

Career Guidance

FY21 Seaman to Admiral application period opens ... 3 expert pay negotiation tips for women.

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AutoMatters & More



NASA, SpaceX launch first astronauts from U.S. soil to the ISS since 2011. See page 9

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SIXTIETH YEAR NO. 6
THURSDAY, JUNE 4, 2020

NAVY APPROVES INTERIM RETIREMENT CEREMONY RULES

TRADITIONAL CEREMONIES SHOULD RETURN WHEN DISTANCING RESTRICTIONS ARE RELAXED

by MC1 Mark D. Faram,
Chief of Naval Personnel
Public Affairs

WASHINGTON- The Navy has cleared the way for Sailors to plan command-sponsored retirement ceremonies though none will be held until social distancing restrictions are relaxed.

“COVID-19 has limited group gatherings and congregate events, such as command-sponsored retirement ceremonies designed to express the Navy’s appreciation for the many years of faithful and honorable service members have devoted to their country,” wrote Vice Adm. John B. Nowell, the Navy’s top uniformed personnel officer, in NAVADMIN 160/20 released May 29.

“Commands using the authority in this NAVADMIN may approve requests by members on a case-by-case basis after fully considering existing Navy mitigation measures in response to the coronavirus outbreak.”

Once conditions permit, Nowell wrote that commands, “will make every reasonable effort within regulations, budgetary constraints, and practicality to provide the items requested.”

Here’s how the policy, which



Senior Chief Machinery Repairman James Slay wipes away tears during his retirement ceremony board aircraft carrier USS Theodore Roosevelt. Navy photo by MC3 Anna Van Nuys

remains in effect for one year, will work.

Commands can now approve requests from Sailors for officially sponsored retirement ceremonies.

Only requests for command-sponsored retirements, held either preceding retirement, or for Sailors willing to return

for their ceremony once social distancing restrictions are lifted, will be approved. Though any retirement can be delayed, all must be held within three months of local base social distancing restrictions being lifted.

No ceremonies will occur, however, until after the local installation commander deems gatherings of 10 or more people

can safely happen.

The policy, the message states, not only applies to Sailors who retire on schedule during current COVID-19 restrictions, but also those who receive voluntary extension approvals to delay their retirement as part of the COVID-19 mitigation efforts.

Sailors who retire, but who

plan to return to return hold their ceremony, need to be aware that travel funding to return for their ceremony might not be possible. There are DoD restrictions on funded travel for retired service members, the message said. As a result, Nowell urged commands, “scrutinize requests from members for invitational travel orders on a case-by-case basis.”

Once commands give an official approval, the message states, the retirement ceremony becomes an official command function. Sponsoring commands will only use operating funds

in the fiscal year the retirement ceremony is held.

Sailors and commands should consult NAVADMIN 160/20 and DoD financial rules before using official funding. The message says that appropriated funds can’t pay for, “food, receptions, or unofficial functions.”

When planning and requesting an official retirement ceremony, Sailors should read MILPERMAN Article 1800-010, which lays out the rules for retirement ceremonies, and they should review the other references noted in the message as well.

Camp Pendleton unit takes over Middle East crisis response mission

AL-JABER AIR BASE, Kuwait - The 13th Marine Expeditionary Unit command element took command of Special Purpose Marine Air-Ground Task Force - Crisis Response - Central Command 20.2 13th MEU assumed responsibility of Marine Corps Forces Central Command’s crisis response mission and theater security cooperation throughout the Middle East. Continuity of SPMAGTF-CR-CC allows the unit to build upon previous rotation’s success. “We remain postured to respond to any crisis throughout the U.S. Central Command area of responsibility,” said the oncoming commanding officer, Col. Andrew T. Priddy. “While maintaining this crisis response capability, we look forward to continuing to advance the regional partner relationships across the AOR.” Forces from across I Marine Expeditionary Force, including 1st Marine Division, 1st Marine Logistics Group, and 3rd Marine Aircraft Wing will make up the SPMAGTF-CR-CC 20.2. Units include 2nd Battalion, 5th Marine Regiment, Marine Medium Tiltrotor Squadron-166 (reinforced,) and Combat Logistics Detachment-25.

Message from 77th Secretary of the Navy Kenneth Braithwaite

by Secretary of the Navy
Kenneth J. Braithwaite

WASHINGTON - To Sailors, Marines, and all men and women of the Department of the Navy serving across this great world: Today marks the honor of my life, taking the oath of office to become the 77th but more importantly...Your Secretary of the Navy.

I’m incredibly humbled to stand before You, the greatest Navy and Marine Corps in the world to accept this responsibility.

For nearly 35 years, I like you have served Our country; first as a US Naval Officer deploying around the world to include sailing into “Harms Way” and most recently as our US Ambassador to Norway, a nation important to our national security. Never have I ever doubted why we serve... to protect and defend the greatest nation on earth...the United States of America!

For more than two centuries the Department has exemplified the strength and resilience of the

nation we represent. Through tragedy and triumph, in both peace and in war, the source of our strength has been three simple but extremely powerful words: Honor, Courage, and Commitment.

As each of you know, they must be our guide stars as we navigate challenges around the globe. We can never forget that they are written in the blood of those who sailed before us: from John Paul Jones to Doris Miller...from Grace Hopper to

Jason Dunham, all part of a formidable anchor chain of service through which each of You is an important part.

Make no mistake, we face significant challenges today. Our Nation is up against perhaps the greatest test of our commitment to the ideals we hold dear than at any time in our history... surely since the end of World War II. We must recognize this challenge for all it is and all it presents, lurking in the shadows of deceit or the depths of dishon-

esty. However, our Navy and Marine Corps have faced tough times before. Each time we have prevailed and we will persevere again. It is our sacred duty and we shall do so by relying on Our core values, the bedrock of Our service and the key to Our success: Honor, Courage, and Commitment.

The object of success for our service is simple: American Seapower. America always has been and always will be a maritime nation. America and our

principles of freedom rely on seapower delivered by a strong and capable Navy and Marine Corps. Each of You provides that power through Your actions each day -- actions that demonstrate our resolve to place service above self.

I look forward to the days ahead to do all I can on your behalf, ensuring that you have the opportunity to thrive and succeed in your service to Our Nation. American Seapower see **SECNAV, page 4**

Service members returning to U.S. with pets face limited space, thousands in fees during pandemic



by Jennifer H. Svan,
Stars and Stripes

RAMSTEIN AIR BASE, Germany – Facing costs in excess of \$3,000 to move his pet in the middle of a pandemic, Air Force Tech. Sgt. Gregory Oakley thought he might have to leave his beloved Corgi, Fritzzi, behind with another family in Germany.

“I considered having to give her up,” Oakley said of the dog he handpicked six years ago from a litter of puppies in Frankfurt. “because it was just going to cost so much.”

Oakley said he had to “move mountains” to get one of 10 pet spots in the cargo hold flying from Ramstein to Baltimore on Friday on the Patriot Express, a charter flight contracted by the Pentagon for military families.

Like Oakley, many service members returning from overseas with pets are scrambling for limited spaces, as commercial shipping costs skyrocket amid the disruption to air travel caused by the coronavirus pandemic.

The Defense Department has temporarily increased the number of rotator flights for personnel and added more in-cabin pet spaces to meet the demand, but out of Ramstein, most spots for animals that don’t fit in the cabin are already booked through August, base transportation officials said.

“They’re running out fast,” said Revillano Sarao, Ramstein’s installation transportation officer.

see **Pets**, page 3



Military families wait in line with their pets while preparing to check in for a Patriot Express flight to the States on May 29 at Ramstein Air Base, Germany. Stars and Stripes photo by Jennifer H. Svan

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Published by Western States Weeklies, Inc.
2604 B-280 El Camino Real, Carlsbad, CA 92008
E-mail: editor@navydispatch.com

Publisher.....Sarah Hagerty

The Dispatch is published weekly on Thursdays, by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. It does not necessarily reflect the opinion of the Department of the Navy and is in no way associated with the Department of the Navy. The editorial objective of the Dispatch, however, is to promote support for a strong military presence. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Dispatch or Western States Weeklies, Inc. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$70 per year to CONUS or FPO address.

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D-Day, June 6, 1944 marked the 'beginning of the end' of war in Europe

During World War II (1939-1945), the Battle of Normandy, which lasted from June 1944 to August 1944, resulted in the Allied liberation of Western Europe from Nazi Germany's control. Codenamed Operation Overlord, the battle began on June 6, 1944, also known as D-Day, when some 156,000 American, British and Canadian forces landed on five beaches along a 50-mile stretch of the heavily fortified coast of France's Normandy region. The invasion was one of the largest amphibious military assaults in history and required extensive planning. Prior to D-Day, the Allies conducted a large-scale deception campaign designed to mislead the Germans about the intended invasion target. By late August 1944, all of northern France had been liberated, and by the following spring the Allies had defeated the Germans. The Normandy landings have been called the beginning of the end of war in Europe.



