

Local Military



USS *Nimitz* deploys with San Diego-based ships.

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Career Advice

Interpersonal Edge: Would therapy help ... and a message from the Marine Corps commandant.

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'COMMITMENT TO OPEN INDO-PACIFIC' SAN DIEGO-BASED *RUSSELL* STEAMS THROUGH TAIWAN STRAIT

by Joseph Ditzler,
Stars and Stripes

TOKYO - A San Diego-based guided-missile destroyer passed through the Taiwan Strait last week, the Navy's seventh such transit this year and the second in three weeks as the U.S. and China continue to step up their activities in the Western Pacific.

USS *Russell* steamed through the 110-mile-wide strait separating the island of Taiwan from mainland China over Thursday and Friday, according to a statement from Cmdr. Reann Mommensen, a spokeswoman for the 7th Fleet.

Russell transited the strait "in accordance with international law," she said in an email Monday. The ship's passage "demonstrates the U.S. commitment to a free and open Indo-Pacific."

The English-language Global Times newspaper, in a report Friday, quoted Chinese military expert Song Zhongping, who characterized the *Russell*'s transit as "a provocation to the Chinese mainland."

Summing up other analysts, the report stated: "The move is not only preparing the U.S. military for a potential conflict in the region and an attempt to provoke the Chinese mainland,



Ensign Ryan O'Neal searches for surface contacts from the pilot house as destroyer *Russell* sails through the Taiwan Strait, Thursday, June 4. Navy photo by Sean Lynch

but also an attempt to shift domestic pressure from widespread protests, [the coronavirus] and a poor economy, for which the Chinese mainland should maintain its strategic focus and not dance to the U.S.' tune."

The pace of naval operations picked up this year as both nations seek advantage against the backdrop of the pandemic and resulting international economic slowdown. In addition to its

presence in the Taiwan Strait, the Navy has sent warships past contested areas of the South China Sea, territory that China considers its own.

China regards Taiwan as a break-away province and the strait as territorial waters.

The U.S. under the "One China" policy acknowledges that Beijing considers Taiwan part of China. However, the U.S.

provides aid to the self-governing island's defense.

The Global Times, quoting Song, said U.S. transits send the wrong signal "to Taiwan secessionists," by letting them think the U.S. military is backing them up.

In mid-May, the U.S. sent destroyer *McCampbell* through the strait, a week ahead of the inauguration of Taiwan's in-

cumbent President Tsai Ing-wen, who opposes reunification with China.

China demonstrated its maritime might in April, when its Liaoning carrier passed twice through the Miyako Strait, a 155-mile-wide corridor separating the Japanese islands of Miyako and Okinawa.

The Chinese in late May

sent its first domestically built aircraft carrier, the Shandong, from the Dalian Shipyard out for sea trials, according to the South China Morning Post. The Hong Kong-based newspaper reported May 29 that a coronavirus outbreak had previously interrupted the carrier's training regime. It left Dalian on May 25 for training in the northern Yellow Sea, according to a June 2 report in Naval News.

CNO message on unity

from Chief of Naval Operations Public Affairs

WASHINGTON - On June 2, Chief of Naval Operations Adm. Mike Gilday in a self-recorded video spoke to Sailors about the death of George Floyd and the subsequent unrest across the country.

Below is the text of his message:

"Good evening, I wanted to take a few moments to talk to our Navy family - our officers, our enlisted Sailors, our Navy civilians, and our families - about the murder of Mr. George Floyd and the events that we have all watched on TV for the last several nights.

It's been a very sad time for our country - a confusing time. And most of us are trying to figure it out and trying to ask ourselves, "What can we do?" "How can we contribute in a positive way to change things so that these things never happen again?"

I've been in the Navy for a long time and I've had a lot of experiences. Something I have never experienced and something I will never experience is that I will never walk in the shoes of a black American or any other minority. I will never know what it feels like when you watch that video of Mr. Floyd's murder. And I can't imagine the pain and the disappointment and the anger that many of you felt when you saw that. Because it's not the first time, it's happened time and time again in our country.

I don't have all the answers, and as CNO I can't write an order and change a policy that's going to fix things. So, I thought I'd make a couple of points.

see CNO, page 3

Gyms, hotels, bars, movie theaters can reopen June 12

by José A. Álvarez,
County of San Diego
Communications Office

Gyms, hotels, bars, movies theaters and wineries are part of the long list of businesses and industries that can begin to reopen June 12, provided they follow appropriate guidance.

San Diego County health officials have reviewed the guidance and the following businesses can also open:

•Swimming pools, including

condominiums and community pools (See local guidance)

•Hotels and other rental properties for tourism and individual travel

•Card rooms, racetracks and satellite wagering facilities

•Family entertainment (bowling alleys, batting cages)

•Zoos, galleries, museums and aquariums

•Film/TV production

•Professional sports without spectators

Before businesses reopen, they must fill out a Safe Reopening Plan, share it with their employees and display it where customers and patrons can see it.

They must also make sure employees and customers get a temperature or symptom screening, use face coverings when not eating or drinking, maintain physical distancing and practice good hand hygiene.

Over the weekend, day camps, campgrounds, RV parks, and outdoor recreation such as sports fishing and charter boats could begin reopening. On June 9, coastal cities were given the okay to reopen parking lots at beaches.

"As we reopen more businesses, we must continue to be vigilant and take preventive measures," said Wilma Wooten, County public health officer. "Each of us is respon-

sible and has a role to play to make sure cases do not increase."

The following businesses must remain closed until further notice:

•Nail and facial salons

•Tattoo parlors

•Therapeutic massage businesses

•Conventions

•Concerts

If you protest, get a test
County health officials are

recommending that everyone who participates in a protest, consider being tested for COVID-19 because they are at higher risk of contracting the virus.

