Problem Gaming? Call the Virginia Help Line at 1-888-532-3500. Valid now - September 30. Must present shipyard ID to redeem. Valid for new members only.







Anthony Powers

Naval Surface Warfare Center Panama City Division (NSWC PCD) recently collaborated with Commander, Naval Meteorology and Oceanography Command in coordination with the Naval Oceanographic Office's Fleet Survey Team, and Klein Marine to conduct a live Advanced Naval Technology Exercise (ANTX) event at NSWC PCD, Sept. 1.

# COVID-19 and hurricanes defeated, live ANTX event prevails

**By Susan H. Lawson**  
Naval Surface Warfare Center Panama City Division Public Affairs

**PANAMA CITY, FLA.**

Despite COVID-19 limitations and planning challenges caused by Hurricanes Laura and Marco, a collaborative team prevailed in conducting a live Advanced Naval Technology Exercise (ANTX). Naval Surface Warfare Center Panama City Division (NSWC PCD) recently collaborated with Commander, Naval Meteorology and Oceanography Command (CNMOC) in coordination with the Naval Oceanographic Office's Fleet Survey Team (FST), and Klein Marine to conduct the testing at NSWC PCD. The government and industry teams overcame potential setbacks by implementing safety protocols, maintaining a flexible schedule, and keeping a can-do attitude. With participants coming from across the country, one team travelling over 40 hours by vehicle, to both Gulfport, Miss., and

Panama City, Fla., this synergy led to successes that far outweighed the struggle. "The ANTX 20 vignette highlighted technology that is important to the Navy in maintaining a warfighting edge," said Capt. Micah Weltmer, CNMOC ANTX director. "The main benefits of ANTX are twofold, the government gains first-hand interaction with emerging technology and the innovation providers gain warfighter feedback and insight on how to better work with government," said Todd Holland, director, mine warfare prototyping at NSWC PCD. "Our team here at Panama City Division, including our test directors, test engineers, range managers, and public affairs personnel did a great job of responding to various challenges while hosting an outstanding ANTX event in collaboration with Klein Marine Systems." Collaborating on tests of this nature further strengthens the strategic collaboration between the two commands on the Gulf

Coast. For the test event, NSWC PCD provided test documentation, test personnel, a support craft, and rigging support for Klein Marine Systems' Multi-Angle X-Pattern Side Scan Sonar (SSS) system. The system was towed by an Unmanned Surface Vehicle (USV), Seafloor Systems' Hydro-Cat-180. In addition, FST provided skilled personnel with useful insights towards the operational utility of these technologies. "Naval Oceanography must be an early adopter of new technology to stay ahead of the competition," said Weltmer. "Conducting vignette-based demonstrations like the ones developed for ANTX helps us identify areas where current technology, much like Klein's, could be incorporated as an improvement to our existing capability, and a venue to provide direct operator feedback to our industry partners on directions to further advance their technical solutions for operational use." For FST and other Navy commands, the new technology should reduce time on station for hydrographic surveys, due to improved data quality and an increase in SSS coverage by 40 percent. An Ultra-Short Baseline attached to the USV enables highly accurate navigation data on a towed SSS, allowing for precise positions of any hazards to navigation detected, strengthening the protection of naval assets. "We continue to look for opportunities to

support the warfighter in collaboration with our Gulf Coast regional partner CNMOC," said Dr. Peter Adair, technical director at NSWC PCD. "This is another great example where we are able to collaborate and leverage our facilities and resources to support their mission during this ANTX event." Klein's algorithms for data transmission allowed an increase in the amount of data able to be streamed to the base station in real-time at an efficient data rate, enhancing the radio connection to the USV and improving identification of hazards to navigation. Seafloor Systems demonstrated advanced autonomy behaviors and a well-designed launch and recovery system. These technologies provide potential cost-saving solutions for the U.S. Navy while expanding sonar-based sensing capabilities for use in related efforts at NSWC PCD. "It is critical for the naval research and development establishment to develop and deploy a culture of agility and innovation," said Holland. "One way of doing that is to create 'low barrier of entry' events like ANTX, to support the warfighter through exposure to the newest technologies and prototypes developed outside of traditional military pathways. This venue connects industry, academia, Warfare Center personnel, and warfighters in an innovation environment where technology's 'push' meets Navy's 'pull'."

# Relief services available following Hurricane Sally

**From Naval Air Station Pensacola Public Affairs**  
**PENSACOLA, FLA.**

In response to Hurricane Sally, the Fleet and Family Support Center at Naval Air Station (NAS) Pensacola opened an Emergency Family Assistance Center (EFAC) located at the Corry Chapel on Corry Station. The EFAC will be open Monday through Friday from 8 a.m. to 4 p.m. with extended hours and days if needed. The EFAC is a consolidated location where service members, retirees and military families impacted by Hurricane Sally can receive disaster relief services. Organizations that are present include the Navy-Marine Corps Relief Society (NMCRS) and the American Red Cross. Other services available include legal and housing assistance, clinical/spiritual counseling, and more. Kathleen Doherty, the department head for Fleet and Family Support Center at NAS Pensacola, stressed the importance of Navy Family Accountability and Assessment System (NFAAS) as they try to assist families impacted by Hurricane Sally during the COVID-19 pandemic. Those with access to NFAAS can take an assessment that will tailor services to their needs. Doherty said that individuals "can get an equal level of care" that they would in person online at NFAAS. There are emergency community managers present at the EFAC that can assist those who do not have access to NFAAS. For retired service members and others without access, it is important to be specific about needs when at the EFAC.



Jason Bortz

Parachute Rigger 1st Class Christopher Dorrough, Naval Air Technical Training Center, speaks with Sam Ellis from Legal Assistance at an Emergency Family Assistance Center (EFAC) on Corry Station, Pensacola, Florida, Sept. 21. The EFAC was organized by the Fleet and Family Support Center at Naval Air Station (NAS) Pensacola to assist those impacted by Hurricane Sally.

The NMCRS is offering financial assistance and will be present as long as the EFAC remains open. Active duty and retired service members in the Navy, Marine Corps, and Army, as well as spouses of active duty service members can utilize the NMCRS. "We can provide people with immediate assistance while they are waiting on insurance," said Joy Barnes, the director of the Navy-Marine Corps Relief Society (NMCRS) in Pensacola. The American Red Cross is handing out buckets filled with cleaning supplies, boxes of food, water and tarps. There are comfort kits available which include items such as shampoo, conditioner, and toothpaste. Requests for needed items that are not currently offered can be made through them as well. The Fleet and Family Service Center can be contacted at (850) 452-5990 for additional assistance. Many of their services

have been moved online due to COVID-19 and can still be accessed that way for those that need support at this time. The Navy-Marine Corps Relief Society can be contacted at (850) 452-2300. After the EFAC is closed they will move back to appointment only for active duty service members at their office. The American Red Cross has a 24/7 Hero Care Network in case any emergencies arise. This network can be reached at 1-877-232-7337.