Pets, from page 2 Commercial options are also limited and pricey. With thousands of flights canceled, airlines are pivoting to freight to make up for the lack of passengers, putting a premium on cargo space, said Kari Mendoza, a Navy veteran who for more than 10 years has run Island Pet Movers, a worldwide pet shipping company on Hawaii that serves primarily military customers.

United Airlines stopped flying pets in its cargo compartments in March, Mendoza said, and most carriers on international flights are requiring customers to use pet shippers, rather than allowing pets to fly as excess baggage - a less costly option.

"Coming out of Europe, pricing has more than doubled," she said of pet shipping. In Asia, Mendoza said prices are "absolutely insane," citing a recent price shared by a colleague of \$14,000 to move two German shepherds on Korean Airlines from Incheon to the United States.

Start making plans as early as possible, she advised, and get quotes from more than one shipper. It may cost less to fly commercial on airline carriers with pet spaces than go by military air and pay a company to ship one's pet, Mendoza said. But those spaces are hard to find on international flights.

It doesn't appear the Pentagon will make an exception to the Joint Travel Regulations and reimburse military personnel for transporting their pets during the pandemic.

Chief Master Sgt. Ramon Colon-Lopez, senior enlisted adviser to Joint Chiefs Chairman Gen. Mark Milley, said during a virtual town hall meeting May 14 that the military would "look into" an exemption.

In a statement to *Stars and Stripes* May 28, U.S. Transportation Command officials said pet travel in conjunction with a relocation "would continue to be funded by the traveler."

In-cabin pet spaces aboard Patriot Express missions were temporarily increased last month from 10 to 20 spaces "to support the anticipated influx of passengers traveling with pets," transportation officials said.

Cats or small dogs - up to about 15 pounds - can fly in the cabin aboard Patriot Express flights, but they must ride in a carrier that fits under the seat, said Sabine Fehrentz, the passenger travel lead at Ramstein.

Some C-17 flights with pet spaces were added to move passengers out of Ramstein for summer moves, officials at Ramstein's passenger terminal said May 29.

Those weren't added in time to help Stephanie Sparkes-Schultheiss Benson and her family. About three weeks ago, Benson's husband, an Air Force lieutenant colonel, found out he had to be in Hawaii for his next assignment in June.

But there were no pet spaces available on the Patriot Express for Jax, the family's wired fox terrier.

After numerous phone calls to the airlines, they found a solution. The family will fly with Jax on Lufthansa from Frankfurt to Chicago. Then they'll take two more flights on Alaska Airlines from Seattle and then onto Hawaii, to complete a 38-hour journey.

SATO, Ramstein's commercial travel office, arranged the travel, but Sparkes-Schultheiss Benson said she made sure she knew in advance which airlines were taking pets and how many spaces were available before the tickets were booked. "There is a way," she said. "It was the biggest relief we've had because that was the one thing - we're like, 'We have to leave and we are not leaving our dog behind, so what do we do?'"

"They're trying to make it work," she said of the military and pet travel. "I just think there's no great solution."

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Taliban maintains ties with al-Qaida despite U.S. peace deal, U.N. says

by Phillip Walter Wellman, Stars and Stripes

KABUL, Afghanistan - The Taliban haven't severed ties with al-Qaida and may have strengthened them, despite pledging to stop cooperating with terrorist groups, the United Nations said in a report released this week.

victory for global militancy, the report said. It added that some members of the Taliban - which pledged in the Feb. 29 deal to no longer allow terror groups to launch attacks from Afghan soil and to start talks with the Afghan government - still believe they "can and will ... achieve their aims by force."

Al-Qaida has hailed the Taliban's deal with the U.S. as a

The U.S. pledged under the deal to fully withdraw its forces



In this Feb. 29, 2020, photo, Zalmay Khalilzad, American special envoy for Afghan reconciliation, left, and the Taliban's top political leader Mullah Abdul Ghani Baradar sign a peace deal in Doha, Qatar. A United Nations report says the Taliban have not met the deal's requirement that they sever ties with al-Qaida, as outlined in the U.S.-Taliban peace deal. Stars and Stripes photo by J.P. Lawrence

from Afghanistan by the summer of 2021, but only if the Taliban fulfilled commitments they made under the agreement.

Several U.S. lawmakers have criticized the deal for failing to include mechanisms to ensure the Taliban keep their promises. The lawmakers also voiced concern that groups intent on attacking the U.S. could strengthen once international forces leave the country.

Achieving "many, if not all" of the objectives "will prove challenging," the U.N. report warned.

In addition to maintaining ties to al-Qaida, the Taliban remains "a formidable fighting force" and "appears well prepared for the 2020 fighting season," it said.

The U.S. invaded Afghanistan in 2001 to destroy al-Qaida, who masterminded the 9/11 attacks on the U.S., and to oust the ruling Taliban, who provided sanctuary to the terrorist group.

Between 400 and 600 active al-Qaida fighters remain in 12

of Afghanistan's 34 provinces, the U.N. has estimated. They have long-standing ties to the Taliban - especially the Pakistan-based Haqqani Network affiliate - through friendship, intermarriage and a history of shared struggle, and those "deep personal ties" don't appear to be weakening, the U.N. report said.

"The Taliban regularly consulted with al-Qaida during negotiations with the United States and offered guarantees that it would honor their historical ties," the report said.

While most measures outlined in the U.S.-Taliban deal are behind schedule, the U.S. military has said a preliminary drawdown of American forces from about 13,000 to 8,600 is on track to be completed by early next month.

Senior military officials are expected to brief President Donald Trump this week on several withdrawal timetables, including one that would see the troop drawdown completed before the November elections in the U.S., *The New York Times* reported.

Army

- Final SFAB activates with upcoming missions in Asia, as Army plans a Pacific Pathways restart
- Fort Campbell soldier arrested with 15 pounds of marijuana and 500 Xanax pills
- Fort Gordon Soldier's heroic act saves family trapped in vehicle
- Army approves honorary promotion of ROTC student murdered days after commissioning



Navy

- 77th secretary of the Navy sworn in Friday
- Former SEAL sues SecNav and NYT reporter, claiming leaks and false reporting
- Sailors who stopped Corpus Christi terror attack may receive awards
- Fighter squadron is pulled from USS *Gerald R. Ford* after Sailor tests positive for coronavirus
- Navy football player David Forney died of cardiac arrest, state medical examiner office says

Air Force

- A gender-neutral 'Wild Blue Yonder': Air Force finishes changing official song
- Pentagon to open Nellis Air Force Base for 5G testing
- Tokyo-based wing commander tapped to become Air Force Academy's vice superintendent
- The Air Force investigated Martha McSally for seeking advice after sexual assaults

Marine Corps

Marine airfield relocation on Okinawa to take 16 years longer and \$5.4 billion more than originally projected

U.S. Navy to join 18 allied, partner nations in annual Baltic Exercise

LISBON, Portugal - The 49th Baltic Operations (BALTOPS) exercise, the premier maritime-focused exercise in the Baltic Region, takes place in the Baltic Sea from June 7-16. Air and maritime assets from NATO allies and partner nations are involved in the live training events. Training focus areas include air defense, anti-submarine warfare, maritime interdiction, and mine countermeasures operations. The exercise enhances flexibility and interoperability among allied and partner nations to strengthen combined response capabilities, as well as demonstrate international resolve to ensure stability in, and if necessary defend, the Baltic Sea region. BALTOPS 2020 involves participation from 19 nations. The 17 NATO and 2 partner nations will provide 29 maritime units, 29 aircraft, and 3,000 personnel. Participating nations are: Canada, Denmark, Estonia, Finland, France, Germany, Greece, Italy, Latvia, Lithuania, the Netherlands, Norway, Poland, Portugal, Spain, Sweden, Turkey, the U.K., and the U.S. To ensure the safety and health of participating military personnel, BALTOPS 2020 will take place exclusively at sea. This precaution allows units to enhance multinational operational cooperation, while ensuring that crews remain healthy, and ready to provide continuous regional security.

SECNAV

continued from page 1

will continue to defend Our Nation, and American Seapower will continue to preserve peace while deterring any and all that would challenge our way of life. And when or if we find it necessary, American Seapower WILL decisively win in battle which is our solemn duty because there can be no alternative.

Please accept my personal appreciation which I sincerely send to every one of you for your selfless service, your devotion to duty and for your Honor, Courage, and Commitment. I am privileged to stand with you, the greatest Navy and Marine Corps the world has ever known in your service to the People of America. Godspeed to You and us all in this Great Endeavor!



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Women vets find support beyond military service

by Karen Scanlon

Our nation is approaching summer's centennial of the ratification of the 19th Amendment to the U.S. Constitution, which gave women the right to vote. Steam's up for a variety of celebrations across the country.

Locally, the Foundation for Women Warriors, California's

distinguished service agency for women veterans, is also celebrating its first 100 years.

"We're launching a year-long celebration on June 1, reviewing 100 years of women in military service," said FWW Chief Executive Officer, Jodie Grenier, a U.S. Marine Corps veteran. "We're asking women warriors

to share their own stories. For the past 100 days leading up to our anniversary we posted a woman warrior who has made a significant contribution or met a milestone."