Large gatherings and people being close to each other increase the risk of contracting COVID-19 because people can transmit the virus when chanting, screaming or talking, especially if they aren't wearing a face covering.

Nimitz strike group deploys, will conduct maritime security operations

The battle flag flies from aircraft carrier USS *Nimitz* as it departs San Diego, June 8. Navy photo by MC3 Sarah Christoph



SAN DIEGO - Aircraft carrier USS *Nimitz* (CVN 68) and elements of the Nimitz Carrier Strike Group (CSG), deployed from San Diego June 8 in support of global maritime security operations.

Prior to deploying, the strike group completed a composite training unit exercise (COMPTUEX), designed to fully integrate units of a carrier strike group, while testing a strike group's ability as a whole to carry out sustained combat operations from the sea. Ships, squadrons and staffs were tested across every core warfare area within their mission sets through a variety of simulated and live events, including air warfare, strait transits, and responses to surface and subsurface contacts and electronic attacks.

"The carrier strike group team is trained and ready," Rear Adm. Jim Kirk, commander, CSG 11. "The men and women of Carrier Strike Group 11 have demonstrated exceptional tactical and technical expertise, teamwork, and toughness. We are honored to answer the call and operate forward."

A CSG is capable of deploying anywhere in the world at a moment's notice to meet the needs of the country and its allies. In addition to conducting maritime security operations whenever and wherever called upon, NIM CSG units will participate in cooperative engagements, multi-lateral exercises and unit-level training, designed to improve capability and capacity among Navy units and partner nations in the regions they may operate in.

All personnel assigned to NIM CSG completed a minimum, 14-day quarantine ashore and were tested for COVID-19 prior to getting underway with their respective units. Sailors assigned to *Nimitz* completed a 27-day fast cruise aboard the ship which also included their COVID-19 testing period.

Leading up to and throughout COMPTUEX, NIM CSG units conducted aggressive mitigation measures to minimize potential exposure to COVID-19, including the wearing of face coverings, social distancing, minimizing meetings and gatherings, and thorough cleaning of spaces multiple times each day. They'll continue those mitigation measures to ensure the safety of their Sailors and Marines.

"Learning to operate in this COVID environment has not been
see **Nimitz, next page**

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Esper, Army secretary open to renaming 10 posts named for Confederate generals

by **Corey Dickstein,**
Stars and Stripes

WASHINGTON - Defense Secretary Mark Esper and Army Secretary Ryan McCarthy are open to starting a conversation about changing the names of 10 of the service's posts named for prominent Confederate generals from the Civil War, Army officials said June 9.

McCarthy wants to have a

"bipartisan discussion" about the controversial issue, the official said. The official, who spoke on condition of anonymity, didn't provide further details, including what sparked McCarthy's willingness to discuss the topic.

Esper also supports such a discussion about changing the installation names, officials said. Esper was McCarthy's predecessor as Army secretary.

It marks a substantial change in the Army's position on the naming of the 10 Army posts: Camp Beauregard and Fort Polk in Louisiana; Fort Benning and Fort Gordon in Georgia; Fort Bragg in North Carolina; Fort A.P. Hill, Fort Lee and Fort Pickett in Virginia; Fort Rucker in Alabama, and Fort Hood in Texas. The installations were named primarily during the south's Jim Crow era in the 1910s and 1940s.

As recently as February, Army officials said the service had no intentions of addressing the topic of the naming of its installations. A service spokesperson said some posts were named for Confederate generals in "the spirit of reconciliation" and not in "support for any particular cause or ideology."

"The Army has a tradition of naming installations and streets after historical figures of military significance, including former Union and Confederate general officers," an Army spokesperson said in a statement at that time.

The apparent change in thinking, first reported Monday by Politico, comes as demonstrators across the United States have held protests to systemic racism

and police brutality. Uprisings in all 50 states and in Washington, D.C., were sparked by the May 25 death of a handcuffed black man, George Floyd, by a Minneapolis police officer, who has since been fired and charged with second-degree murder.

A second Army official on Monday pointed to those events and a June 3 memorandum issued by McCarthy, Gen. James McConville, the service chief of staff, and Sgt. Maj. of the Army Michael Grinston, its top enlisted soldier, as driving the willingness to discuss installation names. In the memo, the leaders acknowledge racism exists in the Army and pledged to listen to soldiers about those issues.

"Over the past week, the country has suffered an explosion of frustration over the racial divisions that still plague us as Americans. And because your Army is a reflection of American society, those divisions live in the Army as well," they wrote. "We feel the frustration and anger."

The change in stance towards the Army's long-held installation names also comes as the Marine Corps implements a ban on the Confederate battle flag on its bases. (see graphic, page 4)

CNO

continued from page 1

First right now, I think we need to listen. We have black Americans in our Navy and in our communities that are in deep pain right now. They are hurting. I've received emails, and I know it's not a good situation. I know that for many of them, they may not have somebody to talk to. I ask you to consider reaching out, have a cup of coffee, have lunch, and just listen.

The second thing I would ask you to consider in the Navy we talk a lot about treating people with dignity and respect - in fact, we demand it. It's one of the things that makes us a great Navy and one of the things that makes me so proud of all of you every single day. But over the past week, after we've watched what is going on, we can't be under any illusions about the fact that racism is alive and well in our country. And I can't be under any illusions that we don't have it in our Navy.

Racism happens a lot and it happens with people that we don't normally expect. It happens with people who are friendly, generous, and kind as well. It could be a friend, a coworker, it could be a family member or a close acquaintance. And they say

something, and it's not right. And you know it's not right. But because they're a friend, and you know them well, and they're a good person. You say to yourself "they didn't mean that...they didn't mean for it to come out that way." But it did. And they had that thought. And they verbalized it. There was a consequence and somebody was probably hurt by it.