PRINT | EVENTS | ONLINE

**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

150 W. Brambleton Avenue | Norfolk, VA 23510  
**757.222.3990 | MILITARYNEWS.COM**







Tipstotakeasafe  
andaffordable  
fallroadtrip

AsAmericanfamiliescontinue totrack  
developments of the pandemic, many are  
opting for regional travel experiences  
this fall.

See C3

March 15, 1933-September 18, 2020  
RUTH BADER GINSBURG

# SUPREME

From The Supreme Court of the United States

Ruth Bader Ginsburg, Associate Justice, was born in Brooklyn, New York, March 15, 1933. She married Martin D. Ginsburg in 1954, and has a daughter, Jane, and a son, James. She received her B.A. from Cornell University, attended Harvard Law School, and received her LL.B. from Columbia Law School. She served as a law clerk to the Honorable Edmund L. Palmieri, Judge of the United States District Court for the Southern District of New York, from 1959-61. From 1961-63, she was a research associate and then associate director of the Columbia Law School Project on International Procedure. She was a Professor of Law at Rutgers University School of Law from 1963-1972, and Columbia Law School from 1972-1980, and a fellow at the Center for Advanced Study in the Behavioral Sciences in Stanford, California from 1977-78. In 1971, she co-founded the Women's Rights Project of the American Civil Liberties Union, and served as the ACLU's General Counsel from 1973-80, and on the National Board of Directors from 1974-80. She served on the Board and Executive Committee of the American Bar Foundation from 1979-1989, on the Board of Editors of the American Bar Association Journal from 1972-78, and on the Council of the American Law Institute from 1978-1993. She was appointed a Judge of the United States Court of Appeals for the District of Columbia Circuit in 1980. President Clinton nominated her as an Associate Justice of the Supreme Court, and she took her seat August 10, 1993. Justice Ginsburg died on September 18, 2020.



# Community

■ **Submit YOUR events, news and photos**  
TheFlagship welcomes submissions from our readers online.  
Please submit **events** here: [www.militarynews.com/users/admin/calendar/event/](http://www.militarynews.com/users/admin/calendar/event/)  
Please submit **news** and **photos** here: [www.militarynews.com/norfolk-navy-flagship/submit\\_news/](http://www.militarynews.com/norfolk-navy-flagship/submit_news/)

## 'Virginia is for Arists' exhibit to open Oct. 2

From Virginia Beach Art Center

**VIRGINIA BEACH**

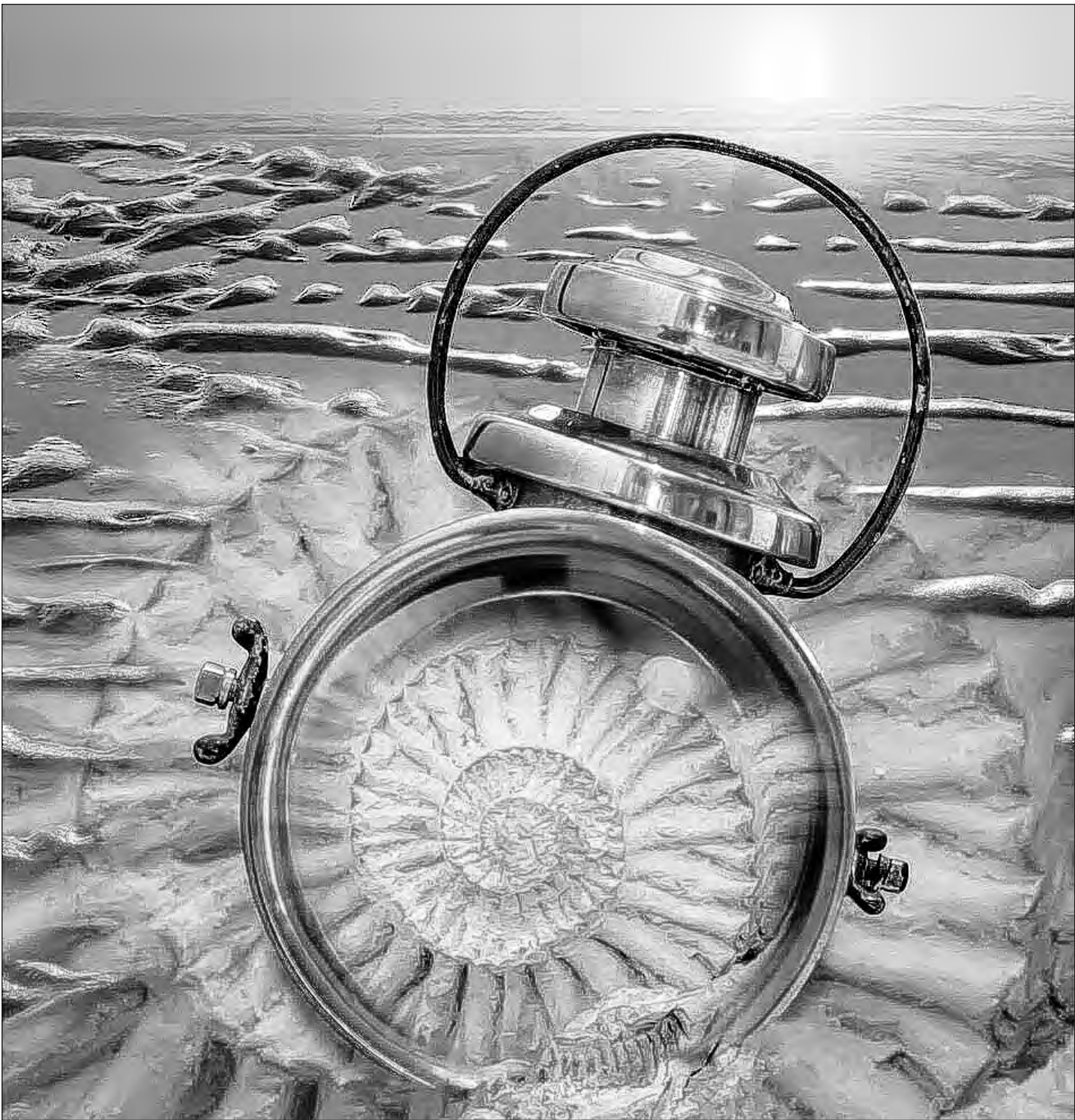
The Virginia Beach Art Center, home of The Artists Gallery, will open its next regional exhibition on October 2. “Virginia is For Artists” is a juried statewide exhibition featuring some of the best work from around the Commonwealth. There is also a special section for Virginia art teachers, with an award all its own.

The Brock Gallery will be open all day for first viewing on October 2. In addition, we will offer a live video award ceremony at 7 p.m., that evening , on the Virginia Beach Art Center Facebook page. During the broadcast, you can tour the submitted entries individually, view the Judges Remarks, and even purchase artwork easily!

On our website, [artcentervb.org](http://artcentervb.org), our previous shows, “Waterways,” “Garden of Life,” “Following the Light,” “Heroes Among Us,” “Less Is More” and Sea Of Change” remain available for viewing and purchase.

