



MC2 Kallista Castillo
 MH-60R Sea Hawks, attached to the "Spartans" of Helicopter Maritime Strike Squadron (HSM 70), land on the flight deck of USS Gerald R. Ford (CVN 78) during flight operations, Aug. 30. Ford is in port Naval Station Norfolk for a scheduled Window of Opportunity for maintenance during her 18-month post delivery set and trials phase of operations.

HSM-70, GERALD R. FORD CONDUCT FLIGHT OPERATIONS IN-PORT

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

NORFOLK

Sailors assigned to USS Gerald R. Ford (CVN 78) and Helicopter Maritime Strike Squadron (HSM) 70 worked together to land four MH-60R Sea Hawk helicopters on Ford's flight deck while the ship was moored at Naval Station Norfolk, Aug. 30.

HSM-70, stationed in Jacksonville, Florida executed the rare, pier-side fly-on to quickly enable follow-on operations during Independent Steaming event (ISE) 12, while ensuring the health of the crew during the coronavirus (COVID-19) pandemic.

While underway, HSM-70 is able to provide logistic support, conduct search and rescue operations, execute plane guard and conduct unit specific training

while Ford completes carrier qualifications and other ISE evolutions.

Lt. Cmdr. Joey Kühn, from Moorpark, California, HSM-70's officer in charge, explained how HSM-70 and Ford's crew work to seamlessly integrate with one another.

"This underway we're doing training, that's our primary focus while we're out here, as well as to work with the ship to get the MH-60 Romeo Sea Hawk helicopter integrated with the carrier," said Kühn. "When it comes time to start doing work ups, we will have the muscle memories of doing anti-submarine warfare and sub-surface warfare to support Ford."

Lt. Bryant Henderson, from Jacksonville, Florida, a pilot assigned to HSM-70, explained how flying onto the ship in-port made it easier for his squadron to keep a "bubble-to-bubble" mindset

while embarking the ship.

"You've got half your squadron on the ship, you've got your crews that are trying to figure out where to stay out in town and you got stuff to carry with you. That's what we would usually do," said Henderson.

Henderson went on to say, "we flew onto this ship pier side so that no squadrons were intermingling, so it feels like it's more of the bubble-to-bubble to get us safely onboard and it seemed to work out very, very well."

While many HSM-70 pilots have flown on and off Nimitz-class aircraft carriers, Henderson said this is only his second time flying with Ford, and the professionalism is outstanding.

"It's amazing to see the professionalism and how the Ford makes us feel welcomed," Henderson said. "Everybody being ready at the time they told us. Everybody was on the same page. It seems like the Ford's crew makes these very hard tasks seem very benign because of the execution."

Ford is underway in the Atlantic Ocean conducting Independent Steaming Event 12 of 18, as part of the ship's Post-Delivery Test and Trials phase, scheduled to continue through mid-2021.



U.S. Navy Courtesy Photo
 Cmdr. William H. Wiley

Navy announces 2020 Stockdale leadership award recipients

BY MC1 Mark D. Faram

WASHINGTON

The Navy announced Cmdr. William H. Wiley, from U.S. Fleet Forces Command and Cmdr. Bradley D. Geary, from U.S. Pacific Fleet as the recipients of the 2020 James Bond Stockdale Award for inspirational leadership.

The Navy announced Cmdr. William H. Wiley, from U.S. Fleet Forces Command and Cmdr. Bradley D. Geary, from U.S. Pacific Fleet as the recipients of the 2020 James Bond Stockdale Award for inspirational leadership.

The announcement came in NAVADMIN 242/20, Released Sep. 1.

The annual award recognizes commanding officers who demonstrate inspirational leadership both professionally and personally while also contributing to the improvement of leadership in the Navy. It is peer-driven, as only those who are eligible for the award themselves are allowed to nominate others for consideration.

Both officers graduated from the U.S. Naval Academy and were commissioned on the same day, May 24, 2000. Wiley is currently in command of the Norfolk-based fast-attack submarine USS JOHN WARNER (SSN 785). Geary is former CO of

» See **RECIPIENTS** | **A7**

Shop 17 helps to shield NNSY against the dangers of COVID-19 by installing personnel guards

By Allison Conti
 Norfolk Naval Shipyard Public Affairs

NORFOLK

In early 2020, Norfolk Naval Shipyard (NNSY), along with the rest of the country, found itself facing an unprecedented and unpredictable opponent: COVID-19. The shipyard began its efforts to combat the virus in March, quickly looking for new and innovative ideas to help aid in the fight and keep its workforce safe. One idea that arose was to install personnel guards in spaces where physical distancing wasn't always possible.

Since April, NNSY's Nuclear Sheetmetal Shop (Shop 17) has installed over 6,000 square feet of protective personnel guards at NNSY, its satellite locations at Naval Sta-

tion Norfolk, and Nuclear Power Training Unit--Charleston. The idea first came about when the shop received a call from the radiation training team asking if there were any safety protections that would allow classroom training to resume. According to NNSY's Structural Group (Code 920) Nuclear Director Brandon Williams, the team began brainstorming ideas that would utilize materials the shop already had on hand.

Williams said, "We built several prototypes to ensure sightlines were maintained for the user while maximizing their protection from others." While working on their initial prototypes, the team quickly determined that there was not a one-size-fits-all



Aldo Anderson
 Norfolk Naval Shipyard's Nuclear Sheetmetal Shop (Shop 17) has installed over 6,000 feet of personnel guards to aid in the fight against COVID-19. The team spearheading this effort is composed of Sheetmetal Mechanics Matt Legg, Thomas Deller, Brian Nipper, Steven Myers, and Monica Cooper.

» See **COVID** | **A7**

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"Bluetails" welcome new commanding officer
 Airborne Command & Control Squadron (VAW-121) the "Bluetails", based at Naval Station Norfolk held a change of command, Sept. 3.

»See **A5**



USS Mount Whitney holds memorial service
 U.S. 6th Fleet flagship, USS Mount Whitney (LCC 20), hosted a memorial service in honor of Lt. Vincent Capodanno, a U.S. Navy Chaplain who was awarded the Medal of Honor for his service with Marines in Vietnam.

»See **B1**

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»See **A2**

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The Religious Ministries Office onboard Naval Air Station Oceana.

MC3 Michael Botts

Maintaining spiritual wellness: NAS Oceana chapels offer services through difficult times

By MC3 Michael Botts
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH

Life in the military can be difficult. With current health guidelines in place for Navy personnel, Sailors’ everyday lives have changed drastically. Many of the things Sailors have become accustomed to on a daily basis are no longer available. This can be overwhelming for some service members.

The Navy recognizes these challenges and has many resources available. Some of the available resources are the Naval Air Station Oceana and Dam Neck Annex Chapels. Although they have had to adjust to the new requirements, they are still open for business and are providing spiritual care for both communities.

One of the services the chapel is still offering is individual counseling. One thing Sailors may not know about Navy chaplains is their professional obligation to absolute confidentiality. Sailors can rest assured they are able to speak freely about anything that might be on their minds to any Navy chaplain.

Lt. Timothy Lee, Naval Air Station Oceana chaplain and division officer, said the toll of social isolation impacts a Sailor’s personal, mental and spiritual health and it’s the job of the Chapel to help these Sailors through difficult times.

“The Navy has given chaplains a sacred trust of providing religious worship services and maintaining confidentiality through difficult times,” said Lee. “The services offered by the religious ministries team has proven time and time again to be a substantial force for good morale. Providing worship services and our other RMT services is our primary way of combatting the issues a Sailor may be facing.”

Religious Program Specialist 1st Class Matthew Timper, Naval Air Station Oceana religious ministries department leading petty officer, said taking proper health and safety precautions allows the RMT to continue to provide counseling for those in need.

“We still offer religious and non-religious counseling in person,” said Timper. “We take a lot of precautions, practice social distancing, and follow all the man-

dated requirements to provide counseling for those who are looking for in-person counseling. Also, if the person isn’t comfortable with meeting in person, the chaplains are also available to provide online video counseling and will also provide counseling over the telephone.”

Along with their religious and non-religious counseling, the chapel is offering their suicide prevention training and classes. Due to size and venue restriction of classes, Sailors can contact the chapel to inquire about dates, times, and locations of upcoming classes.

“We still offer ASIST and safe TALK for suicide prevention, however it has changed a lot because of the pandemic,” said Timper, referring to the Applied Suicide Intervention Skills Training and Suicide Alertness for Everyone classes. “The dynamic of the classes has changed a little bit because the class room size has to be drastically smaller, so it does make the classes a little bit more personal when you’re teaching about suicide and other topics like that.”

In addition to suicide prevention classes

and training, the chapel is still holding in-person religious services and is live-streaming some of their services through social media. Community members interested in attending services or viewing them online are asked to contact the chapel to receive up-to-date information about the specific times and days of different in-person or online religious services.

“We are currently providing religious services for those who want to come in-person, but we are also live streaming some of our services online,” said Timper. “Even with the restrictions, we have plenty of space for more people to attend services. Individuals attending the service will be require to sit six feet apart from each other. Families are able to sit next to each other when they attend one of our services.”

Naval Air Station Oceana and Dam Neck Annex Chapels are open from 7:30 a.m. to 3:30 p.m., Monday through Friday, and are available by phone at (757) 433-2871. If you are in need of services from the chapel after working hours, please call the regional duty chaplain, available 24 hours a day, seven days a week, at (757) 438-3822.

To keep up with the latest news from Naval Air Station Oceana and Dam Neck Annex Chapel, community members can check out their Facebook page at <https://www.facebook.com/oceanadamneckannexchapel/>.

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NEXCOM Navy Lodge Program prepares to be shipshaped and squared away

By MC3 Daniel Zink
Navy Exchange Service Command Public Affairs

VIRGINIA BEACH

The Navy Exchange Service Command (NEXCOM) Navy Lodge Program is slated to begin the Shipshape and Squared Away program September 1, to help mitigate contamination risks associated with the COVID-19 pandemic. The program will be implemented to all 39 Navy Lodge properties worldwide and will include heightened sanitation and cleaning protocols to help ensure the safety of guests and Navy Lodge associates.

“Our first priority is to keep our guests and associates safe,” said Chris Settelen, NEXCOM Vice President and Director of Navy Lodge Program and DOD Reservation Center. “The Shipshape and Squared Away program came about mainly due to the COVID-19 requirements, but we also wanted to put together a program to show that we have increased our training, cleaning, and inspection processes.”

Settelen says that each of the 39 worldwide locations has increased safety procedures including the implementation of sneeze guards in the reception area to ensure Navy Lodge associates that often interact with guests will have more protection against contaminants. Face coverings are also required in all public spaces on Navy Lodge properties.

“We are making sure to emphasize the importance of face coverings, and to enter public spaces, a face mask is required, whether you are a guest or an associate,” said Carla Gutierrez, General Manager of Navy Lodge Pensacola, Fla. “With the Shipshape and Squared Away program, there will be signage to allow guests to verify what our heightened protocols and procedures include, like additional disin-



Guests check in to the Navy Lodge Norfolk, Oct. 28, 2019.

Kristine Sturkie

fecting, additional Personal Protective Equipment (PPE) and an elevated focus on those areas.”

Many protocols were already in place under the Navy Lodge program procedures, but special care was given to guest rooms. A “seal” is placed over the door for the guest to break to verify that the room has been thoroughly cleaned.

“We will have a sticker on the door that verifies that the room has been fully disinfected and inspected for quality, and this sticker serves as a seal, and the Shipshape and Squared Away program requires that the guest be able to break this seal so that they understand that this room has been prepared for their safety,” said Gutierrez.

Along with the certification of inspection stickers, the Navy Lodge has minimized their contact with guests once they are settled into their room, considering some guests may be ordered to restrict their movement to help stop the spread of potential contamination.

“As far as our servicing of the rooms goes, we take into great consideration if the guest is on orders or under a restriction of movement, we minimize the amount of contact we have with that guest within the first 14 days, and that is something that we have

incorporated earlier in our training,” said Gutierrez.

Settelen says that business has been steady, especially when considering the DoD restricted travel guidelines

“One big thing that we do in the Navy Lodge Program is we have a lot of guests who are on restricted movement, which is any DOD traveler who goes into sequestration or isolation from the installations and ships. We’ve had 60,000 rooms sold for people who have been on restricted movement. Our mission is to take care of the military and we are doing all we can to take care of these service-members,” said Settelen.

With so many rooms being occupied by service-members the Navy Lodge has been seeing better numbers than that of the rest of the United States hospitality industry.