So, when that happens, I want you to think about is approaching that person. Think about dignity and respect. Think about having a private conversation - an honest conversation in educating them. Make them more self-aware of what they did and what they said. If we don't do that, racism, injustice, indignity, and disrespect - it's going to grow and it's going to continue. And we'll have more weeks like we've had this week. And we'll be disappointed. We'll be more disappointed in ourselves because we let it happen. We let it happen.

I'm really proud of the Navy. I'm such an optimist about not only where we've been but where we are going. Let's make it the best Navy possible. Let's make it the best Navy for everybody. Thanks. Thanks for listening. Have a good night."

Nimitz continued from page 2

easy, but the *Nimitz* crew has demonstrated their adaptability and resiliency in overcoming the challenges and have remained focused on maintaining readiness," said Capt. Max Clark, commanding officer. "I couldn't be more proud of the team in being ready to deploy on time and mission ready to answer any call."

In addition to *Nimitz*, strike group units include Carrier Air Wing 17, cruiser USS *Princeton* (CG 59) and Destroyer Squadron 9, which includes destroyers USS *Sterett* (DDG 104), and USS *Ralph Johnson* (DDG 114). CVW-17 consists of the Lemoore, Calif.-based "Kestrels" of Strike Fighter Squadron

(VFA) 137, "Mighty Shrikes" of VFA 94, "Fighting Redcocks" of VFA 22; the San Diego-based "Death Rattlers" of Marine Fighter Attack Squadron (VMFA) 323, the Whidbey Island, Wash.-based "Cougars" of Electronic Attack Squadron (VAQ) 139, the Point Mugu, Calif.-based "Sun Kings" of Carrier Airborne Early Warning Squadron (VAW) 116, and the San Diego-based "Indians" of Helicopter Sea Combat Squadron (HSC) 6, "Battlecats" of Helicopter Maritime Strike Squadron (HSM) 73 and "Providers" of Fleet Logistics Support Squadron (VRC) 30.

Sterett departed Naval Base San Diego June 4, *Princeton* departed Naval Base San Diego June 6, and *Ralph Johnson* departed San Diego June 9.

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White House report: Multi-pronged approach to counter China

by Jim Garamon,
DOD News

China is using government, military, economic, diplomatic and information levers to change the well-tested and beneficial international order, and the United States must have a similar strategy to combat these efforts, according to a White House report.

The White House addressed the whole-of-government approach to counter China - a great power competitor - in a report published last month titled "The United States Strategic Approach to the People's Republic of China."

The Defense Department has a role to play in countering China, but it's only one part of the effort. The National Defense Strategy highlights the threat.

"China is leveraging military modernization, influence operations and predatory economics to coerce neighboring countries to

reorder the Indo-Pacific region to their advantage," the unclassified strategy report said. "As China continues its economic and military ascendance, asserting power through an all-of-nation, long-term strategy, it will continue to pursue a military modernization program that seeks Indo-Pacific regional hegemony in the near-term and displacement of the United States to achieve global preeminence in the future."

According to the report, China is the prime country that has benefited from the existing international order, noting that it has made tremendous progress economically since moving to a market economy. U.S. officials had anticipated that the iron rule of the Chinese Communist Party would loosen as prosperity became more widespread in the nation of more than 1.5 billion people.

But the party maintained - and even tightened - its grip. "Over the past two decades,

reforms have slowed, stalled or reversed," the White House report says. "The PRC's rapid economic development and increased engagement with the world did not lead to convergence with the citizen-centric, free and open order as the United States had hoped."

When the United Kingdom handed over Hong Kong to China, Hong Kong was guaranteed semi-autonomous status at least through 2047. The Chinese are backing out of the "One Nation, Two Systems" agreement. China is also building and militarizing islands in the South China Sea and East China Sea in an attempt to assert sovereignty over international sea lanes of communication.

The United States and partner nations in the region and internationally are sailing and flying through these areas in freedom of navigation operations, the report says. The Chinese have massed troops and missiles across the Strait of Taiwan and continu-

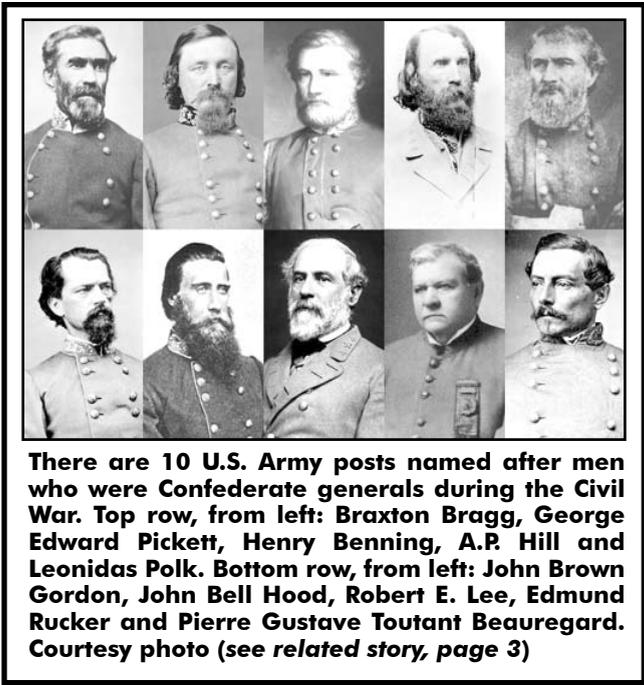
ally threaten military action and have tied their new-found economic power and diplomacy together in their "One Belt One Road" initiative, which the report calls an umbrella term describing initiatives designed "to reshape international norms, standards, and networks to advance Beijing's global interests and vision, while also serving China's domestic economic requirements."