The Virginia Beach Art Center is a non-profit organization offering art exhibitions, art classes and pottery classes in a fully equipped center located at 532 Virginia Beach Boulevard. Hours are 10 am to 5 pm, Tuesdays-Friday, 10 a.m. to 4 p.m. Saturdays and 12 p.m. to 4 p.m. Sundays.

The Artists Gallery is an artists’ co-operative providing space for working, exhibiting and showcasing original fine art by local and regional artists.



Recurrence; by Janice Hathaway

Courtesy photo/

## Wreaths Across America to host a statewide 5K virtual race in Virginia

From Wreaths Across America

**VIRGINIA BEACH**

Wreaths Across America (WAA) is announcing that its Stem to Stone 5K Road Race to be held in Virginia Beach on October 10th, 2020 will now be held as a virtual event in accordance with the CDC’s recommendation for large gatherings stemming from concerns surrounding the COVID-19 pandemic.

“The goal of this race is, and always has been, to build community awareness and understanding of the organization’s year-long mission to Remember, Honor, Teach,” said Karen Worcester, executive director, Wreaths Across America. “However, in light of the current health crisis, we feel these races have taken on even more meaning by providing the opportunity for people to safely participate in something healthy and fun, while supporting and giving back in their own community during this uncertain time.”

Bre Kingsbury, a member of Team Bear (which was formed after losing 40 Navy Seals) works to support Arlington National Cemetery (where many of those Seals are buried) said, “I’m proud to have the opportunity to mimic the courage and valor of our country’s veterans by forging ahead with this event and offering folks the hope that a day of victory is ahead. I’m also hopeful that families use this as an opportunity to teach others that something as simple as running on a treadmill or your daily work-out run, can be transformed into something with significant meaning like, community spirit and American unity.”

Each individual \$35 race registration



Wreaths Across America

sponsors a fresh balsam veteran’s wreath that will be placed on the headstone of an American hero on December 19, 2020, as part of National Wreaths Across America Day. During check out, registrants can designate the Sponsorship Group or participating Wreaths Across America Location they want their sponsored wreath allocated to including Team Bear (VA0080) and Arlington National Cemetery (ARLING). Registrants and Virtual participants will receive personalized racing bibs (On which we are encouraging participants to write the name of the person that they are running for) and commemorative finisher medallions, with event t-shirts being provided to the first 200 people to register, via the mail before race day! Additionally, Virtual Participants can submit their results through text or email and show up in official results. There is also an AP in which participants can use in order to feel

more connected to the fun called RaceJoy.

Wreaths Across America is the non-profit organization best known for placing veterans’ wreaths on the headstones of our nation’s fallen at Arlington National Cemetery. However, the organization, in total, places more than 2.2 million sponsored wreaths at over 2200 participating locations nationwide and offers other programs throughout the calendar year. These programs include The Mobile Education Exhibit , Wreaths Across America Radio, and the Wreaths Across America Virtual Concert now streaming on Showcase NOW).

You can sponsor a wreath for \$15 at <https://www.wreathscrossamerica.org/>. Each sponsorship goes toward a fresh balsam veteran’s wreath that will be placed on the headstone of an American hero as we endeavor to honor all veterans laid to rest on Saturday, December 19, 2020, as part of National Wreaths Across America Day.

You can text WREATH22 to 20222 to sponsor a wreath for Arlington National Cemetery right from your phone.

This is the last race in a series of eight, in partnership with event management and timing company CompetitorME, which was announced earlier this year. These series of races were planned to feature eight 5K road races all over the country throughout the year. Due to the COVID-19 pandemic these races have been transformed into many different forms to meet the needs of the individual areas in which they were held. Our last race in Maine was run as a live, in-person, event. However, our last two races has been made VIRTUAL events in accordance with state recommendations for social distancing.

Registration for virtual participation will be open through race day. To register, please visit [www.competitorme.com/wreaths-across-america](http://www.competitorme.com/wreaths-across-america) or click here.





Statepoint

# Tips to take a safe and affordable fall road trip

By StatePoint

As American families continue to track developments of the pandemic, many are opting for regional travel experiences this fall.

For some, a road trip to a national park or quaint town might provide just the right combination of taking in the fall scenery while traveling in a way that limits contact with others. However, even road trips close to home can incur their fair share of expenses, which is something many Americans are looking at more closely these days. To watch your spending on the road, consider the following trip tips:

■ **Plan your route carefully.** Opting for a

closer destination can eliminate hefty gas expenditures and wear and tear on your vehicle. For example, if you're on the East Coast, consider the Blue Ridge Parkway in Virginia and North Carolina for breathtaking views. Similarly, if you reside on the West Coast, you might want to think about a drive along the Pacific Coast Highway to enjoy the beautiful ocean scenery.

■ **Look for deals on accommodations.** If you're taking a multi-day driving trip, hotel stays can begin to add up, especially in larger cities. Try to find accommodations in less densely populated areas along your route, which can include motels or even alternative accommodations such as vacation rentals. Accommodations

metasearch site trivago is a great option to search for lodging deals: [www.trivago.com](http://www.trivago.com).

■ **Ensure flexibility.** Over the past few months, flexibility when booking travel went from being a "nice to have" to being a must. The world moves quickly, so ensure that your travel plans are able to move with it. When you are booking your accommodations, it's important to compare deals with free cancellations. Knowing you can change your plans will offer you peace of mind. Sites like trivago provide full visibility into flexible choices, indicating whether each deal in the search findings allows for free cancellation.

■ **Save gas.** When it comes to filling up the gas tank, a bit of comparison shopping can go a long way. Consider gas stations a bit farther from main highways. Sometimes, it pays to go off the path a bit or wait for the next rest stop. Free apps also exist that provide real-time gas comparison data

based on your current GPS. You can also improve your fuel economy by keeping your car well-maintained and your tires properly inflated.

■ **Buy a National Park Pass.** Chances are that if you're planning to take in the great outdoors, you'll find yourself in one of the nation's 2,000 federal lands. If your route passes through more than one site, consider purchasing a National Park Pass. For \$80, it covers entry and parking fees for one vehicle of up to four people for an entire year. With many parks resuming operations and reinstating entrance fees (usually around \$25 per park), the pass is a convenient investment well worth the cost. Learn more at [www.nps.gov](http://www.nps.gov).

As you make your plans, remember that states and jurisdictions are following different health guidelines and are at different stages of reopening, so prepare with a little research. Most importantly, have fun and enjoy the gorgeous scenery along the way.



# WE SUPPORT OUR HEROES ABROAD. AND RIGHT HERE AT HOME.



When a large part of your workforce is comprised of military spouses and veterans, you understand that not all who serve our nation wear uniforms. That's why ADS is **committed to being a military-friendly employer**, and supporting a long list of community efforts that help military spouses hold down the homefront, too.

