



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

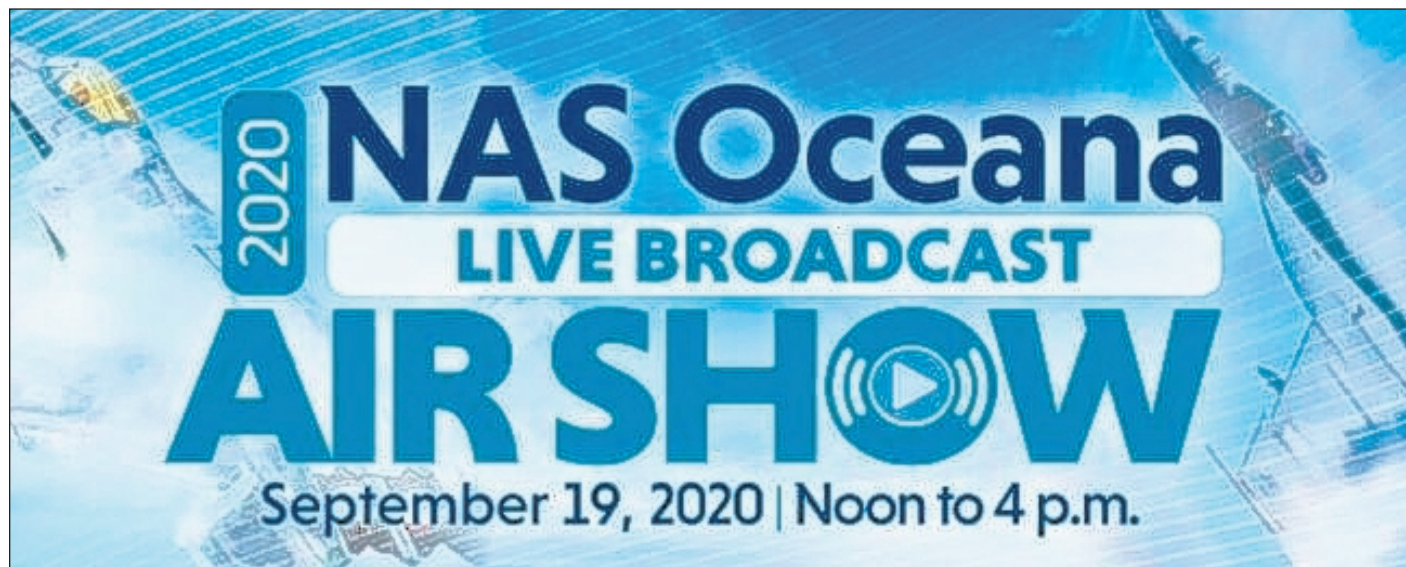
INSIDE TODAY: The story behind the USS Cole's namesake, A6

# The Flagship®



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U.S. Navy

## NAS OCEANA, CITY OF VIRGINIA BEACH PREPARE FOR VIRTUAL AIR SHOW

By MC2 Mark Thomas Mahmood  
Naval Air Station Oceana Public Affairs

### VIRGINIA BEACH

Hosting an air show requires a vast amount of preparation. Behind the scenes, emergency crews stand the watch, ready to respond in the event of an aircraft mishap. For many years, Naval Air Station Oceana and the City of Virginia Beach have joined forces to protect the lives of over 200,000 air show fans annually.

Due to COVID-19, Naval Air Station Oceana made the decision to host this year's air show "virtually." Though hundreds of thousands of guests will be watching from their homes, rather than the flight line, the installation continues to partner with the local community to ensure safety for performers and base personnel.

Naval Air Station Oceana and the City of Virginia Beach conducted a joint emergency training exercise, Aug. 9, allowing Navy personnel and Virginia Beach first-responders to react to a simulated incident onboard the installation. The goal of the exercise was to enhance the readiness of emergency response teams and maintain interoperability

### More information

- The 2020 NAS Oceana Virtual Air Show will be held on Sept. 19 from 12 p.m. to 4 p.m.
- View it online at <https://www.facebook.com/events/1849904701816801/>.
- For updated information on NAS Oceana and the 2020 NAS Oceana Virtual Air Show, visit [www.facebook.com/NavalAirStationOceana](http://www.facebook.com/NavalAirStationOceana).

between Navy leadership and the City of Virginia Beach.

"Before we put on an air show, we like to hone our firefighting skills in a coordinated manner with the City of Virginia Beach," said Capt. John Hewitt, Naval Air Station Oceana commanding officer. "This year, we isolated our emergency training to scenarios we could reasonably expect for our 'virtual' air show."

"Our exercise consisted of two parts, the first was a tabletop exercise involving leadership and officials from the City of Virginia Beach, Navy Region Mid-Atlantic Fire & Emergency and NAS Oceana Emergency & Security Forces," explained Kenneth Snyder, Naval Air Station Oceana district fire chief.

"The second, was a live scenario of an aircraft catching fire inside a NAS Oceana hangar."

Rather than train for potential emergencies involving crowds, this training primarily focused on responding to an aircraft fire. Virginia Beach Fire Rescue & Emergency Medical Services worked alongside crews from Navy Region Mid-Atlantic Fire & Emergency Services to extinguish the blaze in an aircraft fire trainer and locate simulated casualties in a dark, smoky aircraft hangar.

"The scenario was very dynamic and allowed both our Navy and City of Virginia Beach first responders the ability to work together on a large-scale, stressful event in a safe and controlled environment. By working with our municipal neighbors, all can benefit from the other's capabilities when facing an overwhelming incident or event," said Snyder.

All of these agencies come together to provide a single cohesive fire and emergency services capability that protects our airshow performers, spectators, and workers which over the course of an average airshow is several hundred thousand people.

However, emergency training isn't the only coordinated effort involving the Navy and local community.

"NAS Oceana has a long history of partnering with the City of Virginia Beach in a variety of circumstances with many different city agencies across a wide of disciplines,"

» See **PREPARE** | A7

## Ford Sailors remember 9/11 with first-hand accounts

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

### ATLANTIC OCEAN

On Tuesday, Sept. 11, 2001, Americans all over the country began their day; getting ready for work, riding a bus to school and so forth. This day seemed just as normal as the last.

At 8:45 a.m. EST, this day instantly became abnormal when an American Airlines Boeing 767, the first plane in a series of attacks, crashed into the North Tower of the World Trade Center in New York City.

That morning, Senior Chief Cryptologic Technician (Technical) Joshua Lesoken, from Coatesville, Pennsylvania, assigned to USS Gerald R. Ford's (CVN 78) intelligence department, was waiting for a recruiter to drive him to a Military Entry Processing Station (MEPS) to enlist in the Navy.

"I was excited that morning because I was leaving for MEPS and eventually boot camp. My mother was watching television, and I remember sitting there eating my breakfast, when all of a sudden her program was interrupted by breaking news," said Lesoken.

"As we were watching the news, that's when the second plane hit and we were in shock. A few moments later the recruiter called and said he wasn't coming but did ask if I still wanted to join."

After Lesoken finished his phone call, he had moments of doubt about joining the Navy.

"I looked at my mom and my dad, and after we talked, I wanted to go more than ever. I planned on joining anyway but now there

» See **9/11** | A7

## Virginia-class Submarine Montana (SSN 794) christened during virtual ceremony

From Newport News Shipbuilding Public Affairs

### NEWPORT NEWS

In its first ceremony celebrating the U.S. Navy's newest fast-attack submarine in front of a virtual audience, Huntington Ingalls.

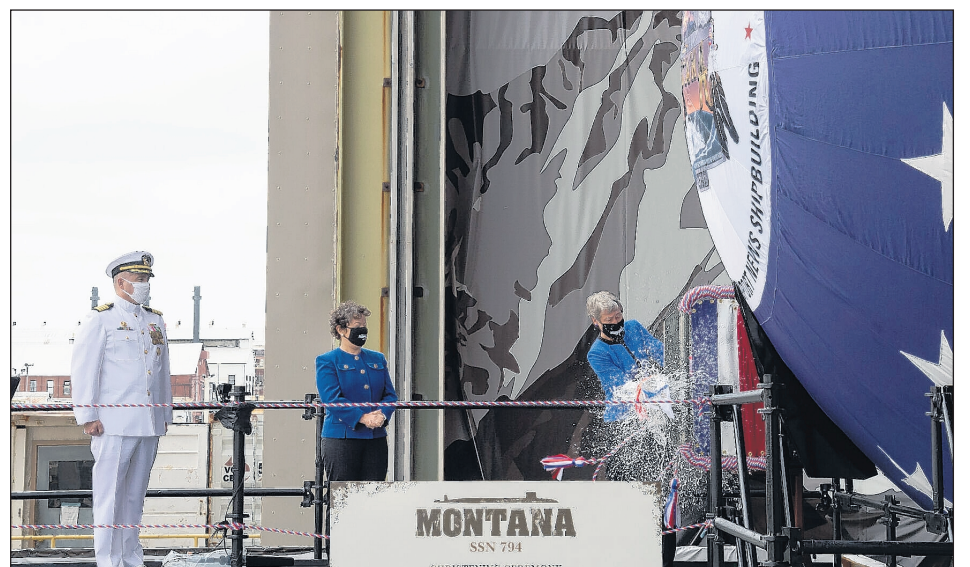
Industries (NYSE: HII) christened pre-commissioning unit Montana (SSN 794) today at the company's Newport News Shipbuilding division.

Due to COVID-19 restrictions on the size of

public gatherings, the christening ceremony was hosted virtually at Newport News' Module Outfitting Facility.

"Yes, we are disappointed we couldn't host the normal pomp and circumstance today, and that our shipbuilders and their families couldn't be here in person to witness history. But as shipbuilders, we know the show must go on," said Jennifer Boykin, president of Newport News Shipbuilding. "Our work

» See **VIRTUAL** | A7



Matt Hildreth

Montana christening



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### IWTC Virginia Beach remembers Sept. 11

Sailors attached to Information Warfare Training Command (IWTC) Virginia Beach observed a moment of silence during morning colors to remember and honor the lives of the lost.

» See **A4**



### U.S., allied forces conduct exercise Pacific Vanguard

Maritime forces from Australia, Japan, Republic of Korea, and the United States met in the waters off the coast of Guam, to conduct cooperative maritime exercise Pacific Vanguard, Sept. 12.

» See **B1**

### Hampton Arts announces 2020-21 season

Hampton Arts' 2020-21 Season kicks off in October and runs through June, offering a wide range of entertainment and viewing options.

» See **C1**

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# Shipyard spotlight: Kyle Cooper

By Kristi R Britt  
Norfolk Naval Shipyard Public Affairs

PORTSMOUTH

For as long as he could remember, Mechanical Group (Code 930) Nuclear Continuous Training and Development (CTD) Coordinator Kyle Cooper has been told that he thinks differently than other people – constantly pursuing a way to improve a process instead of sticking with the same ways defined in the past. As one of the forward thinkers working 3-D printing at Norfolk Naval Shipyard (NNSY), Cooper strives to help others and help lead the shipyard into the future.

Cooper’s journey at NNSY began Sept. 23, 2013 after working diesel engines outside the gates. “When I initially came to the shipyard, I came to work on the waterfront and work with my hands,” said Cooper. His first job was working nightshift shafting onboard the USS Dwight D. Eisenhower (CVN 69) before being transferred in the diesel shop. “I wanted to be in the diesel shop and work on diesel engines because I knew that was something I enjoyed. However, I found that it wasn’t what I expected and I wasn’t enjoying what I was doing. I get bored easily which is why it was so hard for me to stay in one job for a long time. So if I was on a job that wasn’t challenging me at all, it wasn’t fun and wasn’t something I wanted. So I sought a change.”

Cooper then was steam plant qualified and worked in cleanliness until he was accepted in the nuclear program. He joined Special Emphasis Group (Code 361) to perform special attention work. “I really liked it in Code 361 because we were always working on and learning something new and inventive. There wasn’t a time I wasn’t having fun with what I was doing.”

Unfortunately, Cooper suffered a back injury during his time in the program, requiring two surgeries with one being a spinal fusion. With such an injury at a young age, Cooper was at a crossroads on which path he should take for his career. He made the call to join in the CTD program to aid in the development of the workforce. Although he was fond of helping others, he didn’t find training individuals to be something he enjoyed as it wasn’t something fast-paced that challenged him in his day-to-day. Therefore, he continued to look for something new.

An opportunity came when Code 361 brought Cooper along to a trades show where he quickly found his calling. If he couldn’t work on the waterfront himself, Cooper wanted to be able to help the others



Aldo Anderson  
Mechanical Group (Code 930) Nuclear Continuous Training Development (CTD) Coordinator Kyle Cooper works daily with 3-D printers within the Code 930 3-D printing lab to create prototypes and models for his fellow shipyarders. He currently has 10 ultimaker printers as well as four resin printers in Code 361 with more printers on the way.

who could – which meant he could help them gain tools at their disposal to aid them in their work. Cooper brought back different tools for the shipyard during the trades show with the Ultimaker S5 3-D printer being one of them and soon was off to the races finding new technologies he could bring back to the workforce. Before long, he was stationed in the Code 930 Nuclear 3-D printing lab, working to 3-D print prototypes and models for those that requested it.

“I always felt like I would get stuck in a rut coming up in my career or I would hit too many impassable roadblocks, making it hard to continue down the path that I was on. But with 3-D printing, I feel like I’ve been given a chance to not only steer away from those roadblocks and forge a new path, but I’ve also found something I thoroughly enjoy that can help my shipyard in surging forward towards the future,” said Cooper. “There’s a culture where we’ve been doing the same thing over and over again for years because the processes are set in stone and we know they work. But now we can build these processes and procedures from the ground up using the new equipment and tooling and make changes to best benefit the

fleet and the employees doing the job every day. Even if it’s small changes, little by little, the smallest change can have the greatest impact further down the line. So that’s what I want to bring to the table.”

Cooper shared that before taking this position in the printing lab, he had little experience with 3-D printing – that didn’t stop him from surging forward to learn. “I’ve always enjoyed going to school and learning new things,” he said. “I had some engineering experience with my schooling but I hadn’t finishing my degree at the time. Nevertheless I took on the challenge and began searching the internet for everything I could to learn the program, the printers, etc. There’s a ton of material out there for those interested in learning. I also had folks here at the shipyard, including Joel and Adam Seamster along with Timothy Edmondson (T.R.), who I’ve been in collaboration with on the topic of 3-D printing.”

One of Cooper’s visions at the shipyard is to bring 3-D printers to each department, providing everyone with the tools they need to succeed. “I will print whatever anyone brings me and work with them to make the product they want,” he said. “I’ve also been

working with shops and codes to get their own printers installed in their spaces, finding what printers and materials work best with what they need. That way folks are able to take the technology into their own hands and use it to benefit their needs without having to wait on others. This gives everyone a sense of ownership of what they are doing, plus expands our pool of knowledge we can pull from. If folks have questions, they are welcome to reach out to myself or any of the other 3-D printing POCs across the shipyard so we can help and learn from one another. We can all be forward thinkers!”

Cooper was nominated for this month’s shipyard spotlight story by the Norfolk Innovation Program to recognize his innovative spirit and active involvement in the Additive Manufacturing (3-D Printing) Subcommittee within the NNSY Technology & Innovation Community of Practice (T&I CoP) which is comprised of representatives from AM Labs across the shipyard. It is innovators like Cooper who push boundaries to implement everyday process improvements to support the mission here at America’s shipyard.

## 50th anniversary of the Navy Ombudsman Program

From Chief of Navy Reserve Public Affairs

NORFOLK

On Sept. 14, 1970, Admiral Elmo Zumwalt Jr. introduced the Navy Family Command Ombudsman Program to address family issues and concerns that are unique to Navy families. And so today, for 50 years, Ombudsmen have been delivering world-class support and service to Navy families at every command across the globe.