The "One Belt One Road" projects frequently are "characterized by poor quality, corruption, environmental degradation, a lack of public oversight or community involvement, opaque loans, and contracts generating or exacerbating governance and fiscal problems in host nations," the report says.

Beijing will probably use these projects to exert undue political influence and gain military access, the report says.

"Beijing uses a combination of threat and inducement to pressure governments, elites, corporations, think tanks and others - often in an opaque manner - to toe the CCP line and censor free expression," it states.

Total Navy Battle Force: 299
Ships Underway
Deployed Ships Underway: 61
Non-deployed Ships Underway: 25
Total Ships Underway: 86
Ships Deployed by Fleet
Fleet Forces: 1 3rd Fleet: 2
4th Fleet: 7 5th Fleet: 24
6th Fleet: 12 7th Fleet: 58
Total: 104



There are 10 U.S. Army posts named after men who were Confederate generals during the Civil War. Top row, from left: Braxton Bragg, George Edward Pickett, Henry Benning, A.P. Hill and Leonidas Polk. Bottom row, from left: John Brown Gordon, John Bell Hood, Robert E. Lee, Edmund Rucker and Pierre Gustave Toutant Beauregard. Courtesy photo (see related story, page 3)

Army
• Guardsman removed from DC mission after FBI said troop 'expressed white supremacist ideology' online
• Army identifies Fort Sam Houston Soldier found dead in apparent murder-suicide
• Fort Bliss Soldier charged in death of estranged wife whose body was found in closet

Navy
• Harry S. Truman Carrier Strike Group heads home after COVID-extended deployment
• Naval Academy alumni board member resigns after accidental broadcast of racial slurs on Facebook
• Navy continues 2 weeks off-base isolation for all new recruits
• U.S. judge dismisses USS Fitzgerald collision lawsuits for lack of jurisdiction
• 3 Chinese nationals sentenced for illegal photos of NAS Key West

Air Force
• Stop everything, and watch the likely next Air Force chief of staff's powerful statement on race
• Air Force's head JAG seeks ideas on more racially-fair justice
• Some pilots delay retirements, but coronavirus' effect on shortfall remains unknown
• Deputy killed in California ambush by Travis-based Air Force sergeant
• Airman awarded Bronze Star for providing care to more than 600 casualties in ISIS fight



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Ask Rusty - Are Social Security, Medicare running out of money?

by Russell Gloor

Dear Rusty: I have been hearing reports that Social Security and Medicare will run out of money by 2035 and will only pay approximately 75 percent of benefits. First, is that true about Social Security? And second, will they reduce benefits to people who are already on it or just the new people signing up? Signed: *Worried about the Future*



Dear Worried: The financial difficulties facing both Social Security and Medicare are well known by those of us who work with these programs every day, and Congress is equally and acutely aware of the issues. But Social Security and Medicare are two entirely separate programs which require two entirely separate answers.

Let's discuss Social Security (SS) first. The SS Trust Fund now has about \$2.9 trillion dollars in assets. These are reserves accumulated from past revenues which exceeded the cost of providing past benefits to recipients of Social Security. That seems like a lot of money but starting this year (2020) Social Security will need to use some of those reserves to pay full benefits. That's because benefits paid out to recipients in 2020 will be more than the money coming in (this was expected even before the pandemic exacerbated the problem). And that trend will continue, and worsen, as we go forward in time. Without Congressional action, the SS Trust Fund reserves will be exhausted in 2035. And unless Congress acts before then to increase SS revenue and/or reduce SS expenses, when the Trust Fund is dry an across-the-board cut in benefits will affect everyone. That's because with the Trust Fund empty, Social Security can only pay out as much money as it receives in revenue and it's currently estimated that, in 2035, that will result in a cut of 21 percent for everyone. Sadly, the actions needed to correct Social Security's financial issues are well known; what's missing is bipartisan cooperation in Congress to implement the changes needed.

There is no doubt that Social Security needs reform to be able to sustain full benefits for future generations and, hopefully, Congress will step forward soon to make those changes. Historically, any changes made to Social Security do not affect those who are already collecting benefits (it would be political suicide to do that), but rather will apply to future beneficiaries (much more palatable politically). Of course, that cannot be guaranteed but, if history is our guide, changes will eventually be made which shore up Social Security's finances, and those changes will affect only those who are not yet eligible to collect benefits.

As for Medicare, part of the FICA payroll taxes paid by every American worker includes an amount (1.45 percent) to pay for Medicare Part A (hospitalization) coverage for Medicare beneficiaries. Any excess collected goes into an "HI Trust Fund" reserved for paying Medicare Part A expenses. According to latest reports the HI Trust Fund is projected to run dry in about 2026 at which point, theoretically, only hospital expenses equal to revenue could be paid.

Medicare Part B coverage (for doctors and other outpatient services) is paid for from two sources - one source is the monthly premiums which are paid by every Part B beneficiary, and the other source is the Government's General Treasury (which picks up the difference between what is collected in Part B premiums and what is needed to pay healthcare expenses). Similarly, it's expected that the Government will shore up Medicare Part A as needed when the time comes (which it has in the past). So, while Medicare is clearly under a lot of financial stress from the ever-increasing cost of healthcare, it's highly doubtful that the program is in any danger going away. More probably, Congress will look to cut the program's expense structure, which would affect medical service providers more than individuals. *Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens*

Coast Guard funds restoration of operational lighthouse

by Karen Scanlon and Kim Fahlen

San Diego has a new lighthouse, sort of.

The leggy iron tower that has stood beckoning ships at the lower tip of Point Loma since 1891 has undergone full restoration. Now the old rust bucket is in good standing for another century. And just in time.