“COVID-19 has obviously affected hotels across the world and occupancies are much lower than expected and we generally would be running at a 90 percent capacity right now but we’re actually running 82 percent. Currently, the US market is running 51 percent capacity, which is 20 points down from where it would typically be without the pandemic,” said Settelen.

With the new procedures in place and occupancies steady, the Navy Lodge Pro-

gram has plans for the future that will incorporate these new procedures and use them to help better serve their guests as well as Navy Lodge associates.

“We do have these new cleaning procedures and moving forward we’re going to be keeping a lot of these protocols in place and I think that it is an upside. It’s keeping people safe and I think our teams are better trained and better prepared to make sure we are protecting everyone, not just the guests but our associates as well,” said Settelen.

Settelen and Gutierrez both seem to think that the procedures set in place due to the COVID-19 pandemic could be incorporated to better provide to the safety of Navy Lodge guests and associates. Gutierrez even hopes that these procedures that resulted from a pandemic could help citizens be more conscious of how they affect others.

“The pandemic has put into perspective that we do need to take care of ourselves,” said Gutierrez. “I think we get a bit too involved in our day-to-day schedules and we do not take into consideration that the state we are in will affect others. We are practicing more sympathy and empathy towards others and hopefully, it remains in place after the pandemic.”



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MC3 Samantha Jenkins
Cmdr. Martin Fentress Jr., commanding officer, Airborne Command and Control Squadron (VAW) 121, is relieved by Cmdr. Neil Fletcher during a change of command ceremony onboard Naval Station Norfolk, Sept. 3. Fentress served as VAW-121's commanding officer since 2018.

VAW-121 “Bluetails” welcome new commanding officer

From Commander, Naval Air Force Atlantic Public Affairs

NORFOLK
Airborne Command & Control Squadron (VAW-121) the “Bluetails”, based at Naval Station Norfolk held a change of command, Sept. 3, to mark the time-honored tradition of changing commanders.
Cmdr. Neil Fletcher of Chatham, New Jersey, having served as squadron executive officer, relieved Cmdr. Martin Fentress of Norfolk with both of their immediate families

present. During Fentress’ tour at VAW-121, the squadron deployed aboard USS Abraham Lincoln (CVN 72) for an around-the-world-deployment. Additionally, while serving at the helm, Fentress led his squadron in receiving the coveted “Battle E” in 2019.
“Taking command of VAW-121 is a career highpoint,” said Fentress, who added that during the deployment on board USS Abraham Lincoln the crew overcame many challenges but never gave up. “My greatest achievement is leading my Sailors and offi-

cers.”
Fentress departs VAW-121 with a keen awareness that his naval leadership experiences have been the “most satisfying” of all his accomplishments. His next assignment is at Navy Personnel Command in Millington, Tennessee where he will serve as a detailee for tactical air (TACAIR).
Shortly before relieving his predecessor, Fletcher discussed assuming command of VAW-121 and a career spent bringing him to this point in his life, while learning from the mentors who led him, like Fentress.
Fletcher shared a leadership quote, that “Leadership is a gift given to you by those you lead,” which speaks to the trust and confidence needed up and down the chain of command to effectively lead an organization like VAW-121. He felt Fentress had that gift by both inspiring and connecting with those he led.
For Fletcher he will apply that leadership advice as he assumes the duties and responsibilities of commanding officer of

VAW-121.
Fletcher’s interest in the Navy stems from his years serving with the Boy Scouts of Troop 28 in Chatham.
“A senior leader in the troop originally influenced my interest in earning an appointment to the United States Naval Academy,” added Fletcher, who said his squadron’s focus going forward, would be on training and preparation for future deployment.
According to Fletcher, his parents, who were able to view their son’s rite of passage virtually, are the greatest influence in his life.
“My parents gave me never ending encouragement and support and, at times, some tough love and guidance that helped me chart the course I did,” said Fletcher. With the change of command concluded, the Bluetails and their new commanding officer have their sights set on the future as they prepare to receive the latest, most capable E-2D Advanced Hawkeye with the new aerial refueling capability ahead of their future deployment.

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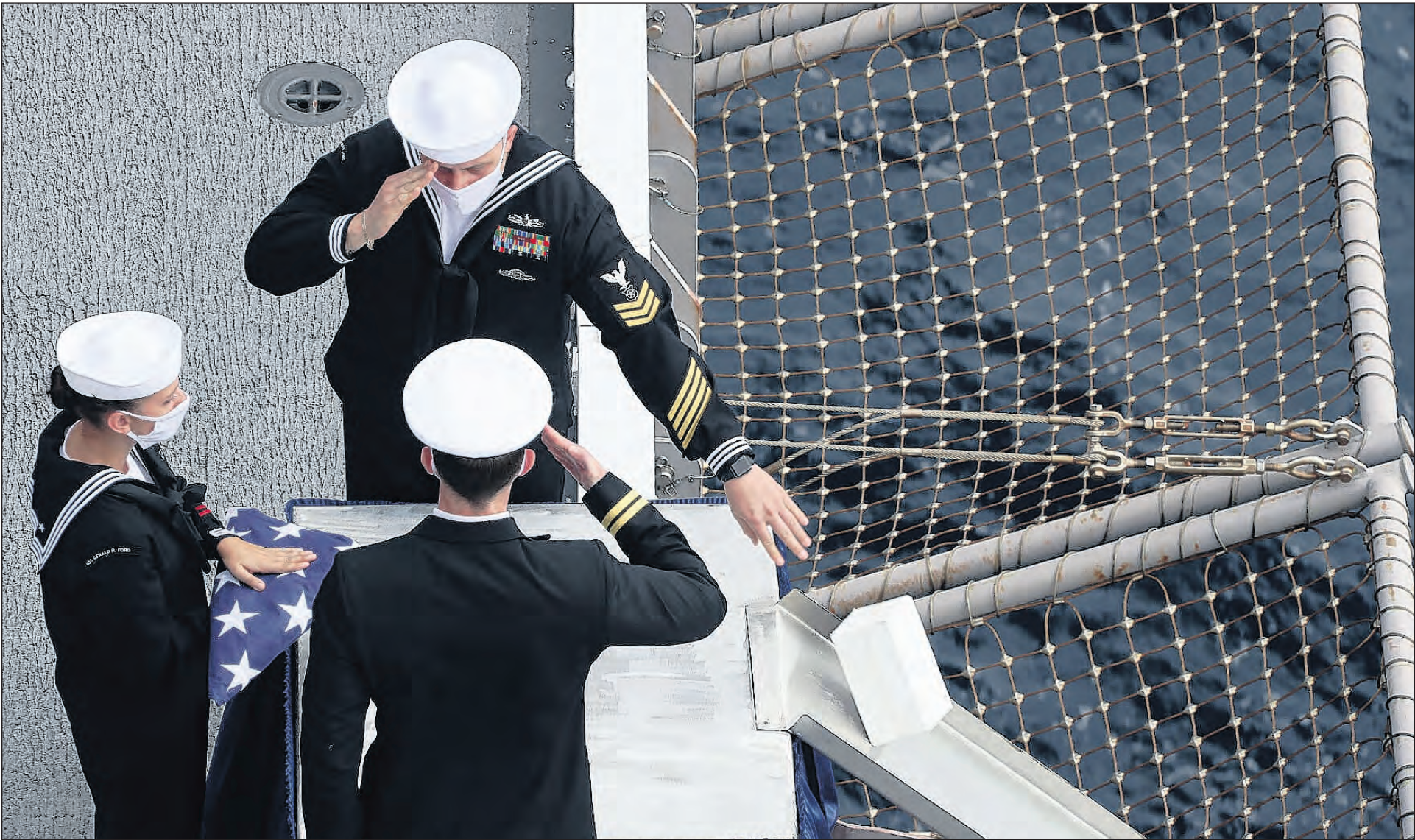
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Master-at-Arms 1st Class Carlos Gomez salutes Chaplain Lt. John Shelton as he commits remains of an armed forces veteran to rest during a burial at sea ceremony aboard USS Gerald R. Ford (CVN 78) Sept. 5. During the ceremony, the remains of 35 souls were committed to the sea in the Atlantic Ocean. Ford is underway conducting an independent steaming event.

Ford burial at sea

By MC2 Ryan Seelbach
USS Gerald R. Ford (CVN 78) Public Affairs

ATLANTIC OCEAN

The remains of 34 service members from the Navy, Marine Corps and Air Force and one spouse were committed to the sea during a burial at sea ceremony aboard USS Gerald R. Ford (CVN 78) Sept. 5.

The ceremonial procedure for disposition at sea follows a formal set of guidelines that have been in place and practiced in some form for as long as Sailors have manned ships at sea.

The ceremony was led by Ford’s Chaplain, Cmdr. Charles Johnson from Mooreland, Oklahoma who was honored to carry out this request for so many veterans.

“Conducting the burial at sea for our departed servicemembers is the final honor we

pay to them, not only for their years of service but also for the good and honorable lives they led,” said Johnson. “Their family and friends continue to honor their memories, but the burial at sea is like a final salute.”

Surviving family members of the deceased receive the American flag that was carried with their remains, three spent cartridges which represents each of the volleys fired by the firing detail’s 21-gun salute, an official certificate showing the charted coordinates of where their loved ones were laid to rest, photos from the event and a personal letter from Ford’s Commanding Officer, Capt. J. J. Cummings.

Johnson added, “Family members, since they are rarely if ever able to be present, greatly benefit from receiving items from the ship. I know from personal experience

that families are very grateful for these mementos because it is the best way to allow the families to make themselves present at the ceremony in their thoughts and intentions.”

As Sailors stood in formation on one of Ford’s aircraft elevators in their dress blue uniforms and others gathered in the hangar bay to honor the service of these men and women to our nation, Capt. Cummings addressed Ford’s crew over the one main circuit.

“It is an honor to be a part of a ceremony like this. It allows us to take time and reflect on the all of those who came before us and paid the ultimate sacrifice. Today, we also take time to think about the family and friends of our brothers and sisters in arms.”

At approximately 10:45 a.m., the command was announced, “All hands bury the dead.” After a prayer from Johnson, the ceremony proceeded. Urn bearers carried the remains to the catafalque one-by-one as Johnson read their names and background

aloud. Salutes were rendered as they were then released to their final resting place.

A 21-gun salute shot toward the horizon. Gunshots faded with every echo as the empty shells bounced onto the deck. “Taps” sounded from a lone bugle over the silent participants and attendees.

“Even members of the crew who are not participants in the ceremony are often moved by the burial at sea,” Johnson explained. “The bond among us sea warriors is somehow truly strengthened by this time honored ceremony, since it links us in the service and sacrifice we all undergo to those who have gone before us.

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

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



Adm. Christopher W. Grady, commander, U.S. Fleet Forces Command, tours the Ohio-class ballistic-missile submarine USS Maryland (SSBN 738) during a visit to Naval Submarine Base Kings Bay, Georgia., March 2. Grady met with Sailors and Marines at Kings Bay, Naval Station Mayport, and Naval Air Station Jacksonville to talk about readiness topics that affect the fleet. MC1 Ashley Berumen

USFFC visits NASSCO Norfolk for maintenance avail updates, tours USS Kearsarge and Gravely

From USS Kearsarge (LHD 3) Public Affairs
NORFOLK

Adm. Christopher W. Grady, commander, U.S. Fleet Forces Command, visited the General Dynamics National Steel and Shipbuilding Company (NASSCO) Aug. 31 to speak with shipyard and Navy leadership, and tour NASSCO facilities and ships currently undergoing maintenance availabilities.

Grady's visit included a tour of the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) and Arleigh Burke-class guided-missile destroyer USS Gravely, where he met with Sailors and ship-

yard workers to discuss industrial base readiness, naval integration and maintaining a culture of excellence.

"The partnerships between the U.S. Navy and ship repair companies, like NASSCO, are instrumental in maintaining our fleet readiness," said Grady. "The civilian shipyard workforce is shoulder-to-shoulder with our Sailors getting our ships back out to sea in support of our national defense."

During Grady's tour of Kearsarge, he spoke with five distinguished Sailors that represent five different warfare areas, and he presented each with a coin to recognize their contributions during the shipyard

period.

"Today Adm. Grady had a chance to meet with a corpsman whose been helping keep our crew healthy during a pandemic; he met with an engineer who is helping us get back our ship by bringing vital systems back on line, he also met with an IT specialist who is performing complex software configurations to upgrade our network communications suite," said Capt. Neil Koprowski, Kearsarge's commanding officer. "These were all second and third class petty officers making huge contributions to our command. He met other important Sailors too from Deck and Air departments, but the one thing

they all had in common was above-and-beyond effort. Each had a specific role in the preservation, restoration, and improvement of our ship in getting ready to go back to sea."