Mission success is only achieved

through a unified team. The Navy Reserve’s mission to deliver strategic depth and operational capability could not be accomplished without the vital information link between command leadership and families. For half a century, Navy Ombudsmen – volunteers appointed by their local commanding officer – have filled the gap by supporting mission readiness, assisting commanders, responding to family readiness needs, and facilitating a strong community network of countless critical services. Ombudsman efforts allow Sailors and commands to focus on the fight – to be ready for day one of a conflict – while knowing our loves ones have the support they need.

On this program’s golden anniversary, and for the entire month of September, commands across the Navy and our Reserve Force are proud to recognize the unique contributions Navy Ombudsmen provide our Country. Your impact and contributions do not go unnoticed. You have our continued heartfelt appreciation and gratitude for everything you do.

Keep up the great work!

## Regional Navy Mail Center Norfolk ready for election season

By Thomas Kreidel  
Naval Supply Systems Command Public Affairs

NORFOLK

The Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC) Norfolk Regional Navy Mail Center (RNMC) Norfolk has completed the training required for its personnel and has provided training and guidance to all fleet assets in preparation for the November election.

According to Jeff Gibbs, the DoD Postal Voting Representative (PVR) certification was released online in May via the Automated Military Postal System (AMPS) website and was completed by the deadline at the end of July. Once the certification was completed, NAVSUP FLC Norfolk postal advisors issued all the required

postal voting supplies and conducted hands on training to every United States Fleet Forces Command deploying unit that would be underway September 1.

“Due to nature of our business, absentee ballot processing has always been a top priority,” Gibbs explained. “Our team has been intimately involved in this entire process as we are during every voting season.”

He added that all RNMC personnel have been thoroughly trained and understand their part in proper handling of these ballots until they transfer them over to the United States Postal Service in Norfolk. Additionally, all fleet assets deployed away from homeport have been briefed and trained in what their requirements are when they are deployed and all have completed the required training.

“The Navy provides accountability, safeguards and expeditiously delivers balloting materials to and from postal operations throughout the world, in order to ensure that all U.S. citizens, with or without FPO (Fleet Post Office) privileges are authorized to mail balloting material from any FPO address,” Gibbs concluded.



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

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Ad Council





MCC Joseph Buliavac  
Gunner's Mate Seaman Adrian McDanell, assigned to Navy Munitions Command, East Asia Division, Unit Misawa collects ID cards while conducting a mock vehicle inspection during Naval Air Facility (NAF) Misawa Auxiliary Security Forces Academy, July 23.

# Service members with expiring ID cards need to make appointments immediately

By MC3 Chad Swysgood  
Navy Personnel Command Public Affairs

## WASHINGTON

Service members using Common Access Cards (CAC) that have or will expire prior to Sept. 30 need to make an appointment to replace it immediately per guidance in NAVADMIN 253/20 released Sept. 11. Members will no longer be able to use CACs for physical access to military installations and CAC-ID certificates will not be updated on Sept. 30, which will impact access to CAC enabled sites and systems. The new guidance in the message directs ID

card facilities to prioritize individuals with expiring CACs and renewal requests to ensure timely and efficient processing. Expired CAC holders need to contact the nearest Identification Card Issuing Facility as soon as possible to schedule an available time for CAC reissue. Service members can find the nearest site and contact information at <https://idco.dmdc.osd.mil/idco/>. While expired CAC holders need to update their cards promptly, Uniformed Service Identification (USID) card holders (retirees and family members) will still be able to use expired cards for access to DoD

installations until March 30, 2021. Additionally, USID card holders can use expired cards for benefits such as the commissary and exchange services through June 30, 2021. ID card site personnel will contact all those who have appointments for the month of September to verify the appointment is for CAC issuance. If the appointment is for a USID card used by retirees and dependents, the appointment will be rescheduled for after Oct. 1. Beginning Sept. 14, Navy ID card facilities will be offering extended hours of oper-

ation and additional walk-in time availability. ID card sites at Naval Base San Diego, California; Naval Station Mayport, Florida; Naval Air Station Jacksonville, Florida; Naval Training Center Great Lakes, Illinois; Naval Exchange, Norfolk, Virginia; and Whidbey Island Sea Plane, Washington, will also be open for Saturday appointments. "While walk-ins are an option, we highly encourage everyone to make an appointment," said Ann Stewart, Navy Personnel Command assistant commander for Pay and Personnel. "We want to ensure the safety of everyone who comes to get their CACs replaced as well as that of the ID card site personnel." If you have any questions, contact My-Navy Career Center (MNCC) at 1-833-330-6622 or via email at [askmncc@navy.mil](mailto:askmncc@navy.mil).

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# IWTC Virginia Beach remembers Sept. 11

From Information Warfare Training Command Virginia Beach Public Affairs

VIRGINIA BEACH

Sailors attached to Information Warfare Training Command (IWTC) Virginia Beach stood together and observed a moment of silence during morning colors to remember and honor the lives of the nearly 3,000 lost, their families, and survivors dealing with the Pentagon, World Trade Center, and Shanksville, Pennsylvania terrorists attacks of Sept. 11, 2001.

“The events that occurred on September 11 have changed the way an entire generation has served our country,” said IWTC Virginia Beach’s Commanding Officer Cmdr. James Brennan. “Many of our students were only infants and don’t remember exactly where they were or what they felt that day. For those of us that were in uniform at the time, it’s our responsibility to help them understand the impacts it made in our country and how it shaped us to who we are today.”

On the morning of Sept. 11, 2001, 19 militants affiliated with al-Qaida boarded four separate American civilian aircraft. At 8:45 a.m. an American Boeing 767 loaded with nearly 20,000 gallons of jet fuel crashed into the north tower of the World Trade Center between the 93rd and 99th floors.

Nearly an hour after the first attacks in New York City, a separate civilian aircraft crashed into the west side of the Pentagon killing 125 personnel. Among those killed in the Pentagon were Jerry Moran, Brady Howell, Angela Houtz, Information Systems Technician First Class (IT1) Julian Cooper, Lt. j.g. Darrin Pontell, Lt. Jonas Panik, Lt. Cmdr. Otis Tolbert and Cmdr. Daniel Shanower, all members of what today is considered the information warfare community (IWC). At IWTC Virginia Beach, these heroes are included in the Hall of Valor which honors the intelligence



Information Warfare Training Command Virginia Beach staff observes morning colors in remembrance of the 9/11 attacks.

IS1 Ken Evans

community members whom have died in all armed conflict since World War I.

Later in the morning another aircraft, United Flight 93, crash landed in Somerset County, Pennsylvania killing all of the 37 passengers and seven crew members onboard.

In response to the attacks, Sailors have deployed to Afghanistan, Iraq, the Philippines, Libya, Syria, Somalia and a myriad of other locations spanning the globe in response to numerous maritime and joint operations as well as various contingencies.

Since the events of 9/11, the IWC has adapted to challenging mission set while implementing new capabilities as the United States continued to fight simultaneous wars. In the last 19 years, the IWC has also maintained vigilance through continuous forward deployments and the development of new technologies as they continue to monitor emerging threats ema-

nating from overseas.

“The tragic events of 9/11 brought to light a new threat that this country had never dealt with before,” said Senior Chief Intelligence Specialist Ashley Gorham, IWTC Virginia Beach N71 directorate leading chief petty officer. “A cowardly attack that took nearly three thousand American lives.

In response, Americans put their differences aside and worked together to overcome the tragedy that scarred them, and told the world with one voice that freedom was still alive.”

Nearly 3,000 people were killed during the 9/11 terrorists attacks, and many more have died in the resulting Global War on Terror. Among the thousands whom have made the ultimate sacrifice, there are 22 current or former members of the IWC whom have died in combat operations or combat related training.

IWTC Virginia Beach, located in Dam

Neck Annex, currently offers 65 courses of instruction in information technology, cryptology, and intelligence with an instructor and support staff of 280 military, civilian, and contractors who train over 6,500 students every year. It is one of four schoolhouses for the Center for Information Warfare Training (CIWT) and oversees learning sites at Jacksonville and Mayport, Florida; Kings Bay, Georgia; and Groton, Connecticut to continue aligning information warfare community training.

With four schoolhouse commands, two detachments, and training sites throughout the United States and Japan, CIWT trains over 20,000 students every year, delivering trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

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## HEROES at HOME

These heroes at home are being recognized for their unending strength, personal sacrifices, support for their military families, and for their selfless commitment to our communities. The Heroes at Home Military Spouses of the Year & Military Child of the year are chosen from nominees provided by actively serving personnel from all branches of the military, spouse support groups, charitable organizations, friends & family. The finalists and winners will be announced during our virtual events for each region at [virginiamedia.events/heroesathome](https://virginiamedia.events/heroesathome). Northern, VA: Sept. 22nd, Jacksonville, FL: Sept 23rd, and Hampton Roads, VA: Sept 24th.

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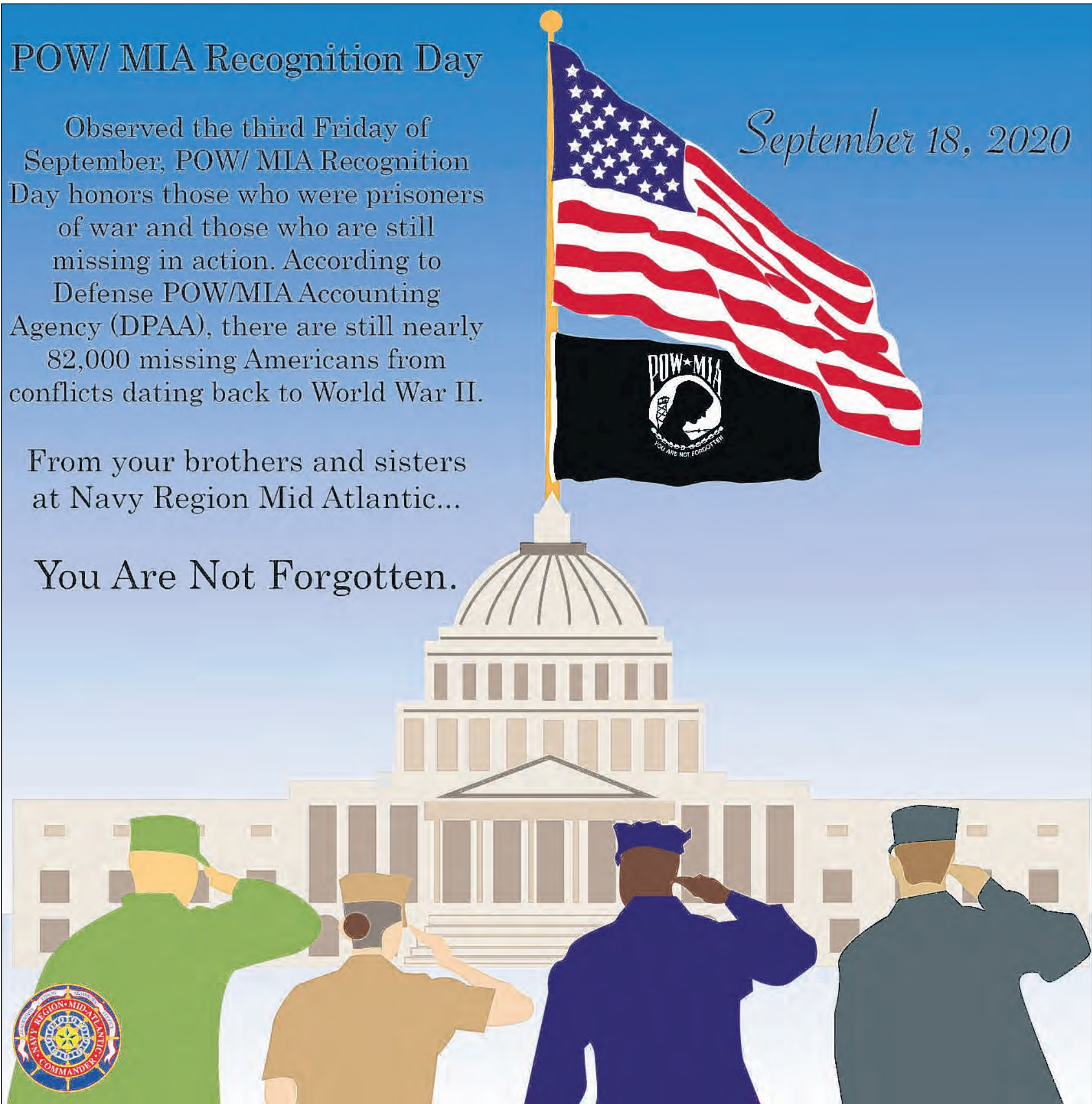
# POW/ MIA Recognition Day

Observed the third Friday of September, POW/ MIA Recognition Day honors those who were prisoners of war and those who are still missing in action. According to Defense POW/MIA Accounting Agency (DPAA), there are still nearly 82,000 missing Americans from conflicts dating back to World War II.

September 18, 2020

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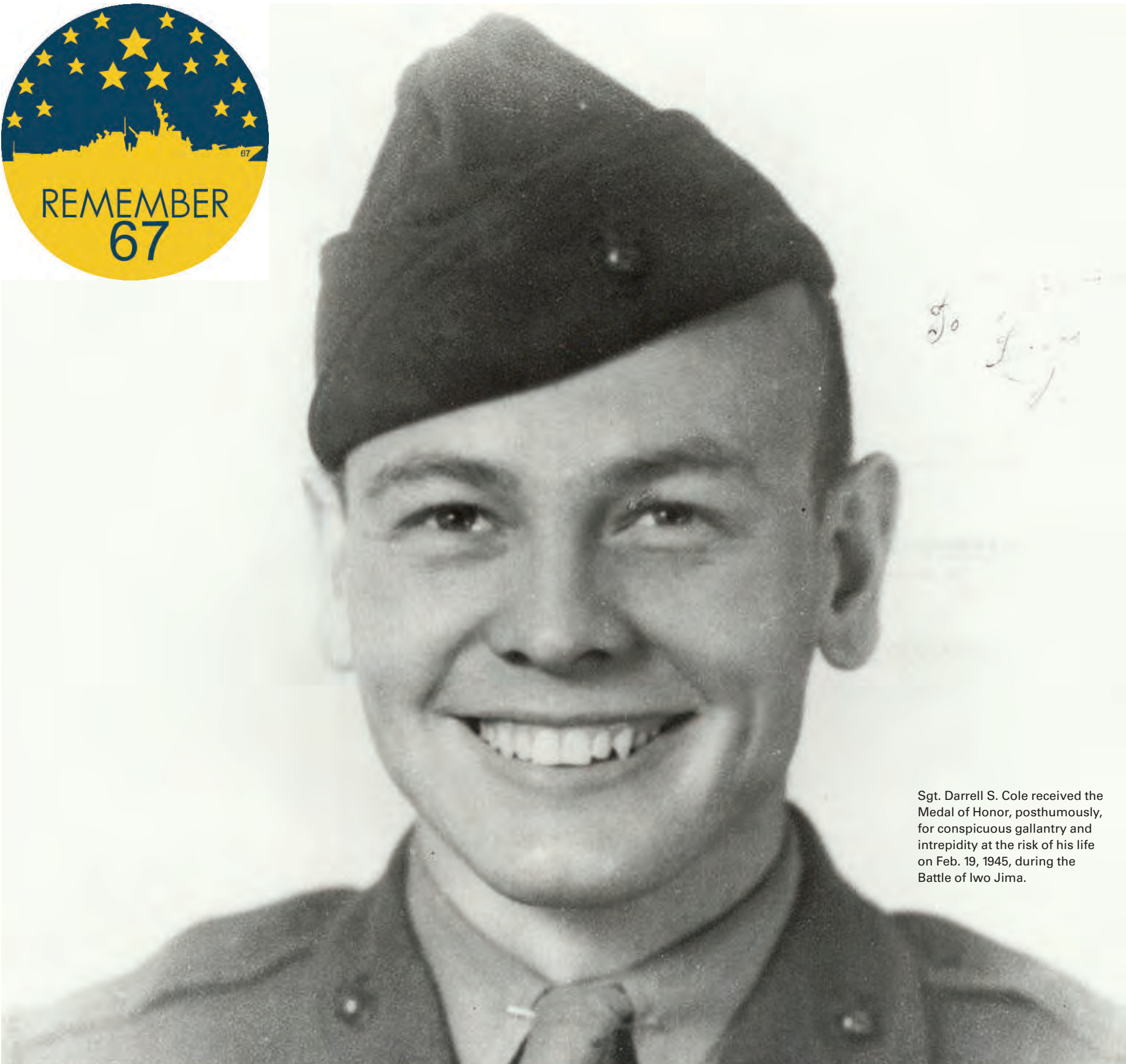
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Sgt. Darrell S. Cole received the Medal of Honor, posthumously, for conspicuous gallantry and intrepidity at the risk of his life on Feb. 19, 1945, during the Battle of Iwo Jima.