In addition, everyone is welcome to the organization's celebratory hosting of a virtual screening of "The Hello Girls" at 6 p.m. on June 12. Link to <https://www.classy.org/event/the-hello-girls-screening/e288120>.

The movie is the untold story of 223 women sent to France in 1918 by the U.S. Army Signal Corps as telephone operators to help win the First World War. These women returned from service with no recognition or veterans status.

Foundation for Women Warriors was formerly known as Military Women in Need. It was created in 1920 as a housing subsidies program for widows and mothers of fallen service members of World War I and war nurses. In 2005, the organization began its focus on women veterans.

"Women get out of the military and often struggle financially, especially single mothers," said Grenier. "Our efforts enhance their economic sustainability while they actively pursue careers or educational goals."

Women who work in the same

civilian capacities as men often face a wage gap.

"We're seeing the evolution of how roles have changed but there is still an economic impact," said Grenier. "Women veterans face a gender pay gap that they didn't experience in the military and increased cost of childcare."

For many of us the memory has slipped from our consciousness, but prior to (and through) the women's suffrage movement, which ramped up its presence in the 1800s, married women could not own property, make legal contracts, or vote. And they certainly were not allowed to serve in the military, though many disguised themselves so they could.

As the Foundation for Women Warriors commemorates its first 100 years, these warriors are taking time to look back at how far they've come. Grenier recognizes that there is still a distance to go.

"We want more women to fill the ranks and not encounter bias from their male counterpart, even though society has not fully wrapped its head around women in full combat service."

Today nearly 17 percent of U.S. armed forces are women, with 1.85 million women veterans, some 163,000 of them in



Shown here are veterans, active duty, volunteers, and staff of the Foundation for Women Warriors, at January's Connect with Community workshop at University of San Diego. Courtesy photo

California. To date, the Foundation for Women Warriors has served 1,145 women and children in Southern California this year.

A warrior, according to FFWW, is a person known for having courage and skill. The

non-profit organization utilizes a woman veteran's strength to overcome obstacles in her transition to civilian life. Learn more at foundationforwomenwarriors.org.

Karen Scanlon is an author, historian, and educator in San Diego.

Ask Rusty - What will my wife's survivor benefit Be?

by Russell Gloor

Dear Rusty: I am a 68-year-old retired male and had planned on waiting to collect Social Security benefits beginning at age 70. My wife is currently 53 years old. When I die, would my wife's spousal benefit at her full retirement age be equal to what I would be receiving at age 70 or be reduced? Also, if I were to die before 70 and before collecting social security, what would be my wife's survivor benefit at her full retirement age? Signed: Older Husband



Dear Older Husband: Your wife's survivor benefit as your widow will depend upon two things - the amount you were receiving (or were eligible to receive) at your death, and the age at which she claims her survivor benefit as your widow.

If you were receiving an increased benefit because you waited until age 70, your wife's benefit - if she has reached her full retirement age - will be 100 percent of the amount you were receiving at your death. If she hasn't yet reached her full retirement age when she claims her survivor benefit (she could claim as early as age 60) the benefit will be actuarially reduced according to the number of months prior to her full retirement age (FRA) that she claims it. The amount of reduction for claiming her survivor benefit before her FRA is 0.396 percent for each full month earlier, which is 4.75 percent per year earlier than her FRA, to a maximum of 28.5 percent. And for clarity, your wife isn't required to take the survivor benefit immediately upon your death; she can wait until the benefit reaches 100 percent at her full retirement age, if desired and if financially feasible.

If your wife is also eligible for a SS benefit on her own work record and you die before she reaches her FRA, she will have the choice to take either her own Social Security benefit or her survivor benefit from you. If her survivor benefit will be her highest possible benefit, she would have the option to take her own SS retirement benefit from her own work record first and delay taking the larger survivor benefit until it reaches maximum at her FRA. Or, if her own benefit at age 70 would be more than her survivor benefit from you, she could take the smaller survivor benefit first and delay taking her own SS benefit until it reaches maximum at age 70 and switch to her own benefit at that time. The goal is for her to get the highest possible benefit for the rest of her life.

Finally, if you were to die before you started collecting your increased Social Security benefit at age 70, your wife would still have the same options, but her survivor benefit amount would be based upon the amount you were eligible to receive at your death, even though you were not yet collecting. In other words, all those delayed retirement credits (DRCs) you are now earning (and will continue to earn until you are 70) will not be lost - the benefit you have earned up to the point you die will be what your wife's survivor benefit is based upon.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit the website (amacfoundation.org/programs/social-security-advisory) or e-mail ssadvisor@amacfoundation.org.

Local D-Day veteran to ring Liberty Bell for global initiative

CORONADO - This Saturday, WWII paratrooper Tom Rice and Commander Navy Region Southwest Rear Adm. Bette Bolivar will ring the Liberty Bell at NAS North Island for the 76th anniversary of D-Day.

The event will occur globally at 6:44 p.m. (local time) to symbolize June 6, 1944. The Freedom Rings initiative will begin in Normandy, France and will be carried out through the world.

Coronado native Rice was attached to the 101st Airborne

Division, 501 Parachute Infantry Regiment, known as the Screaming Eagles. Rice parachuted into Normandy on June 6, 1944 to help liberate France from Nazi Germany.

In 2019, for the 75th Anniversary of D-Day, Rice parachuted into Carentan, Normandy in the same drop zone as he did on D-Day. Rice was 97 years old then.

"Freedom Rings' around the world is important," said Rice. "It reminds us of the sacrifices made on D-Day."

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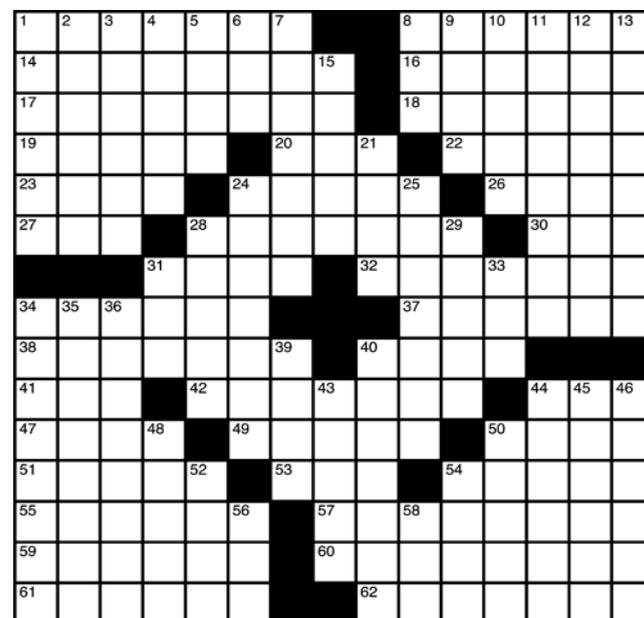
Crossword Puzzle

Across

- 1 Bud holder
- 8 Horrified
- 14 Symbol on viola sheet music
- 16 One who always finds himself over a barrel?
- 17 Pessimistic sort
- 18 Take down
- 19 Kitchen counter
- 20 Ball
- 22 Guy
- 23 "The Dukes of Hazzard" deputy
- 24 _ Penh
- 26 Disorderly conduct
- 27 Excitable toon canine
- 28 Examines informally
- 30 Who, in Quebec
- 31 Product of New Orleans
- 32 Do
- 34 Little squirt
- 37 "Sure, why not"
- 38 Parti-colored
- 40 Passed perfectly
- 41 So-so connection?
- 42 Process of elimination
- 44 Links org.
- 47 Truck parts
- 49 "The Martian" star
- 50 Links mounds
- 51 Option for a return
- 53 Moses, for one
- 54 Reznor of Nine Inch Nails
- 55 Destructive beetles
- 57 Message to a loser
- 59 Zealous
- 60 It can help with the healing process
- 61 Concluded one's case
- 62 Sooner or later

Down

- 1 Kidding
- 2 Seinfeld character who ordered "big salad"
- 3 Word origin
- 4 Romantic buds?
- 5 '80s Chrysler
- 6 Cambridgeshire cathedral town
- 7 "Aw, shucks"
- 8 Fake being
- 9 "Oops!" evoker
- 10 Optimistic sort
- 11 Quilting technique
- 12 Smash hits, often
- 13 Pacts
- 15 _ Ferdinand, whose assassination set off WWI
- 21 Nod
- 24 At a loss
- 25 Salma Hayek, by birth
- 28 Doha is its capital
- 29 Franklin Mint founder Joseph
- 31 Spinnaker relative
- 33 Jersey chew
- 34 Elongated key
- 35 Sleeveless smock
- 36 Cards nickname
- 39 Key of Beethoven's Violin Concerto: Abbr.
- 40 Professions
- 43 Homer's final character?
- 44 Mad
- 45 Family subdivisions
- 46 Off the mark
- 48 Hard weather to deal with
- 50 Cache of cash, perhaps
- 52 Seaside glider
- 54 Brim
- 56 Norm: Abbr.
- 58 Stock response?