The Kearsarge team's daily focus is on returning the ship to the fleet to support of operational tasking.

"The primary mission for every one of us, uniformed and civilian, is the operational readiness of our Navy," said Grady. "A ready Navy today, with a commitment to personnel, training, and maintenance, will ensure we're ready for the future. What I witnessed today on both Gravely and Kearsarge was just that commitment - prideful ownership of their ship, and taking all the steps needed to transition from maintenance to training and operating."

Kearsarge is currently conducting a post-deployment maintenance availability following a seven-month deployment to the U.S. 5th and 6th Fleet areas of operation. For more information on Kearsarge visit [www.facebook.com/USSKearsarge\(LHD3\)](http://www.facebook.com/USSKearsarge(LHD3)).

RECIPIENTS | Award recognizes commanding officers who demonstrate inspirational leadership

Continued from A1

SEAL DELIVERY VEHICLE TEAM ONE (SVDT 1), which he led until July 24, 2020. Geary is currently assigned to Naval Special Warfare Training Command in Coronado, Calif.

First awarded in 1980, the award is named for the late Vice Adm. James Bond Stockdale, a Naval Academy graduate and naval aviator. On Sept. 9, 1965, Stockdale was commander of Carrier Air Group 16, flying from the aircraft carrier USS Oriskany (CV-34). A veteran of over 200 combat missions at the time, Stockdale's A-4E Skyhawk was hit by enemy fire over North

Vietnam. Forced to eject, he landed in a small village and was captured.

A prisoner for eight years, Stockdale was the highest-ranking Naval officer among the Americans held captive in North Vietnamese prisons. Leading by example, Stockdale resisted his captors from the start, establishing a culture of defiance among the POW's. He worked against heavy odds to find ways to communicate with other prisoners, continually working to give his fellow captives all hope.

His efforts to promote resistance led to him and ten other senior POWs being separated from the rest to break down the American chain of command among prisoners. Frequently tortured, Stockdale spent two years in heavy leg irons and a total of four years in isolation. He didn't waver. He led the POWs' culture of defiance, finding ways to communicate and govern prisoner behavior, giving all of them hope.

His inspirational leadership continued

throughout captivity until his release in February 1973. He was awarded the Medal of Honor in 1976 and served as president of the Naval War College from October 1977 until August 1979.

Stockdale articulated five roles for a leader: moralist, jurist, teacher, steward and philosopher. Eligible for the award are active duty Navy commanders and below who are serving in command of a single ship, submarine, aviation squadron, Sea, Air, Land (SEAL) team, naval special warfare squadron, SEAL delivery vehicle team, special boat team, explosive ordnance disposal mobile unit, mobile diving and salvage unit, or Navy special clearance team.

This year's selection board was presented with nine finalists, from which the two winners were selected. The other seven finalists deserve special mention:

U.S. Pacific Fleet finalists:
■ CDR Christian R. Nasset, Commanding Officer, ELECTRONIC ATTACK

SQUADRON ONE THREE FOUR (VAQ 134)
■ DR Patrick J. Sullivan, Commanding Officer, USS MCCAMPBELL (DDG 85)
■ CDR Charles C. Litton, Commanding Officer, USS CHICAGO (SSN 721)
U.S. Fleet Forces finalists:
■ CDR John S. Lucas, former Commanding Officer, USS BULKELEY (DDG 84)
■ CDR Craig M. Trent, Commanding Officer, USS PORTER (DDG 78)
■ CDR Judson Mallory, Commanding Officer, USS LASSEN (DDG 82)
■ CDR Jean M. Sullivan, Commanding Officer, USS WHIDBEY ISLAND (LSD 41)

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COVID | Since April, Shop 17 has installed over 6,000 square feet of protective guards

Continued from A1

solution for the barriers. "Rather than produce standard-sized personnel guards, we decided that the most effective approach would be to take orders, go directly to the site requesting a personnel guard to take measurements, and customize the item for the space where it would be installed."

Five months later, Shop 17 has the process down to a science. Employees who are in need of a personnel guard send an email to the shop with the employee's contact information and location. Within 24 business hours, a team member contacts the

requesting employee via telephone and schedules an appointment to get the space's measurements. Once the measurements are secured, the shop begins the fabrication process of creating the custom personnel guards. This process takes approximately five working days, after which the lead team member will contact the requesting employee to schedule a delivery and installation time. The installation of the personnel guards takes about an hour, according to Williams, but the timing can vary depending on the nature of the job. The receiving employee should be present when the team installs the personnel guards to ensure that they will properly serve the individual's needs.

While all of Shop 17 works to fabricate and install the personnel guards, the primary team behind the effort include Nuclear Inside Shop (Shop 17) Supervisor James Wilkins and Sheetmetal Mechanics

Matthew Legg, Brian Nipper, Monica Cooper, Tom Deller, and Steven Myers.

The work being completed by the Shop 17 team is in direct support of guidelines issued by the Centers for Disease Control and Prevention (CDC) in partnership with the Occupational Safety and Health Administration (OSHA). "These guidelines indicate the importance of keeping the workforce healthy during the COVID-19 pandemic," said Williams. "One of the engineering controls recommended by the CDC is the installation of physical barriers where feasible. These personnel guards serve as physical barriers in an attempt to keep the workforce healthy and able to service the Fleet."

The personnel guards are especially important in spaces where physical distancing can be difficult, such as locations on the NNSY waterfront. The project is one of many innovative measures NNSY has uti-

lized to keep its workforce protected and safe - a task directly tied to the shipyard's mission, according to Williams. "By improving our mitigation measures against COVID-19, our workforce can remain healthier which results in increased man-hours, production, and ultimately the readiness of the Fleet," he said.

Williams said he has an immense gratitude for his team members and the continued dedication, hard work, and commitment they've shown in the battle against COVID-19. He said that the work being done by Shop 17 Nuclear is "true to the C.O.R.E. values of NNSY helping to keep coworkers safe." He added that any member of the NNSY workforce can reach out to the shop if they feel they would benefit from having personnel guards in their workspace. "No job is too big or too small, our team values your safety, your security, and your health," Williams said.

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Seabees build facility to support NBU-7

Seabees assigned to U.S. Naval Mobile Construction Battalion (NMCB) 3's Detail Sasebo are constructing two pre-engineered buildings (PEB) that will serve as a vehicle storage warehouse and a maintenance facility. **See B6**

SECTION B | FLAGSHIPNEWS.COM | 9.10.2020



MC1 Marvin E. Thompson Jr. Command Master Chief Jeffrey West, left, and U.S. Navy Capt. David Pollard, commanding officer of the Blue Ridge class command and control ship USS Mount Whitney (LCC 20) render honors with Cosmo Mitrano, the Mayor of Gaeta, Italy and Monsignor Luigi Vari, Archbishop of Gaeta, during a memorial service for Lt. Vincent Capodanno Sept. 4.

USS Mount Whitney holds memorial service for Medal of Honor recipient

By Lt. Keith Connor
USS Mount Whitney Public Affairs

GAETA, ITALY

U.S. 6th Fleet flagship, USS Mount Whitney (LCC 20), hosted a memorial service in honor of Lt. Vincent Capodanno, a U.S. Navy Chaplain who was awarded the Medal of Honor for his service with Marines in Vietnam, in Piazza di Capodanno, Gaeta, Italy, Sept. 4.

Joined by the Mayor of Gaeta, Cosmo Mitrano, Capt. David Pollard, Mount Whitney's commanding officer, used the occasion to celebrate the life of the Catholic priest, whose family roots date back to Gaeta, where his father, Vincent Capodanno Sr.,

was born and later immigrated to America in 1901.

"Father Capodanno was a Navy Chaplain who gave his life while serving his fellow Marines and we are honored to participate with the town of Gaeta to commemorate his life of excellence," said Pollard.

The memorial service took place in Vincent Capodanno Piazza, directly next to the monument built in his honor. This monument is the only monument in Italy that recognizes Father Capodanno, or the 'Grunt Padre' as he was affectionately known.

The ceremony was held on the 53rd anniversary of Capodanno's passing. Capodanno passed on the battlefield in Vietnam

while serving as chaplain for 3rd Battalion, 5th Marines, 1st Marine Division after suffering severe injuries caused by a mortar round during his attempt to rescue a wounded corpsman. While under fire, Capodanno also attended to the wounded and dying, administering last rites and encouraging other Marines during the battle.

"It is an honor to have the U.S. Navy as a partner for this commemorating ceremony and we are proud to honor a hero who was a Navy Chaplain and priest of Gaetane origins," said Mitrano.

The Archbishop of Gaeta, Monsignor Luigi Vari, offered his blessing of the wreath, which was laid at the monument of

Vincent Capodanno.

Local Italian veterans associations, U.S. Navy Chaplains from the region, Italian military, as well as leading members of the community were present for the ceremony. The 6th Fleet Chaplain, Brian Weigelt, and Chaplain Fr. Joselito Tiongson offered the invocation and benediction respectively.

Mount Whitney, forward deployed to Gaeta, Italy operates with a combined crew of U.S. Sailors and Military Sealift Command civil service mariners in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

U.S. 6th 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 promote security and stability in Europe and Africa.

CBD product ban expanded to include lotions, topical applications

From Chief of Naval Personnel Public Affairs

WASHINGTON

In a move to ensure the integrity of the Navy's drug policy, the Navy has upped the ante on its ban on hemp and cannabidiol (CBD) products to include topical products like lotions and shampoos.

Announced in ALNAV 074/20 on July 24, 2020, the message supersedes previous guidance. The new ALNAV bans use of any hemp product or product derived from hemp and violations can occur without regard to intended physical or mental consequences of the use.

The move was done to protect Sailors from potential tetrahydrocannabinol (THC) exposure that could negatively impact mission readiness and disqualify a Sailor from continued service. It is impossible for consumers to determine how much THC a product actually contains in the current

Cannabidiol

What is it?

Cannabidiol (CBD) is a chemical compound that belongs to the class of plant chemicals called "cannabinoids." While CBD occurs naturally in marijuana, it can also be made synthetically.

Where is it found?

CBD can be found in capsules, gummies, syrups, teas, and lotions/creams.

Including Various Vaping oils

Can I use it in the military?

The policy is zero tolerance for illegal drugs. CBD is prohibited for use by all Service Members and is punishable by the Uniform Code of Military Justice (UCMJ).

What are the side effects?

Examples of side effects include headache, nausea, vomiting, dizziness, confusion, disorientation, anxiety, agitation, and seizures.

CAUTION:

CHECK YOUR VAPE OILS. PROTECT WHAT YOU'VE EARNED!

Tell your story

By Lisa Smith Molinari

Some tell of being in the Twin Towers, or the Pentagon, nineteen years ago. Others tell of loved ones who died. Some took part in rescues and clean up. Many, who were deployed to foreign lands to fight terrorists, were injured or killed.

But most of us were not on the scene. Instead, we watched from afar. Regardless, it is important for us to recollect what we thought and felt, because over time, we tend to lose touch with what’s important in life. When we tell our stories of 9/11, we remember that our uniquely American way of life is precious.

We need that now more than ever.

Today, call a friend, knock on a neighbor’s door, chat with someone in the street — and ask the question: “What were you doing on 9/11?” Let them tell their story, and then tell yours. Here’s mine:

Soaked in sweat after my 8:30 am step aerobics class at a Virginia Beach YMCA, I headed to the locker room. On Tuesdays, water aerobics let out at the same time, so there was always a wait for the showers. I took a seat on the wooden bench, failing to notice the

hushed tone in the locker room.

Typically, the elderly women from water aerobics would be sharing stories about joint pain, and the younger women from step aerobics would be chatting about plans to take the kids to Chick-fil-A for lunch. But today, there was a serious pall over the fluorescent-lit room, steamy, tiled and windowless.

As a busy mother of three, all I could think about was getting on with the rest of my day. Lilly, 14 months, was in the YMCA’s nursery. Anna, three, was at Montessori preschool. Hayden, six, was at Fairfield Forest Elementary. My days were a blur of toaster waffles, sippy cups, school pick ups, diaper changes, packed lunches, naps, daily therapies for developmental delays, soccer practices, clipped coupons, swim lessons, cub scout meetings, chicken nuggets, baths, zippered pajamas, and bedtime stories. With a towel wrapped securely around my body, I grabbed my bag of toiletries and strode quickly to the shower area, blurting a cheerful greeting to the ladies who’d just exited, “My turn! Have a great day!”

“Lisa?” said Michelle, another Navy wife, from behind me. I turned and saw a disturbed look on her face. “Have you heard?”

“What?” I asked, holding the shower door open. Michelle got closer and spoke in a hushed tone, the same one I hadn’t noticed before.