U.S. Naval History and Heritage Command

# The story behind the USS Cole’s namesake

From Commander, Navy Region Mid-Atlantic Public Affairs

NORFOLK

For his initiative, unfaltering courage and indomitable determination during World War II, Sgt. Darrell S. Cole served as an inspiration. His leadership in the face of almost certain death sustained and enhanced the highest traditions of the United States Naval Service when he was posthumously awarded the military’s highest decoration for his heroism, the Medal of Honor. Cole was remembered for his sacrifice 50 years later when the Navy christened an Arleigh Burke-class guided-missile destroyer in his name.

On Oct. 12, the Navy will commemorate the 20th anniversary of the attack on the USS Cole (DDG 67), which ultimately took the lives of 17 U.S. Navy Sailors and injured 37 others. Each year we honor and remember the perseverance of those who endured such losses—families, friends and shipmates—and the sorrow intertwined with the pride of serv-

ice and their sacrifice.

As the 20th anniversary approaches, we reflect on the ship’s namesake and revisit the story of the heroic acts of Sgt. Cole.

During the invasion of Iwo Jima on Feb. 19, 1945, Cole’s team was assaulted by a tremendous volume of small-arms, mortar and artillery fire as they advanced with one squad in the initial wave of the attack.

Despite a blanket of flying shrapnel, his squad destroyed two hostile emplacements with hand grenades and continued moving forward until a merciless barrage of fire from three Japanese guard posts halted their advance. With one remaining machine gun in action, Cole delivered a shattering fusillade and succeeded in silencing the nearest and most threatening emplacement before his weapon jammed.

Cole, armed solely with a pistol and one grenade, advanced alone to the hostile guard post where he hurled one grenade at the enemy in a sudden, swift attack and then quickly withdrew. Upon returning to his squad for

additional grenades, he again advanced, attacked and withdrew. With enemy guns still active, he ran the gantlet of slashing fire a third time to complete the total destruction of the Japanese strong hold. On returning behind enemy lines, he was instantly killed by a grenade. Through his bravery and personal initiative, Cole single-handedly eliminated a formidable Japanese position, thereby enabling his company to storm the remaining fortifications, continue the advance and seize the objective.

Born July 20, 1920, from humble beginnings in Flat River, Missouri, Cole saw employment as a forestry clerk and later a machine operator in Detroit, Michigan, before his enlistment into the United States Marine Corps in 1941.

After completing basic training at Parris Island in South Carolina, he attended Field Music School, where he was then assigned as a bugler. His first assignment was with the 1st Marine Division, where he participated in the Guadalcanal campaign in August 1942,

and performed additional duties as a machine gunner. Following the campaign, Cole requested a transfer to regular duties as a Marine Private First Class but was denied due to the shortage of field musicians.

In February 1944, after yet another unsuccessful request for occupational transfer, Cole participated in the invasion of Roi-Namur, where he again served as a machine gunner. In June 1944, during an assault on Saipan, his squad leader was killed during a battle, and Cole assumed command. For his courageous actions during the assault on Saipan, Cole was awarded the Bronze Star and earned the nickname, the fighting field musician.

In November 1944, a final request for occupational change was requested. His gallant bravery and superior leadership during combat was rewarded with an approved transfer and subsequent promotion to sergeant. Cole was reassigned as the squad leader of machine-gun section, Company B, 4th Marine Division, where he led his team through the invasion of Iwo Jima and sadly lost his life.

Through his inspirational initiative, Cole still serves as a reminder of unrelenting determination and bravery in the face of adversity. As we reflect on the namesake of the USS Cole, we also look back and remember the 17 Sailors who lost their lives on Oct. 12, 2000. Their stories live on and will be remembered for their selfless sacrifice while serving to protect our great nation.

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**VIRTUAL** | *Former Secretary of the Interior, Sally Jewell, christened the boat*

*Continued from A1*

doesn't stop for a pandemic, just as the Navy's mission never ends. It is our honor, our duty and our calling to keep the wheels of shipbuilding turning, and in doing so, bring Montana one step closer to her ultimate mission of defending the United States of America."

Boykin also applauded the work and craftsmanship of more than 10,000 shipbuilders from Newport News and its partner, General Dynamics Electric Boat who continue to assemble Montana. She also acknowledged the support of the supplier base — more than 5,000 companies in all 50 states — that provided parts and materials critical to Montana's construction.

Former Secretary of the Interior Sally Jewell, the ship's sponsor, smashed a bottle of sparkling wine across the bow to mark the christening of the submarine that honors the state of Montana.

"I am grateful to the shipbuilders and dedicated Navy officers and crew for building and readying Montana for service to our nation and the world," Jewell said. "It is a privilege to bless and christen this incredible submarine, and to join the current and future submariners as their shipmates for life."

The virtual event included pre-taped segments where maid

of honor Mariah Gladstone, of the Blackfeet Nation in Montana, recited a Native American blessing and members of the Confederated Salish and Kootenai Tribes, of Flathead Indian Reservation, performed a traditional Native American honor song. Rep. Robert C. Scott, of Virginia; members of the Montana congressional delegation including Sens. Jon Tester and Steve Daines, as well as Rep. Greg Gianforte; and General Dynamics Electric Boat President Kevin Graney also offered pre-recorded remarks celebrating the ship's milestone.

Vice Adm. Richard P. Snyder, the Navy's inspector general, also was in attendance.

In his keynote address, Acting Undersecretary of the Navy Gregory J. Slavonic said: "Montana will enhance our fleet with next generation stealth, surveillance and special warfare capabilities. This powerful platform is proof of an ironclad relationship between the Navy and industrial partners who form the backbone of our maritime strength. While this submarine has the capacity to project power on the surface and undersea, it's important to recognize the people in every stage of bringing this ship to life because our people make a difference. Montana is proof of what teamwork of all the people — civilian, contractor and military — can accomplish together."

PCU Montana is the second Navy warship bearing the state's name. The first USS Montana (ACR-13) was an armored cruiser built at Newport News Shipbuilding and launched in 1906. During the ceremony, a replica of the bell that sailed on the first Montana was rung. The bell will be formally presented to the crew at the ship's commissioning, and will be part of the submarine for its entire service life.

"Today is an exciting day for the Navy and the crew as our

sponsor christened the Navy's newest Virginia-class submarine, the Montana," said Capt. Mike Delaney, commanding officer of the pre-commissioning unit. "While the coronavirus precluded most of the crew's participation in this ceremony, it in no way diminishes the great accomplishment. I couldn't be prouder of the way the crew of Montana alongside our shipbuilding partners have adapted to the new normal and focused on responsibly living up to our mission. This is not all too surprising given the innate resiliency and toughness I've seen my whole career in the submarine force. This submarine, like all the individuals who have contributed to getting it to this major milestone, will stand as a reflection of strength through adversity."

Three of Montana's crew members hail from the state of Montana.

Construction of Montana began in 2015 under a teaming agreement with Electric Boat. The submarine achieved pressure hull complete earlier this year, and is about 85% complete. Montana is scheduled for delivery to the Navy in late 2021.

Huntington Ingalls Industries is America's largest military shipbuilding company and a provider of professional services to partners in government and industry. For more than a century, HII's Newport News and Ingalls shipbuilding divisions in Virginia and Mississippi have built more ships in more ship classes than any other U.S. naval shipbuilder. HII's Technical Solutions division supports national security missions around the globe with unmanned systems, defense and federal solutions, and nuclear and environmental services. Headquartered in Newport News, Virginia, HII employs more than 42,000 people operating both domestically and internationally.

**9/11** | *Attacks caused many to choose to join the military*

*Continued from A1*

was more purpose behind it."

As the World Trade Center's 110-story north tower raged in fire and countless Americans were stranded, injured or dead, United Airlines Flight 175 turned sharply and struck the south tower near the 60th floor only 18 minutes after the first plane crashed.

Chief Aviation Ordnanceman Jason Ortiz, assigned to Ford's weapons department, lived in Brooklyn and was at school in upper Manhattan. He recalled the sight from his school cafeteria as utter chaos.

"Through those doors, all you could see was people walking and running away from where the World Trade Center was," said Ortiz. "There were no trains and no mass transit so, people were crossing the Queensboro Bridge, almost like a marathon, but pure havoc."

2,763 people including firefighters, paramedics, police officers, port authority police and the office workers in and around the twin towers lost their lives.

Senior Chief Machinists Mate (Nuclear) Elizabeth Webster, from Holland, Pennsylvania, assigned to Ford's reactor department, explained how the attacks in New York City directly affected her decision to join the Navy.

"I had friends that lost parents, brothers, sisters and other family members when the twin towers collapsed. I

was 22 at the time and called my uncle, who was serving in the Army, and asked him for advice on enlisting," said Webster. "I had this calling and there is still that sense of that need to serve and patriotic duty. That was the foundation for my Navy career, it reminds me of why I am here."

For the hour between 8:45 a.m. EST and 9:45 a.m. EST, most Americans were shocked by what they witnessed and had thoughts about the current and future state of our country.

The attacks continued, at 9:45 a.m. EST when American Airlines Flight 77 struck the west side of the Pentagon, killing 125 military and civilian personnel and all 64 people onboard.

The last of four planes, United Flight 93, was hijacked after a delayed take off from Newark Liberty International Airport. The passengers onboard were aware of what happened in New York City and used cell phones and airplane phones to reach loved ones.

The Tom Burnett Family Foundation website has transcripts of Thomas Burnett's last phone call to his wife, he said, "We can't wait for the authorities. It's up to us. Don't worry, we're going to do something. I love you."

While a few brave passengers fought the hijackers, their efforts were unsuccessful and the plane crashed near Shanksville, Pennsylvania at 10:10 a.m. EST.

Later that evening, President George W. Bush addressed the nation and said, "Terrorist attacks can shake the foundations of our biggest buildings, but they cannot touch the foundation of America. These acts shatter steel, but they cannot dent the steel of American resolve."

**PREPARE** | *Emergency training important safety of local residents*

*Continued from A1*

said Hewitt. "This exercise was simply another opportunity for us to reinforce those relationships."

Hewitt said a partnership such as this is important for the sake of the local residents.

"We have mutual-aid responses all of the time with Virginia Beach Fire Department, and in order to be able to respond in this capacity, we have to train together," said Hewitt. "The City of Virginia Beach is our home. If I were a civilian looking in at the base, as a taxpayer, I would reasonably expect that leadership from the City and the base are incorporating their assets in training for a variety of complex scenarios where they will be forced to work together."

Hewitt said the decision to host the air show virtually was made in part to give back to the community and help get everyone through difficult times.

"There have been so many events in and around the local area that have been cancelled, and we wanted to find a creative way to bring this experience to the people that have come to know and love the NAS Oceana Air Show," said Hewitt. "While we can't open the gates and flight line to our guests, this is probably the next best thing we could do to put a smile on the faces of people across the United States."

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## Breathe a sigh of relief

The current wildfire season is casting a smoky pale across much of the Puget Sound region, making the air quality unhealthy and potentially contributing to a host of associated health risks that mirror COVID-19 symptoms.

See **B5**

SECTION B | FLAGSHIPNEWS.COM | 9.17.2020



Destroyer Squadron 15

Royal Australian Navy, Republic of Korea Navy, Japan Maritime Self-Defense Force, and United States Navy warships sail in formation during the Pacific Vanguard 2020 exercise, Sept. 11.

## U.S., ALLIED FORCES CONDUCT EXERCISE PACIFIC VANGUARD

From Commander, U.S. 7th Fleet Public Affairs

### PACIFIC OCEAN

Maritime forces from Australia, Japan, Republic of Korea, and the United States met in the waters off the coast of Guam, to conduct cooperative maritime exercise Pacific Vanguard, Sept. 12. Pacific Vanguard brings together more than 1,500 Sailors from four Indo-Pacific nations to sharpen

skills and strengthen practical cooperation at sea. The exercise takes place off the coast of Guam.

“Participation in Pacific Vanguard provides realistic, relevant training that fosters each nation’s abilities to plan, communicate and conduct complex maritime operations together, at sea,” said Cmdr. Christopher A. Gahl, commanding officer, USS Barry. “The United States, along with allies and partners, is committed to preserving stabil-

ity and freedom of access to the global commons.”

During the exercise, forces will combine to practice a wide range of naval competencies, including combined maneuvers, surface warfare, live fire exercises, anti-submarine warfare, and replenishment at sea.

Representing the Japanese Maritime Self-Defense Force are destroyers JS Ashigara (DDG 178) and JS Ise (DDH 182).

“It is truly invaluable that the navies of four countries get together again in Guam to participate in Pacific Vanguard under the difficult time we all face with COVID-19,” said Vice Adm. Yuasa Hideki, Commander-in-Chief, Self Defense Fleet, Japan Maritime Self Defense Force. “I strongly believe that our enhanced cooperation will certainly contribute to peace and stability in

the Western Pacific as well as furthering our partnership.”

Representing Australia are the Anzac-class frigates HMAS Arunta (FFH 151) and HMAS Stuart (FFH 153).

Commander of the Australian Maritime Task Group, Capt. Phillipa Hay, said Exercise Pacific Vanguard will enhance interoperability between key regional defense partners.

“Exercise Pacific Vanguard provides a significant opportunity to work with regional partners on complex warfighting skills within a task group,” Capt. Hay said. “The exercise will strengthen an already strong alliance between the Australian, Japanese, South Korean and United States

See **EXERCISE | B7**

## ‘How can I make a difference?’ A Sterett Sailor and Polish immigrant remembers 9/11 and was inspired to serve

By MCSN Drace Wilson  
Carrier Strike Group 11 Public Affairs

### GULF OF OMAN

September 11, 2001, changed everything for Polish native Chief Logistics Specialist Andre Stetz who watched the Twin Towers fall 19 years ago.

In Krakow, Poland, Stetz found success working in a variety of fields, and even owned a pub at one point. He traveled as much as possible and embraced opportunities of change that life threw at him. In 1999, when a cousin invited him to visit New York City, Stetz jumped at the chance and obtained a Tourist Visa. After arrival in the United States, his cousin offered him a job for three months renovating homes in the area. It was a big decision. He couldn’t speak English and he already had a lucrative managerial job back in Poland. However, Stetz had always wanted to see the country that his father, a member of the Anti-Communism Solidarity Movement, had considered to be “one that represented freedom and democracy.”

“We both grew up in communism,” said Stetz of his and his wife’s experiences in Poland before 1989. “Our parents had suffered through communism their entire lives. When I was a child, my father would always say ‘One day, the Americans are going to help’ and that ‘All of this communism will



MCSN Drace Wilson

Chief Logistics Specialist Andre Stetz, from Poland, assigned to the Arleigh Burke-class guided missile destroyer USS Sterett, was living in New York City on Sept. 11, 2001 and watched the Twin Towers fall. This largely impacted his decision to join the Navy and give back to his adopted home country.

be over with.’ It was a big deal for me to experience that freedom and the free world.”

Stetz was sponsored for a Work Visa. Through watching the news and writing down and looking up words he saw around

the city, Stetz began to refine his English-speaking skills. Additionally, some of his coworkers happened to be Ukrainian and Polish themselves. Interacting with his coworkers and watching TV helped immensely, too.

“I watched movies and read books. MTV was my biggest help,” said Stetz. “I have been here over 20 years and I have never taken a single class on English.”