Straightening a three-degree tilt of the upper two sections and rooting out layers of lead paint and desecration from rust-jacking was no easy feat for independent contractor, Neil Gardis of Ohana Industries, Ltd. and his team of three: Nickolas Bliler, Ryan Strack, and Kevin Goodman of San Diego.

"From the start, we were more than aware of the lantern and watchroom precariousness," Gardis explains. "The upper section supports had deteriorated significantly. A three-degree list doesn't seem like much but it's a ton of trouble when you realize that there's metal failure of support points holding 120,000 pounds. It's a double whammy!"

Thirty-seven tons of iron-work, intended for San Diego's new lighthouse, rolled into town from Trenton, NJ, on rail flatcars of California Southern Railroad in July 1890. This lighthouse would supersede operation of the little Cape Cod structure that has graced Point Loma since 1855. The station would be re-established at a lower elevation where fog and low cloud were less likely to obscure its light. Point Loma Lighthouse was commissioned on March 23, 1891 and has since been the operational beacon at San Diego.

Automation in the early 1970s replaced the need for on-site personnel, and thereby, the tower's deterioration began in earnest. Other forced priorities overtook

regular maintenance. Alas, the future of the iron skeleton remained sorrowfully uncertain.

It seems when lighthouse properties are sold into private or non-profit ventures that those monies are used to rehabilitate other U.S. lights. In June 2017, San Diego's leaning tower was awarded a contract for restoration because of its historic significance and location at the southwestern-most point of the continental United States.

Initial Coast Guard (hereafter, USCG) condition assessment of the lighthouse had called for abrasive blast cleaning of the entire tower, and removal and replacement of cast iron components showing greatest deterioration.

In September 2017, multi-level scaffolding was constructed around the lighthouse, which for many months was wrapped in plastic sheeting. Abrasive blast cleaning removed rust and layers of paint (some, lead based). This prepared surfaces for new coatings, although at this point, a sacrificial generic paint was given to avoid 'flash rust'. Ultimately, at least three coatings were applied to everything.

As the Gardis team's disassembly of the upper lighthouse sections began, it became evident that the condition was far beyond USCG anticipation. Gardis sent a quantitative report with a revision of work to the design office in Oakland.

"There was no mechanical way to replace some items and not all," Gardis says. "A mul-

titude of cast iron components would require complete replacement, or be 'recast' - about 20,000 pounds of it."

Castings were fabricated in Jacksonville, Fla., in an exhaustive process requiring wood molds and sacrificial sand molds for every piece. Fortunately, the original architectural drawings exist and dimensions were taken from these. Delivery of castings arrived bit by bit, the last not until mid-2019.



Scaffolding wraps the lighthouse as work to restore the tower is underway. Photo by Neil Gardis.

Though the project took two-and-a-half years instead of six months, and \$2.1 million dollars, the end result of this massive restoration is a structurally sound and like-new lighthouse.

Lighting the way again

A rotating, third order Fresnel lens served Point Loma Lighthouse until 1997. Rotation had ceased so it was removed by Coast Guard personnel in 2001 and placed in storage at Cabrillo

National Monument.

The giant prismatic lens, a modern marvel of the 1890s, gave way to a small, rotating Vega-25 beacon placed on the outside gallery railing. All the while, the tower stood condemned.

In 2005, a new structure - known as the Assistant Keepers Quarters - was completed at San Diego's only National Park to display the lens. It stands today for all to see at Cabrillo National Monument.

During restoration work, the functioning Vega beacon was taken from the railing and attached with the sound signal on a platform behind the lighthouse.

On March 4, USCG Aids to Navigation Team, Sector San Diego, put the 'icing on the lighthouse cake'. To the excitement of these author-historians, present for its first flash, a modern VLB-44 array was installed in the lantern, precisely where the giant lens was once positioned. The next day, San Diego's operational lighthouse sent a first signal to sea, again.



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Ask me about Military on the Move

THURSDAY, JUNE 11, 2020 www.armedforcesdispatch.com 5

Marine Corps message: Intolerance and prejudice, direct or indirect, has no place in the Corps

by Gen. David H. Berger

ARLINGTON, Va. - Marines and Sailors, last summer, in my planning guidance, I stated there is no place in our Corps for racists – whether their intolerance and prejudice be

direct or indirect, intentional or unintentional. As a continuation of that declaration, in April, I addressed the removal of the Confederate battle flag from our bases, and explained my views behind that decision. I

wrote, “Anything that divides us, anything that threatens team cohesion, must be addressed head-on.”

Current events are a stark reminder that it is not enough for us to remove symbols that cause division – rather, we also must strive to eliminate division itself. The trust Marines place in one another on a daily basis demands this. Only as a unified

force, free from discrimination, racial inequality, and prejudice can we fully demonstrate our core values, and serve as the elite warfighting organization America requires and expects us to be.

To this end, Sgt. Major Black and I encourage commanders and leaders at all levels to have a conversation with their Marines and Sailors, and ask that in doing so,

all actively listen. By listening, we learn, by learning, we change. The path to a more just and equal Marine Corps begins with these conversations.

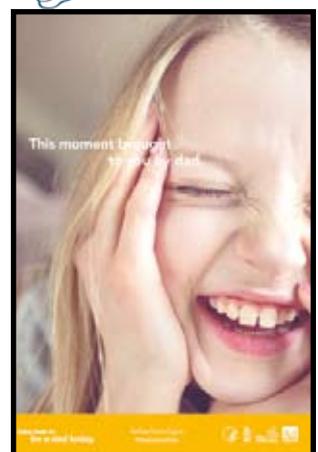
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Due to regulations, they don't provide legal assistance for administrative separation boards/other tribunals, personal businesses, claims versus the U.S. government, criminal, employment (except for Reservists/USERRA), third-party advice (advice for someone else), and services for anyone already represented by an attorney unless that attorney gives written consent.