“A United Airlines jet crashed into the World Trade Center. The building’s on fire. They think it’s a terrorist attack,” she said.

I retreated to the hot water of the shower

stall, feeling confused and in shock. Involuntarily, I began to cry, as if human instinct was telling me, “This will change everything.”

Francis left a message on my cell phone, “Get the kids and go home.” Next thing I remember, I was standing in front of the television in our family room. Lilly was on my hip. Anna and Hayden were at my sides. With shaky hands, I punched buttons on the remote. The screen brightened.

Not one, but two Towers had been hit. I gasped at the terrifying footage of 110 stories of the South Tower collapsing in seconds to the ground. My free hand flew to my mouth as horrified sobs escaped, “Oh! God! No!”

As I saw more terrifying details unfold that morning, my children were not watching the television. They were looking at Mommy, their big brown eyes reflecting my fear. Our lives were forever changed.

In the days that followed, Americans banded together, inspired by the deaths of nearly 3,000 innocent victims, first responders and military personnel to volunteer, serve, fly flags, and help their communities. Today, as Americans fight each other over politics and race, we should stop to tell our 9/11 stories, no matter whether we were sitting in a McDonald’s in Minneapolis, walking a dog in Dubuque, or taking a nap in Newark. That fateful day was both terrifying and unifying — a reminder that we are one nation, home of the free and the brave.

Never forget.

www.themeatandpotatoesoflife.com



Q: What housing allowances am I eligible for?

A: Military members are entitled to various allowances to ensure the transition to a new location is as smooth and stress-free as possible. For information about your allowances, visit the Defense Travel Management Office website. If you have any questions, contact the local Housing Service Center.

NAVY HOUSING
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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



Military OneSource

Common relationship challenges

By Military OneSource

Every couple is unique, but the challenges they face tend to be universal. A first step toward a healthy relationship is accepting that the road will not always be smooth. Recognizing those areas that need attention and knowing when to seek help will let you grow as a couple and forge a strong and enduring bond.

COMMON CHALLENGES FOR COUPLES

Certain topics tend to cause issues for couples. Talking openly about these and other areas where you disagree can help you head off conflict.

■ **Finances.** Money is a common source of stress in relationships, so it’s important to make sure you and your partner are on the same page when it comes to managing your finances. Learn about the many free resources available through the military to help you and your partner manage your money.

■ **Trust.** Trust in a partner can be shaken by any number of reasons. Infidelity is a big one, but even seemingly small betrayals like not following through with doing the dishes or being late for dinner can erode trust if it happens too much. Non-medical counseling through your installation or Military OneSource can help you and your partner rebuild your trust. Sessions are free and confidential.

■ **Parenting.** The best time to discuss how you will raise your children is before you become parents. But even when your parenting styles are in sync, conflicts are bound to

arise once you have children. How you and your partner handle your disagreements is what’s important. Expert support and other free resources are available to help you and your partner build a strong family through every stage of parenting.

■ **Major changes.** A serious illness or disability can test any relationship. But even happy events such as a new baby can bring stress. Couples who learn resilience and flexibility work together as a team during good times and bad. Military OneSource specialty consultations can help you and your partner adjust to a new baby, care for an older relative, support a family member with special needs and more.

■ **Mismatched responsibilities or priorities.** It’s common for couples to fight when one partner feels overburdened with housework or is annoyed that the other spends too much time at work or on other activities. Talk through your feelings with an open mind. A non-medical counselor can help you and your partner aim for balance in your lives.

Common challenges for military couples Military life brings additional challenges to, including:

■ **Frequent separations.** Deployments and temporary duty assignments mean that military members spend more time away from home than the average civilian. Missing important events like anniversaries and birthdays can be hard for both members of the couple. But the day-to-day absence can be just as rough, particularly if the partner at home is trying to manage household and other responsibilities alone. Being geographically separated can also bring up a host of other issues, including concerns about being faithful to one another. Personalized coaching through the Military OneSource Building Healthy Relationships specialty consultation can help you and your partner stay connected while apart.

■ **Permanent change of station moves.** Moving every few years as a military couple

can be exciting because you get to experience new places, but it can also be stressful. The work of packing up your home, feelings of loss as you say goodbye to your old community and anxiety about finding your way around a new one can affect your relationship. Prepare for your move using resources from Military OneSource. Learn about your new area with Military INSTALLATIONS. Tap into free resources to make your PCS easier, including Plan My Move, an online tool that simplifies the moving process.

■ **Transitions.** Military life is full of them and many bring mixed emotions. Returning from deployment is joyous, but can strain your relationship as you get used to being together again. The Military OneSource Building Healthy Relationships specialty consultation can help ease the stress of reconnecting after deployment. Leaving the military is a big change that affects both partners in a couple. Military OneSource also offers a specialty consultation to help service members transition smoothly to civilian life.

GETTING HELP WITH RELATIONSHIP CHALLENGES

Asking for help through difficult times is a sign of strength. When you seek support as a couple, it signals to each other that your relationship is a priority and you are both willing to invest the time into making it thrive.

Non-medical counselors are professionals who understand the unique issues you face as a military couple. They will work with you individually or as a couple to help you develop the skills to build a strong relationship that will endure through life’s ups and downs. Non-medical counseling is free and confidential.

Connect with a non-medical counselor through your installation’s Military and Family Life Counseling Program, or by calling Military OneSource at 800-342-9647. Sessions are available face-to-face, by phone or by secure video or online chat.

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MC3 Jacob L Greenberg
Otolaryngologists (ENTs) assigned to Naval Medical Center San Diego's (NMCS D) ENT department perform a hypoglossal nerve stimulator implant surgery, Sept. 2. Hypoglossal nerve stimulator implant surgery is a novel technique used to treat obstructive sleep apnea in select patients.

NMCS D's ENTs perform novel OSA-correcting surgery

By MC3 Jacob L Greenberg
Naval Medical Center San Diego Public Affairs

SAN DIEGO
Otolaryngologists, commonly known as ear, nose and throat specialists (ENTs), assigned to Naval Medical Center San Diego (NMCS D) performed a novel surgery to correct obstructive sleep apnea (OSA) Sept. 2.
A hypoglossal nerve stimulator implant is placed subdermally in the patient's chest, which sends tiny, electrical impulses to intercostal muscles between the ribs and tongue muscles at night in an effort to mitigate OSA symptoms.
Lt. Cmdr. Art Ambrosio, an ENT and Associate Residency Program Director assigned to NMCS D, said that the mainstay OSA treatment method, the application of positive pressure, using a continuous positive air pressure (C-PAP) machine, is not always effective in patients.

"For pediatric patients who are otherwise healthy, but suffer from OSA, tonsillectomies or adenoidectomies are therapeutic more than 90% of the time," said Ambrosio. "As these patients reach adulthood, those surgical methods don't work. Weight gain plays a role, but the anatomy is different. The way the neck muscles and tongue relax are different."
Ambrosio said that over the last 20 years, there have been different, surgical methodologies to reduce tissue in an effort to prevent airway collapse during sleep.
"The reduction of the soft palate, uvula and tongue hasn't produced good, long-term results," said Ambrosio. "[Hypoglossal nerve stimulator implant] surgery doesn't remove any tissue. It stimulates parts of the body that would normally be relaxed during sleep. In this subset of patients, those who aren't obese, have no significant heart or

psychological problems, we've found that this treatment is very effective."
Hypoglossal nerve stimulator implant surgery is a fairly new treatment.
"I believe that this will be an effective, standard treatment for the targeted patient population, but we can expect to see some limitations for those outside of that," said Ambrosio. "This treatment can grow in popularity because it's now only available for adults. There are ongoing, research trials to see the effectiveness [of this treatment] in the pediatrics population that doesn't respond to tonsillectomies or adenoidectomies."
Ambrosio remains hopeful that this surgery will continue to change the lives of those suffering from OSA.
"It's a beacon of hope for those who were told that their only treatment is a C-PAP machine, but don't respond well to it," said

Ambrosio. "There is a large, segment of OSA-afflicted patients who, even after they're properly fitted, don't respond [to C-PAP treatment] with favorable results. OSA is not just affecting their and their family's quality of life, but their readiness, wakefulness and concentration. Hypoglossal nerve stimulator implants will help that group improve their lives, efficiency, satisfaction and readiness."
NMCS D's ENTs have a diverse, surgical skillset. In terms of readiness and deployability, ENTs participate in research for Navy Medicine's Tactical Combat Casualty Care course. The ENT department also participates in cutting-edge, augmented reality virtual mentorship projects with trauma surgeons, emergency medicine physicians and pulmonary critical care specialists.
NMCS D's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMCS D employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere.



MC3 Nicholas Carter
Sailors assigned to Nimitz class nuclear aircraft carrier USS Carl Vinson (CVN 70) man the rails on the flight deck of the ship, Sept. 2. Vinson arrived in San Diego after conducting a homeport change from Bremerton, Washington.

USS Carl Vinson (CVN 70) arrives in San Diego

By Lt. Cmdr. Miranda Williams
USS Carl Vinson Public Affairs

SAN DIEGO
The Nimitz-class nuclear-powered aircraft carrier USS Carl Vinson (CVN 70) arrived at Naval Air Station North Island, Sept. 2, concluding the ship's homeport shift from Washington to California.
Vinson completed 17 months of maintenance and upgrades at Puget Sound Naval Shipyard and Intermediate Maintenance Facility in Bremerton, Washington, including a complete restoration and system retrofit to accommodate F-35C Lightning II Joint Strike Fighter mission capabilities.
"On behalf of the strike group and our flagship, USS Carl Vinson, I want to say thank you to the city of San

Diego for its continued support," said Rear Adm. Timothy J. Kott, commander, Carrier Strike Group One. "Our strike group has been a part of the community for more than a decade and as 'America's Favorite Carrier' returns to the San Diego, we look forward to continuing our positive relationship with 'America's Finest City.'"
In accordance with COVID-19 safety protocols, all embarked personnel completed either restriction of movement or COVID-19 testing, as required, prior to the ship's departure from Washington. Attendance at Vinson's arrival in San Diego was limited to ensure the safety of Sailors, families and the community.
Vinson's commanding officer thanked the crew's family and friends

for their support and gave a "Bravo Zulu" to the ship's 3,000 Sailors for their work.
"I just can't say thank you enough to our wonderful families who supported us and cheered us on through the successful completion of this maintenance period," said Capt. Matthew Paradise, of Tacoma, Washington. "And to the Vinson crew, the work you did was beyond impressive. Not only did you successfully carry us through this unprecedented maintenance, you did it as a team, operating in this new normal of COVID-19 mitigation and prevention."
The ship's maintenance period also included upgrades to combat systems, electrical systems, and crew living spaces, as well as preservation of the ship's hull, rudders, and shafts.
USS Carl Vinson can carry more than 65 fixed and rotary-wing aircraft, and can travel more than 5,000 nautical miles in less than seven days in support of national tasking.

Secretary of the Navy Safety Excellence Awards announced

From U.S. Navy Office of Information Public Affairs

WASHINGTON
The Secretary of the Navy (SECNAV) Safety Excellence Award winners for the fiscal year 2019 were announced Sept. 4.
The prestigious SECNAV Safety Excellence Award recognizes Navy and Marine Corps units that achieved unparalleled safety and occupational program performance.
There has been no more vivid or illustrative time than now to underscore that safe and healthy workplaces are paramount to ensuring Marines, Sailors and civil servants have the opportunity to thrive and succeed in service to our Nation. Our winners promoted the health of our workforce and material condition of our assets, emphasizing their reliance on each individual investing every effort to make well-informed and deliberate risk decisions, both on and off-duty. We must make a determined effort to learn from them and one another to improve the safety and health of our Navy-Marine Corps Team.
After careful consideration of all nominations, the Secretary of the Navy is pleased to announce the 2020 SECNAV Safety Excellence Award winners:
■ **Afloat:** USS WASP (LHD 1)
■ **Ashore:** Blount Island Command
■ **Aviation:** Marine Medium Tiltrotor Squadron 365 (REINFORCED) (VMM-365 (REIN))
■ **Emerging Center of Excellence:** Submarine Forces
■ **Emerging Center of Excellence:** Fleet Readiness Center East
■ **Expeditionary:** Naval Mobile Construction Battalion ONE THREE THREE (NMCB 133)
■ **Off-Duty:** Marine Corps Logistics Base Albany
"Congratulations to the Secretary of the Navy Safety Excellence Award winners who distinguished themselves among a stiff field of competitors," said Mr. Kyle Ketchum, Acting Deputy Assistant Secretary of the Navy for Safety. "Common themes resonated of proactive risk management, keen attention to detail and a positive safety culture, which set these commands apart. Congratulations!"