Stetz traveled throughout the U.S., and said he saw the beauty of the country through road trips to Florida and California. He kept delaying his return home to Poland until finally he and his wife decided to stay in the United States permanently. His wife obtained a job in the fashion industry while he continued to renovate houses.

“This was the first time we saw democracy at work and experienced the freedoms we didn’t know of as kids,” said Stetz, who settled comfortably into life in the U.S. with his wife and young son.

The morning of Sept. 11, 2001 started off like any other day for Stetz. He and a colleague were driving to a renovation site when the radio caught their attention.

“We heard that a plane had crashed into the World Trade Center,” said Stetz. “It was just unthinkable. No one had any idea what had caused it.”

Stetz drove to an observation point to get a look at the [Twin] Towers himself. He said that he remembered how beautiful and clear the sky was in contrast with the burning towers he now saw in front of him.

“All I could think about was the people in the [Twin] Towers, their lives, what happened and how this happened,” said Stetz. “I watched the towers go down. It was unreal.”

Stetz said that he was able to find his wife, who had been working in a building a few blocks away from the World Trade Center, and his son, who was still under the care of

See **9/11 | B7**



# Champagne dreams, Dirty Banana realities on season’s last getaway

By Lisa Smith Molinari

I’ve always wanted to say, teeth clenched with haughty intonation, “We were on the Vineyard yesterday,” as if it was my regular routine now that we live in New England. So, last weekend, the unofficial end of summer, my husband, Francis, and I took a day trip to Martha’s Vineyard, the preppy vacation spot for the rich and famous.

Four years ago, Francis transitioned out of the Navy after 28 years on active duty, and we decided to stay in Rhode Island. Even though we’re technically New Englanders now, we have yet to put a hard “r” on the end of words like “pizza.” We don’t call water fountains “bubblahs.” We root for the Steelers over the Patriots. And we can’t eat whole-belly clams without getting the heebie-jeebies.

However, we jumped head-first into New England’s fascinating history. We’re no longer offended when people are shockingly blunt. We understand terms like “wicked smaht,” “carriage,” and “jonnycakes.” And we now appreciate bread from a can and pudding made from Grapenuts.

However, to be true New Englanders, we must experience its most famous places, so off we went with our bikes to Martha’s Vineyard last weekend.

We caught the first ferry to Oak Bluffs, planning a bike route that would allow us to ogle million dollar seaside homes, tour the historic whaling port of Edgartown, watch yachts on the harbor, and end the day with a pricy but well-deserved seafood dinner.

We were somewhat surprised by Oak Bluff’s honky tonk vibe. “This must be an anomaly on such a hoity toity island,” we thought, before biking five miles south to Edgartown.

In Edgartown, we spent the day lounging like Kennedys on Katama Beach, window shopping at high-end boutiques, admiring grand sea captains’ houses, and paying a premium for fancy coffee.

After riding back to Oak Bluffs, we had three hours before our return ferry — plenty of time to find the perfect dinner. Our mouths watered at the thought of fresh oysters, lobster bisque, and trendy cocktails.

For an hour, we walked our bikes through crowded streets in search of an acceptable restaurant. Our standards lowered as pangs of hunger hammered our stomach walls. We grew tired, parched and annoyed, and snapped at each other.

“What about that place down on the waterfront?” Francis suggested.

“You mean that greasy fish and chips joint?” I barked, “No way!”

But after realizing that our only other available option was buying a bag of Fritos and a 40-ounce can of malt liquor at the gas station, we high-tailed it to the greasy fish and chips joint.

“May we sit on the deck if we buy a couple drinks?” I desperately asked the hostess.

“You must purchase food to sit here,” she said blankly, pointing to long lines at the food and drink order windows.

“You gotta try the Dirty Banana!” a hulking man slurred to Francis in the bar line. His drunken companion, slurping the frozen concoction from a cheap plastic cup, elaborated, “It’s got like eight different liquors in it. Delicious!”

A half hour later, we ordered draft beers and fish and chips from an eye-rolling teenager, who gave us an electronic hockey puck that would buzz when our order was ready. For the next half hour, we waited on a sticky bench, watching the two drunken guys swilling those Dirty Bananas.

It took another half hour, and an inquiry to the eye-rolling teenager, but our hockey puck finally buzzed. We trudged back to the hostess with an orange plastic tray carrying our fried fish, fries and plastic cups of beer. “It took me a while, but I finally got that food so we can sit on the deck!” I announced with a breathless grin.

“You can only sit here with premium entrees. With that food, you sit there,” she said, pointing back to the sticky benches being hawked by seagulls.

Back on the ferry, I sat in silence, trying to reconcile our dinner experience with the rest of the day. “They were right,” Francis interrupted my pity party. “These ARE delicious.” I sipped my Dirty Banana, looked at the stars, and smiled at life’s unexpected adventures.

www.themeatandpotatoesoflife.com



**Q: Are etired Disabled Veterans allowed to live in on-base housing?**

Housing is privatized in most CONUS locations. Based on occupancy and business agreements for each area, they may allow retired military to live in privatized housing. You can find contact information for the privatized housing at each installation online at [www.militaryhomestoday.com](http://www.militaryhomestoday.com).

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Airman 1st Class Zoe Wockenfuss/

# Voting becomes easier for the mobile military life

By Military OneSource

As a guardian of our nation, you protect the American way of life. The Federal Voting Assistance Program is here to ensure you and your family are able to exercise your right to vote.

About three-quarters of the 1.3 million active-duty military members are eligible to vote absentee because they’re stationed. Thanks to 2009 amendments to the federal Uniformed and Overseas Citizens Absentee Voting Act, its easier for relocated and overseas service members and spouses to register and submit absentee ballots.

Today, states are required to send ballots to service members and eligible family members at least 45 days before federal elections and to provide electronic options for voters to receive those ballots. The change boosted the rate of successfully counted absentee ballots sent from service members, from 30% in 2006 to 53% in 2018.

## FVAP HELPS YOU VOTE. WHEREVER YOU ARE.

FVAP provides assistance for service members and eligible family members to register to vote, request an absentee ballot and check the status of a ballot for federal offices no matter

where they’re located.

Now it’s easier than ever to:

- Register to vote – whether it’s your first time, you have relocated, or you have separated from the military
- Request your absentee ballot
- Vote and submit your absentee ballot

Most states require you to register to vote or request an absentee ballot to start the process. The expanded use of electronic options for sending and receiving federal election materials has made it much easier to vote by absentee ballot. That’s important as two-thirds of military voters are absentee voters.

It’s best to start the absentee voting process early. Here are easy ways to demonstrate your readiness and ensure your vote is cast and counted:

- Use the Federal Post Card Application, which lets you easily register and request your ballot. When you receive your ballot, fill it out and send it in. Use FVAP’s easy online assistant to complete the application.
- Visit your Installation Voter Assistance Office for voting information and direct assistance. Drop by your IVA Office at any time but particularly when in-processing at a new duty station, deploying overseas or returning from deployment.

Many states allow you to submit your FPCA electronically, and all states allow for at least one form of electronic transmission to send you a blank ballot. Mail delivery times vary based on where you live. To make sure your vote is counted, mail your ballot early to allow for extra time.

Since voting materials that are mailed can’t be forwarded, it’s important for you to provide your election office with your new address after every move. Consider sending in a new FPCA every year.

## VOTING WHEN TRANSITIONING OUT OF THE MILITARY

If you are transitioning to civilian life, you should notify your election office of your change in voter registration status and update your information, so that you can vote locally in the next election. Depending on whether you are staying in the same voting district after military separation, or if you are moving to a new state or county, there are just one or two easy steps to take, available here: <https://www.fvap.gov/military-voter/transition>.

## MORE INFORMATION

When you want to vote – whether you’re entering the military, casting a ballot for the first time, relocating, or transitioning or retiring from the military – and have questions about casting your ballot – your Installation Voter Assistance Office or FVAP have the answers. Go to [FVAP.gov](http://FVAP.gov) or call 1-800-438-VOTE (8683).

DoD

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# NSW observes National Suicide Prevention Awareness Month

From Naval Special Warfare Command Public Affairs

CORONADO, CALIF.

September is National Suicide Prevention Awareness Month and Naval Special Warfare (NSW) is using the observance to foster discussion about the importance of seeking mental health care and highlight suicide prevention resources available to members of the force and their families.

Jeanne Lagorio, a licensed clinical social worker and the NSW Force Suicide Prevention Coordinator works with Chad Rodamer the Force Suicide Prevention Manager to take a holistic approach to preventing suicide within NSW.

“I’ve approached this effort from a family system perspective to include the command, spouses and children,” said Lagorio. “Suicide affects everyone in the family and the command to varying degrees.”

Spouses have easy access to a variety of resources on a website available to them through their ombudsmen, according to Lagorio.

“Another one of the things we’ve done is open up and invite spouses and all departments within NSW to receive intensive suicide prevention training through ASIST (Applied Suicide Intervention Skills Training),” said Lagorio.

The two-day, intensive workshop includes role-playing scenarios that teach participants how to ask difficult questions, to recognize when someone is thinking about suicide, and to help them get the support they need.

Spouses often see the first signs of concern at home, according to Lagorio, and this is an early intervention point. Spouses are



*I’ll never let you fight this alone...*

Naval Special Warfare Command

also – briefed on who they can call if they have concerns and told any discussion held with a chaplain can remain 100 percent confidential. NSW Chaplains also facilitate ASIST training, which is another opportunity to build rapport and trust within the force.

“Vulnerability to suicide is not just with those who deploy but reaches up to the highest leadership positions and widens to all positions,” said Lagorio. “We are creating a large safety net by working together to be the eyes and the ears of those closest to us and taking care of each other.”

NSW Force Master Chief Bill King noted that self-awareness and being in tune with the people around you is part of the warrior mind-set.

“We train to be self-reliant, independent operators in fierce environments, which can make it difficult to notice the signs that something may be wrong,” said King. “It’s important that we develop not just as warriors, but also as people who notice and care for one another when our teammates may be down. It can be the difference between life and death.”

The expressive arts are also being used to encourage dialogue within NSW, according to Lagorio. NSW spouses have the spotlight this year, creating and sharing artwork that expresses what’s often difficult to put into words, and encouraging help-seeking be-

havior. Last year, several NSW operators also participated in the program to create artwork that expressed how suicide impacted their lives.

“Suicide is a topic some people tend to back away from,” said Lagorio. “The artwork featured on the portal creates curiosity and an emotional response. The artist’s statement adds depth and meaning to what is being viewed. A fact about suicide and an inspirational quote packs a lot of messaging into a 60-second glance. This approach is another way to chip away at the stigma.”

It’s commonly perceived that seeking help for emotional distress, addiction or family problems can negatively impact a service member’s career. The truth, according to Lagorio, is that less than one percent of security clearances are revoked due to someone seeking mental health services.

Lagorio works with leadership to dispel this persistent myth.

Leaders at NSW must continue to promote help-seeking services as a strength and a form of mental fitness, she said. Striving for excellence in all areas of your life and training around compassionate leadership is something that always needs to be fine-tuned.

“I’ve experienced suicide as a friend, teammate, and leader throughout my career,” said a retired SEAL Captain who

spoke about his experience as part of opening the dialogue about suicide prevention and mental health care across the force. “All of us go through tough things in life, but because we tend to compartmentalize it can be hard to share our struggles, or know what’s really going on inside with our teammates. It’s ok to seek help; we have great resources in our community. It’s important that we look out for one another. I’ve gotten to the point where asking, ‘Are you ok?’ is just the start of the conversation. If we do see any of the warning signs with someone we know, we shouldn’t be reluctant to be direct and ask the awkward, but important question, ‘Are you thinking of harming yourself?’”

If you or someone you know is thinking about suicide, you can connect with the Veterans Crisis Line to receive immediate support by dialing 1-800-273-8255 and then pressing 1.

NSW is committed to its Sailors and the deliberate development of their tactical excellence, ethics, and leadership as the nation’s premiere maritime special operations force supporting the National Defense Strategy. NSW is the maritime component of US-SOCOM, and its mission is to provide maritime special operations forces to conduct full-spectrum operations, unilaterally or with partners, to support national objectives.

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MC1 Diana Quinlan  
Rear Adm. Carl Lahti, commandant, Naval District Washington, administers the oath of enlistment for future Sailors aboard the museum ship USS Constellation, Historic Ships in Baltimore, during the virtual Maryland Fleet Week and Airshow Baltimore, Sept. 11.

# Baltimore Fleet Week commemorates Patriot Day with Oath of Enlistment aboard USS Constellation

By MC1 Diana Quinlan  
Navy Talent Acquisition Group Philadelphia Public Affairs

## BALTIMORE

A harbor breeze bolstered the national ensign, flying half-mast on the ship’s fantail, as young men and women saluted the colors from the brow in a traditional Navy manner Sept. 11, 2020.

These men and women arrived onboard the sloop-of-war USS Constellation, a museum ship in the Baltimore Inner Harbor, to swear the Oath of Enlistment on the last day of the Maryland Fleet Week and Airshow Baltimore and the 19th anniversary of Sept. 11, 2001.

Aboard the ship, local recruiters, assigned to Navy Talent Acquisition Group (NTAG) Philadelphia, took the opportunity to educate the future Sailors about the history and shipboard traditions of the U.S. Navy before guiding them into formation for the enlistment ceremonies, where the enlisting officer, Rear Adm. Carl Lahti, commandant, Naval District Washington, addressed the group, imparting knowledge and advice.

“It is a tremendous opportunity to be here, on this historic ship, USS Constellation, which served our Navy for 100 years. It is a legacy of service that we want to imbue in

our future Sailors so it’s very symbolic that we’re able to do that aboard the Constellation - a ship that is available for people to see and to understand the impact that it has had, and that the Navy continues to have around the world,” said Lahti. “Today is the 19th anniversary of the September 11 attacks on the United States, and it is very significant that we have young people willing to put their lives on the line for the United States, raise their right hand, go forward and do that today! I’m very proud of them for making the decision to join the Navy, and proud of them for being here today, to have that symbolism of their willingness to stand up and fight, even in the face of potential future dangers in defense of our nation.”

It was a proud day for the future Sailors as they were now part of history. Not many can claim accomplishing so much in one day: enlisted by a role model with a rich naval career on the decks of a national historic landmark that faithfully served this country’s Navy; celebrated the final day of the fleet week, and commemorated the anniversary of September 11th.

“I was very excited to meet and speak to Rear Admiral Lahti who is also a submariner, and learn a bit about the job I will be

doing in the Navy,” said Laurel Orendorf, who is joining the Navy as a Machinist’s Mate (Nuclear) serving on submarines. “And it makes it all the more special to enlist on September 11th, because I feel that all of us here were touched by the events on that day in some way, shape or form. I was only a year old at the time, but I was with my father, stationed overseas at the time, ready to come back to the U.S. I am proud to have my dad here with me, watching me enlist.”

Like many other future Sailors, Orendorf considered both college and other military branches, but in the end she chose the Navy, to follow in her father’s footsteps, who proudly served for 20 years on submarines, retiring as a Machinist’s Mate.

“I was over the moon when I found out she was going Nuke and on submarines,” shared Ron Orendorf, Laurel’s father. “I hope she has a rewarding career and someday becomes an officer - a commander of a submarine!”

Supporting the day’s young men and women and representing local recruiting efforts were Cmdr. Kemi Elebute, commanding officer of NTAG Philadelphia and Master Chief Navy Counselor Stephen Callaghan, chief recruiter.

“It’s a great feeling to support our future Sailors and have them enlist on the 19th anniversary of 9/11,” said Elebute. “There are some future Sailors here today who weren’t even born that year, and may only know about the events of September 11th from the history books. Yet they stand here, on this day, volunteering because they want to join the Navy, to be part of this great institution, but also to mark this special day with their Oath of Enlistment. And as we bring these future Sailors to USS Constellation, and give them the opportunity to start their naval careers by getting sworn in today, it brings me great joy, and makes it a great day all around.”

At the conclusion of the event, those who had just taken their Oath of Enlistment helped lower the national ensign they saluted earlier in the day, and working as a team, folded the nearly 17-foot-long American flag in a triangle fold as a tribute to the nation’s honored dead.