**You're all heroes to us. And we're proud to support your mission.**



**ADSINC.COM**





Mike Garten/

# BEWARE, THEY MIGHT JUST PUT A SPELL ON YOU

By The Good Housekeeping Test Kitchen

Hats off to these witchy Halloween cupcakes, topped with colorful buttercream and crafty cupcake liners. Just bake-up our easy chocolate cupcakes, top them with frosting and use toothpicks to adhere the cupcake-liner hats! They may look scary, but the rich and chocolatey treats are actually pretty sweet.

Top tips from the Test Kitchen:

- We love the natural food coloring from Color Kitchen, which gives frosting a vibrant hue from plant-based dyes!
- Think about trying gel paste food coloring instead of liquid. The paste is thicker and creates a more vibrant, intense color without thinning out the frosting. Just be aware—a little goes a long way!
- Halloween is just the start of holiday (and cupcake-decorating!) season. Make an extra batch of buttercream frosting and freeze it for up to 3 months.
- Not all hats have to be black—find funky patterned cupcake liners to give your witches some extra personality.

## Witch cupcakes

**Yields:** 2 dozen  
**Total time:** 1 hour 0 mins

### INGREDIENTS

Chocolate Cupcakes  
Vanilla Buttercream  
Gel food coloring  
Black cupcake liners  
Black mini cupcake liners  
Double-sided tape  
Toothpicks

### DIRECTIONS

Bake cupcakes as directed and let cool. Prepare buttercream and tint desired colors. Frost the cupcakes.

**To form the witch hats:** Fold one cupcake liner in half, then fold in half again. Tape the two flaps together to form a solid wedge shape. Fold the wedge in half again and tape again to form a cone. Insert a toothpick into the frosted cupcake and place the cone on top of the toothpick. This is the top of the hat.

Cut a hole in the middle of the mini cupcake liner. This is the base of the hat. Slide the cut-out mini cupcake liner onto the cone to create the hat. Repeat for remaining cupcakes.



Call us

1-800-542-0111

[www.norvabarbersupply.com](http://www.norvabarbersupply.com)

Serving barbers and the US military for over  
50 years!



**FAST FREE  
FEDEX SHIPPING**

when you spend \$70 or more!

Norva Barber Supply  
2211 Reach Rd. Ste B5  
Williamsport PA 17701

P: 1-800-542-0111

F: 757-588-5902

[customerservice@norvabarbersupply.com](mailto:customerservice@norvabarbersupply.com)

- Clippers & Trimmers
- Shears
- Razors & Blades
- Capes & Smocks
- Disinfectants
- **And so much more!**





Stephanie Ehlers

Stephanie Ehlers is awarded a Purple Heart on April 8, 2007 for injuries sustained in Iraq. She had bilateral perforations of the eardrums and a TBI.

# DVBIC study focuses on concussion-related headaches

By Defense and Veterans Brain Injury Center

Headaches are the most common form of pain, according to the National Institutes of Health’s National Library of Medicine. Service members with concussion-related headaches often experience more frequent and severe pain compared to those with headaches unrelated to this condition, according to recently published data from the Warrior Strong Study. This multi-year research project was conducted by the Defense and Veterans Brain Injury Center, a division of the Defense Health Agency Research and Development Directorate. Headaches remain the most frequently reported symptom among service members who have sustained concussions, also known as mild traumatic brain injuries. Seventy-four percent of participants in Operation Enduring Freedom and Operation Iraqi Freedom had post-traumatic headaches within 30 days of sustaining a concussion, as

reported by DVBIC. Between 2009 and 2015, DVBIC researchers surveyed more than 1,500 soldiers, and then followed up with them after three months, then again after six months, and finally, a year later. “We wanted to find out how active-duty soldiers were doing after coming back from the war zone with concussion,” said Karen Schwab, DVBIC researcher and the study’s principal investigator. Ultimately, the findings may inform DVBIC’s future clinical recommendations and guidelines in the prevention, diagnosis, and treatment of concussions in the U.S. armed forces. In total, researchers interviewed 1,567 soldiers from combat operations in Afghanistan and Iraq during post deployment health assessments at Fort Carson, Colorado and Fort Bragg, North Carolina. Participants answered 31 headache-related questions to help researchers identify post-traumatic headaches. The soldiers were asked about

how frequent and how painful their headaches were, compared to before they deployed, and if their headaches changed after an injury, illness, or some other event during deployment. Of the 1,094 soldiers who reported headaches, 557 had also experienced concussions. For soldiers whose headaches were related to their concussion, symptoms were more severe and more often led to medical consultation, compared to the group whose headaches were unrelated to TBI. Post-traumatic headaches often resemble migraines, a painful sensation in the head often associated with nausea and sensitivity to light, among other symptoms. Notably, the gender composition of the Warrior Strong study differed markedly from studies of migraine headaches in civilian populations. Overall, 91% of the Warrior Strong participants and 94% of those with concussions were male. By contrast, civilian clinical studies on migraines are per-

formed on groups that are around 80% women, a reflection of the demographic fact that adult women are two-to-three times more likely to suffer from migraines than men. “The evidence base for treating headaches is not specific to post-traumatic headaches. And it may or may not be relevant for treating them. We really don’t know,” said Ann Scher, a professor of epidemiology at Uniformed Services University and the study’s corresponding author. While there are no specific drug therapies for post-traumatic headaches approved by the Food and Drug Administration, the study results could lead to the design of clinical trials and the development of targeted pharmaceutical remedies, Scher said. Fortunately, there are multiple behavior changes and medical modalities to treat and reduce the severity of post-traumatic headaches; these include improving sleep patterns, muscle relaxation, anxiety reducing techniques, physical therapy, cognitive behavior therapy, and acupuncture. To help patients in their care, DVBIC developed the Headache Virtual Suite to offer health care providers a step-by-step process to determine the type of post-traumatic headaches and guidance on its evaluation and treatment.

## AUTO AND RENTERS INSURANCE

2X TWICE AS NICE

USAA offers members flexible payments<sup>1</sup> on insurance premiums 2X per month at no extra charge.



WHAT YOU'RE MADE OF  
WE'RE MADE FOR™

Visit [usaa.com/insurance](https://usaa.com/insurance)  
or call 800-531-8521

The Department of the Navy does not endorse any company, sponsor or their products or services. MCCS Sponsor. No federal or DoD endorsement implied. Paid ad. No federal endorsement of advertiser is intended. Neither the Coast Guard nor any other part of the federal government officially endorses any company, sponsor or their products or services. Restrictions may apply to installment payment options. Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change. Property and casualty insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, based in San Antonio, TX; USAA Limited (UK) and USAA S.A. (Europe) and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2020 USAA. 269369-0420



TO PLACE AN AD:  
Visit [placeanad.pilotonline.com](http://placeanad.pilotonline.com)

Flagship Values

Hampton Roads Military Classified Marketplace



announcements

Announcements

OFFICER NOMINATION  
FRATERNAL ORDER OF EAGLES  
AERIE #3204 WILL NOMINATE THE  
AERIE CHAIR OF VICE PRESIDENT  
ON OCTOBER 15 (7 PM) .2020 AT  
OUT AERIE BUSINESS MEETING.  
AN ELECTION IF NEEDED WILL BE  
ON NOVEMBER 5 (7 PM), 2020 AT  
OUR AERIE BUSINESS MEETING..  
FOE #3204

Cockatoo, too.

