

ALLHANDS

MAGAZINE OF THE U.S. NAVY

JANUARY 2021



TOP NEWS

U.S., SINGAPORE MILITARIES JOIN FOR BILATERAL AMPHIBIOUS TRAINING DURING CARAT EXERCISE

From Lt. Lauren Chatmas, Command Destroyer Squadron 7 Public Affairs

With over a half century of diplomatic relations between the U.S. and Singapore, the two countries continue to work closely together to maintain a free, open, inclusive, peaceful, and secure Indo-Pacific region. CARAT Singapore 2020 underscores a shared commitment toward regional maritime security and stability.

During the virtual commander's conference, U.S. and Singapore leaders emphasized the success of this year's CARAT, focusing on the diverse training value of integrating small amphibious landing crafts in addition to the traditional large deck operations. Rear Adm. Fred Kacher, commander, Expeditionary Strike Group (ESG) 7, addressed the mutual benefit and training opportunities of exercises like CARAT Singapore.

"The 26th anniversary of CARAT Singapore symbolizes the strong and enduring U.S.-Singapore partnership that has benefitted both of our navies for more than a quarter century," said Kacher. "As someone who has lived, worked and sailed alongside our Singaporean partners during multiple CARAT exercises, I believe that practicing bilateral maritime operations in the South China Sea emphasizes our interoperability, cooperation, and a shared interest in maintaining regional security and stability in a free and open Indo-Pacific."

During the closing ceremony, Republic of Singapore Navy's Commander Third Flotilla, Col. Ang Jeng Kai, commented on the successful completion of the exercise, and how CARAT 2020 is an extension of the stronger understanding the U.S. and Singapore navies have built over the years.

"I am glad that we are still able to conduct exercises together, even though the planning for Exercise

CARAT 2020 had to be done virtually," said Ang. "The successful conduct of Exercise CARAT 2020, which included drills that required close coordination between the ships, also bears testament to the firm professional rapport we have established."

Using both integrated technology and in-person meetings on Changi Naval Base, a roundtable featuring amphibious interoperability included subject matter experts exchanging capabilities and organizational structure of U.S. and Republic of Singapore Navies amphibious operations. The discussion highlighted both exercise and future opportunities for bilateral amphibious training.

Capt. Ann McCann, commodore, Destroyer Squadron (DESRON) 7, emphasized the U.S.-Singapore bond grows stronger while planning exercises and when the two nations spend time together, both ashore and at sea. "CARAT Singapore is a perfect example of how we are able to sharpen maritime skills while simultaneously expanding our already deep bond," said McCann. "Practicing tactics between RSS Endurance and one of our most capable amphibious warships, USS Somerset, will provide a unique training opportunity for both countries."

The at-sea phase took place in international water of the South China Sea with ships and aircraft from both partner militaries. The San Antonio-class amphibious transport dock USS Somerset (LPD 25) and Singapore Endurance-class landing platform dock RSS Endurance (207) met at sea for a variety of events, including the launching of landing craft air cushions (LCACs) and fast craft utilities (FCUs), respectively. The ships practiced simultaneous launches of their aircraft, U.S. Marine Corps helicopters and a Republic of Singapore Navy drone.

Additional events included search and rescue exercise, divisional tactics and maneuvering, communication drills, and a coordinated farewell sail past marking the conclusion of the sea phase.

All events were planned with an emphasis on COVID-19 social distancing and other mitigation measures. Coordination across participants was conducted in person and online, adhering to Singapore Government and Department of Defense regulations. Both nations continued to use integrated technology for content generation and collaboration throughout the exercise.

U.S. assets participating in CARAT Singapore included staff from ESG 7, DESRON 7, USS Somerset (LPD 25), Assault Craft Unit (ACU) 5 LCACs, and U.S. Marine Corps UH-1Y Venom and AH-1Z Viper helicopters. Singapore assets include Commander Third Flotilla, RSS Endurance (207), and FCUs.

Commander, Expeditionary Strike Group 7/Task Force 76 and DESRON 7 conduct advanced planning, organize resources, and directly support the execution of CARAT and other engagements, on behalf of U.S. 7th Fleet, in support of theater security cooperation in South and Southeast Asia.

U.S. 7th Fleet conducts forward-deployed naval operations in support of U.S. national interests in the Indo-Pacific area of operations. 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.