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Interpersonal Edge: Would therapy help?

by Dr. Daneen Skube,
Tribune Content Agency

Q: I'm thinking of starting therapy to cope but have heard from friends that all therapists do is paraphrase them and ask how they feel. I want some tools, and solutions as I have no idea how I'm going to problem solve what is happening. Is what I'm seeking called life coaching, executive coaching, counseling, or psychiatry? Can you help me understand the differences and whether counseling helps?

A: Yes, counseling, like all services or products, has differing levels of quality and results. Psychiatry is a medical doctor specializing in brain chemistry. Life coaching is someone with no license or formal education that is inexpensive. An executive coach generally has a business degree and does not typically combine business and counseling. Counseling varies from counselors that see 40 people a week and paraphrase to counselors that educate and help you create solutions and see a small number of clients.

As a counselor and executive coach (combining business expertise and a Ph.D. in counseling) I can see we have a mental health crisis brewing right now. I started a blog on www.interpersonaledge.com specifically about COVID-19 coping strategies because the blog, in addition to this column, is something I can do to help from home.

You are not alone in feel-

ing overwhelmed with issues about family, work, depression, anxiety and new conflicts. We have all heard the term, “unprecedented,” to describe this time which merely means there are no road maps historically that can help us make a plan.

In ancient times when voyagers looked at the edge of the mapped world there was the warning, “There be dragons.” The edge of our known world is always fraught with novel dangers. Now we find ourselves reluctant explorers thrust off our known maps and facing our own unique “dragons.”

Unfortunately, most of us keep solving problems in the same way we solved problems in the past. If our past process didn't work, repeating this same process won't yield better results! A good counselor should go beyond paraphrasing you and should think about your problems as if these issues are his or her problems. A person that vastly expands your problem solving and teaches you new approaches that gives you results is a reasonable expectation for therapy.

My recommendation is to schedule appointments with various professionals. Apply what they tell you and see if their advice improves your situation. Be wary of people offering free introductory sessions. Consider this: If they don't value their time will they value yours? Ask questions like, “How many

years of weekly therapy have you personally had?” You don't want a guide into inner space that has spent little time in their own inner world.

Be willing to talk to people around you. Unlike friends a therapist should be willing to make you mad and tell you what you need to hear, not just tell you what you want to hear. Friends and colleagues can't provide therapy but certainly can share the stress of your mutual situation with you thus lightening your burden.

Lastly, realize the stigma of “needing” therapy is no longer relevant. I am eternally grateful to all the wise counselors that changed my life with their tools, advice, and affection. There's courage, intelligence, and a lot of self-love involved in being willing to seek out a worthy teacher!

The last word(s)

Q: Not that I think you have a crystal ball but you always have solid ideas. Do you think this this ever end?

A: Yes, but the lessons and self-improvements we gain will remain!

Daneen Skube is an executive coach, trainer, therapist and speaker. Reach her at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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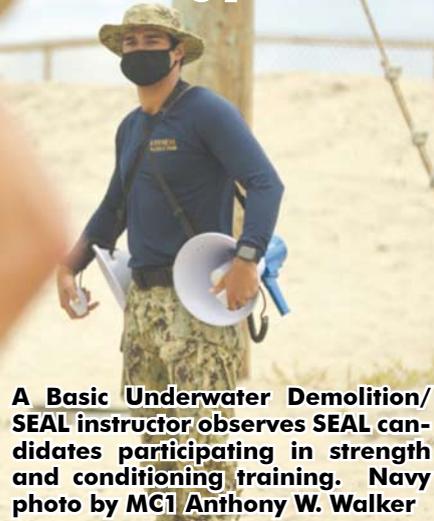
Local Military

Safety, standards uncompromised as Naval Special Warfare Center restarts paused training phases

by Lt. John J. Mike,
Naval Special Warfare Center Public Affairs

CORONADO - "Hooyahs" and other screams of motivation pierced the crisp Coronado, Calif., air in the early hours of May 4 at Naval Special Warfare (NSW) Center. The compound's normally serene night was now a raucous scene as nearly 180 SEAL candidates rushed to their set of Frogman flippers checked in white paint across a field of blacktop that is the dreaded BUD/S 1st Phase Grinder.

Instructors amplified by megaphones, a light rain falling from hoses, and good, old-fashioned adrenaline fueled prospective special operators through the traditional pre-dawn PT session that signifies the start of Basic Underwater Demolition/SEAL training.



A Basic Underwater Demolition/SEAL instructor observes SEAL candidates participating in strength and conditioning training. Navy photo by MCI Anthony W. Walker

For NSW Center, Class 342's induction marked the resumption of training for three classes put on pause March 16 out of an abundance of caution due to COVID-19.

"We took a conservative approach to properly assess our student population and establish protocols in order to minimize risk to them during training," said Capt. Bart Randall, commodore, NSW Center, which had nine classes continue training during the pause and delivered SEAL Qualification Training Class 336 to the Force April 15.

The decision to restart BUD/S 1st and 2nd Phase, and Special Warfare Combatant-craft Crewman (SWCC) Basic Crewman Selection was based on mitigation efforts put in place that follow CDC recommendations and DOD medical professional guidance, Randall said.

Instructors now wear face-masks, gloves, when necessary, and classes are seeing an increased emphasis on practicing social distancing to the greatest extent possible. This includes limiting the amount of students in a classroom and putting methods in place during group training events, like class runs and swims, to ensure adequate physical separation.

Also critical to mitigating the spread of the virus is keeping SEAL and SWCC students in a "closed ecosystem," said Randall.