Biennial Maryland Fleet Week and Airshow Baltimore, held this year virtually Sept. 8-11, is Baltimore’s celebration of the sea services, and provides an opportunity for the local community and Maryland visitors to meet Sailors, Marines and Coast Guardsmen, as well as see firsthand the latest capabilities of today’s maritime services.

NTAG Philadelphia encompasses regions of Pennsylvania, New Jersey, Delaware, Maryland and West Virginia, providing recruiting services from more than 30 talent acquisition sites with the overall goal of attracting the highest quality candidates to ensure the ongoing success of America’s Navy.

# Navy 9/11 tribute ship remembers Flight 93

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

## SAN DIEGO

The crew of the San Antonio-class amphibious transport dock ship USS Somerset (LPD 25) paid respects to the heroes of their namesake with a remembrance ceremony aboard the ship Sept. 11.

The ship was named specifically for Somerset County in Pennsylvania, in honor of the 40 passengers and crew who died on United Airlines Flight 93, hijacked during the terrorist attacks of Sept. 11, 2001. The passengers and crew prevented the plane from reaching its intended target, but tragically crashed in Stoneycreek Township in Somerset County.

“For continued generations, people will study the four flights of that fateful morning – the fallen twin towers, the crash at the Pentagon, and the story of Flight 93,” said Master Chief Myla Presco, Somerset’s command master chief. “They will learn that individual choices make a difference, that love and sacrifice can triumph over evil and hate, and that what happened on 9/11 is among the most courageous acts in American history. The Sailors and Marines aboard USS New York, USS Arlington and USS Somerset will carry the fallen heroes’ courage and bravery with them forever.”

Due to COVID-19 restrictions, the ceremony was limited to the ship’s crew only.



MC2 Heath Zeigler  
Aviation Boatswain’s Mate (fuels) 2nd Class Connor Breslow bows his head in prayer during a 9/11 remembrance ceremony on the flight deck of the USS Somerset (LPD 25), Sept. 11. Somerset crew honored their namesake with a ceremony for the fallen heroes from United Airlines Flight 93 that sacrificed their lives 19 years ago, Sept. 11, 2001.

Somerset’s crew honored the sacrifice of the 40 lives on Flight 93 by ringing a bell and placing a flower for each person lost in the crash.

“The 40 souls who perished on the plane left a great deal behind,” said Capt. Dave Kurtz, Somerset’s commanding officer. “They left spouses, children, and grandchildren who miss them dearly. They left successful businesses, promising careers, and a lifetime of dreams they will never have the chance to fulfill. They left something else—a legacy of bravery and selflessness that will always inspire America—and that inspires our crew to act with selfless courage.”

Somerset stands as a memorial for the victims on the flight. The ship’s keel contains steel from a mining machine standing near the crash site. Every deck of the ship contains mementos of Flight 93, including a dedicated passageway leading to the memorial room, which bears the names of the passengers.





Douglas Stutz

Respiratory therapists like Hospital Corpsman 1st Class (Fleet Marine Force qualified) Omar Garcia-Argueta, assigned to NHB/NMRTC Bremerton Internal Medicine & Specialty Clinics continue to provide a variety of services to treat, evaluate and educate patients, everything from the ‘ABCs’ of Asthma, bronchitis and COPD (chronic obstructive pulmonary disease) to helping stop the spread of COVID-19.

# Breathe a sigh of relief with respiratory recommendations from NHB

By Douglas Stutz  
Naval Hospital Bremerton Public Affairs

## BREMERTON, WASH.

Breathing a sigh of relief really isn’t up in smoke.

The current wildfire season is casting a smoky pale across much of the Puget Sound region, making the air quality unhealthy and potentially contributing to a host of associated health risks that mirror COVID-19 symptoms.

Many Pacific Northwest residents - like the rest of the country - have had respiratory and cardiovascular system ailments due to the ongoing pandemic outbreak for much of the year. There have been 77,545 cases and 1,953 fatalities as of Sept. 4, 2020, in Washington State alone due to COVID-19, with 1,064 cases and 10 deaths in Kitsap County.

As Naval Hospital Bremerton staff continue efforts to help stop the spread of COVID-19, there is awareness that prevailing winds have pushed wildfire smoke over populated areas which can cause coughing, wheezing, and difficulty breathing, along with aggravating other normal functions.

“Staff and patients should do their best to avoid prolonged exposure to the smoke due to the fact that it can irritate the eyes, nose, throat and lungs,” said Hospital Corpsman 1st Class (Fleet Marine Force qualified) Omar Garcia-Argueta, respiratory therapist assigned to Internal Medicine & Specialty Clinics.

State and country health advisory alerts on diminished air quality have been posted and shared to alert local populations, with NHB also taking a lead to assess those in

need.

“The smoke can exasperate any existing underlying condition,” said Cmdr. Robert Uniszkievicz, NHB/NMRTC Bremerton COVID-19 czar and public health emergency officer, acknowledging that there are similarities between COVID-19 and wildfire smoke. Both can wreak havoc on a person’s respiratory and immune systems.

The Washington State Emergency Management Division indicate those sensitive to wildfire smoke exposure include people with heart and lung disease, existing respiratory infection(s), diabetes, stroke survivor (s), infants, children, pregnant women, and people over 65 years of age.

If that list sounds the same as those most at risk from COVID-19, it’s because it is.

“Patients and staff who will most likely be impacted the most are those who have been diagnosed with cardio-respiratory diseases such as asthma, COPD (chronic obstructive pulmonary disease), pulmonary fibrosis or heart disease,” said Garcia-Argueta. “Asthma and COPD patients, in particular, should ensure that they are taking their maintenance medications as prescribed by their providers. Smoke may also impact pregnant women, the elderly population, and children. These patients and staff members should consult with their health-care providers regarding specific precautions. According to the American Thoracic Society, inhaling smoke can cause inflammation of the airways and can make one more vulnerable to lung infections, such as COVID-19.”

“We realize that not everything is

COVID-19 related, such as someone dealing with allergies, hay fever and the flu. But there are definitely those who are more vulnerable than others,” Uniszkievicz added.

One effective strategy employed at NHB to ensure patients’ health care needs continue to be met during the pandemic is the Drive-Through Screening and Triage process, which follows Centers for Disease Control and Prevention (CDC) criteria.

Everyone—staff, patient, or visitor—who arrives on base goes through the same procedure. This is a best practice across the military health system and in the civilian network. The drive-through is a safe and efficient way to effectively assess patients on their current health and wellness.

Is it COVID-19 or wildfire smoke?

Some of what the COVID-19 screening process determines is if a person in the previous 24 hours has had such symptoms as fever, cough (not allergy related), sore throat, shortness of breath/difficulty breathing, and/or loss of smell or taste.

Wildfire smoke is capable of producing harmful health effects from minor symptoms such as eye, nose, and throat irritation or headaches, to more severe conditions like shortness of breath, dry cough, throat soreness, chest tightness, asthma attacks, and worsening existing chronic conditions.

NHB advocates that anyone experiencing these symptoms should seek medical attention. They should also continue to follow CDC guidelines for stopping the spread of COVID-19, such as, staying at least a fathom - 6 feet or 2 arms’length - from

others; Washing hands often and disinfecting frequently touched surfaces at home; Avoiding touch your eyes, nose or mouth; and Covering coughs and sneezes with your elbow or tissue.

Garcia-Argueta attests that the best recourse for avoiding wildfire smoke is to stay indoors.

“In order to prevent prolonged exposure to the wildfire smoke, one should plan to stay indoors and have both their windows and doors closed. Patients and staff members should also avoid engaging in strenuous physical activity outside and should refrain from smoking,” Garcia-Argueta said.

If there’s a need to head out into the great outdoors, a face mask should be worn if around others.

“Our recommendation is to still wear cloth face coverings. There are going to be those who think the smoke is causing them to have trouble breathing with the air quality like it is, but they’re more susceptible to particles in the air due to being exposed to wildfire smoke,” explained Uniszkievicz.

Garcia-Argueta also advocates American Thoracic Society basic steps for everyone to follow to stay safe, avoid smoke exposure and protect their lungs: stay indoors as much as possible; reduce strenuous activity; reduce other sources of indoor air pollution like vacuuming and frying meat; use central air conditioners or heater to filter the air; when traveling in a vehicle, keep the windows closed, run the air conditioner and set air to recirculate to reduce smoke.

Hot, dry conditions are in the forecast. Fire danger is high. The pandemic outbreak is also projected to keep lingering. Serious health effects are expected for some. To breathe a sigh of relief, patients and staff should continue to heed the advice from NHB to help them clear the air around them.

# Quartermaster A School prepares Sailors for navigation

By Brian Walsh  
Training Support Center Great Lakes Public Affairs

## GREAT LAKES, ILL.

Surface Warfare Engineering School Command (SWESC) Great Lakes Quartermaster (QM) “A” School is where Sailors develop a base line navigational knowledge to use throughout their career.

The school is eight weeks broken down into four distinct sections; terrestrial navigation, celestial navigation, voyage management system (VMS), and finally a course capstone.

“The Quartermaster rating is one of the oldest in the United States Navy,” said SWESC Great Lakes Commanding Officer Cmdr. Shawn Gibson. “In 1775, when the Quartermaster rating was created, their responsibilities included antiquated duties such as monitoring the helmsman, heaving the log, and shooting azimuths. Today, not only do they serve as the watch-to-watch representative of the ship’s navigator, they also advise the officer of the deck on navigational matters, maintain the ship’s deck log, plots the ship’s position on the chart, obtains and plots fixes, and maintains a dead reckoning plot of the ship’s projected position.”



Matt Mogile

Instructor Master Chief Quartermaster (Ret.) Earnest E. Casey explains the concept of celestial navigation to a group of students down on the shores of Lake Michigan, part of the Marine Sextant Instrument lab at Quartermaster A School at Surface Warfare Engineering School Command Great Lakes, April. 23.

Training begins with terrestrial navigation. Within the first two days of class, they are in the chart lab learning how to plot on paper charts. Teaching them to plot early in the training allows them to grasp more advanced concepts later in the course.

“Once students are proficient with terrestrial navigation they move to celestial navigation,” said QM 1st Class Yuwadeh Ramirez, instructor for SWESC QM “A” School. “During this portion of the course students are taught celestial calculations using both strip forms and STELLA, which is a computer pro-

gram. They are also taught how to use a sextant properly. Students are taken to the shores of Lake Michigan to take measurements of the sun with their new sextant skills.”

Students continue their training by learning how to operate the VMS system, creating voyage plans, and much more. Upon completion of the VMS course students are certified to use VMS version 9.

“The final portion of QM ‘A’ School is the course capstone,” Ramirez said. “Students are tested on everything that was covered throughout their time in the course. Following

the completion of the capstone, students graduate and head to the fleet with a great foundation level navigational understanding.”

Upon completion of the course, Sailors will be able to operate electronic navigation equipment. They will be able to conduct weather observations, determine compass and gyro errors, compete tide and tidal current data, keep logs and records, determine their ship’s position by visual and electronic means, compute times of sunrise and sunset; and follow the nautical rules-of-the road to prevent collisions at sea.





Capt. Scott Janik  
The U.S. Navy's newest naval flight officer and naval aviators receive their coveted Wings of Gold during ceremony at the National Naval Aviation Museum aboard Naval Air Station Pensacola as part of the 2020 Virtual Tailhook Symposium, Sept. 12. Chief of Naval Air Training Rear Adm. Robert Westendorff, right, presided over the ceremony.

# Naval aviators, naval flight officer receive Wings of Gold during Tailhook Symposium in Pensacola

By Lt. Michelle Tucker  
Chief of Naval Air Training Public Affairs

## PENSACOLA, FLA.

Two naval aviators and one naval flight officer received their Wings of Gold during a small ceremony at the National Naval Aviation Museum at Naval Air Station Pensacola, Florida, Sept. 12 as part of this year's modified Virtual Tailhook Symposium.

Graduates were: Lt. j.g. Nicholas Mascaro, a naval aviator, Training Squadron (VT) 7; Lt. j.g. Christine Walker, naval flight officer (NFO), VT-86; and Lt. j.g. Thomas Fogwell, naval aviator, Helicopter Training Squadron 8.

The graduates represent three Chief of Naval Air Training (CNATRA) undergraduate flight training pipelines: Strike aviator, Strike NFO, and Rotary, respectively. CNATRA Rear Adm. Robert Westendorff presided over the ceremony, held in the museum atrium surrounded by large collection of aircraft and memorabilia from Naval Aviation history.

"Each of you have proven you have the

strength, determination, and competency to wear these Wings of Gold and excel in the Naval Aviation community," Westendorff said. "I am incredibly proud of you and our team of instructors who helped make it happen. Now there's work to do as you advance to your fleet replacement squadrons and beyond. I look forward to flying with you in the fleet."

Each wingee received legacy wings from individual sponsors from their respective aviation community. Retired Adm. William Gortney passed his wings to Mascaro; retired Rear Adm. Don Quinn, Tailhook Association chairman, passed his wings to Walker; and Rear Adm. Daniel Fillion, director, Warfare Integration at the Office of the Chief of Naval Operations passed his wings to Fogwell.

"I am truly honored to have the opportunity to receive retired Adm. Don Quinn's wings," Walker said. "As part of the new generation of Naval Aviation, I know we could not be where we are today without the leadership that came before. I am excited to continue his legacy in the Electronic Attack community and inspire

the next generation of naval flight officers."

Gortney passed two generations of Naval Aviation heritage to Mascaro.

"I received these wings in December 1978 in VT-7 from my father who wore his wings through World War II, Korea, Vietnam, and the Cold War," Gortney said in a statement read by Capt. Eric Doyle, Tailhook Association president. "I wore them through instructing in the training command, fleet and RAG tours and while commanding in every level of our Navy's fleet command ... it's my wish these wings will serve you as well as they have served me."

Mascaro's wife pinned him during the ceremony.

"I've been told many times that as hard as school felt that I'll look back one day and realize that was the easy part," Mascaro said. "I am honored to serve my country and that pride will be what gets me through the tougher times. I want to thank all of my instructors at NAS Meridian and NAS Whiting Field for motivating and pushing me. This moment is truly once in a lifetime."

Westendorff pinned on Fogwell's wings.

"I feel truly honored to receive legacy wings from someone with such a distinguished reputation like Adm. Fillion," Fogwell said. To student naval aviators just beginning training Fogwell said, "Don't get so distracted with earning your wings that you forget to enjoy the moment. Flight school is an experience like no other and you'll look back wondering how it went by so fast."

The Tailhook Symposium is hosted by the Tailhook Association, a nonprofit organization dedicated to building camaraderie across the U.S. Naval Aviation community. The three-day, virtual event was designed to connect and inform the Naval Aviation team and included panels led by Naval Aviation leadership, pioneers, and industry partners in addition to awards and winging ceremonies. This year's winging ceremony was sponsored by CAE USA.

"As this year's Virtual Tailhook celebrates the Naval Air Training Command, we are honored to sponsor the winging ceremony and help put the spotlight on the critical importance training plays in creating the next-generation combat-ready naval aircrew," said Ray Duquette, president and general manager of CAE USA.

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MCSN Austin G. Collins

US Air Force units execute a flyover with the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80), Sept. 11, 2020. Roosevelt, forward-deployed to Rota, Spain, is on its first patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners and U.S. national security interests in Europe and Africa.

# U.S. Navy conducts joint operations with U.S. Air Force for the second time in two months

From U.S. 6th Fleet Public Affairs

## ADRIATIC SEA

U.S. Navy, U.S. Air Force, and NATO units conducted a joint maritime and air training mission in the Adriatic Sea, Sept. 11, 2020. The Arleigh Burke class, guided-

missile destroyer USS Roosevelt (DDG 80), a P-8A Poseidon Maritime Patrol Aircraft (MPA) from Patrol Squadron VP-47, four F-16 Fighting Falcons from the 31st Fighter Wing, Aviano Air Base, Italy, KC-135 Stratotankers from the 100th Air Refueling Wing, Mildenhall, England and

Airborne Warning and Control System (AWACS) E-2 from NATO, Geilenkirchen, Germany, participated in the training.