ALL HANDS MAGAZINE

MAGAZINE OF THE U.S. NAVY

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FRONT COVER: A U.S. Marine with Charlie Company, Battalion Landing Team 1/4, 15th Marine Expeditionary Unit, fast-ropes from an MV-22 Osprey with Marine Medium Tiltrotor Squadron 164 (Reinforced), 15th MEU, aboard the amphibious assault ship USS Makin Island (LHD 8). (U.S. Marine Corps photo by Lance Cpl. Mackenzie Binion/Released)

BACK COVER: Machinist Mate 3rd Class Jonathan Pipes, from St. Louis, Mo., departs a simulated casualty scene during an integrated training team drill aboard the Arleigh Burke-class guided-missile destroyer USS John S. McCain (DDG 56). (U.S. Navy photo by Mass Communication Specialist 2nd Class Markus Castaneda/Released)

TOP NEWS

NAVY ACCEPTS DELIVERY OF FUTURE USS MOBILE (LCS 26)

From NAVSEA Public Affairs

The Navy accepted delivery of the future USS Mobile (LCS 26) during a ceremony at Austal USA on Dec. 9.

Mobile is the 23rd littoral combat ship (LCS) and the 13th of the Independence variant to join the fleet. Delivery marks the official transfer of the ship from the shipbuilder, Austal USA, to the Navy, and is the final milestone prior to commissioning, which is planned for spring 2021.

“This is a day of celebration for both the Navy and our country with the delivery of the future USS Mobile,” said LCS program manager Capt. Mike Taylor. “This ship, and her crew, are foundational to our nation’s security.”

Four additional Independence-variant ships - Savannah (LCS 28), Canberra

(LCS 30), Santa Barbara (LCS 32), and Augusta (LCS 34) - are in various stages of construction at Austal USA, and two more are awaiting the start of construction following LCS 34.

The future USS Mobile is the fifth ship named in honor of the port city on Alabama’s Gulf Coast. The first Mobile was a side-wheel steamer that operated as a Confederate government-operated blockade runner. It was captured by U.S. forces at New Orleans in April 1862, commissioned as Tennessee and later renamed Mobile. The second Mobile was a passenger liner operated by Hamburg Amerika Lines between Germany and the United States until the outbreak of World War I. It was taken over by the Allied Maritime Council

and assigned to the United States after the Armistice and commissioned March 1919. The third Mobile (CL 63), a cruiser, was commissioned March 24, 1943. It participated in numerous campaigns in the Pacific Theater during World War II and received 11 battle stars for her service by the time she was decommissioned May 1947. The fourth Mobile (LKA 115) was an amphibious cargo ship that served from September 1969 until decommissioning in February 1994.

The LCS is a fast, agile, mission-focused platform designed to operate in near-shore environments, while capable of open-ocean tasking and winning against 21st-century coastal threats such as submarines, mines, and swarming small

craft. The LCS is capable of supporting forward presence, maritime security, sea control and deterrence.

The LCS class consists of the Independence variant, built by Austal USA, and the Freedom variant, which is being built at Fincantieri Marinette Marine Corp. in Marinette, Wis.

The future USS Mobile is the fourth LCS of both variants delivered to the Navy in 2020. St. Louis (LCS 19) was delivered on Feb. 6, Kansas City (LCS 22) was delivered on Feb. 12, and Oakland (LCS 24) was delivered on June 26. Five more — Minneapolis-St. Paul (LCS 21), Cooperstown (LCS 23), Marinette (LCS 25), Savannah (LCS 28), and Canberra (LCS 30) — are planned for delivery in 2021.

NAVAL MEDICAL FORCES ATLANTIC HOSPITALS TO BE AMONG FIRST TO RECEIVE COVID-19 VACCINE

From MEDLANT Regional Public Affairs

In coordination with the Defense Health Agency and the Navy Bureau of Medicine and Surgery, three of Naval Medical Forces Atlantic’s (MEDLANT) Military Treatment Facilities (MTF) are among the first Department of Defense (DoD) hospitals to receive the COVID-19 vaccine.

Department of Defense selected locations include Naval Medical Center Portsmouth, Naval Hospital Jacksonville, and Naval Hospital Pensacola. Vaccines started arriving Tuesday, Dec. 15 and vaccinations at these facilities was expected to begin Wednesday, Dec. 16.

Vaccination is voluntary and, in addition to frontline healthcare workers, commands are coordinating with installation leadership to administer vaccines to first responders, such as emergency management service personnel and security forces.

MEDLANT Commander, Rear Adm. Darin Via recognizes the vaccine’s ability to strengthen and safeguard our personnel and our national security capabilities.