MC2 Dana D. Legg

A midshipman 4th class, or plebe, from the United States Naval Academy Class of 2024 receives an electrocardiogram, Aug. 6. The electrocardiogram measures the electrical signal generated by the heart and is abnormal in 80% of those with cardiac conditions associated with sudden cardiac death.

Naval Health Clinic Annapolis and Uniformed Services University; partners to reduce sudden cardiac death

From Naval Medical Forces Atlantic Public Affairs

ANNAPOLIS, MD.

Even in youth, high-intensity exercise can cause sudden death or cardiac arrest if certain rare congenital conditions are present. In order to mitigate this problem at the United States Naval Academy, Capt. Adam Saperstein, Admissions Medical Officer for the U.S. Naval Academy, Capt. Alaric Franzos, Director for Medical Readiness at U.S. Navy Bureau of Medicine and Surgery, and Dr. Mark Haigney of the Military Cardiovascular Outcomes Research program at Uniformed Services University, initiated a program to enhance the current screening approach with the addition of an electrocardiogram.

An electrocardiogram measures the electrical signal generated by the heart and is abnormal in 80% of those with cardiac conditions associated with sudden cardiac death. Previously, the electrocardiogram was removed from routine entrance screening due to an unacceptably high number of “false positive” exams that unnecessarily delayed recruit training, led to large expenditures on unnecessary cardiac tests, and improperly disqualified otherwise healthy applicants.

In a new approach, a specialized electrocardiogram specifically used for young athletes has been added to the usual historical and physical examination recommended by the American Heart Association. Since July 20th, the team has evaluated 1178 incoming plebes. The examina-

tion has proven expeditious, taking less than 10 minutes to perform, and allows 80 midshipmen to be screened daily by only two Hospital Corpsmen overseen by Haigney, who describes it as a game-changer.

“This new device is increasing performance, reliability, and optimizing our evaluation of midshipmen,” said Haigney. “Hopefully, this trial will demonstrate that we can save lives.”

Saperstein agreed stating, “To date, approximately 2% of those screened have been referred to Walter Reed National Military Medical Center for further evaluation, less than expected and far less than traditional electrocardiograms.”

The rest of the U.S. Naval Academy will be screened pending a favorable evaluation

of the new approach. The process will be considered as an additional component to the current screening of all Navy recruits if this updated device identifies previously missed cardiovascular issues during the entrance exam process and does not overburden the existing system.

“By partnering with experts within Navy Medicine and trying out a new, more efficient test that provides good data in order to ensure a medically ready force, we are able to enhance naval superiority here in Annapolis,” said Capt. Walter Brafford, Commanding Officer of Naval Health Clinic Annapolis.

Since 1845, Naval Health Clinic Annapolis (NHCA) has been committed to exemplifying the best of Navy Medicine through innovation, quality care, technology, talent management, and leadership. NHCA provides health support in six locations across three states, at our core is the care and commissioning readiness of the Brigade of Midshipmen, 4500 strong. NHCA providers contribute to athlete development on and off the field and cover as team physician for 33 varsity sports teams and 26 club sports.

New medical center commander pushes for growth

By Riley Eversull
Naval Medical Center Camp Lejeune Public Affairs

CAMP LEJEUNE, N.C.

U.S. Navy Captain Reginald Ewing has a question for his sailors and staff – if he were stranded on the side of the road, would they stop to help?

“I want to establish a culture that if anyone needs help, our staff would stop and render assistance,” said Ewing. “And if our staff isn’t helping others and one another, we are clearly doing something wrong.”

Ewing attributes that philosophy to a former leader of his, proving that much like military tradition, leadership lessons and philosophies are transferred through ranks. In July 2020, Ewing took the helm of Naval Medical Center Camp Lejeune as both its Director and the Commander of Navy Medicine Readiness and Training Command Camp Lejeune, a component of the NMCCCL that focuses on executing service-required medical readiness functions for installations and commands.

“We truly are the medical center of choice not just for the Marines, but we are the medical center of choice for the Navy,” said Ewing. “I have the greatest job in the Navy right now as a commander.”

A native of Rochester, New York, Ewing always saw a future for himself that blended the military and medicine; his father is a former emergency department physician and his late mother was a nurse. Ewing attended the University of Rochester for both his undergraduate and medical school degrees. He was then accepted into the Navy’s Health Professions Scholarship Programs, focusing on pediatrics and adolescent medicine.

“I’ve always had a very active interest in military service even during my childhood,” Ewing said. “It was fascinating to me the idea of a military school...I toyed with the idea of my parents sending me to a military school because I enjoyed the idea of good

order, discipline, uniforms and marching.”

Some of his memorable tours of duty include a stint aboard the USS Germantown in Sasebo, Japan and his time at the Naval Academy where he served as both the senior medical advisor to the Commandant and the team physician for several Navy sports teams. Ewing brings to his new leadership position a wide scope of experience within Navy Medicine.

“I was stationed at NMC Portsmouth and at NMC San Diego. I have experienced what those historically traditional medical centers are,” said Ewing. “NMCCCL is uniquely positioned in this geographical area to meet a need which sets us apart from other large organizations.”

Ewing has his sights on some major projects in the future, one being the advancement of the trauma program.

“We are in a 3-5 year plan for infrastructure improvements as well as staffing improvements to meet this goal,” details Ewing. “We just filled our billet for an interventional radiologist, and we are building our interventional radiology suite. Integrating that with our trauma care capabilities is a big piece of us becoming a Level II trauma center.”

Ewing plans to solidify a strong partnership with the Fayetteville VA Medical Center. Ewing explains the opportunity will not only mutually benefit the patient populations locally and in Fayetteville proper, but the partnership will, “increase the currency and competency of our staff; not just for the providers, but for our nurses and corpsmen as well.”

Having served as executive officer of Naval Health Clinic Cherry Point from 2017-19, Ewing is familiar with the area and its medical landscape.

“I’m humbled and honored to be part of the (Marine Corps Base) Camp Lejeune team, having an understanding of the unique relationship between the Medical



NMCCCL Public Affairs

In July 2020, Reginald Ewing took the helm of Naval Medical Center Camp Lejeune as both its Director and the Commander of Navy Medicine Readiness and Training Command Camp Lejeune.

Center, our community health care partners and the Sailors and Marines we serve has made for a very smooth transition,” Ewing said. “It is a privilege to work side by side with our outstanding staff, there’s an immediate trust factor already established.”

Ewing believes this foundation of trust makes an organization such as NMCCCL run even more smoothly, another leadership philosophy he hopes to impart upon his command.

“Everyone is empowered to do the right thing at all times. You don’t necessarily have to wait for higher headquarters guidance to take to actions to improve the or-

ganization,” Ewing said. “We as a command will encourage individuals to build a culture of trust and mutual respect, inclusion and equality, and if you continue to aspire toward those, then you will have a much stronger organization.”

Ewing most recently served as the Fleet Surgeon for the U.S. Second Fleet. His awards and personal decorations include: Legion of Merit Medal, Meritorious Service Medal (three awards), Navy and Marine Corps Commendation Medal (three awards), Navy and Marine Corps Achievement Medal and other unit and personal ribbons.



Burrell Parmer

For many married couples, celebrating an anniversary is spent having dinner at a fine restaurant, taking a luxurious vacation, or just spending time at home curled up watching a love story on television. For Odessa, Texas, residents Hans and Haley Wegener, they shared their special day at the Military Entrance Processing Station San Antonio to join America's Navy, Sept. 2.

Couple joins America's Navy on wedding anniversary

By Burrell Parmer
Navy Recruiting Command Public Affairs

SAN ANTONIO

For many married couples, celebrating an anniversary is spent having dinner at a fine restaurant, taking a luxurious vacation, or just spending time at home curled up watching a love story on television. For Hans and Haley Wegener, they shared their special day at the Military Entrance Processing Station San Antonio to join America's Navy.

Hans, of Sedro-Woolley, Wash., and Haley, of Odessa, Texas, have been married for four years and currently reside in

Odessa.

Both will serve in the Advance Electronics Computer Field.

"I joined the Navy so I can be able to better myself for my family and future career," said Hans, a warehouse assistant manager. "I expect to learn structure and discipline and use that to benefit my career and work ethic."

According to Haley, she is joining the Navy to further her education and challenge herself while being able to serve an amazing country in the process.

"I expect to learn new skill sets that I

wouldn't get the opportunity to learn in the oil fields back home," said Haley, a repair technician who repairs fall safety devices for oil rigs and warehouses. "The Navy is beneficial to me because my husband and I will be able to see the world outside of the oil patch that is the Permian Basin."

The Wegener's, both 2015 graduates of Permian High School in Odessa, are scheduled to leave for boot camp in December and hoping that they can ship on the same day.

"Although it's sad that we will be apart for a while, I think my wife is brave for joining with me," said Hans. "I am so proud

that she wanted to take this step to benefit both of our futures."

According to Haley, shipping to boot camp will be the longest amount of time spent away from her husband.

"Although I will hate having to be apart for a while, I feel like we will be able to make it through this and come out of this strong as ever," said Haley. "I know that the outcome of this decision will positively impact our future."

The Wegener's were recruited by Torpedoman 1st Class Tyler Kautencrews and Fire Controlman 1st Class Dallas Allen assigned to Navy Recruiting Station (NRS) Midland.

Navy Recruiting District (NRD) San Antonio's area of responsibility includes more than 34 Navy Recruiting Stations and Navy Officer Recruiting Stations spread throughout 144,000 square miles of Central and South Texas territory.



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CE3 Ethan Ingle
Utilitiesman Constructionman Austin Carter, from Fairgrove, Mich., and Builder Constructionman Hunter Heilmann, from Byrnes Mill, Mo., assigned to U.S. Naval Mobile Construction Battalion (NMCB) 3's Detail Sasebo, load a truck with backfilling material for footers for the construction of a pre-engineered building that will serve as a warehouse to support the storage of Naval Beach Unit 7 equipment on board Commander, Fleet Activities Sasebo, Aug. 18.

Seabees build vehicle warehouse, maintenance facility to support NBU-7

By CE3 Ethan Ingle

SASEBO, JAPAN

Seabees assigned to U.S. Naval Mobile Construction Battalion (NMCB) 3's Detail Sasebo are constructing two pre-engineered buildings (PEB) that will serve as a vehicle storage warehouse and a maintenance facility in support of Naval Beach Unit (NBU) 7 on board Commander, Fleet Activities Sasebo.

NMCB-3's Detail Sasebo inherited the

combined project from NMCB-5 following the completion of their most recent deployment. NMCB-3 will continue construction, wire them up electrically, and install all plumbing and sewer drains.

"This maintenance and vehicle storage facility not only helps sharpen our Seabees' ability to fine-tune their construction skills, but they will also enhance NBU-7's ability to support 7th Fleet operations in the region," said Lt. Michael Bishop, officer-in-charge of NMCB-3's Detail Sasebo.

NMCB-3 got straight to work upon arrival in Sasebo in July, accomplishing a full turnover with NMCB-5. After a successful turnover, the detail finished all backfilling and compaction for the project's upcoming concrete placement, completed pre-fabrication of needed materials, and are preparing to place reinforcing steel this week.

In the upcoming months, the Detail will erect the vehicle storage warehouse PEB and prepare existing concrete to be removed in order to place fresh concrete and erect the

maintenance facility PEB. Once the PEBs are erected, they will work to make them fully functional with lights, fire alarms, and a washing station.

NMCB-3 is deployed across the Indo-Pacific region conducting high-quality construction to support U.S. and partner nations to strengthen partnerships, deter aggression, and enable expeditionary logistics and naval power projection. The battalion stands ready to complete assigned tasking, support Humanitarian Aid/Disaster Relief and Major Combat Operations throughout the area of responsibility.

For more information about Seabees and NMCB-3, visit <http://seabeemagazine.navylive.dodlive.mil> or <https://www.facebook.com/NMCB3/>

Naval Supply Systems Command speaks at the Navy Gold Coast Event

By Russell Stewart

Naval Supply Systems Command Public Affairs

SAN DIEGO

Naval Supply Systems Command (NAVSUP) participated in the San Diego Chapter of the National Defense Industrial Association's (NDIA) 32nd Annual Department of the Navy Gold Coast Small Business Procurement Event, "Small Business: Providing Innovation for the Navy the Nation Needs", from 31 August - 2 September, 2020.

The event tackled today's pressing topics delivered by government and industry experts, including a Head of Contracting Activity (HCA) roundtable with NAVSUP Assistant Commander for Contracting Mark Bennington, who stressed the importance of ongoing dialogue with the small business community.