FY21 Seaman to Admiral application period opens

by MC1 Mark D. Faram

If you think you've got what it takes to be an officer, the annual call for applications to the 2021 Seaman to Admiral program, known as STA-21, is on the streets.

This year's board will meet in mid-September. Applications must be postmarked on or before July 1 to be considered by the board. Some leeway is being granted for additional documents to be being added later, though the July 1 deadline for initial applications is hard and fast.

"The program's goal is to provide our highly-motivated, active-duty personnel an opportunity to obtain their undergraduate degree and earn a commission as a naval officer," said Cathy Kempf, a retired Navy commander who heads selection and placement for STA-21 as well as Naval Reserve Officer Training Corps.

"The program is very competitive as the selection boards look for the top-notch Sailors who go above and beyond their normal duties while already having an academic background that positions them to complete their degree in 36 months or less."

This year's STA-21 details are in NAVADMIN 152/20, released on May 26.

STA-21 is one of several routes the Navy offers to go from the deckplates to the wardroom. Other options include the Naval Academy, NROTC, and Officer Candidate School. More senior Sailors can apply for direct commissions through the Limited Duty Officer and Chief Warrant Officer Programs. There are also routes to a commission in the medical community through in-service procurement programs.

For Sailors with significant college credits, STA-21 can be the fastest route to a commission, which is why competition for quotas is keen.

Of 323 applications received for the fiscal-year 2020 board, only 305 were deemed eligible. Of those, just 55 were selected. This year's board is expected to offer the same opportunity.

Once selected, Sailors attend college full-time and collect their full paycheck for their current paygrade while in school. Tuition is paid for by the Navy through an annual \$10,000 stipend. Any costs over that must be covered by the Sailor, though they can use their GI Bill to cover any difference.

Qualifying college entrance exams scores are required and cannot be waived. Sailors can use either the Scholastic Aptitude Test or the American College Testing exams, provided they were taken within the last three years, specifically between July 1, 2017 and July 1, 2020.

The Navy will allow applications to be accepted after the July 1 deadline as long as test scores are received before the board meets, currently slated for the second week in September.

Fitness counts, too, as applicants can't have below an overall "good" score on any Physical Fitness Assessment over their past three cycles. There are Covid-19 considerations allowing Sailors to use scores from the latest full test taken within the past year because this spring's tests were suspended.

The following community options are open for application this year - Surface Warfare, Surface Warfare Engineering, Nuclear (Surface/Sub), Special Warfare, Explosive Ordnance Disposal, Naval Flight Officer, Pilot, Civil Engineering Corps, Nurse Corps and Information Professional.

More information on this year's board specifics are available in NAVADMIN 152/20. Overall program requirements and application details - as well as program contacts -- can be found at <http://www.sta-21.navy.mil>.

3 expert pay negotiation tips for women

(StatePoint) As advocates continue to put gender equity under a microscope and some progress has been made, there's still a long way to go. The income gap between men and women has yet to be closed, and while employers have a huge role to play in creating a level playing field, many women could advocate for themselves more effectively during salary negotiations.

A recent Randstad US survey found that 60 percent of women have never negotiated their pay. Additionally, roughly half of the women surveyed (51 percent) also said they're more likely to leave a job because they're underpaid, rather than ask their manager for a raise.

Asking for more money can be stressful, particularly for women. Research has shown that women have a tendency to both underestimate their value and avoid assertiveness (an essential skill for negotiating). These factors make negotiating more difficult, but no less important - which is why you should be extra prepared. According to the experts at Randstad US, here's how:

1. Know your value. Seventy-four percent of millennials expect a pay raise every year in

order to stay at their companies, versus 62 percent of boomers and 66 percent of all workers. It appears younger generations know their value and aren't shy about asking for fair compensation when it counts most - during salary negotiations. Do the same! Take inventory of your achievements, new skills and contributions that demonstrate your value, and be prepared to showcase those once negotiations start.

2. Know your market. Sixty percent of all workers surveyed wish their employers would publish salary or pay ranges for what each role earns across the company. Even if your company doesn't do this, you'll still want to familiarize yourself with the going pay rates in your industry. There are plenty of resources online (including Randstad's comprehensive salary guide) to help with your research.

3. Know when to speak up. Be proactive. If you didn't receive a raise in your last performance review or if you don't have

formal performance reviews, consider scheduling a meeting with your supervisor to talk about your performance and



Photo courtesy of StatePoint

compensation. Of course, if the company has been cutting budgets or is struggling to meet its business goals, it's probably best to wait to ask for a raise. Instead, use this time to ask your manager for feedback: What're you doing well? How would they like to see you improve? Show your manager that you want to do your job better, and then go make it happen. Then, revisit that pay conversation a few months later.

Ultimately, the best thing you can do is advocate for yourself. For your employer, it's all about the return on investment, and if you can make a solid case, most employers are willing to negotiate rather than lose you to one of their competitors.

Fleet & Family Support Center: Developing high level communication

by Andrew Mauldin

What does it take to be a good communicator? Think of some of the best communicators you have ever come across in your life... What did they have in common? How were they different?

No one is a perfect communicator but as we strive to be better and more effective leaders/family-members/team-mates, it will require a commitment to improving our communication skills.

Standard communication skills that typically apply are:

- Be a good listener - seek first to understand
- Know your audience - what works with one group does not necessarily work with another
- Be efficient with messaging-share information and promote take-aways
- Over-communicate - the flip-side of the above skill, also re-trace often to promote retention

Flag officer assignments

The secretary of the Navy and chief of naval operations announced the following assignments June 2:

•Rear Adm. **Roy I. Kitchener** will be assigned as commander, Naval Surface Forces; and commander, Naval Surface Force, Pacific Fleet, San Diego. Kitchener is currently serving as commander, Naval Surface Force Atlantic, Norfolk, Va.

•Rear Adm. (lower half) **Timothy J. Kott** will be assigned as commander, Carrier Strike Group One, San Diego. Kott is currently serving as assistant chief of staff, operations, Allied Joint Forces Command, Naples, Italy.

•Watch your body language/non-verbals - don't let posture, tone and energy levels get in the way of the message

•Be flexible - good communicators can change styles when needed and do not allow rigidity to set in

If you have ever seen the TV show *Whose Line Is It Anyway*, then you have seen a bit of improv comedy. Improvisers must practice and wield all of the above skills. They are masters of real-time, high-level, interpersonal communicating.

The core concept driving improv is the concept of saying, "yes-and." This conveys a stance of acknowledging someone else in their experience, respecting it, then building on an idea with them. Practicing "yes-and" can lead to a sense of co-creation where all involved are part of the product, the outcome and the mission completion.

High-level communicators use tried and true communication skills, but also demonstrate respect and appreciation for those around them. Consider these questions: What would it look like if we all agreed to be more positive and encouraging to one another in our conversations? What might change if we made it a point to share space, give credit and highlight the accomplishments of others?

We might find that others may listen better to the messages that we are trying to communicate.

Resource of the month Tutor.com

Temporary program expansion - find online tutoring and homework help available at no cost to any adult or child in a DOD civilian or active duty, National Guard, Reserve or Wounded Warrior military family member. This includes anyone enrolled in college, service academies and children in grades K-12. Check out this amazing resource at Facebook: [@tutordotcomformilitary](https://www.facebook.com/tutordotcomformilitary) or at www.tutor.com/military.

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DOD launches effort to collect 8,000 units of COVID-19 convalescent plasma

Patients who have recovered from COVID-19 may hold treatment in their veins that could help others who are critically ill with the respiratory infection.

The Defense Department has begun an effort to collect 8,000 donated units of plasma from patients who have recovered from COVID-19 to support the development of an effective treatment against the disease.

“We may want to ask you to stick your arm out and donate blood,” Army Gen. Mark Milley, chairman of the Joint Chiefs of Staff, said in a virtual town hall last week. “What that can then do is help others who are severely ill, and if we can do that, then we’ll be on a good path toward getting some really powerful therapeutics.”

Locally, donations will be accepted at the Naval Medical Center San Diego Blood Donor Center. Fourteen more Armed Services Blood Program centers across the continental United States are collecting donations, and in Hawaii, Guam and Germany. *(A complete list of centers accepting donations appears is available online at https://www.militaryblood.dod.mil/viewcontent.aspx?con_id_pk=2724).*

Patients fully recovered from COVID-19 are the only ones who qualify to be a COVID-19 convalescent plasma donor, said Army Col. Audra Taylor, chief of the Armed Services Blood Program. DOD personnel and their families, as well as non-DOD civilians with access to collection facilities on installations, are welcome to donate.

“OUR GOAL AS A LIFESAVING PROGRAM IS TO ALWAYS PROVIDE A SAFE AND AMPLE SUPPLY OF BLOOD PRODUCTS. THE NEED IS NOW. WE ARE CALLING FOR ALL WHO ARE HEALTHY, ABLE AND ELIGIBLE, TO DONATE TODAY TO HELP US ALL STAND MISSION READY AND SAVE LIVES,” SAID COL. AUDRA TAYLOR.