“As healthcare professionals, we commit to protecting the health and

readiness of our Sailors and Marines,” said Via. “This vaccine lowers the public health risks associated with the COVID-19 pandemic and protects our frontline workers, our military force, our community, and our nation.” This plan is a whole-of-government coordinated distribution strategy for prioritizing and administering COVID-19 vaccines that will strengthen our ability to protect our people, maintain readiness, and support the nation’s COVID-19 response.

The DoD is administering vaccinations using a phased approach. Early in the COVID-19 vaccination program, there will be a finite supply of COVID-19 vaccine. Distribution prioritization within DoD will be consistent with data-driven Centers for Disease Control and Prevention (CDC) guidance for national prioritization. The DoD initially expects a limited quantity of COVID-19 vaccines before the end of 2020, and a rolling delivery schedule to MTFs and other healthcare facilities.

All DoD personnel who receive the vaccine will continue to wear appropriate masks, practice physical

distancing, wash hands, and follow restriction of movement guidance and safety measures as directed.

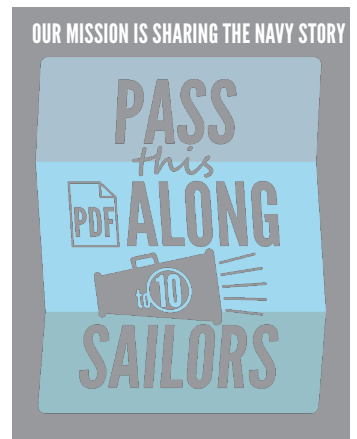
“The end-state is that we will be able to reduce the burden of this disease in high-risk populations and, simultaneously, mitigate risk to military operations,” said Via.

Vaccines fight disease by producing an immune response within the body. Sometimes that means flu-like symptoms, such as aches, headache and fever. This response is normal and a sign that the body is creating antibodies to protect you from COVID-19. Vaccines for COVID-19 are only available after they are demonstrated to be safe and effective in large phase-three clinical trials, have been authorized by the U.S. Food and Drug Administration, and have been manufactured and distributed safely and securely.

MEDLANT is dedicated to providing the latest information about the vaccines available as it is released so that DoD personnel and TRICARE beneficiaries can make informed decisions. You can follow us at <https://m.facebook.com/>

MEDLANT/ or contact the MEDLANT regional public affairs officer, Tia Nichole McMillen, tia.n.mcmillen.civ@mail.mil.

Naval Medical Forces Atlantic, headquartered in Portsmouth, Virginia, provides well-trained medical experts, operating as high performance teams, to project medical power in support of naval superiority. Led by Rear Adm. Darin K. Via, the command ensures the warfighter is medically ready; makes certain medical forces are manned, trained, and equipped to meet the operational mission; and increases the survivability of those who go in harm’s way.



COVID-19

NAVADMIN 325/20



THE NATION AND THE DEPARTMENT OF DEFENSE



are beginning to administer vaccines for the SARS-CoV-2 virus.



These vaccines, which are currently voluntary, are a proven effective measure to better protect you, our Navy and our nation from this insidious threat.

EVERY MEMBER OF OUR NAVY TEAM

should strongly consider receiving the vaccine not only for yourself, but for your shipmates, your family, and your fellow citizens.

BY MAXIMIZING VACCINATION AMONG OUR FORCE

and maintaining our mitigation measures of:



SAFE AND HEALTHY IS THE GOAL FOR 2021!

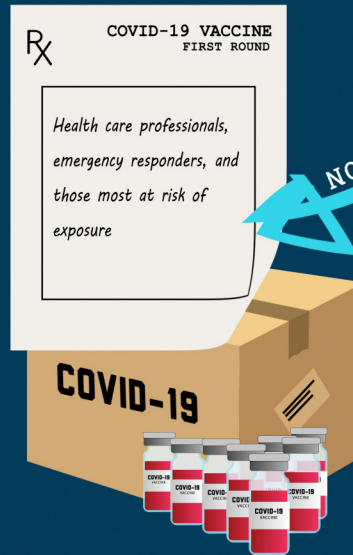
TOGETHER, WE WILL MAKE THIS HAPPEN.

WE WILL BEGIN THE RETURN TO NORMAL

INITIALLY, THERE WILL BE A FINITE SUPPLY OF COVID-19 VACCINES

VACCINATING THIS POPULATION
WILL TAKE TIME,
LIKELY INTO JANUARY.

We will make the vaccine available more broadly through a tiered plan as production ramps up, prioritizing those executing our most critical missions.