The training mission was the second iteration of an ongoing integration of U.S. Air Force Europe and U.S. 6th Fleet. The ultimate goal is to refine joint air defense procedures to better defend U.S. Navy ships.

“Our comparative military advantage is that U.S. uniformed services fight together,” said Capt. Joseph A. Gagliano, commander, Task Force 65. “Today’s exercise demonstrated that our joint Navy-Air Force team and NATO is ready to operate anywhere in this theater.”

U.S. destroyers, based in Rota, Spain, support NATO’s integrated air missile defense architecture. These forward deployed

naval forces-Europe ships have the flexibility to operate throughout the waters of Europe and Africa, from the Cape of Good Hope to the Arctic Circle demonstrating their mastery of the maritime domain.

VP-47 is currently assigned to Commander, Task Force (CTF) 67 and is forward-deployed to the U.S. 6th Fleet area of operations (AOO). CTF 67 is composed of land-based maritime patrol aircraft that operate over the waters of the Mediterranean in anti-submarine reconnaissance, surveillance, and mining roles.

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

# Local Navy receives STEM funding for Ventura County Robotics competition

By Sarah MacMillan

Naval Facilities Engineering and Expeditionary Warfare Center Public Affairs

## PORT HUENEME, CALIF

Naval Facilities (NAVFAC) Engineering and Expeditionary Warfare Center (EXWC) has received over \$13.5k from the Office of the Under Secretary of Defense, Research and Engineering Laboratories and Personnel to fund fiscal year 2021 For Inspiration and Recognition of Science and Technology (FIRST®) Robotics Program.

NAVFAC EXWC’s involvement with FIRST is part of an enterprise-wide initiative for NAVFAC commands to participate in programs where military and civilian personnel conduct hands-on science, technology, engineering and math (STEM) activities with K-12 students.

“The federal government is the largest employer of scientists and engineers in the country,” said Angela Moran, Volgenau Chair for STEM Education and Outreach at the United States Naval Academy.

In accordance with the National Defense Strategy, competitiveness for attracting STEM personnel is vitally important for

U.S. national and economic security. NAVFAC EXWC’s FIRST funding comes as a concerted effort for Navy commands to fuel the future DOD workforce.

“Unlike the private sector, the DOD cannot hire foreign students and the pool of eligible applicants is shrinking,” said Carina Morgan, NAVFAC EXWC STEM Coordinator. “By engaging students early, studies show the likelihood of students selecting STEM concentrations in college increases significantly.”

FIRST—a not-for-profit public charity—strives to inspire young people to be science and technology leaders and innovators, by engaging them in exciting mentor-based programs that build STEM skills, inspire innovation, and foster a well-rounded life of capabilities including self-confidence, communication and leadership.

School districts who received FIRST funding include Camarillo, Conejo Valley, Fillmore, Oxnard, Santa Paula and Ventura. Specific schools include Ace Charter HS, Armenian Engineers and Scientists of America (AESA), Channel Islands High School, kidSTREAM Children’s Museum,

Laguna Vista Elementary, Sunset School K-8, Simi Valley High School and the Ventura County Office of Education Career Education Center.

Naval Air Warfare Center Weapons Division and Naval Surface Warfare Center Port Hueneme also received FIRST grant money.

“Every dollar from the awarded grants for NAVFAC EXWC, and the other Naval Base Ventura County warfare centers offer the resources our local schools need to participate and host STEM extracurricular activities,” said Kail Macias, NAVFAC EXWC Technical Director. “Our goal as a warfare center is to build naval career awareness amongst students at an early age. Studies show that students who demonstrate strong talent and interest in STEM are initially attracted to STEM through extracurricular experiences—such as the FIRST Robotics program.”

FIRST funding comes after recent 2018 data from the World Economic Forum calculated China has largely surpassed India and the U.S. in STEM graduates per population.

Due to the novel coronavirus, mentors, coaches and teams are unable to meet in-person to begin preparing for upcoming competitions.

“The safety and wellness of NAVFAC EXWC’s sailors, civilians, and the FIRST community is our top priority,” said Morgan. “The upcoming FIRST season will continue as mentors will correspond with coaches and their teams, preparing them for the 2021 world championship in April.”

Each FIRST competition season culminates local and regional events where qualifying teams compete for awards and a spot in the world championship. The FIRST season begins in September, with some teams competing in January depending on their age demographic.

NAVFAC EXWC will sponsor a regional competition tentatively set for March 2021. All team levels are scheduled to participate in the upcoming competition.

About Naval Facilities Engineering and Expeditionary Warfare Center (NAVFAC EXWC):

NAVFAC EXWC is a command of more than 1,300 dedicated federal employees, contractors, and military personnel who provide science, research, development, testing, evaluation, specialized engineering, and mobile logistics capabilities to deliver sustainable facility and pragmatic expeditionary solutions to the warfighter.

## EXERCISE | Pacific Vanguard connects more than 1,500 Sailors from four Indo-Pacific nations

Continued from B1

navies, increasing our ability to contribute to the peace and stability of the Indo-Pacific.”

The Republic of Korea Navy sent destroyers ROKS Chungmugong Yi Sun-sin (DDH 975) and ROKS Seoae Ryu Seong-ryong (DDG 993).

“I look forward to seeing the enhancement of combined operational capabilities through Pacific Vanguard,” said Capt. Kim Sung Hwan, Commodore, Maritime Task

Squadron 71 of the Republic of Korea Navy. “It will serve as an opportunity to strengthen joint response capabilities for various security situations by building up the friendship and coordination system between participating nations.”

Representing U.S. are Arleigh Burke-class guided-missile destroyer USS Barry (DDG 52), a submarine, fleet replenishment oiler USNS John Erickson (T-AO 194) and

aircraft from Patrol Squadron One (VP 1) “Screaming Eagles”.

U.S. 7th Fleet conducts forward-deployed naval operations in support of U.S. national interests in the Indo-Pacific area of responsibility. As the U.S. Navy’s largest numbered fleet, 7th Fleet interacts with 35 other maritime nations to build partnerships that foster maritime security, promote stability, and prevent conflict.

## 9/11 | Stetz could make a change by serving the country that welcomed him

Continued from B1

the daycare owner. They weren’t able to get home until later that night.

“I was thinking about ‘What happens now?’ and ‘Was this even real?’” said Stetz. “I thought about how I came to a city that accepted me and accepted everyone from around the world and how that was destroyed. I thought, ‘What can I do; how can I

make a difference?’”

Stetz decided that he could make a change by serving the nation that had welcomed him with open arms. After going through the long process of obtaining a permanent resident or ‘Green’ card, Stetz joined the U.S. Navy in 2005 as a store keeper, now known as a logistics specialist. In the 15 years since, Stetz has been to the U.S. 5th Fleet area of operations on four separate deployments.

“I always look over the horizon in my life,” said Stetz. “The Navy, to me, had the least number of limits. It meant traveling and being in the open water. I have this love for the sea, and I always have.”

On the 19th anniversary of the attacks,

Stetz was underway again in U.S. 5th Fleet, this time aboard the Arleigh Burke-class guided-missile destroyer USS Sterett (DDG 104) in the Gulf of Oman. Stetz organized a ceremony on board to commemorate Sept. 11 and the lives lost and to share with other Sailors why he and many other service members serve in the armed forces today.

“I was crying my eyes out,” said Command Master Chief Lonnie Bussell, who participated in the commemoration. “From the prayer, to the singing of the National Anthem, to the Three Gun Salute—it’s inspiring to stop and remember those who lost their lives and to think about what I would have done if I were inside one of those planes...”

It was important for Stetz to coordinate the event. He drafted the scripts and outlined the program.

“Sept. 11 to me, changed the way we live our lives. It’s not only a tragedy where many lives were lost, it also made people more aware, scared and conscious of each other,” said Stetz. “Something was lost...we have to make sure that it doesn’t happen again.”

Sterett is part of the Nimitz Carrier Strike Group and is deployed to the U.S. 5th Fleet area of operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three critical chokepoints to the free flow of global commerce.



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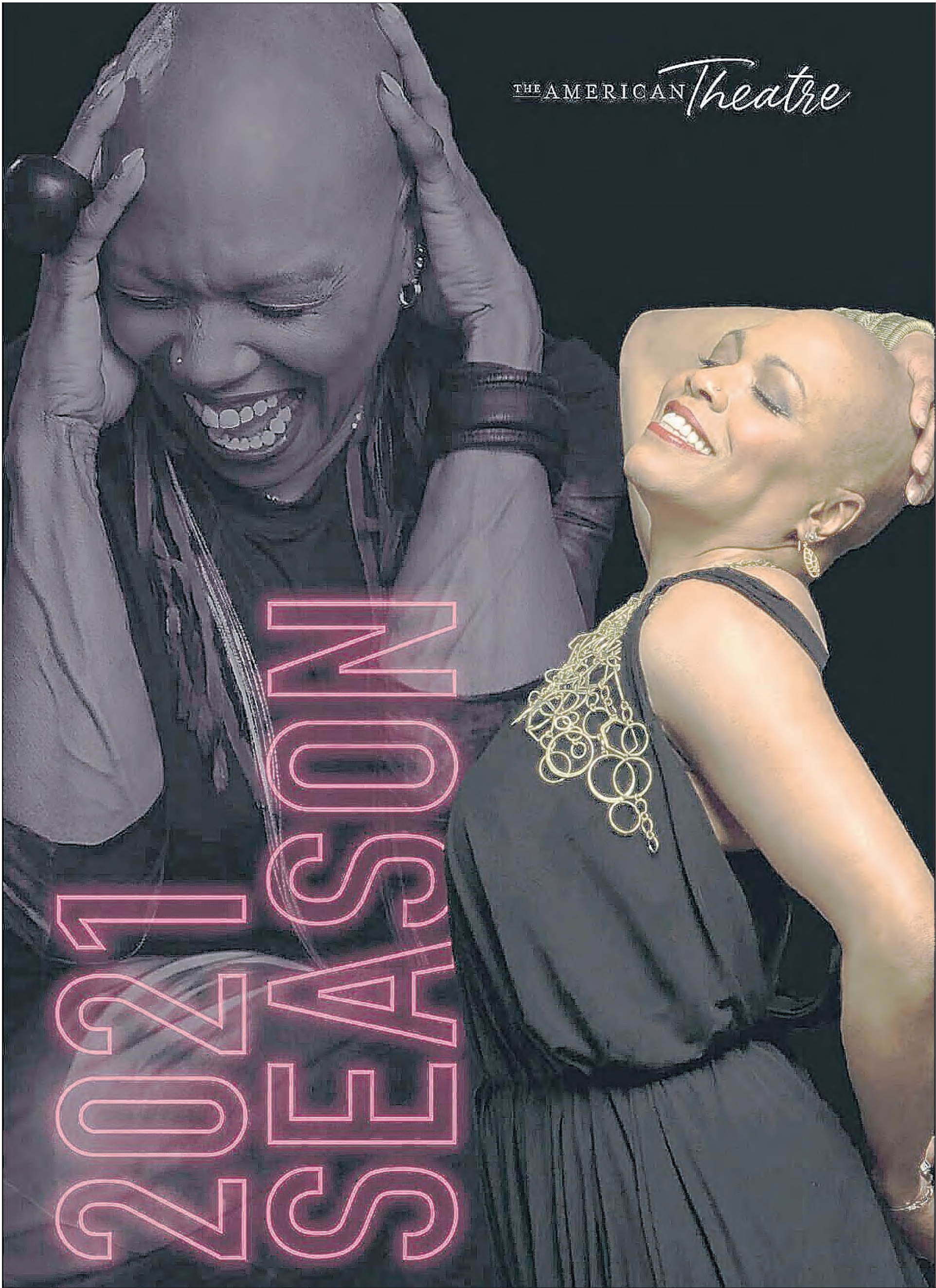




**Virginia Arts Festival announces fall arts celebration concerts**  
Virginia Arts Festival will present a series of outdoor concerts this fall in its Outdoor Courtyard at 440 Bank Street, Clay & Jay Barr Education Center, Norfolk. The series will feature classical and jazz concerts, at both evening and morning times, and will feature some of the region's most gifted artists.

See **C3**

SECTION C | FLAGSHIPNEWS.COM | 9.17.2020



Courtesy photo/

# Hampton Arts announces 'Welcome Home' 2020-21 season

From Hampton Arts

**HAMPTO**

Hampton Arts' highly anticipated 2020-21 Season kicks off in October and runs through June, offering a wide range of entertainment and viewing options for the Coastal Virginia community.

Remaining nimble during the era of COVID-19, artistic director Richard M. Parison, Jr. deftly rescheduled and expanded the season. The result is one of Hampton Arts' most eclectic and dynamic line-ups in its 33-year history. Starting on the main stage in February 2021 with the Duke Ellington Orchestra (February 11) and concluding with the Coastal Virginia Bluegrass and Brew

Festival (June 4 – 6), The American Theatre's 2021 season celebrates live performance through a diverse calendar of globally celebrated acts. The spotlight also shines on visual arts at The Charles H. Taylor Visual Arts Center with a roster of curated exhibitions and juried competitions highlighting the immense talent and visual artistry found throughout the Commonwealth.

Safety protocols will be implemented at both venues, including reduced capacity to maintain social distancing and additional deep cleaning measures. And for the first time in Hampton Arts history, The American Theatre will introduce a dynamic new Encrypted Virtual Ticket option with MyLIVE Streaming. This Virtual Ticket will enable ticket buyers to view live performances from the comfort of their own homes

As part of its continued commitment to audience accessibility, The American Theatre also brings back 35 for All, offering all seats at \$35 or less, with further discounts for virtual tickets.

"I'm thrilled to welcome audiences back to The American Theatre and The Charles H. Taylor Visual Arts Center," said Parison. "Our seasons typically take years to plan. We quickly pivoted to reschedule many performers to allow for best practices amid the pandemic. Artists are eager to return to our intimate stage, and to our boutique galleries! The entire staff cannot wait to welcome

See **SEASON | C2**



# Community

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## ‘BayShore at Buckroe Beach’ exhibit at Hampton History Museum

From Hampton History Museum

HAMPTON

Organizer Reginald Robinson presents the 6th Annual “BayShore at Buckroe Beach” event, this year presented virtually as a Facebook Live event on the Hampton History Museum’s Facebook page on Saturday, September 19, 6:00-8:00 p.m. This year the public can view a special BayShore exhibit for free in the museum’s Great Hall on Friday, September 18, and Saturday, September 19, 9:00 a.m.-4:00 p.m.

For the Facebook Live event hosts Reginald Robinson and Judy Leonard will take viewers on a virtual stroll down memory lane of the premier seaside resort for African-Americans on the Chesapeake Bay during the Jim Crow Era. This year’s theme, “The BayShore Beach Experience. A to Z,” shines a light on the first two decades of the resort 1898 to 1918.

The hosts will induct this year’s members into the BayShore Beach Hall of Fame. For 2020 recipients include historian and former Hampton History Museum curator Michael Cobb; Hampton History Museum promotions director Seamus McGrann; retired business man Raymond Jarvis; Bay-



BayShore Fishing Pier in August 1913.

Shore Beach arcade game owner William Terrell; and Jack Jones, a valued employee of The BayShore Hotel and Resort, who along with this wife, Zenobia, were instrumental in the day-to-day operations of the BayShore amusement rides and Dance Hall.

After the BayShore Beach Hall of Fame, will be the presentation of the Charles H Williams award of leadership, this year the award is bestowed upon NASA mathematician Dr. Christine Darden whose work helped break the sound barrier. The award will be presented by Charles H Jones M.S.ED, nephew of Charles H Williams.

Following the awards there will be a presentation by special guest African/African American Studies scholar, Norfolk State University professor of social work Dr. Colita Nichols Fairfax.