Why convalescent plasma is collected

When a person contracts SARS-CoV-2, the virus that causes COVID-19, their immune system creates antibodies to fight the virus. These antibodies are found in the plasma, the liquid part of blood, Taylor explained.

Plasma with infection-fighting



Hospital Corpsman 3rd Class Ivy Gaskins uses a pipette to mix a red blood count suspension to confirm the donor’s blood type in the Naval Medical Center San Diego Blood Bank in San Diego. All blood products in the NMCSDB Blood Bank are screened for diseases. Blood type is confirmed before being stored, shipped or used in patients. Photo by Petty Officer 3rd Class Jake Berenguer

antibodies is called convalescent plasma, she said. Through the blood donation process, this plasma is collected from a donor who has recovered from COVID-19 and may be transfused into a sick patient who is still fighting the virus, if they qualify for this type of treatment. This may boost the immune system of the patient and help with the recovery process, Taylor said.

The collection process for this type of plasma is the same as standard apheresis collection, she noted. It is being investigated for the treatment of COVID-19 because there is no approved treatment for the disease at this time, and there is some indication that it might help some patients recover from COVID-19.

Several COVID-19 patients in the Military Health System have received convalescent plasma transfusions as part of their treatment, Taylor said. The treatment, which must be carried out under and approved protocol, is used for those hospitalized and severely ill with the disease.

Eligibility requirements

Donating CCP is the same as a standard platelet or plasma donation and must meet specific requirements set by the Food and Drug Administration. Donors must be at least 17 years old, weigh at least 110 pounds, and be in good health. Women who have ever been pregnant may need additional testing for specific human leukocyte antigen antibodies that may be present in

their blood. In addition to these standard requirements, those who have fully recovered from COVID-19 must be symptom-free for at least 14 days. Donors must also produce documented laboratory test results proving they tested positive for the virus, said Taylor.

“If a donor believes they meet these requirements, they must first contact the local blood donor center before coming in, and if they qualify, set up an appointment,” said Col. Jason Corley, Army Blood Program director. “Once set up, the donor must bring the required documentation and undergo the standard donation procedure. Final determination will be made by the medical director or designee.”

Navy signs lease to build renewable energy solution in Norco

Project delivers energy resilience for NWS Seal Beach Det Norco

SAN DIEGO - Naval Facilities Engineering Command (NAVFAC) signed a lease May 27 with developer Bright Canyon Energy to construct and operate a 2.5-megawatt solar photovoltaic system with 2.5-MW battery storage capacity on approximately 8.3 acres of land at Naval Weapons Station Seal Beach Detachment Norco.

The project will achieve a key milestone in the Navy’s pursuit of a new resilient energy solution, which will supply clean, renewable energy to a key installation in Southern California and the local grid.

Home to the Naval Surface Warfare Center (NSWC) Corona, NWSSB Norco houses Naval Sea Systems Command testing and manufacturing equipment, which are vital to Department of the Navy operations. Secure

power at NWSSB Norco is critical to capture and analyze mission-related information and ensure that the equipment is not damaged.

The project will fortify the installation against future power outages, which could cause equipment to malfunction and data loss greatly impacting their support to the Fleet. The solar power and battery storage system will provide backup in the event of an outage and will allow the site to continue operations unimpeded.

The enhanced use lease permits BCE to sell the electricity generated to the local grid, with the Navy installation receiving backup power during an off-base grid outage.

“This project will have very significant and long-lasting benefits, ensuring energy security for our Norco base and the NSWC Corona mission while supplying clean renewable

energy to the surrounding community... it is very rewarding to see it finally come to fruition,” said Capt. Jason Sherman, NWSSB commanding officer.



OKINAWA, Japan (May 29, 2020) - Builder 2nd Class Tirsia Mercado, deployed with Naval Mobile Construction Battalion (NMCB) 5, operates a vibratory compactor on freshly placed asphalt on board MCAS Futenma. Seabees are constructing support facilities for Marine Air Control Squadron 4’s Ground/Air Task Oriented Radar System. Navy photo by MC1 Stephane Belcher



PHILIPPINE SEA (June 3, 2020) - Aircraft carrier USS Theodore Roosevelt flies a replica of Capt. Oliver Hazard Perry’s “Don’t Give Up the Ship” flag. TR completed carrier qualifications June 2 and is in Guam for resupply. Photo by Naval Air Crewman (Helicopter) 1st Class Will Bennett



CAMP PENDLETON (May 28, 2020) - Marine students with the Center for Naval Aviation Technical Training Detachment Camp Pendleton listen to an instructor at the CNATT schoolhouse. Marine Corps photo by Lance Cpl. Alison Dostie



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Carrier USS Theodore Roosevelt arrives at Apra Harbor, June 3. Navy photo by MCSN Kaylianna Genier

USS Theodore Roosevelt completes carrier qualifications

PHILIPPINE SEA - Aircraft carrier USS *Theodore Roosevelt* (CVN 71) and Carrier Air Wing (CVW) 11 completed carrier qualifications June 2.

Theodore Roosevelt qualified pilots from the “Tomcatters” of Strike Fighter Squadron (VFA) 31, “Golden Warriors” of VFA-87, “Blue Diamonds” of VFA-146, “Black Knights” of VFA-154, “Liberty Bells” of Airborne Command and Control Squadron (VAW) 115, “The Gray Wolves” of Electronic Attack Squadron (VAQ) 142, and the “Providers” of Fleet Logistics Support Squadron (VRC) 30.

The “Eightballers” of Helicopter Sea Combat Squadron (HSC) 8, and the “Wolf Pack” of Helicopter Maritime Strike Squadron (HSM) 75 also worked with the ship in support of carrier qualification operations.

“It’s very gratifying to be able to return to our primary mission in the Indo-Pacific,” said Capt. Steve Jaureguizar, commander, Carrier Air Wing (CVW) 11. “The carrier air wing joined together with the carrier is the bedrock of naval aviation and power projection.”

Carrier qualifications are a time for naval aviators to refine their skills practiced during field carrier landing practice (FCLP) for sustained operations at sea aboard the aircraft carrier. Carrier qualifications fortified the operational relationship between CVW-11 and the *Theodore Roosevelt*.

“It felt great to get back in the cockpit and launch from the catapult while at sea,” said Lt. William Leagon, a naval aviator assigned to VAQ 142. “As a naval aviator this is what we signed up to do and it’s really exciting to get back to business.”

Theodore Roosevelt and CVW-11 are on a scheduled deployment to the U.S. 7th Fleet area of operations to provide maritime security, maintain freedom of the seas in accordance with international law and customs, and operate with international partners and allies to promote regional stability and prosperity.

Completing carrier qualification was the last milestone in returning *Theodore Roosevelt* to sea as a ready, credible naval asset capable of projecting power over the horizon.

“You can see and feel the excitement around the ship as we have returned to flight operations,” said Capt. Carlos Sardiello, *Theodore Roosevelt*’s commanding officer. “It is very rewarding for all Sailors involved to exercise their skill set and see the TR back in action.”

Prior to completion of carrier qualifications CVW-11 completed FCLP at Andersen Air Force Base (AFB) to prepare pilots for underway operations. Completion of FCLP ensures that pilots have the requisite day and night practice for operations at sea aboard the carrier.

Theodore Roosevelt is the Navy’s fourth Nimitz-class aircraft carrier with a crew of nearly 5,000 Sailors who support and conduct air operations at sea. *Theodore Roosevelt* departed San Diego for a scheduled Indo-Pacific deployment Jan. 17.

F-35s arrive at MCAS Miramar

by 1st Lt. Wesley Medeiros

MARINE CORPS AIR STATION MIRAMAR - Marine Fighter Attack Squadron (VMFA) 314 welcomed its most recent delivery of the F-35C Lightning II here May 18.

Earlier this year, the VMFA-314 Black Knights made history when they became the first F-35C squadron in the Marine Corps.

“We are extremely excited to be receiving our seventh aircraft today,” said Lt. Col. Cedar Hinton, commanding officer of VMFA-314. “Each of these amazing machines represents a significant leap in capability for our squadron and brings us one step closer to becoming fully combat capable.”

Since their inception in 1943, the “Black Knights” have prided themselves on leading the transition to modern aviation platforms in support of evolving Marine Corps missions. In 1952, they were the first squadron in 3rd Marine Aircraft Wing to fly the F-9F Panther. The Black Knights became the first Marine Corps squadron to adopt the F-4B Phantom in 1961, and the first in the Department of the Navy to fly the F/A-18 Hornet in 1982.



With mission sets that range from intercepting and destroying enemy aircraft to providing network enabled reconnaissance support in combat operations, the capabilities of the F-35 bring more lethality and flexibility to combatant commanders than any other fighter platform. The F-35 represents the future of Marine Corps tactical aviation, and will deliver strategic agility, operational flexibility, and tactical supremacy to the Marine Air Ground Task Force.