FACE MASK



HAND WASHING

SOCIAL DISTANCING

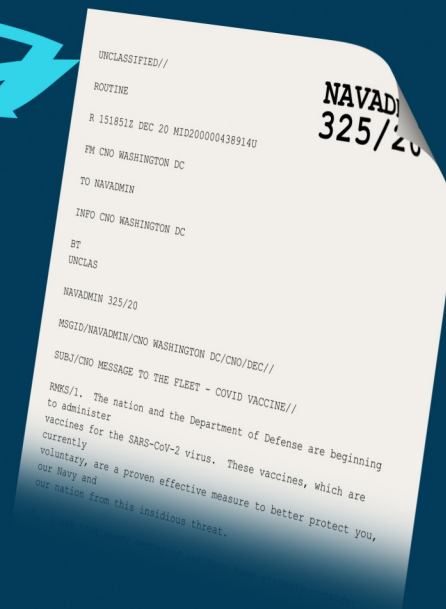
REMAIN PATIENT
UNTIL THE VACCINE IS
AVAILABLE FOR YOU
and continue to comply with the health measures we currently have in place.



QUESTIONS?

ASK YOUR
MEDICAL PROVIDER

ALSO READ THE NAVADMIN



Your health remains our number one priority and Navy leadership remains committed to being transparent about the vaccine delivery and dissemination plan.

STRONGER

“ For generations, the U.S. Navy, Marine Corps, and Coast Guard have underwritten the security and prosperity our nation enjoys today and the values we hold dear. We defend America by deterring aggression, winning wars, and preserving freedom of the seas.

However, China and Russia’s revisionist activities, combined with military growth and modernization, threaten this free and open international order, undermine U.S. alliances and partnerships, and erode U.S. military advantages. Unchecked, these trends will leave us unprepared to defend U.S. national interests within the next decade.

The recently released tri-Service maritime strategy addresses this threat. It lays out guidance for employing the Services in day-to-day competition, crisis, and conflict; and it directs the Services for developing the future force. Our actions in this decade will shape the maritime balance of power for the rest of this century.

The sea services provide a flexible, mobile force to aggressively counter this challenge to American values. We provide options and decision space to our national leaders where and when other Services can’t. We are already competing with our rivals every day in the maritime domain.

Together, the Navy, Marine Corps, and Coast Guard – forward deployed and capable of both rapid response and sustained operations globally – remain our country’s most persistent and versatile instrument of military influence. We maintain America’s advantage at sea.

”

TOGETHER

ADVANTAGE AT SEA

PREVAILING WITH INTEGRATED ALL DOMAIN NAVAL POWER



USMC
-
USN
-
USCG

TRI-SERVICE MARITIME STRATEGY

EYEING OPPORTUNITIES

In times of uncertainty, worldwide pandemics, and abysmal advancement quotas - being in the Navy doesn't seem very fun. And while it can be very easy for young Sailors to feel jaded because of the restrictions imposed, the military has a vast array of resources to help them pull through. Knowing some of these resources and programs could help encourage Sailors to work on themselves and have that sense of control that the rest of the world feels like it's lacking. And whether a Sailor is staying in or getting out, there are a number of resources to help on the journey.

SKILLBRIDGE

Looking for your next career step after your military Service? Are you within 180 days of transition? Discover opportunities to participate in training and development with industry and employers who are seeking the high-quality skills that you bring to the table using Skillbridge.

USMAP

The United Services Military Apprenticeship Program enhances your job skills and shows your motivation for more challenging military assignments. Having a DOL Certificate of Completion of Apprenticeship is a definite advantage in getting better civilian jobs since employers know the value of apprenticeships.

CIP

The Career Intermission Program allows Officers and enlisted Sailors the ability to transfer out of the active component and into the Individual Ready Reserve for up to 3 years while retaining full health care coverage and base privileges.



TIES

MECP

The Medical Enlisted Commissioning Program is a commissioning program offering qualified enlisted men and woman from all enlisted ratings a chance to earn an entry-level nursing degree followed by an appointment as an Ensign in the Nurse Corps. MECP is open to active duty enlisted Sailors and Marines.

FFSP

Fleet And Family Support Program provides services to family members, increased individual assistance and consultation, varied educational programs, proactive outreach, and delivery of family support services in locations most conducive to family member engagement, ususally the first thing Sailors think of when they need any sort of help.

FAITAS

The Federal Acquisition Institute (FAI) has worked for more than a decade to foster and promote Government-wide career management programs for a professional procurement work force so that they become effective business leaders.