This starts for most students when candidates enter Navy basic training, where they are quarantined for two weeks prior to starting boot camp. The protective bubble carries over to NSW Prep, where students transit to another part of Naval Station Great Lakes for the two-month training phase. Those who qualify for the NSW Orientation phase in Coronado are flown on military aircraft to a military base to protect students from outside exposure.

"I want our students, instructors and staff to have the safest environment possible," said Randall.

As students continue through their respective pipelines at NSW Center, so do the mitigation policies. Classes perform daily COVID-19 screenings; meals-to-go from the base galley, eating only with their classmates; and sanitize their water bottles daily.

And how do these mitigation efforts impact NSW's exceptionally high standards? "We aren't going to change the training we have established throughout history of NSW," said Randall.

There is "total buy-in" on the importance of COVID-19 mitigation efforts from leadership down to the instructors standing on the berm, he said. "The instructors are a few steps back now, they can stand off 10 feet, and, trust me, the students have no problem hearing them."

Training cadre members also understands the importance of maintaining standards.

"They know they are here to create their future teammates. Our instructors will rotate from here right back to a SEAL platoon, and these young operators will be next to them in formation, downrange, defending our way of life," said Randall.

Not compromising NSW Center's high-caliber of training requires balancing risk to mission with risk to the Force. The nature of many SEAL and SWCC training evolutions means students are going to be close to each other, Randall said. Physical proximity isn't only needed for students to complete events. It's essential in developing tight bonds between classmates.

"The relationships developed is like that of a family member," he said of SEAL and SWCC training. "They help you get to graduation and are later critical to the success of a SEAL or Special Boat Team."

Still paramount is the health, safety and welfare of everyone involved in the training process, said Randall. "If any student shows signs of illness, we will pull them from training to be evaluated by medical professionals. We will take care of them and make sure they are healthy before getting them back in the fight," Randall said.

Kidd continues deployment after COVID-19 check

SAN DIEGO - Navy destroyer USS *Kidd* left San Diego June 10 to continue her deployment.

Kidd is scheduled to return to the U.S. Southern Command area of responsibility to continue its mission in support of SOUTHCOM Enhanced Counter Narcotics Operations in the Caribbean and Eastern Pacific.

"The strength of the bond throughout the Navy communities ensured we safely and effectively disembarked the crew, disinfected the ship, and embarked the crew, and will

be able to continue our mission out at sea," said Cmdr. Nathan Wemett, *Kidd*'s commanding officer.

As part of the Navy's aggressive response to the COVID-19 outbreak on *Kidd*, the ship arrived at Naval Base San Diego April 28 to provide medical care, quarantine, and monitoring for its Sailors, and to clean and disinfect the ship. The ship's crew had begun a strategic deep-cleaning regimen while still underway that balanced decontamination with prevent-

ing damage to the ship's critical systems.

USS *Kidd* is assigned to U.S. 3rd Fleet, which leads naval forces in the Pacific and provides the realistic, relevant training necessary for an effective global Navy. 3rd Fleet constantly coordinates with 7th Fleet to plan and execute missions based on their complementary strengths to promote ongoing peace, security, and stability throughout the entire Pacific theater of operations.

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SAN DIEGO (June 5, 2020) - A mine countermeasures platoon from Explosive Ordnance Disposal (EOD) Mobile Unit (EODMU) 11 conducts surf passage training at the Silver Strand Training Complex South in Imperial Beach. Navy EOD techs are the only explosive ordnance disposal force that is trained to clear underwater explosives at sea. Photo by Lt. Kara Handley

SAN DIEGO (June 5, 2020) - A Sailor assigned to USS Kidd (DDG 100) returns from off-ship quarantine as part of the Navy's aggressive response to the COVID-19 outbreak aboard the ship. In order to be cleared to return to the ship, Sailors must have received two separate negative test results. Navy photo by MC2 Alex Millar



TAIWAN STRAIT (June 4, 2020) - Ensign Lucia Donnelly, from New Providence, N.J., looks through a Polaris in the pilot house of destroyer USS Russell. Russell is deployed to the 7th Fleet. Navy photo by MC3 Sean Lynch



ARABIAN GULF (June 4, 2020) - Gas Turbine Systems Technician (Mechanical) 1st Class Madeline Bintner inspects fuel sample aboard destroyer USS Paul Hamilton. Paul Hamilton is deployed to the 5th Fleet area of operations. Navy photo by MC3 Matthew F. Jackson



MCRD SAN DIEGO (June 1, 2020) - A new recruit is issued gear after arriving here. As recruits arrive to the depot in the future, they will enter a staging period of 14 days during which they'll be medically screened, monitored, and provided classes to prepare and orient them to begin recruit training. Marine Corps photo by Cpl. Brooke C. Woods

PHILIPPINE SEA (June 5, 2020) - Seaman Yonguk Cho, from Chicago, reports the sighting of a surface contact aboard destroyer USS Russell.

Navy photo by MC3 Sean Lynch



Warfighting development center celebrates 5th anniversary

SMWDC increases surface force lethality

SAN DIEGO - Naval Surface and Mine Warfighting Development Center (SMWDC) paused to celebrate the command's fifth birthday on June 9, 2020, and reflected on the many milestones and achievements completed since standing up the command in 2015. SMWDC was established with a small staff that came from Commander, Naval Surface Force, U.S. Pacific Fleet, into its current form, with a headquarters and four divisions, located in California and Virginia, focused on anti-submarine warfare/surface warfare

(ASW/SUW), mine warfare (MIW), integrated air and missile defense (IAMD), and amphibious warfare (AMW).