"Small businesses wants to know what we're looking for," Bennington said, "and we want to know what they're capable of."

Bennington explained the Navy's need to be clear in defining requirements and proposal expectations. NAVSUP's small business office also recently launched an online tool via the NAVSUP public web page, that allows vendors to submit their capability statements and list what previous contract actions they have performed, and would like to support in the future. This information is then captured in a database that all NAVSUP contracting personnel can view and utilize for Market Research purposes.

Additionally, NAVSUP Vice Commander Kurt Wendelken took part in an insightful Executive Director Roundtable.

"NAVSUP is very interested in getting the small business community involved," Wendelken stated in this executive discussion surrounding the contributions of small business to the mission, "We must deepen our operational relationships within the Navy and beyond, to include other services, agencies, industry, allies and partners. Under-



Naval Supply Systems Command

standing their mutual relationships is perhaps the most critical enabler to our success as professional logisticians."

Along with these key panels and networking events, Gold Coast provided the opportunity to meet key government and industry contracting personnel through matchmaking sessions with over 200 participating government agencies and industry organizations, including the ten Navy Systems Commands.

Hosted on a virtual platform this year, the interactive event featured live presentations, matchmaking, interactive Q&A, exhibit booths and direct attendee networking with the hours modified to accommodate participants across the country. Gold Coast provided a forum to educate, guide, and assist businesses, large and small, in support of the warfighter mission within Department of the Navy and throughout the DoD.

Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. Additionally, NAVSUP is responsible for food service, postal services, Navy Exchanges, and movement of household goods.

For more information, visit www.navsup.navy.mil, www.navy.mil/naval-supply-systems-command, or follow us at www.facebook.com/navsup and <https://twitter.com/navsupsyscom>.

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MC1 Mark D. Faram

The office of the Chief of Naval Personnel will no longer show officer service record photos during promotion, selection and assignment boards as a way to eliminate the possibility of bias in the service's board process.

Navy removes photographs from all officer boards

By MC1 Mark D. Faram

Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy will no longer show officer service record photos during promotion, selection and assignment boards.

Announced in NAVADMIN 247/20, the change took effect Sept. 1, as a way to eliminate the possibility of bias in the service's board process.

"We are working through Task Force One Navy to eliminate systemic prejudice and bias in the Navy," said Vice Adm. John B. Nowell, Jr., the Navy's chief of personnel.

"This immediate action will ensure no intentional or unconscious bias, based on race, ethnicity, gender or national origin, is any part the career decisions we make about our people."

The Navy's policy change is based on direction from Secretary of Defense Mark Esper in his July 14 Memorandum titled "Immediate Actions to Address Diversity,

Inclusion, and Equal Opportunity in the Military Services."

These changes, including removing photographs from selection processes in all services, are intended to address existing issues "within policies, programs, and processes to improve diversity, inclusion, and equal opportunity for our Service members," Esper wrote.

A revision is now in the works to Military Personnel Manual (MILPERSMAN) Article 1070-020, which discusses the Official Military Personnel File (OMPF) for officers, to reflect the elimination of photographs being shown at selection boards.

The message also states that the change in board policy does not eliminate the ongoing requirement for officers to maintain a current photograph in their official service record.

All officers, regardless of status, in both the Regular Navy and the Navy Reserve, are required to update their official photo within three months of accepting a new promotion. Points of contact for any questions are in NAVADMIN 247/20.

More information on how officer photographs are to be taken and submitted to Navy Personnel Command is available in MILPERSMAN Article 1070-180.



Ensign Victoria Piccoli

Navy Rear Adm. Carl Lahti, commandant of Naval District Washington, welcomes visitors to the first-ever virtual Maryland Fleet Week and Air Show Baltimore, Sept. 8. The virtual Maryland Fleet Week is scheduled to run from Sept. 8-11 and will live stream tours of Navy ships, demonstrations from the Blue Angels, and performances by the Navy Band.

Virtual Maryland Fleet Week and Air Show Baltimore kicks off

By Ensign Victoria Piccoli
Naval District Washington Public Affairs

WASHINGTON, D.C.

Naval District Washington, partnered with Historic Ships in Baltimore, kicks off the first-ever virtual Maryland Fleet Week and Air Show Baltimore, Sept. 8.

Due to the novel Coronavirus (COVID-19) pandemic, the traditional ship and Sailor visits transitioned to a virtual event hosted on the Maryland Fleet Week’s Facebook, Twitter, and Instagram platforms at the handle, @MDFleetWeek.

“Maryland Fleet Week and Air Show Bal-

timore has always been a great opportunity to show the people of Maryland, the United States Navy: who we are, what we do, and how committed we are to serving this country,” said Rear Adm. Carl Lahti, commandant of Naval District Washington. “We had an opportunity to continue that tradition this year, even if in a virtual format.”

The virtual Maryland Fleet Week is scheduled to run from Sept. 8-11 and live stream newly developed technology, tours of Navy ships, demonstrations from the Blue Angels, and performances by the Navy Band.

“This is a special event, the first of its kind for Baltimore and one of the first in the country,” said Chris Rowsom, executive director of Historic Ships in Baltimore. “Going virtual adds an exciting new layer to Fleet Week.”

Virtual programming will allow Maryland Fleet Week visitors to get a new appreciation for our military with an up-close vantage point while being safe, said Rowsom.

“The City of Baltimore is excited to take part in Maryland Fleet Week and Air Show Baltimore in a virtual format and to help

commemorate the 75th anniversary of the end of WWII,” said Bernard Young, mayor of the City of Baltimore. “Spend time getting to know more about our hometown historic ships, Baltimore fleet, and their legacy of serving our country.”

The U.S. Navy has been a part of the Maryland Fleet Week and Air Show Baltimore since 2016, demonstrating the strong tie the U.S. Navy has with Baltimore that dates back to the War of 1812, said Lahti.

“On behalf of the over 300,000 Officers and Sailors standing watch around the globe, I thank the people of Baltimore and the great state of Maryland for your continued support of the U.S. Navy,” said Lahti.

Visit www.mdfleetweek.org, follow #MDFleetWeek, and like @MDFleetWeek on Facebook, Twitter, and Instagram to participate and interact with Maryland Fleet Week and Air Show Baltimore.

NUWC Division Newport engineer wins Helen Martha Sternberg Award

From Naval Undersea Warfare Center Division Newport Public Affairs

NEWPORT, R.I.

Samantha Hazard, a lead project engineer in the Undersea Warfare Combat Systems Department at Naval Undersea Warfare Center (NUWC) Division Newport, was recently awarded the 2020 Society of Women Engineers (SWE) Helen Martha Sternberg Award.

The award is given annually to a female mathematician, computer scientist or computer engineer who has been working at Division Newport between six months and two years. Candidates for this award must show significant progress in her major area of study and plan on attaining a graduate degree. Hazard plans to pursue a master’s degree in human factors with a concentration in systems engineering from Embry-Riddle Aeronautical University.

A resident of Bristol, Rhode Island, Hazard was hired at Division Newport in August 2018 after graduating from Clarkson University with a bachelor’s degree in computer science. She quickly became a vital member of the Undersea Warfare Trainers Program, where she is the “go-to” person

for technical areas under her responsibility.

The award recognizes that she has excelled at many different facets of her job. “She asks the right questions to get up to speed on multiple tactical and simulation training systems and in the past few years, she has helped develop critical software for displays, integration and installation processes,” the award states.

Always looking for ways to lend a hand, Hazard has given many demonstrations of the trainers program and supported Bring a Child to Work Day and new hire initiatives. She has provided management with feedback on how to better and more quickly integrate new hires into the programs they support. In the next year, Hazard will be working on a 219 workforce shaping internal investment to research and conduct an event on “The Impact of Team Composition on Performance.”

“Hazard’s effective communication skills, optimism and demonstrated intelligence have earned her the respect of her peers and supervisors,” the award notes.

Amanda Rock of the Sensors and Sonar Systems Department, representing the New England Shoreline Section of the SWE, presented the award to Hazard in a ceremony



Richard Allen

Samantha Hazard, a lead project engineer in the Undersea Warfare Combat Systems Department at Naval Undersea Warfare Center Division Newport, was presented the 2020 Society of Women Engineers Helen Martha Sternberg Award during a ceremony, Aug. 25.

on Aug. 25. A video of the award presentation is posted here: <https://www.dvidshub.net/video/765741/helen-martha-sternberg-award-2020>

NUWC Division Newport is a shore command of the U.S. Navy within the Naval Sea Systems Command, which engineers, builds and supports America’s fleet of ships and combat systems. NUWC Newport provides research, development, test and evaluation, engineering and fleet support for submarines, autonomous underwater systems, undersea offensive and defensive weapons

systems, and countermeasures associated with undersea warfare.

NUWC Newport is the oldest warfare center in the country, tracing its heritage to the Naval Torpedo Station established on Goat Island in Newport Harbor in 1869. Commanded by Capt. Chad Hennings, NUWC Newport maintains major detachments in West Palm Beach, Florida, and Andros Island in the Bahamas, as well as test facilities at Seneca Lake and Fisher’s Island, New York, Leesburg, Florida, and Dodge Pond, Connecticut.

CBD | The move was done to protect Sailors from potential THC exposure

Continued from B1

environment where label claims are not trustworthy. Department of Defense (DoD) officials determined that it is not reasonable

nor practical for the DoD to test every hemp product, which may or may not cause a positive urinalysis result.

While federal law continues to allow American consumers to use products that contain less than 0.3 percent THC, the Navy policy is meant to ensure there is no unknowing consumption of any THC amount.

“This really is about the health of the force and ensuring the Navy remains a drug-free workplace,” said LA Parker, Drug Detection & Deterrence branch head, for the

21st Century Sailor office. “We have to be fit to fight and can’t take a risk in allowing our Sailors to consume or use these types of products.”

The Navy policy continues to allow for use of cannabinoid formulations approved by the Food and Drug Administration when a service member has a valid prescription. A Sailor should consult with his or her primary care physician in these circumstances and ensure it is documented in his or her medical record. The ALNAV does not pro-

hibit the use of durable hemp goods, such as rope of clothing.

Sailors who test positive for THC or other substances, for which they have no valid prescription, will be processed for administrative separation and could receive a discharge characterized as “Other Than Honorable.”

Every Sailor has a personal responsibility to diligently avoid intentional or accidental exposure to THC and other prohibited substances.

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Wonder Woman reminds residents to sign up for library cards

This year, DC Comics' superhero Wonder Woman was selected by ALA as the Honorary Chair to champion the power of owning a library card.

See C2

BLITZED

By Charles Apple | THE SPOKESMAN-REVIEW

Eighty years ago this month, the German air force launched a massive series of attacks on London that would go on for 56 of the next 57 days and nights. The plan was to destroy the Royal Air Force, leaving England undefended for an invasion. But it didn't turn out that way.

St. Paul's Cathedral rises above the smoking aftermath of yet another bombing raid during the London Blitz.

JUNE 14, 1940

German troops march into Paris. Führer Adolf Hitler and his war machine next set sights on Great Britain.

JULY 10

The Battle of Britain begins as Hermann Göring, the head of the German Luftwaffe, orders attacks on shipping and on British port facilities.

AUG. 1

Hitler issues orders for plans to be drawn up for Operation Sea Lion: The invasion of Britain. He wants to begin making landings in late September.

AUG. 13

The Luftwaffe launches "Eagle Attack": A four-day effort to destroy Britain's air force and gain air superiority for the Germans. Two days later, Germany sends 1,300 bombers and 900 fighters for day and night attacks on British airfields. The Royal Air Force is hit hard but manages to hold together and intercept many of the attacking planes.

AUG. 18

Both sides take their biggest losses in what will become known as "The Hardest Day." The Luftwaffe loses so many Junkers "Stuka" bombers that Göring would pull them from further service over Britain.

AUG. 20

In an address before the House of Commons, British Prime Minister Winston Churchill praises the pilots of the Royal Air Force. "Never in the field of human conflict," he says, "has so much been owed by so many to so few."