HPSP/FAP

Health Professions Scholarship Program (HPSP) and Financial Assistance Program (FAP) can be useful if you are already in or plan to attend school to be a physician, dentist, optometrist, physician assistant or clinical psychologist, the Armed Forces Health Professions Scholarship Program (HPSP) will pay your educationally based tuition and fees for up to four years of school and provide a monthly stipend paid directly to you.



The Navy CHARM Study

By Mass Communication Specialist 2nd Class Brent Pyfrom/Defense Media Activity



The Navy is always improving its efforts to maintain readiness and project power; the same is true in medicine. Researchers at the Navy Medical Research Center (NMRC) conducted a study they call the COVID-19 Health Action Response for Marines (CHARM) study, and it is groundbreaking information according to the world of medicine.

“The study was conducted to understand how COVID-19 affected the Marines Corps mission of making Marines at Parris Island,” said Cmdr. Andrew Letizia, M.D., deputy director for the infectious disease directorate at the Naval Medical Research Center. “We wanted to identify how the virus was potentially spreading amongst recruits in their training setting, regardless if they had symptoms or not and to inform mitigation strategies.”

The researchers had a secondary objective in this study and that was to understand if a Marine was infected, how their body would fight off the infection. This study would require finding something in the infected person’s blood that the researchers could measure and see if that Marine could get back in the fight safely, according to Letizia.

The study began when the Marine Corps asked researchers to determine how to efficiently train recruits in the wake of the global pandemic. The study included 3,472 recruits, with most of them being in the 18 to 20-year-old demographic.

“All the research was guided and focused through an operational lens to provide the Marine Corps with the best public health information they could get in order to create data-driven strategies to perform their mission of making Marines,” said Letizia. “They were thinking about this back in March, wondering what would happen within the spreading pandemic while they bring recruits in from all over the nation. They wanted to safely perform the mission so they called us up as the resident experts.”

How does this study benefit the Sailors or even other branches of the military? The answer is two words, success now. According to Letizia, the goal of the research team was to be able to do this project and do it well, here and now, then use the results pretty much anywhere else where recruits or mass gathering of service members are.

“We believed we could take the data and extrapolate it to other settings,” said Letizia. “We got the car, not the base model. We pulled a lot of different partnerships in order to make sure we do one study and do it very well. This study could be done in another setting but our hope is our data can be utilized instead. I have had communication with other recruit training centers who have a similar setting and we discussed how our data can apply to their specific population.”

If the center couldn’t do something they reached out to their partners. This communication led to stronger partnerships with the Icahn School of Medicine at Mount Sinai and recently the National Institute of Allergy and Infectious Diseases, and the La Jolla Institute.

Letizia explained that the process from the beginning to the breakthrough has been about six months with having boots on the ground testing Marines in about six to eight weeks in. Volunteer recruits were observed for eight weeks (two weeks in isolation and six weeks in boot camp) with a total of six samples being taken over that span per recruit. If a volunteer was indeed infected, they’d be monitored more closely. In short, the study was just shy of 57,000 samples taken.

The results of the study were based on one major thing, the population. Colleges and schools were closed so there weren’t many places where young healthy adults were gathering. Hospitals were enrolling the already sick people into studies but they ranged in ages. According to Letizia, the NMRC was the largest and most robust study examining young healthy adults who just happened to be on active duty. This study was crucial because the need was for healthy young adults and not an older person who may have had different medical issues or diagnoses from other medical facilities.

“No one was studying the demographic we were and all the findings we had were specific to the DoD because they were active duty young adults who were healthy and just gone through Military Entrance Processing Stations (MEPS),” said Letizia. “The primary findings we are investigating and verifying show how the infection can spread in a recruit setting. Even with wearing a mask and social distancing and doing all of the right things like washing your hands and unidirectional recruit movement; the virus is so infectious that it was still able to infect recruits.”

“We also demonstrated that about 1% of the recruits were showing up to the recruit setting with the infection. They had no idea because many were asymptomatic,” explained Letizia. “Then we found out about 9% of the recruits who showed up already had antibodies. These are the proteins that help fight off the infection and they are specific to COVID-19. The antibodies wouldn’t be there if the person wasn’t infected beforehand.”

The researchers were dealing with recruits who were either once infected or may have been infected but showing no symptoms. Right now, the research center is trying to better understand the antibody response in the long term according to Letizia. Essentially, they’re trying to see if you were once infected, how much the need for a vaccine is and if this was something the DoD needs to look into.