Pick a pet in the  
CLASSIFIED  
MARKETPLACE.

The Virginian-Pilot  
PilotOnline.com



Estate Sales

ESTATE TAG SALE  
Estate of Jacqelin Duncan  
3636 Wedgefield Ave., Norfolk  
Fri., Sept. 25, 10 AM-3 PM  
Sat., Sept. 26, 10 AM-1 PM  
Complete house packed with an-  
tique & quality furniture, quality  
furnishings, TV's, glassware, bric-a-  
brac, paintings, China, linens, ladies'  
clothing, etc., etc. Everything must  
be sold. Kenny 718-2464.

PORTSMOUTH  
5205 Peaks Lane  
Fri 9/25 through Sun 9/27  
9a-3pm Great furniture, antiques,  
collectibles, home decor, packed  
man cave & shed!  
Go to ThisNThatCompany.com  
for details & pictures!



Fridays in The Pilot



stuff

Misc. Merchandise For Sale

#01A BLACK SIFTED TOPSOIL  
6 yds \$220, Mulch \$28/yd; Compost  
\$28/yd. Rock, playground mulch, fire-  
wood, lawn care. D Miller's 536-3052

RYOBI 10 INCH PORTABLE  
TABLE SAW  
with fold out legs, on wheels. \$200.  
757-763-0833

Antiques & Collectibles

BUYING COINS  
757-474-1303  
COIN COLLECTIONS  
STAMP COLLECTIONS

Wanted To Buy

WE BUY MUSIC RECORDS \$\$  
Jazz, R & B, Rock, albums & 45's from  
the '60's, '70's & '80s. Call Howard  
757-717-8945 We'll come to you 24/7!

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



pets

Dogs, Cats, Other Pets

GOLDEN RETRIEVERS  
Accepting deposits on AKC Golden  
Retrievers, ready October 10th. \$925.  
Text 252-548-8327


Good  
news.

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

The Virginian-Pilot  
PilotOnline.com

Jump start  
your day.

Early home delivery  
757-446-9000 • PilotOnline.com  
The Virginian-Pilot




jobs

Bldg & Const-Skilled Trades

CONSTRUCTION POSITIONS  
Seaward Marine Corporation is look-  
ing for qualified individuals for the  
below construction positions:  
  
-Crane Operators with current  
NCCCO cert and DOT medical card  
w/ min of 3 years exp with Lattice  
Boom and Hydraulic  
  
-Pile driver's w/ min of 3 years exp  
  
-Certified Welders w/ min of 3 years  
variable welding exp  
  
Please send resumes to:  
info@seawardmarinecorp.com  
  
Drug Free Workplace/EEO/M/F/  
D/V

Shop smart.  
Save big! Sunday  
(and every day).

The Virginian-Pilot  
PilotOnline.com



Room For Rent

VIRGINIA BEACH  
Newly renov rooms, low wkly & daily  
rates. Wkly starting at \$310&up.  
Economlogde Inn & Suites. 5819 N  
Hampton Blvd. 757-460-1000

PORTSMOUTH  
Under new management! Offering low  
wkly/daily rates.Newly renov \$270&up.  
Near navel hospital. River Walk Inn &  
Suites 333 Effingham St. 757-295-0151

PORTSMOUTH  
Offering low wkly & daily rates from  
\$280 &up. Newly renov! Economy  
Lodge Portsmouth 1015 Broad St,  
VA 23707 (757) 399-6341

NEWPORT NEWS  
Oyster Point Inn & Suites offering low  
wkly rates - \$249&up! Newly renov,  
indoor pool & fitness center. (757) 951  
-1177. 21 Old Oyster Point Rd.

PORTSMOUTH - CHESAPEAKE  
Motel 6. Furn rms near naval shipyard.  
Low wkly rates \$310&up. Kitchennettes  
avail. 757-399-4414. Pet Friendly. 1031  
London Blvd, Portsmouth VA 23704

NORFOLK  
Motel 6. Furn rms. Newly renov, low wk-  
ly/daily rates, near pier/base \$299&up.  
Pet friendly! Kitchennettes avail 757-480  
-9611. 9601 4th View St. Norfolk, 23503

NORFOLK  
Room for Rent. Upstairs. \$450/month  
\$200 deposit. No Utils. Boat. Garden &  
Refs. Call Ken 757-588-5179

business services

757.622.1455 | [placeanad.pilotonline.com](http://placeanad.pilotonline.com)

services

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](http://www.shabazzmva.com)

Electricians

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

THOR ELECTRIC 757-545-0400  
Licensed&Insured, Service Calls, Upgrades  
Free estimates, 10% discount 757-545-0400

Handyman Services

\*GENERAL REPAIRS\* AFFORDABLE  
SAME DAY REPAIR All Handyman, Int &  
Ext: Flooring, Bathrooms, Small Jobs,  
Remodel, Rot Repair. 30 Yrs. Exp. BBB A+  
Rating. Fall prices! 430-2612.

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](http://bandjmoving.com) 757-576-1290

Home Improvements

ADDITIONS, SUNROOMS, ROOFS,  
Decks, more. Member BBB. 274-4533.  
986-3777. [www.builderscorporation.com](http://www.builderscorporation.com)

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

ALL HOME IMPROVEMENTS Custom Home  
Repairs & Renovations. Patrick Ellis Ent. Inc.  
Lic. & Ins. BBB A+ 757-635-6609

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

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

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

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

Lawn and Tree Service

GODWIN TREE SERVICE 25yrs. Trimming,  
topping, total removal. Free es. Senior  
disc. Lic'd & Ins'd 757-237-1285 or 757-  
816-3759 BBB Member

YARD CLEAN UP - GRASS CUTTING  
Weed eating, Blowing, Bushes & Mulch,  
Reasonable prices. Call 757-477-2158

Power Washing

SOUTH SIDE PRESSURE WASHING  
Pressure wash exterior surfaces. For a free  
estimate, call 757-337-9991.

Roofing

CALVIN'S ROOFING REPAIR LLC  
Specializes in roofing repair, also guttering,  
Free estimates, roofing of all types, reason-  
able prices, Shingles, metal, slate, rubber.  
Over 30 yrs -business, BBB 757-377-2933

ROOF REPAIR Shingles, tar, rubber, slate,  
metal, asbestos removal. 757-718-1072

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

Miscellaneous Services

ARMSTRONG JANITORIAL  
Commercials. Licensed & Insured. lorenzo-  
warmstrongsr40@gmail.com 757-961-4806

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](http://jobs.pilotonline.com)





TO PLACE AN AD:  
Visit [placeanad.pilotonline.com](http://placeanad.pilotonline.com)

Flagship Values

Hampton Roads Military Classified Marketplace



announcements

Announcements

OFFICER NOMINATION  
FRATERNAL ORDER OF EAGLES  
AERIE #3204 WILL NOMINATE THE  
AERIE CHAIR OF VICE PRESIDENT  
ON OCTOBER 15 (7 PM) ,2020 AT  
OUT AERIE BUSINESS MEETING.  
AN ELECTION IF NEEDED WILL BE  
ON NOVEMBER 5 (7 PM), 2020 AT  
OUR AERIE BUSINESS MEETING..  
FOE #3204

Jump start  
your day.