AUG. 24-25

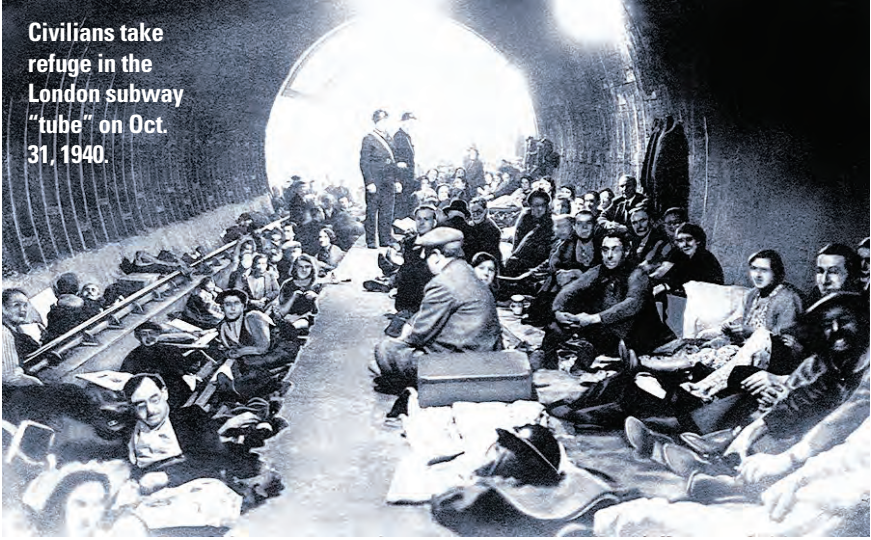
The Luftwaffe concentrates its attacks on Royal Air Force air bases in southeast England. A few bombers veer off course and hit residential areas of London. Churchill retaliates by ordering the bombing of Berlin, Düsseldorf and other cities the next night — which, in turn, enrages Hitler. This changes the tone of the battle as attention shifts from military to civilian targets.

SEPT. 3

The plan for the invasion — set to begin Sept. 15 — is to drop two German airborne divisions on the south coast of England, establish three bridgeheads and invade with nine divisions and 250 tanks. With the air campaign not going quite as well as he had hoped, however, Hitler pushes Operation Sea Lion back at least a week.

SEPT. 7

The Blitz begins: Full-scale regular bombardments of London. That first day, 300 German aircraft drop more than 300 tons of bombs, killing 430 civilians and injuring 1,600 more. The bombings will continue over 56 of the next



Civilians take refuge in the London subway "tube" on Oct. 31, 1940.



Firefighters deployed after a bombing raid found themselves surrounded by flames. They escaped. Their equipment did not.

57 days and nights.

SEPT. 14

Royal Air Force bombers take out a tenth of the invasion barges Germany had amassed along the coast of France.

SEPT. 15

An enormous daylight attack on London results in the biggest German losses since Aug. 18. Göring is forced to scale back his attacks: Germany is running short of planes and pilots.

SEPT. 17

Since his Luftwaffe has failed to destroy the Royal Air Force, Hitler reluctantly cancels Operation Sea Lion. His General Staff suggests

he attack the Soviet Union instead — despite the fact that Hitler had signed a nonaggression pact with the USSR in August 1939.

SEPT. 20

German U-boats begin using "wolf pack" groups of 15 to 20 subs at a time, sinking 12 Allied supply ships in the first two days of using that tactic.

OCT. 14

During a heavy night attack, a bomb falls on Balham High Road, above the intersection of two subway tunnels. The blast kills 68 civilians who are sheltering there from the raid. That night, 200 are killed and 2,000 more injured.

OCT. 31

England's famously poor weather comes to the rescue, causing the Luftwaffe to pause its attacks.

NOV. 14

The Luftwaffe sends 449 bombers to strike the city of Coventry in central Britain. The raid kills 500 civilians and leaves thousands homeless.

DEC. 29

Another attack on London results in more than 300 incendiary bombs dropped around St. Paul's Cathedral within the span of one night — "like apples falling from a tree," one witness says. With the Thames at low ebb, firefighters have trouble putting out the flames. Wood-framed buildings collapse in flames, further blocking streets to firefighting efforts.

DEC. 29

In a "fireside chat" radio address, President Franklin D. Roosevelt urges Americans to support providing more military aid to Britain. He tells the country that the U.S. must become the "arsenal of democracy" against the Axis powers.

APRIL 21-30, 1941

A series of concentrated attacks on the British port city of Plymouth kills 750 and leaves 30,000 homeless.

MAY 10

Deputy German leader Rudolph Hess flies to Scotland to meet with the Duke of Hamilton and propose a truce: If Britain would allow Germany "free hand" in England, Germany will promise to leave the British Empire intact. Neither Germany nor Britain had authorized the meeting, however, so British authorities arrest and detain Hess.

MAY 11

London, Liverpool, Bristol, Belfast and other cities are attacked by 507 German bombers. A total of 711 tons of bombs and 2,387 incendiary devices are dropped, killing 1,436 civilians. This would be the final major German air attack on Britain for three years. The final toll of the Blitz: 43,500 dead, 140,000 injured and more than 5 million homes damaged or destroyed.

JUNE 22


Germany launches Operation Barbarossa, the invasion of the Soviet Union, along a front 1,800 miles wide. Hitler expects his blitzkrieg tactics to defeat the USSR by the end of summer.

Sources: "World War II Day By Day" by Anthony Seldon; "World War II: The Definitive Visual History" by the Editors of Dorling Kindersley; "Great Battles of World War II" by Chris Mann; "One Hundred Events That Shaped World War II" by Peter Darman; Military-history.org; Bombsight.org; U.K. National Archives; Imperial War Museum; BBC; WestEndAtWar.org; HistoryHit.com

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Community

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Library Champions

Courtesy photo

Superhero Wonder Woman reminds Norfolk residents to sign up for a library card

From The City of Norfolk

NORFOLK
Every September Norfolk Public Library (NPL) celebrates the benefits of library card ownership during Library Card Sign-up Month, a national campaign through the American Library Association (ALA) that emphasizes the importance of library cards to a child’s education and to combat illiteracy. A library card gives you access to technology, free resources, virtual programs and services to pursue your passions and dreams.

This year, DC Comics’ superhero Wonder Woman was selected by ALA as the Honorary Chair to champion the power of owning a library card. Wonder Woman is a founding member of the Justice League, and is known for her compassion, strength and truth. “Armed with the Lasso of Truth,” she is the perfect ambassador to support Library Card Sign-up Month, according to ALA.
Your library card gives you free access to NPL’s digital collection, available 24/7 at <http://bit.ly/NPLBooksMore>. Browse, sample, place holds and download movies, eBooks, eAudiobooks, and music directly

to your computer or digital device. You can also explore more than 90 databases to read American newspapers, find information about global issues, get assistance with building a resume, learn more than 80 foreign languages and much more.
NPL’s digital collection is free for Norfolk residents, property owners, business owners and those who are employed in Norfolk. Other Virginia residents can access the digital collection for an annual fee of \$35.00.
Norfolk Public Library cardholders also have access to Grab-n-Go service at the Jor-

dan-Newby Anchor Branch Library, Pretlow Anchor Branch Library and Slover. With Grab-n-Go service, patrons may enter the lobby area to pick up holds, check out materials, apply for or renew a library card and get help with questions.
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About Norfolk Public Library:
The Norfolk Public Library offers access to information, books, programs, and online resources to meet the needs of our diverse community for life-long learning. The library system consists of two anchor branch libraries, ten branch libraries and a Bookmobile. All programs are FREE of charge. Visit www.norfolkpubliclibrary.org or call us at 757-664-READ for more information.



Courtesy photo

Let's get physical: The Elizabeth River Trail obstacle course opens

From The Elizabeth River Trail

NORFOLK
The Elizabeth River Trail (ERT) Foundation is pleased to announce the new obstacle course at the Plum Point Park Trailhead opens September 5.
This project was made possible by the ERT Foundation with grant funding from KOMPAN and the SunTrust Foundation and additional support from ADS, Inc., Ann P. Stokes Landscape Architects, Elizabeth River Crossing, Furniture Classics, Miller’s Energy, Norfolk Redevelopment and Housing Authority (NRHA) and the Virginia Department of Forestry.
The site was originally owned by NRHA, and it sat vacant for many years with limited accessibility. The ERT Foundation worked with NRHA, and subsequently the land was donated to the city

of Norfolk. The site has been developed as a public recreational space for the ERT’s first signature trailhead.
The Double Turbo Challenge Course by KOMPAN features a circuit of fun and challenging elements to improve agility, muscle tone and strength. Course elements include: custom hurdles and steps, pull-up station, vertical rope net, overhead ladder and balance beams. The durable, TerraSafe surface system is designed to safely cushion falls or stumbles. The course can typically be completed in minutes.
“We at KOMPAN are thrilled to help activate the Elizabeth River Trail with our fitness equipment,” said President Tom Enright. “The Trail will improve the community of Norfolk for many years to come”
Located between historic Fort Norfolk and Chelsea, neighboring working shipyards, the Sentara Healthcare/EVMS Med-

ical Complex and Harbor’s Edge, this section of the ERT sees nearly 1100 users daily. The roughly one-acre site sits on the north side of the trail between Plum Point Park and the midtown tunnel and overlooks a beautifully restored wetland area on the Elizabeth River. Local firm, Ann P. Stokes Landscape Architects, worked in collaboration with ERT volunteers to design the site featuring native plants, benches, picnic tables and bike racks. New trees, including nine native longleaf pines donated by the Virginia Department of Forestry, will be planted this fall.
“We are thrilled to open the obstacle course when trail usage is at an all-time high,” said ERT Foundation Board Chair Kevin Murphy. “It’s a first-class amenity that sets the standard for future projects.”
“I am so excited to see all of the ways that the ERT is bringing people together in fitness and community,” said Jill Brietweiser, runner and trail user. “The new obstacle course is just one of many free activities available along the beautiful ERT. I can’t wait to try it out!”
The Plum Point Park Trailhead is the first of 11 trailheads the ERT Foundation plans to develop, and the inclusion of KOMPAN’s dynamic obstacle course at this

mid-point trail location is crucial for ERT’s rapidly growing fitness community. The Plum Point Park trailhead already features a newly opened ADA-accessible kayak launch, and construction will soon begin on dynamic playground equipment and a meditative walking labyrinth
The Elizabeth River Trail Foundation’s mission is to promote, enhance and transform the Elizabeth River Trail into the most iconic urban riverfront trail in the country. The ERT runs 10.5 miles and connects businesses, historic attractions and 28 neighborhoods within a five-minute walk. The multi-use trail is designed for walking, running and biking. It comprises 11 sections and 11 trailheads from Norfolk State University to NIT Terminals along the Elizabeth River. Highlights include Harbor Park, Downtown Norfolk, Freemason Historic District, Sentara campus, Fort Norfolk, Chelsea, West Ghent, Lambert’s Point, Old Dominion University, Larchmont and Lochhaven. In 2018, the ERT Foundation launched a \$4 million comprehensive capital campaign to raise funds to activate and enhance the 10.5-mile trail. It successfully achieved the goal in 2020. For more information, visit www.elizabethrivertrail.org.

27th annual American Music Festival virtual edition postponed until Oct. 2

From Live on Atlantic

VIRGINIA BEACH

The 27th Annual Chartway Federal Credit Union American Music Festival has been postponed until Friday, Oct. 2. The delayed broadcast is the result of unavoidable technical circumstances related to the COVID-19 pandemic.

The free online AMF virtual concert will be broadcast 9 p.m. All artists have performed at AMF before.

- John Rzeznik of Goo Goo Dolls
- Bret Michaels
- Marc Roberge of O.A.R.
- Michael Franti
- Moon Taxi
- Trevor Young of SOJA
- Phil Vassar
- Larkin Poe
- Carbon Leaf

- Links for the concert broadcast are:
- YouTube: www.youtube.com/visitvabeach
 - Facebook: www.facebook.com/visitvabeach
 - www.facebook.com/liveonatlantic
 - WAVY TV10: www.wavy.com

Virtual AMF also can be re-watched on WAVY TV10, 11:30 a.m.-12:30 p.m., Oct. 3.

“Given the unique year we’ve all had, we’re prouder than ever to serve as the Title Sponsor for a great celebration our 757 community looks forward to every year: the Chartway Federal Credit Union American



Courtesy photo

Music Festival,” said Brian Schools, president & CEO of Chartway Federal Credit Union.

“This year’s festival might be a bit different, but we want to make every community in which we live and serve better, which is why it’s a privilege for all of us at Chartway to help bring this fun experience for our third consecutive year as Title Sponsor.”

John Rzeznik is the founder and guitarist for Goo Goo Dolls and performed at AMF in 2018 on the 5th Street Main Stage. The band has 19 Top 10 songs. “Iris” was #1 on Billboard’s “Top 100 Pop Songs 1992–2012” chart, “Slide” (#9) and “Name” (#24). “Iris” spent 12 straight months on the Billboard charts, and held the #1 position on the Hot 100 Airplay chart for 18 weeks. Their 14 Top Ten hits at the Hot AC radio format is more than any other artist in the history of that format.