“We’ve been able to investigate there are lots of different coronaviruses out there, many of which are termed endemic and cause the common cold,” said Letizia. “We’ve also been able to investigate that if you had these common cold viruses in the past, if you were protected in any way from COVID-19 and that answer is no, it doesn’t give you any protection.”

Another result the research team has come across was if someone was infected, they really only needed 10 days in isolation instead of the 14 that was originally recommended.

The research team consisted of 30 active-duty officers and enlisted personnel along with 10 contractors from other institutions. Letizia says no one on the team was infected during the study. This brings attention to those who Letizia is the proudest of, the Navy corpsmen.

“To get 57,000 samples over this time is hard,” said Letizia. “This project demonstrates the power of Navy Medicine to deploy its research platform to support the operational needs of the Department of the Navy and Marine Corps. That happens because of the corpsmen.”

The corpsmen’s hands were full because in summary logistics became a problem. Because logistics became a problem, keeping cells actively engaged with each other from a volunteer’s blood sample became a problem. The researchers needed active blood cells to best test and get maximum results so the cells themselves had to be kept in liquid nitrogen --- which wasn’t in the same location. Imagine it like this, from Parris Island in South Carolina to a makeshift lab offsite to the center in Maryland. Throw in the fact that there is a global pandemic, shortage of personal protective equipment (PPE) and testing equipment like swabs and tubes, this is what the corpsmen had to push through.

“Logistics were 80% of this project,” said Letizia. “Between being able to obtain all of the supplies and materials needed, being the ones trained up by our scientists on how to do the isolation of cells protocols, and sending them to the lab, our corpsmen worked tremendously.”

“At the time, in March, the average turnaround time for a Polymerase Chain Reaction (PCR), the gold-standard test for COVID-19, from a commercial lab was 5 to 7 days,” continued Letizia. “Today, if you were to go to Walter Reed the average turnaround time is 3 to 5 days. Yet, we’ve been doing it in 24-hours for the entire duration of the study. So all of this was a success because the corpsmen were able to problem solve issues and process every single sample, and they were prepared for the shortcomings and came up with creative solutions to get the job done.”

Letizia admits this would not be possible without the Navy Corpsmen and his excitement for their accomplishment is even higher than ever. This research shows the ability of Navy Medicine in the evolution of readiness because not only are the researchers looking at present viruses but they are trying to understand the body’s immunity for the next virus to come. The research doesn’t stop though the study case is over and the results of the NMRC’s findings have been published worldwide which brings more accolades to Navy Medicine.

More of this story, in larger detail, will be aired on a future episode of the All Hands Magazine podcast, Ears Adrift. You can find Ears Adrift at www.AH.mil or on your favorite podcast outlets.



CDC Guidelines for



Holiday Travel Safety Tips

Before traveling, consider the following:

Travel can increase your chance of spreading and getting COVID-19. Postponing travel and staying home is the best way to protect yourself and others from COVID-19.

Before you go:

- Check travel restrictions.
- Get your flu shot.
- Bring extra supplies, such as masks and hand sanitizer.

On your trip:

- Avoid close contact by staying at least 6 feet apart (about 2 arm lengths)
- Wear a mask (keep nose and mouth covered)
- Wash your hands often or use hand sanitizer (with at least 60% alcohol).
- Avoid anyone who is sick.
- Avoid touching your eyes, nose, and mouth.



Flying Risks?

- Difficulty maintaining social distancing
- Sanitation issues
- Long periods of time within 6 ft rule



Driving Risks?

- Frequent stops at unsanitized places
- Travel companions touch same surfaces



Train-Riding Risks?

- Difficulty maintaining social distancing
- Sanitation issues
- Long periods of time within 6 ft rule

When you're back:

You may have been exposed to COVID-19 on your travels. You may not have any symptoms, but you can still spread the virus to others.

The next 14 days:

- Stay 6 feet apart
- Continue to wear a mask
- Wash and sanitize hands often
- Avoid others who may be at higher risk
- Monitor your own health and go to a doctor if you feel sick.



LET'S TALK

SUICIDE PREVENTION



**VIDEO #2 PREMIERING
JANUARY 4TH, 2021
PETTY OFFICER THIRD CLASS
JEANYRA GAINES**



**IF YOU ARE IN CRISIS AND
NEED IMMEDIATE HELP:**

CALL: 1-800-273-TALK (8255)
and Press 1

TEXT: 838255

VISIT: www.militarycrisisline.net

AH