3rd MAF continues to “Fix, Fly and Fight” as the Marine Corps’ largest aircraft wing, and remains combat-ready, deployable on short notice, and lethal when called into action.

Capt. Matthew McGonigle, a native of Turnersville, New Jersey, left, and Capt. Jack Fay, a native of Scarborough, Maine, right, salute as Fay relieves McGonigle during the Littoral Combat Ship Squadron One (COMLCSRON ONE) change of command ceremony at Naval Station San Diego, May 29. LCS vessels are highly versatile, mission-focused surface combatants designed to operate in the littorals, as well as on the open ocean. (U.S. Navy photo by Mass Communication Specialist 2nd Class Alex Corona)

LCS Squadron One welcomes new CO

SAN DIEGO - Capt. Jack Fay relieved Capt. Matthew McGonigle as Commander, Littoral Combat Ship Squadron One (COMLCSRON ONE) during a change of command ceremony at Naval Base San Diego May 29.

McGonigle, a native of Turnersville, N.J., has served as COMLCSRON ONE commodore since March 2018. During his tenure, he oversaw the training, maintenance, manning and certification of 25 crews and 13 ships, including four ship commissionings.

“I couldn’t be more proud to have commanded a squadron in which each and every Sailor directly contributed to the mainstreaming of the littoral combat ship,” said McGonigle. “LCS Sailors are capable, adaptable and some of the most tactically proficient in the fleet and it’s been my honor to serve as commodore these last two years.”

McGonigle’s next assignment is assistant chief of staff for maritime operations at Commander, Naval Surface Force, Pacific Fleet.

Fay is a native of Scarborough, Maine, and his previous sea duty assignments include electronic warfare officer and communications officer aboard USS *David R Ray* (DD 971); fire control officer aboard USS *Arleigh Burke* (DDG 51); operations officer aboard USS *Fitzgerald* (DDG 62) and USS *Bunker Hill* (CG 52); executive officer and later commanding officer aboard USS *Howard* (DDG 83); deputy assistant chief of staff for Commander, Task Force Seventy/Carrier Strike Group Five; and commanding officer aboard USS *Fitzgerald* (DDG 62).

Additionally, he served on the Chief of Naval Operations staff as requirements officer for harpoon, naval guns, and ammunition and at North Atlantic Treaty Organization (NATO) Maritime Command Naples as staff officer for theater missile defense, maritime strike warfare planner and maritime operations. Fay’s most recent assignment was as Commander, Surface Division Eleven, one of two warfare-base divisions under COMLCSRON ONE.

“The capability, flexibility and lethality that LCS provides to fleet commanders by the crews is amazing,” said Fay. “I’m excited at the opportunity to work with the team as we continue to move LCS forward.”

LCS vessels are highly versatile, mission-focused surface combatants designed to operate in the littorals, as well as on the open ocean. The ship platform is designed to respond to evolving threats through integration with innovative surface engagement, mine hunting, and sonar technology. The LCS satisfies a vital need for the Navy to operate in shallow water as well as the high seas.

Center for Surface Combat Systems maintains readiness

SAN DIEGO - Today, the nation and world fight an invisible enemy, COVID-19. As a global, training organization, it’s imperative that the Center for Surface Combat Systems continues to provide training to fleet Sailors and waterfront training to ships while protecting the health of their workforce and families. Therefore, several CSCS learning sites, such as Fleet Anti-Submarine Warfare Training Center, have explored and implemented virtual training into their curriculum.

FLEASWTRACEN recently overcame this training challenge by converting the one-week Cruise Missile Command Course (CMCC) into an online course, allowing 20 officer students to receive this training much earlier than originally scheduled.

“CMCC, part of the pipeline for department heads, executive officers (XOs), and commanding officers (COs), provides officers the command-level strike warfare knowledge they need to be able to safely and successfully employ Tomahawk missiles from a cruiser or destroyer,” said Lt. Tyler Maksymicz, the combat systems department head.

FLEASWTRACEN taught the course utilizing defense collaboration services, which provides secure web conferencing and instant messaging services on the non-classified Internet Protocol Router Network (NIPRNet) and Secret Internet Protocol Router Network (SIPRNet) and is accessible via the internet.

“The initial challenge was finding a platform that would allow secure content,” said Maksymicz. “Web-based programs, such as Zoom or Skype, wouldn’t be secure enough, however, DCS requires users to log in via Common Access Card, or CAC, and still allows us to meet our learning objectives.”

Finding a usable teaching platform was not the only challenge instructors and students faced. Some students encountered struggles with the inability to observe body language and facial expressions, lack of hands-on training, and incapability to physically interact with their shipmates.

Cmdr. Katie Jacobson, prospective XO of USS *Nitze* (DDG 94), said even with the loss of certain aspects from in-person instruction; the virtual class provided her the training she needed. “Given the current COVID-19 situation, the online class was an excellent alternative to schoolhouse training. Bravo Zulu to those who made it possible.”

Lt. Matthew Den Herder, also a student, stated the class provided valid training, but he missed the hands-on time in the lab. “This course meets the needs for classroom training but is lacking the cohesiveness that the labs provide,” he said.



Total Navy Battle Force: 299 Ships Underway

Deployed Ships Underway: 64

Non-deployed Ships Underway: 27

Total Ships Underway: 91

Ships Deployed by Fleet

Fleet Forces: 1

3rd Fleet: 2

4th Fleet: 7

5th Fleet: 24

6th Fleet: 12

7th Fleet: 58

Total: 104



Lake Erie salute

SAN DIEGO (May 2, 2020) - Capt. Gilbert Ayan (left) relieved Capt. Christine O'Connell as commanding officer of USS Lake Erie (CG 70). Official Navy photo



On the lookout

PACIFIC OCEAN (May 30, 2020) - Seaman Kristine San Esteban looks through binoculars on the flight deck of USS Pinckney. Navy photo by MC3 Erick A. Parsons



Coronado drill

NAB CORONADO (May 21, 2020) - Marines with All-Domain Reconnaissance Detachment, 15th MEU Unit, fast-rope from a Navy MH-60S Sea Hawk helicopter, assigned to Helicopter Sea Combat Squadron (HSC) 23 during a visit, board, search and seizure drill. Marine Corps photo by Sgt. Desiree King



PORT HUENEME, Calif. (June 1, 2020) - Cmdr. Jonathan Nieman, commanding officer of Naval Mobile Construction Battalion 3, administers the oath of office to Lt. j.g. James Chaney during a promotion ceremony here. Navy photo by MC2 Michael Lopez



EAST CHINA SEA (May 31, 2020) - Ensign Ryan O'Neal operates a Polaris from the bridge destroyer Russell. Navy photo by MC3 Sean Lynch

AutoMatters™ & More



by Jan Wagner

We're witnessing a confluence of significant, profound events across our country and around the world. These changes will most certainly contribute to the determination of our future, and will no doubt be felt for many years to come.

Launch America

As people around the world collectively held their breath, one of these changes literally was launched from the Kennedy Space Center in Florida last Saturday, May 30, 2020 as NASA astronauts Bob Behnken and Doug Hurley - each an experienced test pilot and veteran of the U.S. Space Shuttle Program - flew the Demo-2 mission aboard a SpaceX Crew Dragon spacecraft, on top of a Falcon 9 rocket from Launch Complex 39A. Their destination was the International Space Station. This was the first flight into orbit of American astronauts on an American rocket from American soil since the end of the space shuttle era in 2011.

NASA.gov tells us that U.S. astronaut Robert Behnken is joint operations commander for this mission. In that capacity, he is responsible for rendezvous with the ISS, docking and undocking, and certain Demo-2 activities while there. He has been on two space shuttle flights and performed three spacewalks during each of those missions. Prior to joining NASA, he served as a flight test engineer with the Air Force.

Douglas Hurley is the spacecraft commander for Demo-2. His respon-

NASA, SpaceX launch first astronauts from U.S. Soil to the ISS since 2011

sibilities include launch, landing and recovery. Like Behnken, he has completed two space shuttle flights, including STS-135 - the final space shuttle mission in July 2011. Prior to joining NASA, he was a fighter pilot and test pilot in the U.S. Marine Corps.

After last Wednesday's launch was scrubbed shortly minutes before the scheduled liftoff due to weather concerns, the expectation for a Saturday launch was cautiously optimistic that weather conditions would improve sufficiently at the required launch time. As the instantaneous liftoff time neared (there could be no wider window of opportunity), the go-ahead was given. The countdown continued and the launch was spectacular.

The engines fired and the stages separated according to plan, accelerating the spacecraft to approximately 17,000 mph and propelling Crew Dragon on its nearly day-long journey to intercept with the International Space Station. Upon arrival, it was slowly, carefully and flawlessly docked. SpaceX Crew Dragon is designed to dock autonomously, but astronauts aboard the spacecraft and the ISS can take control, if necessary.