Bret Michaels headlined the 2011 AMF’s 5th Street Main Stage, performing to one of the Festival’s largest crowds ever. He’s sold almost 50 million records as a solo artist and

as Poison’s lead singer.

Marc Roberge performed a headlining set with O.A.R. on the 5th Street Main Stage in 2012. The band has played nearly every major area venue through the past decade and enjoys a large Hampton Roads fan base.

Michael Franti was in the 2016 AMF that moved to the Virginia Beach Convention Center because of inclement weather. He attracts a widely diverse audience with his unique musical blend of hip-hop, rock, jazz, reggae and funk.

Moon Taxi opened for 311 on AMF’s Main Stage in 2019, and many people believe the indie-alt rock quartet stole the show from the headliners.

Trevor Young is guitarist and vocalist of SOJA. The Arlington band opened for Ziggy Marley on the 2018 5th Street Main Stage. SOJA has earned two Grammy Award nominations and released four consecutive No. 1 albums on the national reggae music charts.

Phil Vassar opened for Sheryl Crow on AMF’s Main Stage in 2015. The Lynchburg

pianist and singer has 19 Billboard Country Chart hits and was American Society of Composers, Authors, and Publishers’ (ASCAP) 1999 Country Songwriter of the Year.

Larkin Poe performed at AMF in 2019 in what’s become one of the most raved-about sets in the event’s history. The duo features strong southern harmonies, heavy electric guitar riffs, and slide guitar. The ladies often are touted as “the little sisters of the Allman Brothers.”

Carbon Leaf is a Richmond band that last played AMF in 2018, bringing their total appearances at the Festival to six years. Their indie-rock and alt-country sound has earned the group a significant core of fans in the region.

The 27th Annual Chartway Federal Credit Union American Music Festival – Virtual Edition is sponsored by the City of Virginia Beach, Tito’s Handmade Vodka, and Virginia Lottery and is produced by IMGoing.

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

- the -

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Mike Garten

By The Good Housekeeping Test Kitchen

Switch up your regular pumpkin pie recipe and try delicious, swirled pumpkin cheesecake bars instead. Not only do these creamy, ultra-rich slices make an excellent Thanksgiving dessert, but they also make a show-stopping fall dessert that we crave as soon as the temp starts to drop. After all, the season is surely about chowing down on all the pumpkin recipes you can manage before the new year, right?

HOW TO MAKE PUMPKIN CHEESECAKE BARS

First off, this recipe ditches fussy pie crust and amps up the flavor with a gingersnap crust instead. It’s a fast combo of gingersnap cookies and pecans (with a little butter and sugar) for a rich crust that is both sweet and spicy — and perfect for anything pumpkin. The easy filling features fresh pumpkin puree, pumpkin pie spice, and luscious cream cheese and comes together quickly in a food processor. Just remember to reserve some of the filling before adding the pumpkin puree — you’ll dollop it on top of the pumpkin filling to make swooshes and swirls across the surface of your masterpiece.

Dipping a fork into the final result, you’ll discover a rich, creamy dessert on top of a crisp, deeply flavorful crust. It might just be your family’s new favorite recipe starring the all-important autumn gourd ... pumpkin pie who?

Pumpkin cheesecake bars

Yields:12
Total Time:1 hour

- INGREDIENTS**
For crust
24 gingersnap cookies
1/2 c. pecans
2 tbsp. sugar
3 tbsp. unsalted butter, melted
For filling
2 8-oz pkgs. cream cheese, at room temp
3/4 c. sugar
3 large eggs
3 tbsp. all-purpose flour
1/2 tsp. kosher salt
1 1/2 c. pumpkin puree
1 tsp. pumpkin pie spice

DIRECTIONS
Heat oven to 350°F. Lightly coat 9-in. square baking pan with cooking spray, then line with parchment, leaving overhang on two sides.
Make crust: Using food processor, pulse cookies, pecans and sugar until finely ground. Add butter and pulse to combine, then press evenly into bottom of prepared pan. Bake 12 min., then transfer to wire rack and let cool.
Meanwhile, make filling: In clean food processor, pulse together cream cheese, sugar and eggs. Pulse in flour and salt to combine. Remove ¼ cup of mixture. Into remaining mixture, pulse pumpkin puree and pie spice to combine. Pour pumpkin mixture onto cooled crust. Drop spoonfuls of remaining cream cheese batter on top of pumpkin then use a butter knife to swirl.
Bake until set at edges but still slightly jiggle in center, 30 to 34 min. Transfer to wire rack and let cool completely in pan, then refrigerate until chilled, at least 2 hr. To serve, using overhang, transfer to cutting board and cut into 12 rectangles.

Everyone’s favorite pie, now in hand-held form

By The Good Housekeeping Test Kitchen

These bars use honey and dark brown sugar for gooeey sweetness with rich caramel notes. A splash of bourbon in the filling for these pecan pie bars without corn syrup adds even more depth of flavor and that extra special something that’ll have everyone asking about your secret ingredient.

Pecan Pie Bars

Yields: 20
Total time: 1 hour

- INGREDIENTS**
For crust
1 c. (2 sticks) unsalted butter, at room temp
1/2 c. packed brown sugar
1/2 tsp. kosher salt
2 1/2 c. all-purpose flour
For filling
1/2 c. (1 stick) unsalted butter, cut into pieces
1 c. packed dark brown sugar
1/3 c. honey
2 tbsp. bourbon
2 tbsp. heavy cream
1/2 tsp. kosher salt
1 tsp. pure vanilla extract
3 c. pecan halves, roughly chopped

DIRECTIONS
Heat oven to 350F. Lightly coat 9- by 13-in baking pan with cooking spray. Line with parchment, leaving an overhang on two long sides; spray parchment.
Make crust: Using an electric mixer, beat butter, brown sugar and salt until light and fluffy. Reduce mixer speed and gradually mix in flour until small clumps form. Press into bottom of prepared pan. Using fork, poke holes all over then bake until light golden brown, 20 to 25 min. Let cool while making filling.
Make filling: In small saucepan on low, combine butter, sugar, honey, bourbon, heavy cream and salt. Increase heat and bring to a boil; boil for 2 min. Remove from heat and stir in vanilla, then fold in pecans.
Pour mixture over baked crust, return to oven and bake until nuts are golden brown and edges are bubbling, 25 to 30 min. Let cool completely in pan, then use overhangs to transfer to a cutting board and cut into pieces.



Mike Garten/



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announcements

Announcements

CITY OF PORTSMOUTH 2020-2021 BOARD OF EQUALIZATION MEETING

Pursuant to Section 58.1—3378, Code of Virginia, notice is hereby given that the Board of Equalization of the City of Portsmouth, will meet in the Conference Room, Sixth Floor, Portsmouth City Hall, 801 Crawford Street, Portsmouth, Virginia, on the following dates and times:

DATE TIME

September 15, 2020 2:30 p.m. to 4:30 p.m.

September 17, 2020 9:00 a.m. to 12:00 p.m.

September 22, 2020 2:30 p.m. to 4:30 p.m.

September 24, 2020 9:00 a.m. to 12:00 p.m.

September 28, 2020 10:00 a.m. to 11:00 p.m. (work session)

For the purpose of equalizing real estate assessments in the City and for the purpose of hearing all complaints of inequality.

Due to the COVID-19 pandemic and in accordance with guidance provided by Governor Ralph Northam, the meeting will be held virtually using the Microsoft Teams application. Additional information relative to the hearings can be obtained by calling (757) 393-8631. The meeting will be streamed live on the City of Portsmouth's website at www.portsmouthva.gov.

Individuals with disabilities who require special accommodations should call the Office of the City Assessor at (757) 393-8631, at least three (3) working days in advance of the meeting date, so that proper accommodations may be made.

James Overton
Chair, Board of Equalization



stuff

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Fun and Games

- ACROSS**
- 1 Neighbor of Niger
5 Comical bits
9 Work group
14 PLO chairman Mahmoud
19 Europe's "Eternal City"
20 Blind as —
21 Common typeface
22 — Polo
23 App-based ride option
24 — fide (real)
25 Grilled steak with thin, diagonal cuts
27 Neighbor of Niger
28 Alternative to toffee
30 County in New Mexico or Colorado
31 Aeneas' lover, in myth
32 Link two disparate things
35 Once — while
37 Gp. backing firearms
38 Has the helm
39 Revered one
- 40 Terminated
42 "Wild Thing" rapper
43 \$20 dispenser
45 "Really?"
48 Natty scarf
52 Palmtops, e.g., for short
56 Internet ID
57 Goggles
58 Not breaking the rules
61 Fast glance
63 Lizard that may be a pet
64 Terrible fate
65 Refuses, as a chance
69 "Norma —" (Field film)
70 Initial amount required by a creditor
74 Suffix of sugars
75 Hold sacred
78 Verse writer
79 One dodging
82 Slovak coin
83 1969 Stevie Wonder hit
86 "Geez!"
89 — Paulo
90 Crooner
91 Exaggerated and theatrical
- 92 Reasonable advance notice
96 Facial locale
98 Prefix with gender
99 Ringlike isle
100 Soda shop drink
104 Sells virtually
109 Surg. locales
110 Vote in favor of the rules
111 England's "Nine Days' Queen"
113 Tel. or elec.
115 Statesman Stevenson
118 High points
119 Advance
120 Watercourse associated with the starts of eight long answers in this puzzle
- 123 Rabbit's kin
124 Part of A.D.
125 Attend
126 Greek vowel
127 Clear out of
128 Marsh plant
129 Elia piece
130 "The Balcony" playwright
131 Old flames
132 Slips up
- DOWN**
- 1 Cookie bits
2 Tasmania's capital
3 2001 Audrey Tautou film
4 Sneer at
5 Rap session
6 See
7 India's Rajiv
8 Like plays
9 Mineo of movies
10 Outpost unit
11 "That — happenin'!"
12 Get dimmer
13 Ocala's state
14 Envoy: Abbr.
15 Verse writer
16 Sib acquired via marriage
17 Late-'60s music genre
18 One-person bands, e.g.
26 Nine-person band, e.g.
29 Self-image
33 Potatoes au —
34 Frazier foe
36 Folk sayings
40 To be, to Fili
41 Flames' org.
44 Car ad abbr.
46 SPF part
47 Ersatz
48 Blazing
- 49 Astronomer
50 Carl
51 Schnozz or boff ender
53 "Where — go wrong?"
54 Auth. unknown
55 Feed in a sty
59 Low point
60 Windows ad statement
61 Frying vessel
62 Perfumer
65 — dish (lab item)
66 City that Lot fled from
67 Deplete
68 Matthew of "Friends"
71 Tokyo-born Yoko
72 Pirate chant opener
73 Run across
76 With 6-Down, catch wind of
77 Airport strip
80 Clear out of
81 Dr.'s gp.
83 Postal stack
84 Over there
85 Mag.
86 "Naturally!"
- 87 Scrunchies
88 Long letters
89 TV inits. since 1975
93 Vexed a lot
94 Selfish driver of a sort
95 TV inits. since 1975
97 Multipiece gifts for calligraphers
101 Cavity-fighting org.
102 Fruit of a Chinese tree
103 Discount department store chain
105 Blazing
106 Clothes smoother
107 Less fatty
108 Church councils
111 Feudal lord
112 Eagle's nest
114 "— hundred flowers bloom"
116 Half-baked
117 Prayer ender
121 "Hee Haw" co-host
122 Used a chair

Sudoku

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

CryptoQuip

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

Clue: Y equals D

TS JIQ TH AIUPQNW JI DJV CAUD
CNWLNWTIQ ZJ AHQ, T'Y LAQHH TZ
VJAPY EQ EAZZQW UJISAHTJI!

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Last week's CryptoQuip answer

How did Bond sleep through that large earthquake?
I suppose he was shaken, but not stirred.

last week's answers

BACARDI POTOMAC DEBRA
IRANIAN ARAPAHO AVRIL
BARTENDERSYSTEM YIELD
MILKER TAI SNAKE
ORE FRIENDED CHICKEN
TALESE CORE UNE
THATSMYFINALOFFENDER
ATSEA INLAY LAM
TAGS AROMA EEEK ALEVE
ACE CURRIER AND DENDIVES
PROBERT LILMO IDEALS
PORTENDWINESTAINS TEE
ANGUS EEE NOELS BEDS
NYE DRESS OUTIE
MISSENDTHEBIGPICTURE
HUE ELAN MEANIE
DEFENDERPAYMENT LOL
EXALT WEE ORACLE
VILLA ELEPHANT TENDERS
OLSEN RIVIERA SKI AREA
NEEDS STEEPEN SHINNED

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

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