Early home delivery  
757-446-9000 • PilotOnline.com  
The Virginian-Pilot

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



Estate Sales

ESTATE TAG SALE  
Estate of Jacquelin Duncan  
3636 Wedgefield Ave., Norfolk  
Fri., Sept. 25, 10 AM-3 PM  
Sat., Sept. 26, 10 AM-1 PM  
Complete house packed with an-  
tique & quality furniture, quality  
furnishings, TV's, glassware, bric-a-  
brac, paintings, China, linens, ladies'  
clothing, etc., etc. Everything must  
be sold. Kenny 718-2464.

PORTSMOUTH  
5205 Peake Lane  
Fri 9/25 through Sun 9/27  
9a-3pm Great furniture, antiques,  
collectibles, home decor, packed  
man cave & shed!  
Go to ThisNThatCompany.com  
for details & pictures!

Shop smart.  
Save big! Sunday  
(and every day).

The Virginian-Pilot  
PilotOnline.com



stuff

Misc. Merchandise For Sale

#01A BLACK SIFTED TOPSOIL  
6 yds \$220. Mulch \$28/yd; Compost  
\$28/yd. Rock, playground mulch, fire-  
wood, lawn care. D Miller's 536-3052

RYOBI 10 INCH PORTABLE  
TABLE SAW  
with fold out legs, on wheels. \$200.  
757-763-0833

Antiques & Collectibles

BUYING COINS  
757-474-1303  
COIN COLLECTIONS  
STAMP COLLECTIONS

Wanted To Buy

WE BUY MUSIC RECORDS \$\$  
Jazz, R & B, Rock, albums & 45's from  
the '60's, '70's & '80s. Call Howard  
757-717-8945 We'll come to you 24/7!



pets

Dogs, Cats, Other Pets

GOLDEN RETRIEVERS  
Accepting deposits on AKC Golden  
Retrievers, ready October 10th. \$925.  
Text 252-548-8327

Jump start  
your day.

Early home delivery  
757-446-9000  
PilotOnline.com

The Virginian-Pilot

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

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



help wanted

jobs

Bldg & Const-Skilled Trades

CONSTRUCTION POSITIONS  
Seaward Marine Corporation is look-  
ing for qualified individuals for the  
below construction positions:  
  
-Crane Operators with current  
NCCCO cert and DOT medical card  
w/ min of 3 years exp with Lattice  
Boom and Hydraulic  
  
-Pile driver's w/ min of 3 years exp  
  
-Certified Welders w/ min of 3 years  
variable welding exp  
  
Please send resumes to:  
info@seawardmarinecorp.com  
  
Drug Free Workplace/EEO/M/F/  
D/V  
  
Subscribe to The Virginian-Pilot today.  
Call 757-446-9000 or go to PilotOnline.com

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



FOR RENT

Room For Rent

VIRGINIA BEACH  
Newly renov rooms, low wkly & daily  
rates. Wkly starting at \$310&up.  
Economodge Inn & Suites. 5819 N  
Hampton Blvd. 757-460-1000

PORTSMOUTH  
Under new management! Offering low  
wkly/daily rates. Newly renov \$270&up.  
Near navel hospital. River Walk Inn &  
Suites 333 Effingham St. 757-295-0151

PORTSMOUTH  
Offering low wkly & daily rates from  
\$280 &up. Newly renov! Economy  
Lodge Portsmouth 1015 Broad St,  
VA 23707 (757) 399-6341

NEWPORT NEWS  
Oyster Point Inn & Suites offering low  
wkly rates - \$249&up! Newly renov,  
indoor pool & fitness center. (757) 951  
-1177. 21 Old Oyster Point Rd.

PORTSMOUTH - CHESAPEAKE  
Motel 6. Furn rms near naval shipyard.  
Low wkly rates \$310&up. Kitchenettes  
avail. 757-399-4414. Pet Friendly. 1031  
London Blvd, Portsmouth VA 23704

NORFOLK  
Room for Rent. Upstairs. \$450/month  
\$200 deposit. No Utils. Boat. Garden &  
Refs. Call Ken 757-588-5179

business services

757.622.1455 | [placeanad.pilotonline.com](http://placeanad.pilotonline.com)



services

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](http://www.shabazzmva.com)

Electricians

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

THOR ELECTRIC 757-545-0400  
Licensed&Insured, Service Calls, Upgrades  
Free estimates, 10% discount 757-545-0400

Handyman Services

\*GENERAL REPAIRS\* AFFORDABLE  
SAME DAY REPAIR All Handyman, Int &  
Ext: Flooring, Bathrooms, Small Jobs,  
Remodel, Rot Repair. 30 Yrs. Exp. BBB A+  
Rating. Fall prices! 430-2612.

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](http://bandjmoving.com) 757-576-1290

Home Improvements

ADDITIONS, SUNROOMS, ROOFS,  
Decks, more. Member BBB. 274-4533.  
986-3777. [www.builderscorporation.com](http://www.builderscorporation.com)

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

ALL HOME IMPROVEMENTS Custom Home  
Repairs & Renovations. Patrick Ellis Ent. Inc.  
Lic. & Ins. BBB A+ 757-635-6609

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

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

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

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

Lawn and Tree Service

GODWIN TREE SERVICE 25yrs. Trimming,  
topping, total removal. Free es. Senior  
disc. Lic'd & Ins'd 757-237-1285 or 757-  
816-3759 BBB Member

YARD CLEAN UP - GRASS CUTTING  
Weed eating, Blowing, Bushes & Mulch,  
Reasonable prices. Call 757-477-2158

Power Washing

SOUTH SIDE PRESSURE WASHING  
Pressure wash exterior surfaces. For a free  
estimate, call 757-337-9991.

Roofing

CALVIN'S ROOFING REPAIR LLC  
Specializes in roofing repair, also guttering,  
Free estimates, roofing of all types, reason-  
able prices, Shingles, metal, slate, rubber.  
Over 30 yrs -business, BBB 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.