Soon, the hatches on the Dragon and ISS were opened, and Bob and Doug entered the ISS. As the newest members of the Expedition 63 crew, they were welcomed aboard by NASA astronaut and Expedition 63 Commander Chris Cassidy, and Cosmonauts Anatoly Ivanishin and Ivan Vagner of the Russian space agency Roscosmos. The entire crew then assembled for group photos and video interviews with dignitaries back on Earth.

This flight test Crew Dragon can stay in orbit for about 110 days. Its time there will depend upon "the readiness of the next commercial crew launch. The operational Crew Dragon spacecraft will be capable of staying or orbit for at least 210 days as a NASA requirement."

"Upon conclusion of the mission, Crew Dragon will autonomously undock with the two astronauts on board, depart the space station and re-enter the Earth's atmosphere. Upon splashdown just off Florida's Atlantic Coast, the crew will be picked up at sea by SpaceX's Go Navigator recovery vessel and return to Cape Canaveral."

This is the first time any commercially built spacecraft has delivered astronauts to the ISS. It is the final flight test for SpaceX, designed to "validate the company's crew transportation system, including the launch pad, rocket, spacecraft and operational capabilities." Included are verification that the spacecraft performs as intended by testing the environmental control system, the displays and control system, and the maneuvering thrusters.

This is an important step towards the next major goals. Those will begin with the agency's Artemis program, which will land the first woman and the next man on the moon's surface in 2024 for further exploration. Long-term goals include establishing a base on the moon and travelling on to explore Mars.

Working together we can continue to accomplish great things. We have much to look forward to in the coming years. These are exciting times indeed.

For the latest, up-to-date news, visit <https://blogs.nasa.gov/spacestation/>.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #645" in their search bar. Please send your comments to AutoMatters@gmail.com. Copyright © 2020 by Jan Wagner - AutoMatters & More #645

The Meat & Potatoes of Life



by Lisa Smith Molinari

At the outset of the coronavirus pandemic, people everywhere ran frantically to the stores, clearing the shelves of disinfectant, bleach and cleaning supplies. Other than a smidge of toilet-paper-panic, I never felt an urgency to stockpile to prepare for the crisis. Why? Because I've been a clean freak all my life.

From a very young age, I've felt the need to clean and organize my surroundings. As a child, I categorized my toys and trinkets, sorting and storing them in boxes and bins. Everything had its place, and if anything was out of place, I didn't feel right until it was returned to its place. By the time I had my own kids and a house to take care of, I had developed a routine that kept everything and everyone ship shape. To me, cleanliness represented control.

Which is why, every morning at eight-o'clock, a little ray of sunshine comes through the window in my front door and threatens to ruin my life. It taunts me, mocks me, and points a gleaming spotlight directly on my flaws, exposing them to the world. It shines right on what I thought was my clean floor, magnifying remnants of dog hair, dirt, and dust, making me feel like I'm losing control.

Each time this truth is revealed, I grimace and run to the laundry

Clean freaks now comfortable in spotlight

room to grab my cleaning supplies. On the way, I poke the button on my Roomba, grateful for its faithful assistance in managing the ever-present dog hair that drops from our yellow lab's follicles year-round. As the shaft of sun light moves around the house, I follow it, frantically spraying, wiping, and sweeping up any newly discovered filth.

Sometimes, the urge to clean strikes randomly. After brushing my teeth, I have been known to suddenly spend time scrubbing my husband's stubble from the sink, which will often inspire me to Swiffer the tumbleweeds on the bathroom floor, wipe up unmentionable substances behind toilet seats, extract gloopy hairballs from shower drains, and wipe down the mirrors.

Before I know it, I find myself on my hands and knees with the Shop Vac crevice tool, sucking up dehydrated peas and carrots under the fridge, candy wrappers under my kids' beds, and peanuts between the couch cushions.

In the past, I thought my cleaning habits were something to be ashamed of. I hid my tendencies from my friends, afraid of being judged for being fastidious. "Do a few crumbs really matter in the whole scheme of things?" I wondered. "Is there something wrong with me because I want my house to be neat, tidy, and clean?"

Over the years, philosophies on hygiene and orderliness have changed. "Cleanliness is next to godliness" was a long-running standard that has fallen out of

favor in modern times, when society began to attach negative stigmas to people who are extraordinarily clean and organized. Refrigerator magnets proclaimed, "Immaculate homes are run by dull women." Paperweights and coffee cups suggested, "An untidy desk is a sign of genius." Psychological terms such as "anal retentive" and "OCD" became pop-culture insults used against people like me, who thrive on order and control.

Prior to the current global coronavirus pandemic, I worried that dusting the knick knacks might brand me as dull and boring. Reorganizing the junk drawer could be a clear sign that I was "anal-retentive." Washing my hands too much might mean I had "OCD."

But now, the trendsetters who once rolled their eyes at "clean freaks" like me for vacuuming out utensil drawers are the same ones elbowing each other at Walmart to grab the last canister of bleach wipes.

Welcome to my world, neophytes. You may have only recently realized that transferring microscopic germs between surfaces can be dangerous, but this is the eternal truth that is illuminated every day by that pesky little ray of sunlight that comes through my window. Now that the world knows what I have known for years, I no longer need to be ashamed of being a good housekeeper.

Call it godliness or OCD, but as long as the sun continues to shine, so will I.

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

If you or someone you care about needs to speak to someone or is in crisis and needs immediate help, please call the Access & Crisis Line at (888) 724-7240.

Military observances in June

- ★ June 6, 2020 – Anniversary of the World War II Allied invasion in Normandy, France, now known as D-Day.
- ★ June 14, 2020 – Flag Day: Celebrate the adoption of our flag.
- ★ June 14, 2020 – Army Birthday
- ★ June 23, 2019 – Coast Guard Auxiliary Birthday
- ★ June 27, 2020 – Nat'l PTSD Awareness Day

Food insecure?

SD Hunger Coalition website has valuable resources for hunger relief

San Diego Hunger Coalition (SDHC) and its 150+ partners across San Diego County remain committed to ensuring that everyone has enough to eat during the COVID-19 pandemic. SDHC is carefully monitoring the situation, coordinating with partner agencies, gathering the lasting information on resources, and working to expand access to food assistance.

Up-to-date information on all facets of food assistance in San Diego during the Coronavirus scare may be found at sdhunger.org/covid19. This web page also serves as an information clearinghouse for community-based organizations. San Diego Hunger Coalition is serving as a hub to make it easy to stay up to date on the ever-evolving landscape of available food assistance resources.

Check back regularly as the page will be continuously updated as information becomes available. For a list of food resources and other helpful information visit <https://www.sandiegohungercoalition.org/covid19>

The County of San Diego has created a text alert system for COVID-19 info. To receive alerts/updates, please text: COSD COVID19 to 468-311



Non-active duty personnel are invited to join the Navy League. No military service required, just a desire to serve those that serve.

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Warrior Foundation Freedom Station opens second transitional housing for ill, injured service members

Warrior Foundation Freedom Station, a San Diego-based nonprofit organization, is proudly opening its second transitional residence for ill and injured service members. The nine-unit property has been named Freedom Station II, a nod to its sister property Freedom Station I, which opened in 2011 and has been highly successful in helping service members transition from military service to civilian life.

The first group of warrior residents were slated to move into Freedom Station II on June 1 and includes veterans from the U.S. Navy and Marine Corps.

Located in the South Park neighborhood, Freedom Station II features eight one-bedroom, one-bathroom cottages that are approximately 475 square feet. Each unit is fully furnished and stocked with household necessities to help shift warriors from a barracks environment to independent living. The units surround a central courtyard and common areas including an outdoor kitchen, firepit and BBQ - an essential design feature that fosters the camaraderie that is so crucial during the transition period. An additional 1,000 square-foot, two-bedroom unit, known as the Doyle Foundation's Legacy House, will serve as an extended stay residence for out-of-state warriors and their families, who are visiting the San Diego region to receive specialized medical treatment.

"After seeing our first Freedom Station literally change and save the lives of countless warriors, I knew we needed a second location," said Sandy Lehmkuhler, founder and CEO, Warrior Foundation Freedom Station.

"Our service members return home from war with visible and invisible injuries. They can't simply be plugged back into civilian life

without any preparation or acclimation time. It's such an unrealistic expectation, yet all over the country, that is the experience of men and women in uniform. It's a dream come true to open the doors to Freedom Station II, and we are so appreciative to the San Diego community for the firestorm of giving that helped make it happen."

"As a previous Commanding Officer of Wounded Warrior Battalion West, I saw firsthand the struggles that our service members faced—with their physical injuries, their self-worth, and an uncertain future," said Greg Martin, President, Warrior Foundation Freedom Station and a retired U.S. Marine Corps Colonel. "When you leave active duty, the loss of that tight-knit family and your sense of purpose is incredibly overwhelming.

Freedom Station provides a sense of psychological safety, camaraderie and community during a difficult time — a time when those are exactly the things they're afraid of losing. By promoting their recovery, independence and passion for the future, our goal is to put injured warriors on the path to living purposeful and self-sufficient lives once they leave Freedom Station."