On Friday, September 18, and Saturday, September 19, visitors can view a plethora of rare BayShore Beach artifacts on display in the museum’s Great Hall, along with hundreds of vintage photos from the resort’s heyday that give a glimpse into “The BayShore Experience.” A highlight of the display will be a guitar that belonged to legendary performer Chuck “Guitar” Chavis. Those who visit the exhibit will have the

opportunity to submit their name for prizes to be drawn during Saturday evening’s virtual event.

The virtual live event will be presented on <https://www.facebook.com/HamptonHistoryMuseum>. The Hampton History Museum is located at 120 Old Hampton Lane in Downtown Hampton. Masks are required to view the exhibit which will be marked to help visitors maintain social distancing. For more information visit “BayShore Memories” on Facebook, visit [www.hamptonhistorymuseum.org](http://www.hamptonhistorymuseum.org) or call the Hampton Visitor Center at 757-727-1102.

## SEASON I

*Rescheduled season resulted in most eclectic and dynamic line-ups in it’s 33-year history*

*Continued from C1*

back both our community of artists and audiences.”

“Now more than ever, it’s crucial to recognize that culture in our community isn’t a luxury: It’s a necessity,” continued Parison. “We’ve all turned to television, music, books and hobbies to fill our days during these stressful times. But to commune with others and experience live performance or wander a gallery for the full experience of an exhibition is wholly unique. These shared experiences give us joy and hope for the future.”

“Since my arrival in Coastal Virginia 30 years ago, I’ve witnessed Hampton Arts blossom into a rich cultural institution that is an integral part of the fabric of our community,” said City of Hampton Mayor Donnie Tuck. “My colleagues and I are weathering an unprecedented storm to ensure that the arts remain a vital part of our local landscape. The forthcoming season is a testament to their dedication and commitment. We become stronger through such shared experiences. During such an unprecedented time, I can’t think of a better way to lift one another up than through the arts.”

### THE AMERICAN THEATRE REPRESENTATIVE SEASON HIGHLIGHTS:

**The 5th Dimension** — Go “Up, Up and Away” with one of the most prolific soul and R&B groups of all time. Audiences will instantly recognize many of The Fifth Dimension’s number one hits, including “Wedding Bell Blues” and the iconic “Aquarius/Let the Sunshine In” as they take audiences down a musical memory lane, from their early songs from the 1960s and 70s to performing on the world’s most famous stages. Six Grammy Awards and 24 gold records, along with an induction into the Grammy Hall of Fame, are but a few of the accolades bestowed upon the legendary group. Original member Florence LaRue is still “Workin on a Groovy Thing,” leading a new generation of Dimensions and attracting audiences of all ages and backgrounds. (Saturday, February 27, 2021, 8 p.m.)

**Les Ballets Trockadero de Monte Carlo** — Les Ballets Trockadero de Monte Carlo, the world’s foremost all-male comic ballet company is more than on pointe, they’re on fire! This exceptional dance troupe, affectionately referred to as The Trocks, returns to The American Theatre to perform a repertoire that pays tribute to the world of ballet with a gender-bending spin.



CeCe Winans

From faithful renditions of original works to modern, boundary-pushing choreography, Les Ballets Trockadero de Monte Carlo’s dedication has remained constant: to bring the pleasure of dance to the widest possible audience. (Saturday, April 24, 2021, 8 p.m.)

**Arturo Sandoval: A Jazz Legend** — “This astonishing trumpeter, pianist and composer has inspired audiences in every corner of the world and awakened a new generation of great performers,” said President Barack Obama of the legendary jazz musician Arturo Sandoval. The Cuban native’s decade-spanning career has earned him 10 Grammy Awards, the Presidential Medal of Freedom, and countless other accolades for his musicianship and humanitarian efforts. Recognized as one of the most brilliant, multifaceted and renowned musicians of our time, this performance offers the chance to witness a living legend in an intimate, up-close-and-personal setting. (Saturday, May 1, 2021, 8 p.m.)

**An Evening with Melissa Manchester** — “Through the Eyes of Love,” Melissa Manchester’s Grammy-nominated hit, is just a hint of a 45-year career that began as a back-up singer for Bette Midler and grew into a spectacular songbook spanning 20 studio albums. Musical icons such as Barbra Streisand and Roberta Flack have recorded her songs, while Manchester herself has paid tribute to the artists who have influenced her over the years, from Frank Sinatra and Tony Bennett to Carly Simon and Edith Piaf. Manchester comes to the American to perform a collection of favorite songs in her unique way, with beautiful phrasing and a rich, earthy tone that’s been her signature sound since the singer-songwriter’s early days in New York City. (Friday, May 7, 2021, 8 p.m.)

**CeCe Winans in Concert** — After last season’s sold-out concert, powerhouse vocalist CeCe Winans returns for another two captivating and soulful performances. The best-selling and most-awarded female gospel artist of all time, Winans’s dynamic

presence has graced stages around the world as she reimagines gospel with the captivating sounds of pop, country and R&B. Throughout her astonishing career, Winans has been awarded a staggering 12 GRAMMY Awards, 20 Dove Awards, and 7 Stellar Awards. (Saturday, May 8, 2021, 2 p.m. | 8 p.m.)

**Kathleen Turner: Finding My Voice** — Hollywood legend Kathleen Turner takes audiences on a remarkable behind-the-scenes journey through her storied career of stage and film. Peppered with songs from the Great American Songbook, Turner croons hits, including “Let’s Fall in Love,” “On the Street Where You Live” and “Every Time We Say Goodbye” — each uniquely showcasing her instantly recognizable voice. Turner’s film roles include “Romancing the Stone,” “Prizzi’s Honor,” and “Peggy Sue Got Married,” in addition to her Tony-nominated performances in “Cat on a Hot Tin Roof” and “Who’s Afraid of Virginia Woolf?” on Broadway. Turner’s one-woman show is profoundly personal and packed with humor, great music, and one-of-a-kind insights. (Saturday, May 22, 2021, 8 p.m.)

**Coastal Virginia Bluegrass and Brew Festival** — Celebrating its fourth year, the Coastal Virginia Bluegrass and Brew Festival returns for what has become one of the region’s most anticipated musical events. A trio of genre-defining bluegrass acts and some of Coastal Virginia’s finest local breweries, cideries and distilleries converge for a can’t-miss weekend of entertainment. This year’s line-up includes Carbon Leaf (Friday, June 4, 2021, 8 p.m.), Steep Canyon Rangers (Saturday, June 5, 2021, 8 p.m.) and The Steeldrivers (Sunday, June 6, 2021, 8 p.m.).

### THE CHARLES H. TAYLOR VISUAL ARTS CENTER REPRESENTATIVE EXHIBITION HIGHLIGHTS:

**Small Works** — While much of the most famous works of art catch our attention due to their grandiosity, the “Small Works” ex-

hibition is here to paint a different picture — a miniature one! Artists from around the region are invited to submit miniature and small artworks in any media. Artworks in all media are represented, and the exhibition presents a wide range of styles, techniques, content, imagery and intent. (December 12, 2020 – January 2, 2021; Opening Reception: December 12, 3 p.m. – 5 p.m.)

**Hampton Arts League Member Exhibition** — The Hampton Arts League Member exhibition presents the artwork of the Charles H. Taylor Visual Arts Center’s artist member organization. Emerging and established artists who work in a variety of media are represented. Member artists are invited to exhibit one artwork of their choosing. The exhibition showcases the talented artists who reside and work in Hampton Roads and who support Hampton Arts. The James Warwick Jones Best in Show Award (\$750), First (\$500), Second (\$250) and Third Place (\$100) Awards are given. (January 30, 2021 – February 27, 2021; Opening Reception: February 6, 3 p.m. – 5 p.m.)

**Materials** — This exhibition explores engaging artworks in a variety of media that impart the physicality of the materials used. Whether metal, glass, clay, wood, fiber or pigment, all these materials have intrinsic, exact qualities that are thrilling to explore, discover and push. “Materials” is a look at tactile and compelling artworks, art-making processes, and how the various properties and possibilities of materials inform artists’ decisions to use them. The nature of a material can take more than two hands to work with and often more than one mind to solve its problems. Thus, collaborations and collective experiences through studios and guilds often help support and are essential to artists’ exploration of these materials. (March 25 – May 1; Opening Reception: March 27, 3 p.m. – 5 p.m.)

**Common Era: A Morgan Gilbreath Solo Exhibition** — Showing concurrently with “Materials” is a solo exhibition by 2018 Virginia Glass Guild Exhibition Best in Show winner Morgan Gilbreath. Held in the Annex Gallery, Common Era is a new body of work that explores the passage of time through labor-intensive practices imposed onto found and collected materials. From a decade of calendar planners and a team’s worth of cheerleading uniforms to every ball used in the artist’s elementary school gym — these peripheral objects are deconstructed, processed, and re-created into sculptures, which oscillate between devotional objects, personal memorials and contemporary monuments. These new sculptures exist like the intersection of a Venn diagram: inserting mundane, accumulated materials into a larger social, historical, and spiritual continuum.

In addition to its major exhibits, The Charles H. Taylor Visual Arts Center Manager Jennifer Morningstar will be introducing smaller, specialized and program-related exhibitions throughout the year.



# Virginia Arts Festival announces fall arts celebration concerts

From Virginia Arts Festival

Virginia Arts Festival will present a series of outdoor concerts this fall in its Outdoor Courtyard at 440 Bank Street, Clay & Jay Barr Education Center, Norfolk. The series will feature classical and jazz concerts, at both evening and morning times, and will feature some of the region's most gifted artists.

"Since the restrictions surrounding COVID-19, we have heard from many fans how much they miss live performances of great music, and we wanted to offer this safe opportunity to folks who are craving the satisfaction that only a live performance can bring," said the Festival's Perry Artistic Director Robert W. Cross. "These concerts, with safe, socially distanced seating outdoors will offer great opportunities to hear the music you love performed by top artists."

The Fall Arts Celebration series begins September 25 and includes the following programs:

**Evening Chamber Music**  
Friday, September 25, 2020 at 6pm (Rain date September 26)

For classical music lovers, the series starts off with a great evening of chamber music, featuring the Virginia Arts Festival Chamber Players Debra Wendells Cross, flute; Elizabeth Coulter Vonderheide, violin; Luke Fleming, viola; and Jake Fowler, cello; for a program including the Haydn Flute Trio No. 1 in C major, Beethoven's String Trio in C minor, Op. 9, No. 3, and Mozart's Flute Quartet in D major, K.285.

**Courtyard Jazz - John Toomey Quartet**  
Saturday, October 3, 2020 at 5pm (Rain date October 4)

Jazz fans will welcome this Saturday evening concert! Famed for their perform-



Virginia Arts Festival

The John Toomey Quartet will light up the courtyard with an evening of jazz standards.

ances at the Festival's Attucks Jazz Club, John Toomey and Jimmy Masters will light up the Courtyard with an evening of jazz standards. Featuring John Toomey on piano, Jimmy Masters on bass, Brian Caputo on drums, and Eddie Williams on saxophone.

**Morning Chamber Music**  
Wednesday, October 7, 2020 at 10:30am (Rain date October 8)

Some of the most devoted fans have enjoyed Virginia Arts Festival Coffee Concerts, morning performances by great artists. This morning outdoor concert features Debra Wendells Cross, flute, and Barbara Chapman, harp, in arrangements of Baroque and Classical sonatas, works of women composers, and traditional folk music with arrangements of "Greensleeves" and "Flow Gently Sweet

Afton."

**Courtyard Jazz - Jae Sinnett Trio**  
Saturday, October 17, 2020 at 5pm (Rain date October 18)

One of the region's best-known jazz artists is Jae Sinnett, beloved for his performances and recordings, and avidly listened to by thousands of fans in his acclaimed programs on WHRV-FM. For jazz fans looking for a great Saturday night show, this outdoor concert by the Jae Sinnett Trio is just the ticket.

Tickets for the Virginia Arts Festival Fall Arts Celebration concerts are just \$20 and are on sale now, online at [vafest.org](http://vafest.org) or by phone at 757-282-2822.

About the Virginia Arts Festival  
Since 1997, the Virginia Arts Festival has transformed the cultural scene in southeastern Virginia, presenting great performers

from around the world to local audiences and making this historic, recreation-rich region a cultural destination for visitors from across the United States and around the world. As an arts leader, the Festival has brought millions of dollars economic impact to the region and has driven the creation of new arts spaces and opportunities for artists, audiences, and the region's diverse communities. The Festival has presented numerous U.S. and regional premieres, and regularly commissions new works of music, dance, and theater from some of today's most influential composers, choreographers and playwrights. The Festival's arts education programs reach tens of thousands of area schoolchildren each year through student matinees, in-school performances, artists' residencies, master classes and demonstrations.

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# Food



Mike Garten

## How to roast pumpkin seeds the right way

By The Good Housekeeping Test Kitchen

You’re bound to have leftover pumpkin seeds from all of your pumpkin carving and creative fall crafts this season, so there’s no better time to learn how to roast pumpkin seeds like a total pro. After you’ve become a scoop, season and roast master (more on that below), just wait until you try more sweet and savory recipes with pumpkin seeds. Once you get the basic steps down, you can experiment with all different kinds of seasonings that turn the simple seed into a tasty treat or healthy snack. It’s the perfect crunchy and satisfying pack-along pick to stash in your kids’ backpack or your purse. We can’t wait to try all the delicious and festive pumpkin recipes this autumn – pumpkin seeds definitely included.

Follow our Test Kitchen-approved tips for pumpkin seed success:

- Start with the right pumpkin. A good pumpkin will feel hard and smooth and have no soft spots or discoloration. Its stem will also be firm, and it won’t show any signs of rotting near the base.
- Clean your seeds by placing them in a large bowl of water first. This will help the loose seeds separate from the pulp, which sinks.
- Amp up the flavor! Add hot cocoa mix, cinnamon or brown sugar to make it sweet, cayenne pepper to make it spicy, or finely grated cheese to make it savory. Get creative according to your cravings!

### Roasted pumpkin seeds

**Yields:** 4  
**Prep time:** 0 hours 15 minutes  
**Cook time:** 1 hour 20 mins  
**Total time:** 1 hour 35 mins

**INGREDIENTS**  
1 medium pumpkin  
2 tbsp. olive oil  
salt  
This ingredient shopping module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site.

**DIRECTIONS**  
Use chef’s knife to cut top of pumpkin off (if using for jack-o’-lantern), or cut pumpkin in half.  
Use spoon to scoop out seeds (1 medium pumpkin yields about 2 cups); transfer seeds to large bowl of water.  
Scoop out loose seeds that float and separate pulp from remaining seeds. Discard pulp.  
Transfer seeds to colander and rinse. Drain, then pat dry with dishtowels.  
Spread cleaned seeds on baking sheet and bake at 250°F until dry, about 1 hr.  
Toss with olive oil, season with salt and roast at 350°F, tossing occasionally, until golden brown and crisp, 20 min.  
Cool completely, then store in an airtight container.  
**Switch it up!**  
Add these seasonings before roasting in step 6 for a major flavor boost:  
■ **Fall Mocha:** 1 Tbsp hot cocoa mix + 1 tsp ground cinnamon  
■ **Sweet Heat:** 1/4 cup brown sugar + 1/8 tsp cayenne  
■ **Cacio e Pepe:** 1/2 cup finely grated Pecorino Romano cheese + 2 tsp cracked pepper

## Take advantage of breakfast as a key family moment

By Brandpoint

According to a recent survey commissioned by General Mills’Big G cereals, 70% of parents say the biggest morning challenge is to sit down and have breakfast as a family. However, with the pandemic shaking up the usual morning routines, 73% of parents with school-aged children now report they have been able to spend more time together as a family before starting their work or school day. In fact, the survey indicates eating breakfast as a family has become less challenging (70% before pandemic vs. 48% during pandemic).

During these challenging times it is important to remember what matters most, and even a simple bowl of delicious cereal can make the morning a win.

When looking for an affordable quick and nutritious breakfast option for your family, look no further than the cereal box in your pantry! Here are a few recommendations for how you can prioritize family mealtime as we head into the new school year.