Miscellaneous Services

ARMSTRONG JANITORIAL  
Commercials. Licensed & Insured. [lorenzo-warmstrongs40@gmail.com](mailto:lorenzo-warmstrongs40@gmail.com) 757-961-4806

YOUR  
PERFECT  
HIRE  
IS WAITING

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](http://jobs.pilotonline.com)



tribune publishing  
recruitment services





Room For Rent

**NORFOLK**  
Motel 6 Furn rms. Newly renov, low wkly/daily rates, near pier/base \$299&up. Pet friendly! Kitchensettes avail 757-450-9611. 9601 4th View St. Norfolk, 23503

**VIRGINIA BEACH**  
Room for rent, private entrance. \$600/mo Call: 757-420-2232

**NORFOLK**  
NSU Area Room For Rent All Utills \$150 wk + deposit. Call: 757-284-6249



Travel/Camping Trailers

**CONSIGNMENTS WANTED!**  
Let us clean, sell, & finance your RV. Snyders RV 499-8000.

Motorcycles and ATVs

**2012 CAN AM SPYDER**  
Limited Edition. Like new! 8,900 miles. \$10,000 OBO Call: 757-323-6990

Autos for Sale

CADILLAC 2019 CTS



Luxury beautiful car, still under warranty. Save thousands! \$26,950. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

Autos for Sale

CADILLAC 2019 XTS



Luxury beautiful car, still under warranty. Save thousands! \$27,950. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

CHEVROLET 2020 MALIBU



LT, auto, sun roof, good miles, won't last. Save thousands! \$19,950. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

CHRYSLER 2005 CROSSFIRE



SRT6 Hatchback 92000 miles 330hp supercharged V6 auto-stick, good condition color: sky blue, recent state inspection(8/21) 7576465867 10,500

DODGE 2013 CARAVAN



Exc Cond. 40,036 mi, SXT w. Full Handicap Convert 3.6L Eng, Flex Fuel, VMI North Star Conversion Kit. \$24000. Call: 757-962-7073

Autos for Sale

FORD 2003 MUSTANG

Cobra 2 dr hardtop red fire metallic paint 13,500 original miles one owner, garage kept \$18,000 firm craig\_srs@hotmail.com 7326643302

FORD 2015 FIESTA



Auto, new inspection, great gas mileage. \$8,450. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

FORD 2019 F-150



XLT, 5.0 V8, crew cab, good miles. Must See! \$29,450. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

FORD 2019 RANGER



XLT Sport, supercab, good miles, Save thousands! \$27,450. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

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

Autos for Sale

GMC 2020 TERRAIN



Leather, Must See! \$25,950. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

HONDA 2016 CR-V



EX, auto, AC, sunroof, alloy. \$15,950. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

HONDA 2017 CIVIC

4 door, auto, AC, cruise, power windows & locks, back up camera, Honda warranty, excellent condition! 27K miles. \$14,900 Call: 757-351-5611

LEXUS 2015 GS 350

New inspection, all serviced. gar. kept. Fully loaded, runs & drives great. \$20,500. Call for details, 757-675-0288. Va. Dir.

MAZDA 2014 CX-9



Auto, alloy, leather, good miles. \$13,950. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

**MERCURY 2004 GRAND MARQUIS**  
Original owner, low miles. \$4800. 757-374-2718

Autos for Sale

**MERCEDES-BENZ 1982 300SD**  
Diesel. Excellent condition with all records. \$6,000. 757-228-3246

**MERCEDES-BENZ 1985 300CD**  
Diesel. Excellent condition with all records. \$8,000. 757-228-3246

MITSUBISHI 2019 MIRAGE



ES, auto transmission, 5k miles. \$10,950. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

VOLKSWAGEN 2020 TIGUAN



SE, AWD, leather, sun roof, 3k miles, loaded, nice. \$26,450. VA Dir Proc. fee \$395. 757-717-1715/757-963-2299

Classic, Antique Cars

**CHEVROLET 1984 CORVETTE**  
350 Engine w. 4spd. Runs Great. \$5500. Call 757-620-8107

**CHEVROLET 1984 EL CAMINO**  
350, AT. \$11,500 OBO. 757-363-9899

**DODGE 1953 D100**  
Pickup \$3500, Call 757-787-1336

**FORD 1973 RANCHERO**  
97k original miles, motor/transmission 17k miles, 302 V8, leather interior, AC, bought in good shape. Asking \$6000. Call: 757-880-8890

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

Trucks and SUVs

**DODGE 2007**  
2500 Mega Cab, diesel, Laramie package, 5th wheel set up, new inspection. Looks & runs great. \$18,500. Call for details, 757-675-0288. Va. Dir.

**NISSAN 2006 TITAN**  
V8, 4x4, Loaded, Runs Great, new inspection, \$6995 OBO. 757-818-7599

Wanted Automotive

**ABSOLUTELY ABLY ACQUIRING AUTOS**  
All Makes & Models, Best Price Paid!! FREE TOWING. 757-749-8035

**AUTOS ACCEPTED-ANY YEAR**  
Make or Model. TOP DOLLAR, FAST, Free Towing. 757-737-2465, 701-3361

Boats & Watercraft

**BOAT FOR SALE**  
2020 Tracker Pro 170 9.9 engine with trailer new condition \$11,000. Call 757-479-2089

**USED TRAILER SALE!!!**  
OVER 100 Avail. For Boats 12'-38' BUDGET BOATS: (757) 543-7595

**Good news.**

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

**The Virginian-Pilot**  
PilotOnline.com

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

**Don't pay full price!**

With The Virginian-Pilot's coupons and sales inserts, shop smart and save big every week!

Fun and Games

Sudoku

ACROSS

- 1 Renounces the throne  
10 Hexa- plus two  
14 Best results possible  
20 Right Guard, e.g.  
21 Oom- — (polka sounds)  
22 Drink of beer after a shot  
23 2014 Oscar show host  
25 In a position facing  
26 Standing in good —  
27 "Put it — tab"  
28 Tiny charge carrier  
29 In times past  
30 Grazing site  
32 Sociologist who coined "survival of the fittest"  
36 La-la lead-in  
39 Mushroom variety  
41 Tavern  
42 Author and activist on Alabama's state quarter  
45 Little — (tots)  
46 Appends

- 50 Egg shapes  
51 Get defeated  
52 "Kapow!"  
54 Bar garnish  
55 Kosovo citizen  
56 LXX / X  
57 He wrote "He's Just Not That Into You" with Liz Tucillo  
61 Ticklish red Muppet  
62 Dawn direction  
64 A, in  
65 Part of many German names  
66 Suffix with lion or seer  
67 Player of Colonel Klink on "Hogan's Heroes"  
72 — pitch  
75 "The Catch" network  
76 Wedded  
77 Verve  
78 Verge  
82 "The Pink Panther" co-star  
86 — you with me?"  
87 End a flight  
88 Bird-related  
89 Tahiti, par exemple

- 90 Posterior  
92 Egyptian peninsula  
93 Vapor  
94 Guitar's kin, for short  
96 Longtime "What's My Line?" panelist  
98 Amer. body with 100 members  
102 "Aladdin" figure  
103 Cagey  
104 1965-66 poet laureate  
108 Chichi retreat  
110 Coop cackler  
111 PC key  
112 Mani- —  
113 "There Is Nothin' Like —"  
117 Not tardy  
119 "Nurse Betty" star  
124 Vexes  
125 A hat hides it  
126 Deviations  
127 Drive home  
128 Finds to be refined  
129 Small-stakes poker