Freedom Station II's location was chosen to facilitate access to nearby Naval Medical Center San Diego, one of the nation's largest military hospitals and leading centers for amputee care. While living at Freedom Station II, residents continue to attend their medical appointments while preparing for the next chapter in civilian life. This includes pursuing new careers and job opportunities, applying for college or vocational schools, financial planning and more. The foundation's first property, Freedom Station I, features 12 units and is located in the Golden Hill neighborhood. Current residents represent the U.S. Army, Navy, Marine Corps, and Air Force.

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Roy's Sudoku

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

Men's Health Month: 26 years of progress and counting

June is Men's Health Month and the global activities associated with this month-long celebration this year are more important than ever, and now include encouraging men to fight the spread of COVID-19 by seeking early treatment for symptoms, practicing safe distancing, and being a role model for their children.

In 1994, when Men's Health Week first launched, women outlived men by 6.6 years. Men's Health Week has since been expanded to include all of June as Men's Health Month, and by 2017, that gender gap had narrowed to five years. Why the dramatic change? Well, Men's Health Month (MHM) itself has played an important role.

Celebrated every June across the country and around the world, MHM features screenings, health fairs, media appearances, and other health education, awareness, and outreach activities. Community

leaders, workplaces, government agencies, faith-based communities, and healthcare providers are working hard to raise awareness of preventable health problems and encourage early detection and treatment of health issues that affect men, boys, and their families.

However, despite all these efforts, a significant gender gap persists. Men and boys die in greater numbers and younger ages from nine of the top 10 causes of death. They account for more than 90% of workplace injuries and fatalities, are less likely than women to be insured, and are far less likely to see a doctor for preventive care.

All of this impacts their ability to be involved fathers, supportive husbands, and engaged members of their community. Biology plays a role here, but many experts, including those at Men's Health Network (MensHealthNetwork.org) believe that many of the premature

deaths and illnesses that affect men and boys are preventable.

The real culprits are socialization and lifestyle. As young boys, our sons are taught that "big boys don't cry," leading to the inevitable "macho-man" attitude, where they're expected to ignore health concerns and "push through" the pain. Conditions such as heart disease, diabetes, prostate cancer, and COVID-19 could have far better outcomes if men were to recognize the symptoms and seek treatment promptly. But they don't.

That same macho attitude keeps males from seeking help for depression, anxiety, or other mental health issues. As a result, boys and men self-medicate, smoking, drinking, and abusing drugs more than women and engaging in more risky behavior. And males are four times more likely than women to commit suicide.

These same mental health and substance abuse problems have

grown much worse during the coronavirus pandemic, with loss of jobs, stay-at-home requirements, and threats of foreclosure as men, and women, try to find ways to cope in an uncertain environment.

This has been hard on men, whose self-image as their family's protector has been shattered, among all segments of society. This is especially true for those, including minority men and those with minimal job skills, who have finally entered the workforce during the recent boom.

The good news is that, working together, we can improve and lengthen the lives of men and boys in our lives, whether they're dads, fathers, sons, husbands, uncles, boyfriends, friends, or the guy down the street. How? Celebrate Men's Health Month by encouraging the men and boys in your life to eat right, get exercise, and follow the recommended social distancing protocols. A recent study found

that males are less likely than females to comply, not surprising considering their predisposition toward risky behavior.

And when society returns to normal, encourage them to schedule a thorough physical exam (and if they won't do it, show a little love and make the appointment for them). Chances are, it's long overdue. Two great sources of men's-health-related information are the Men's Health Online Resource Center (Men-

sHealthResourceCenter.com) and GetItChecked.com

In the meantime, you can also celebrate Wear Blue Day, www.wearblueformen.com, on Friday June 19 by taking and posting photos of yourself, family members, pets, etc. wearing blue and using the #ShowUsYourBlue hashtag and giving a shout-out to the guy(s) you're wearing blue for.

For more information about Men's Health Month or to learn how you can participate, contact MHW@menshealthweek.org

PET Talk: Introduction to Veterinary Holistic Health Care live webinar

On Thursday, June 18, 6-7:30 p.m., veterinarian Dr. Katie Kangas will present an overview of topics which include nutrition, acupuncture, herbal medicine, homeopathy, massage, laser therapy and PT/rehab for dogs and cats. Dr. Kangas owns and operates Integrative Veterinary Care, a private practice in San Diego offering holistic and integrative health care options for pets. www.sdhumane.org/events/

Lab reports and cat scans

A woman brought a very limp parrot into a veterinary hospital. As she lay her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest. After a moment or two, the Vet shook his head sadly and said, "I'm so sorry, Polly has passed away."

The distressed owner wailed, "Are you sure? I mean, you haven't done any testing on him. He might just be in a coma or something."

The vet rolled his eyes, shrugged, turned and left the room returning a few moments later with beautiful black Labrador. As the bird's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the dead parrot from top to bottom. He then looked at the vet with sad eyes and shook his head.

The vet led the dog out but returned a few moments later with a cat. The cat jumped up and also sniffed delicately at the ex-bird. The cat sat back, shook its head, meowed and ran out of the room. The vet looked at the woman and said, "I'm sorry; but like I said, your parrot is most definitely, 100% certifiably ...dead."

He then turned to his computer terminal, hit a few keys and produced a bill which he handed to the woman. The parrot's owner, still in shock, took the bill. "\$150!" she cried. "\$150 just to tell me my bird is dead?!"

The vet shrugged. "If you'd taken my word for it, the bill would only have been \$20, but with the Lab Report and the Cat Scan, what did you expect?"



Mental health in a pandemic: Understanding how your mind responds to disasters

by Capt. Jamie Reeves, MD, Mental Health Director, Navy Bureau of Medicine and Surgery Public Affairs

Falls Church, Virginia (NNS) -- The COVID-19 pandemic has presented challenges on many levels, from how we work, to how we socialize or exercise, to how we educate our children. The pandemic has also created a lot of fear and uncertainty regarding the extent of its impact on our economy, our health and the health of our loved ones, and how life will look going forward.

These major changes can obviously have an impact on our mental health. If you are not sleeping as well you were prior to the pandemic, if you find yourself more irritable or frustrated, if you are more worried in general and don't feel your normal self, you are not alone.

In fact, such reactions are quite common when you experience a major stress or change. This is happening to us all in some fashion as we adapt to our "new normal." The important point to remember is that we are resilient, and just as we adapted to previous major societal changes (9/11, major wars, economic depression), we will adapt to the pandemic's impact and hopefully emerge stronger than before.

Adapting to new and stressful changes in life may not be easy, but there are things you can do to help make the process easier. For example, one difficult part of the current situation has been the loss of control we have over what is happening. Decisions that impact almost every part of our daily life are being made by leaders in consultation with public health experts, not by us.

It can be helpful therefore to regain some control of your life by developing new routines involving things

you enjoy, maybe exploring things you have wanted to do but never had the time to. It's a great time to catch up with friends or families (physically distanced of course), learn a new hobby like cooking or watch a series or movie you have always wanted to see.

IT'S OKAY TO ASK FOR HELP



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Ideally, part of your new routine should include some daily exercise, to include getting outside for some sun. You should try eating well balanced meals, and get enough sleep at night, preferably 7-8 hours if you can. The more you develop your own daily personal routine that is healthy and filled with things you enjoy, the more you will feel a sense of control and ability to adjust.

Talking with others can be another important way to adjust to the current situation. Even though we may be social distancing, we are all going through this together. Conversations with your friends, family or colleagues can help you realize you are not alone in how you feel.

Human beings are social by nature, and establishing these connections can be comforting and healing. By reaching out to others you are helping them just as much as you are helping yourself. In fact, helping others has been shown to increase self-esteem and improve your mood. So, pick up the phone, use your favorite face to face app (Skype, etc.) or talk to a neighbor (6 feet apart). You will

be glad you did.

President Franklin Delano Roosevelt said, "We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon." We can remember this as we all experience this difficult period. It's important to remind yourself "this too shall pass" and know that things will get better. Each day that goes by we are one day closer to a vaccine, one day closer to more effective treatment and the additional medical supplies needed for patients impacted by COVID-19, one day closer to businesses and schools opening up, one day closer to a better economy and one day closer to returning to our pre-COVID lives.

Consider trying an app for mindfulness. Mindfulness teaches concepts such as the transience of all things so you do not become too overwhelmed by what is happening at the moment. You learn to ride life's ups and downs allowing you to remain even-keel in accepting the current state without fear or judgment.

One caution is in how much media, especially social media, you consume. Technology can help you connect to loved ones, friends and colleagues, but there are risks. Because social media is largely unregulated, it is difficult to discern well vetted (i.e., evidence based) information from opinion, and may therefore contribute to misinformation. Although research indicates that accurate and clear information can relieve distress during a crisis, too much media exposure can have the opposite effect and amplify distress.

If you have tried these methods of adapting and still find yourself impacted by symptoms such as anxiety, irritability, depression, loss of

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FRONT BRAKE SPECIAL

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