### BREAKFAST COUNTS AS A FAMILY MEAL

The benefits of families eating meals together are well documented and can promote sensible eating habits and positive family dynamics, as well as improved nutri-



Brandpoint/

tional health. But it doesn’t have to be an elaborate dinner to count. With the change of pace families are making the most of quality breakfast time with 53% of parents using breakfast time to discuss what’s going on in the world. Make the commitment to have at least one meal each day with your family at the kitchen table, whether that is a bowl of cereal a few mornings a week or your favorite home-cooked meal for dinner.

### CHOOSE A BREAKFAST FOOD THAT PARENTS AND KIDS LOVE

Is there a breakfast that parents and kids both love? If you ask many busy parents, any meal their children will eat and enjoy is

a success. So how do you know if the breakfast you are serving your family is nutritious? Parents can focus on foods that provide whole grains and fiber, along with vitamins and minerals.

Cereal is in nearly nine out of 10 American households and is a favorite for families. According to parents surveyed, 55% report that cereal is their kids’ top choice for breakfast. With ready-to-eat cereal as the No. 1 source of whole grain, fiber, folate, iron, zinc, vitamins A and E, and several B vitamins for Americans at breakfast, why not start your day with your kids’ favorite? Cereal is a win-win to start the school day.

“When it comes to breakfast, it’s hard to

beat all the nutrition packed into one bowl of cereal for about 50 cents on average, with milk,” says Amy Cohn, RD, senior manager of nutrition and external affairs for General Mills cereal division. “Cereal is an ideal breakfast centerpiece that naturally attracts other nutrient-rich foods, like milk and fruit. A cereal breakfast with milk and a banana delivers really good nutrition, while also being accessible and affordable to families nationwide.”

With so much out of our control, committing to family breakfast can help you re-center and connect with your family to start the day – even if it is a quick meal. Remember, family time has no time requirements.



# Wildfire smoke wreaks havoc on respiratory and immune systems

By Douglas H. Stutz  
Naval Hospital Bremerton Public Affairs

Across much of the Western United States, residents continue to endure the current wildfire season, which has firefighters battling nearly 100 large active wildfires that have already burned nearly 5 million acres.

And where there's fire, there's smoke that blanketed several western cities this week. This smoke has resulted in reduced air quality and contributed to a host of associated health risks that mirror COVID-19 symptoms.

For Pacific Northwest residents, the smoke from these fires and the ongoing COVID-19 pandemic have led to an increased the number of respiratory and cardiovascular ailments.

At Naval Hospital Bremerton, staff continue efforts to help stop the spread of COVID-19. Staff and beneficiaries there remain aware that prevailing winds have pushed wildfire smoke over more densely populated areas, which can cause coughing, wheezing, and difficulty breathing, and aggravate existing conditions.

"Staff and patients should do their best to avoid prolonged exposure to the smoke due to the fact that it can irritate the eyes, nose, throat and lungs," said Navy Hospital Corpsman 1st Class Omar Garcia-Argueta, Internal Medicine & Specialty Clinics.

State and country health advisory alerts on diminished air quality have been posted and shared to alert local populations, with NHB also taking a lead to assess those in need.

"The smoke can exacerbate any existing underlying condition," said Navy Cmdr.



Smoke from wildfires blocks out the sun Aug. 19, at Fort Hunter Liggett. Soldiers from the California Army National Guard's 79th Infantry Brigade Combat Team dealt with a heat wave and heavy smoke from nearby wildfires during a warfighter exercise at the fort.

Maj. Jason Sweeney

Robert Uniszkiewicz, NHB/NMRTC Bremerton COVID-19 lead and public health emergency officer, acknowledging that both COVID-19 and wildfire smoke can damage a person's respiratory and immune systems.

The Washington State Emergency Management Division indicate those sensitive to wildfire smoke exposure include people with heart and lung disease, existing respiratory infections, diabetes, stroke survivors, infants, children, pregnant women, and people over 65 years of age.

"Patients and staff who will be impacted the most are those who have been diagnosed with cardio-respiratory diseases such as asthma, COPD (chronic obstructive pulmonary disease), pulmonary fibrosis, or heart disease," explained Garcia-Argueta. "Asthma and COPD patients in particular should ensure that they are taking their maintenance medications as prescribed by their providers. Smoke may also impact pregnant women, the elderly population, and children. These patients and staff members should consult with their health care providers regarding specific precautions."

"We realize that not everything is COVID-19 related, such as someone dealing with allergies, hay fever, and the flu. But there are definitely those who are more vulnerable than others," Uniszkiewicz added.

One effective strategy being used at NHB

to care for patients during the pandemic is the Drive-Through Screening and Triage process, which follows Centers for Disease Control and Prevention criteria.

Everyone— staff, patient, or visitor—who arrives on base goes through the same procedure. This is a best practice across the Military Health System and in the civilian network. The drive-thru is a safe and efficient way to effectively assess patients on their current health and wellness.

The COVID-19 screening process determines if a person in the previous 24 hours has had such symptoms as fever, cough (not allergy related), sore throat, shortness of breath/difficulty breathing, and/or loss of smell or taste.

Wildfire smoke is capable of producing harmful health effects from eye, nose, and throat irritation or headaches to more severe conditions like shortness of breath, dry cough, throat soreness, chest tightness, asthma attacks, and worsening existing chronic conditions.

Experts at NHB encourage anyone experiencing these symptoms to seek medical attention. They should also continue to follow CDC guidelines for stopping the spread of COVID-19, such as staying at least 6 feet from others; washing hands often, and disinfecting frequently touched surfaces at home; avoiding touch the eyes, nose, or mouth; and covering coughs and sneezes with a tissue or the crook of an

elbow.

Garcia-Argueta attests that the best recourse for avoiding wildfire smoke is to stay indoors.

"In order to prevent prolonged exposure to the wildfire smoke, one should plan to stay indoors and have both their windows and doors closed. Patients and staff members should also avoid engaging in strenuous physical activity outside and refrain from smoking," Garcia-Argueta said.

"Our recommendation is to still wear cloth face coverings. There are going to be those who think the smoke is causing them to have trouble breathing with the air quality like it is, but they're more susceptible to particles in the air due to being exposed to wildfire smoke," explained Uniszkiewicz.

Garcia-Argueta also advocates basic steps for everyone to follow to protect their lungs, such as: stay indoors as much as possible; reduce strenuous activity; reduce other sources of indoor air pollution like vacuuming and frying meat; use HVAC systems to filter the air; when traveling in a vehicle, keep the windows closed, run the air conditioner and set air to 'recirculate' to reduce smoke.

Hot, dry conditions remain in the forecast for the region, which keeps the fire danger high. To breathe a sigh of relief, everyone should continue to heed sound medical advice from their providers and strive to keep the air around them clear.

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- 1 Singer Judd  
6 1960s war zone  
9 Old Glory's country  
12 Morse click  
15 For each  
18 City-related  
19 He played Lou Grant  
21 Haifa native  
23 "Alfie" singer  
25 Boasted of  
26 Idyllic spot  
27 City east of Syracuse  
28 Not inert  
29 See 71-Down  
31 Longtime porcelain brand  
35 Hitler Ripken  
38 Fish-fowl link  
40 Some linens  
41 Desires  
42 Typeface option  
44 Gave birth to  
47 Put — show  
48 Outer: Prefix  
51 City on the eastern shore of Lake Erie  
55 Pouch near a kettle  
60 Aid in crime

Mix up

- 62 "It's my guess ..."  
64 Workshop  
65 Ending for opal  
66 "Quantico" network  
68 Overwhelm  
69 Be inviting to  
70 Former Fleetwood  
75 Belt holders  
77 They often show DOBs  
78 — chi  
79 Not-so-great grade  
80 Greek "H"  
83 Zagreb native  
85 Part of a flight of steps  
87 Aesir god  
88 Walk shakily  
89 Follower of James Buchanan  
94 Energize, with "up"  
96 Dawn deity  
97 You, in Germany  
98 Piano exercise  
99 Optimal

Provide with

- 103 a new outfit  
106 Not-so-great grade  
108 La. neighbor  
109 Laurel and Hardy film  
114 "Woof!"  
116 Effective use of language  
117 Lascivious guys  
119 Cuba's Castro  
123 Spanish dances in 3/4 time  
124 Race held every May  
128 Let go  
129 "Being Julia" star Bening  
130 Diglyceride, e.g.  
131 Some inserts  
132 Steered  
133 Topiary tree  
134 Suffix with shepherd  
135 English county (it can be added to the ends of this puzzle's seven longest answers)

DOWN

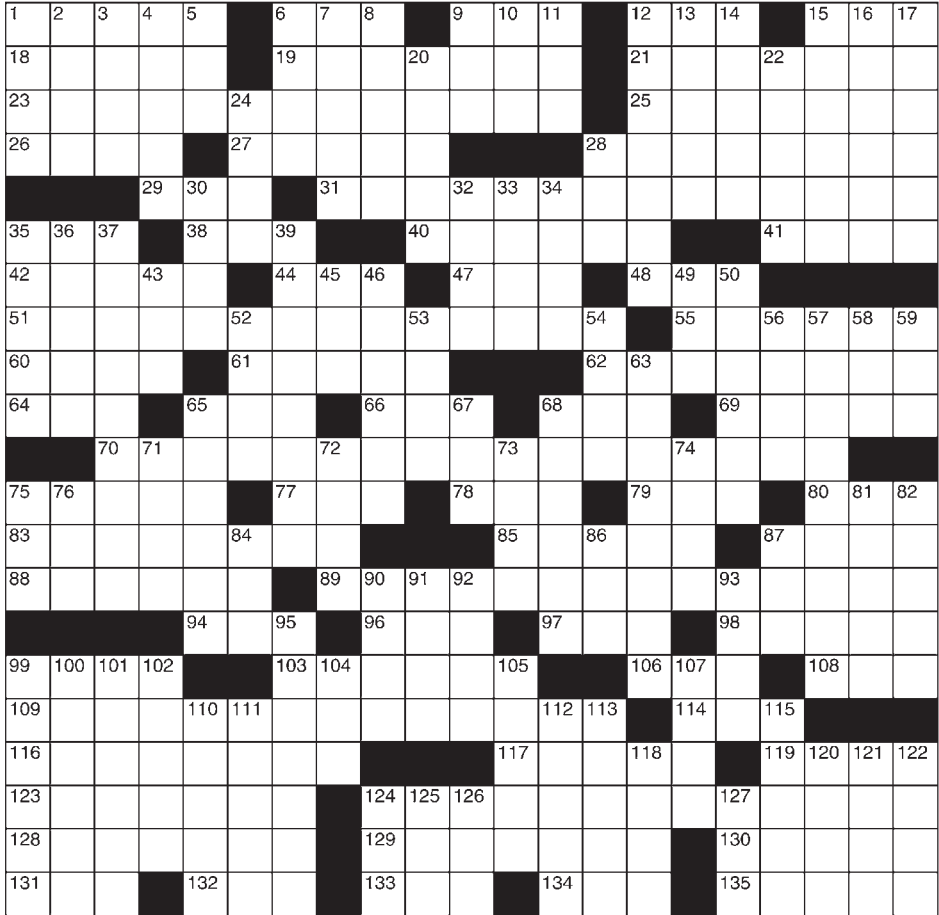
- 1 Unclad  
2 Bone-dry  
3 Certain woodwind  
4 Divine food  
5 B&B, e.g.  
6 Pond dweller  
7 "Robin —" (Irish ballad)  
8 Senator  
9 Bi- less one  
10 Min. division  
11 La. neighbor  
12 Very varying  
13 Designer  
14 Fight stopper  
15 Pint-size  
16 Nine and two  
17 Bill add-ons  
20 Vacillates  
22 Restless  
24 Irish money  
28 Decompose  
30 "To Live and Die —" (1985 film)  
32 Sailor's call  
33 Joker Jay  
34 Put on  
35 Plotters' plot  
36 Caribbean island  
37 Vital factor  
39 Zimbabwe, before 1979  
43 Astern

Plus

- 46 Postpones  
49 Hub: Abbr.  
50 Grow incisors, e.g.  
52 Nation  
53 Jack of "Dragnet"  
54 Fuzzy fruit  
56 Voyaging  
57 Feeling blue  
58 Energize, with "up"  
59 Figure out  
63 Written with a #2, say  
65 Foot arch  
67 Loin or chop  
68 Watchdog breeds  
71 With 29-Across, new Apple product of 2013  
72 Author O'Brien  
73 Coins or bills  
74 Pop singer Halliwell  
75 PC monitor type  
76 Jorge's gold  
81 Diacritical squiggle  
82 Attach  
84 Great anger  
86 Friend in France

Mo. #10

- 90 Paul Anka's "Eso —"  
91 Butter-and-flour mixture  
92 "Dream on!"  
93 — -do-well  
95 Glorified  
99 Diva Streisand  
100 Resounded  
101 Turtles' tops  
102 Private pupil  
104 "That kinda thing": Abbr.  
105 Rich cake  
107 "Piece of cake!"  
110 Virtuous  
111 It isn't poetry  
112 Travel plan  
113 Body tubes  
115 Smart-alecky  
118 Barely earns, with "out"  
120 Intro painting class, maybe  
121 Rival of Lyft  
122 Old stringed instrument  
124 Singer Starr  
125 Suffix with ethyl  
126 Florida-to-Indiana dir.  
127 Moines lead-in



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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: S equals G

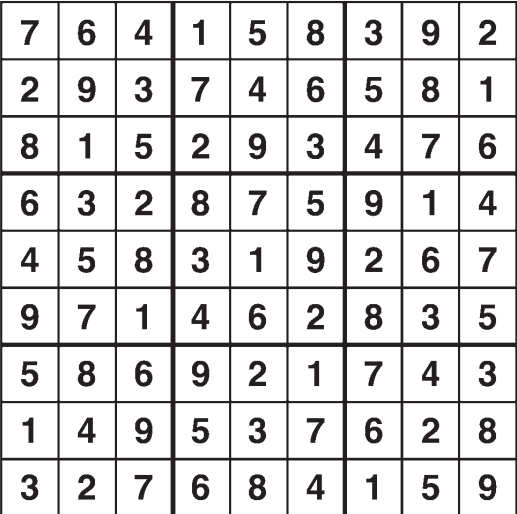
R'DH WHYRPRMHEO JHHP SNRPS  
JTEW ETMHEO. MN JH GNPHIM, R  
YRPW MGTM DHXO WRI-MXHIIRPS.

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Last week's CryptoQuip answer

If one is unclear on how much margarine to use, I'd guess it would be butter confusion!

last week's answers



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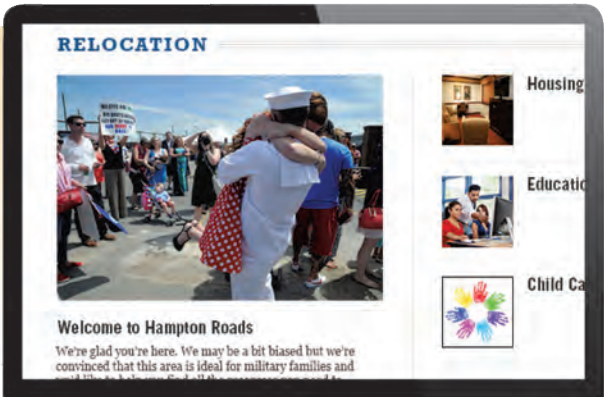


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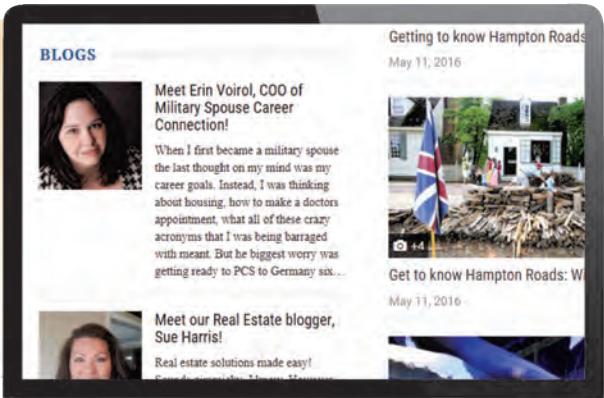
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