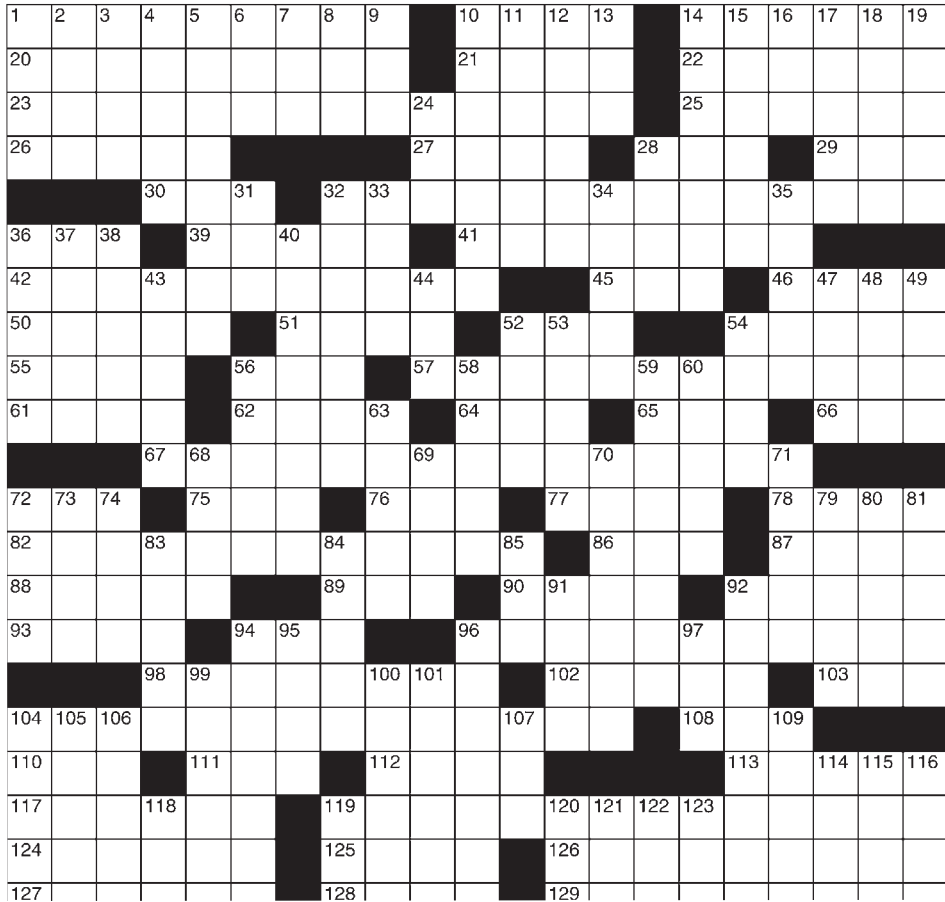
DOWN

- 1 Fruit drinks  
2 Boxing prize  
3 Portion (out)

- 4 Utopian  
5 Denounces  
6 Ending for dull or drunk  
7 — kwon do  
8 Mem. of the U.K.  
9 Canonized Fr. woman  
10 Where drinks are on the host  
11 Monterey County city  
12 "— playing our song"  
13 Balking beast  
14 Ink-squirting sea creature  
15 Gives a ring  
16 "I taut I — a puddy tat!"  
17 Newton who was knighted  
18 Come together  
19 Enthusiasm  
24 —"easter (storm type)  
28 Currently has the stage  
31 Just fine  
32 Hint-offering columnist  
33 Architectural add-ons  
34 Twiddled digit  
35 Zora — Hurston

- 36 The ones there  
37 Make merry  
38 Make fearful  
40 Trust  
43 Bodily joint  
44 Brain wave test, for short  
47 Sup stylishly  
48 Blockbuster rented them  
49 Places  
52 Nota —  
53 Top competitive effort, informally  
54 Novelist Sarah — Jewett  
56 "Live" and "learn," e.g.  
58 Shah or czar  
59 She played Miss Brooks  
60 Lena of song  
63 Gremlin's kin  
68 Be worthy of  
69 Bodily joint  
70 Appointment calendar  
71 Vestige  
72 Inbox junk  
73 Jeans-maker Strauss  
74 Big elevator name  
79 Copenhagen citizens  
80 Make twisty  
81 Uplift morally

- 83 Devour  
84 Claims on property  
85 That miss  
91 "Bus Stop" playwright William  
92 Move aside  
94 Of no help  
95 Smallville's Clark  
96 Drinking spree  
97 "— the season to be jolly"  
99 Dishonors  
100 Emerge  
101 — weenie  
104 Bazaar units  
105 Creed part  
106 PC key  
107 Fritz out  
109 Writer — Rogers St. Johns  
114 Not "fer"  
115 Come together  
116 Irish Gaelic tongue  
118 "— done it!"  
119 Frat letter  
120 Electric joit  
121 Ending for ethyl  
122 Chaney of old chillers  
123 Run after K



©2020 King Features Syndicate, Inc. All rights reserved.

last week's answers



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

Religious Services

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



# A GREAT WEBSITE

dedicated to our active duty military and their families!

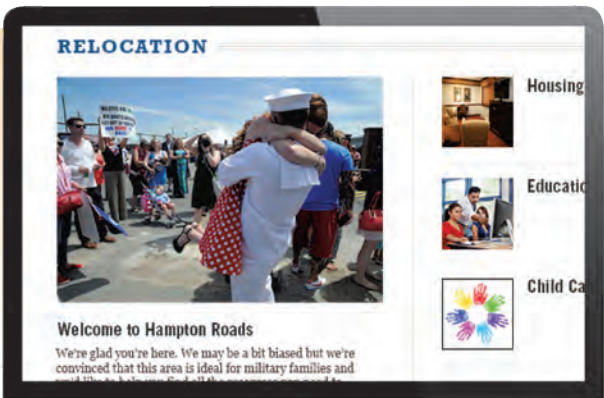


## INTRODUCING MILITARYNEWS.COM

**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!*



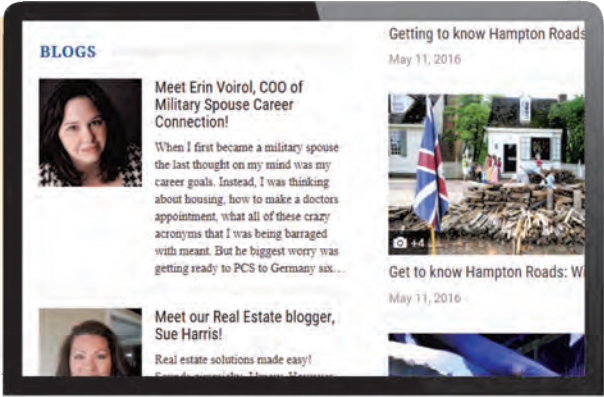
### ★ EVENTS & CALENDAR

*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!**