"SMWDC has produced nearly 400 WTIs to date and we are continuing to recruit exceptionally talented junior officers into one of four existing warfare programs," said Rear Adm. Scott Robertson, commander of SMWDC. "The continued increase in our Surface Force lethality is directly tied to consistent recruitment and subsequent mentoring of sharp officers into the WTI program. Also, I would be remiss if I didn't recognize the support of mission enablers - operators,

logisticians, administrative staff, active duty, reserve, civilians and contractors - doing the heavy lifting day in and day out here at SMWDC to constantly increase not only surface force lethality, but to also build a cohesive and innovative team."

SMWDC accomplishes its four lines of effort - advanced tactical training; doctrine and tactical guidance development; operational support; and capability assessments, experimentation, and future requirements - by leveraging Warfare Tactics Instructors (WTIs) and support staff to increase the lethality and tactical proficiency of the Surface Force across all domains.

Surface Warfare Advanced Tactical Training (SWATT) is the Surface Forces' premiere warfighting exercise. In the lead up to SWATT, warships complete SMWDC-led advanced tactical training such as Advanced Mine Countermeasure (MCM) Evaluator Course, Air Missile Defender Course, Force Air Defense Commander Course, and Sea Combat Commander Course in preparation for certification and deployment.

"Through hard work, innovation, and thoughtful approach, SMWDC has grown and continues to mature into the organization that will con-

tinue to drive Fleet lethality, readiness and confidence," said Robertson. "Back in the command's earliest days, our Executive Director was the Deputy Commander - then Capt. Frank Olmo - working alongside Rear Adm. James Kilby, and they crafted policies, developed strategic plans, and set our vision into motion. That original vision has paved the way for where we are today and where we continue to go in the future."

SMWDC is one of five Navy warfighting development centers (WDCs) - Naval Aviation Warfighting Development Center (NAWDC), Naval Undersea

Warfighting Development Center, Naval Expeditionary Warfare Development Center, and Naval Information Warfighting Development Center - stood up when the Chief of Naval Operations, Adm. Johnathan Greenert, approved the transition of Warfare Centers of Excellence to WDCs in 2014 to enhance Fleet warfighting capabilities and readiness across the theater, operational and tactical levels. Each of the WDCs are modeled after NAWDC's 'Top Gun,' taking the top talented warfighters and developing them into experts - Warriors, Thinkers, Teachers.



DOD increases money for do-it-yourself moves

by Joseph Lacdan,
Army News Service

WASHINGTON - Servicemembers now have an added incentive to choose the personally-procured move, or PPM option, when moving to their next duty stations this summer.

Aside from limiting exposure to COVID-19, a revision to the Defense Department's Joint Travel Regulations has increased the monetary payment to the military members who choose to move their household goods.

From May 26 through Dec. 31, Soldiers, Sailors, Marines and Airmen using the PPM program can receive a payment equal to 100 percent of the estimated cost the government would pay to move their items. When servicemembers choose the option, they shoulder the

cost and responsibility of packing and moving their belongings themselves and the payment compensates them for those expenses.

The PPM program gives active-duty families an alternative to a traditional permanent-change-of-station move, where a government-contracted moving company ships their household goods to their new duty station.

With more military men and women expected to make PCS moves during the latter part of the peak moving season, an updated policy couldn't have come at a more opportune time, said Larry Lock, an Army compensation and entitlements chief.

While much of the country remains under COVID-19 pandemic restrictions, making a

PPM might be the more practical option for some servicemembers and their families, he said. Safety restrictions vary by state and commercial movers will be heavily tasked, he added.

The change could help increase the number of PCS moves in what the service branch's predict will be a busier moving season. Moving more active-duty members to their new duty stations helps the services maintain readiness and meet its global force requirements, said Derrick Candler, an Army chief of Transportation Policy Division.

"Industry may face challenges to support this huge increase during the summer season," Candler said. "This initiative can help increase the number of moves to ensure our people can get to their next duty station as quickly as possible. This will have positive effects on entire DOD. The PPM also reduces the strain on families and moving companies."

As part of the continued ef-

orts to improve quality of life for its military families, the Defense Travel Management Office had pursued the change to ease the burden of families who prefer the PPM over a traditional move, Lock said. He said that PPM moves typically result in a cost savings for the government and the policy update will pass those savings onto the families.

In April, the DOD signed a \$7.2 billion contract with a single company, New Jersey-based American Roll-On Roll-Off Carrier Group, to move household goods for the military.

After Dec. 31, Candler said the policy will be re-evaluated in conjunction with each military branch on whether the reimbursable costs will remain at 100 percent or return to 95 percent.

The DOD has made monetary allowance payments of 95 percent for PPMs since 1998 when it bumped the sum up from 80 percent. Candler said that each service must collectively agree to make the change permanent.

A mover tapes a box at an apartment at Army Garrison Wiesbaden May 22 while following health protocols. DoD has increased the monetary sum servicemembers will receive if they choose the personally-procured move option during PCS moves. Photo by Lisa Bishop

AutoMatters™ & More



by Jan Wagner

NOTE: (above) Jan Wagner, shown with his new 'home do.'

No doubt like many of you, I've been following advice to stay safely at home as much as possible during the coronavirus pandemic. As a 66-year-old senior citizen, I'm in a high-risk group for getting seriously sick or worse if I catch COVID-19. I go out as little as possible, and minimize contact with other people. Furthermore, since I live alone, I must do everything by myself.

One of the things that I used to do was regularly visit a stylist to get a haircut. No longer able to do that, I let my hair continue to grow. After a few months since my last haircut, my head of hair was beginning to resemble a mangy mop. I looked like a wild man.

Clearly, I needed a haircut, so for several weeks I tried to buy Wahl electric hair clippers, but everywhere I checked was out of stock. Finally, on a trip to Costco a little over three weeks ago, I spotted a new shipment of Braun's rechargeable "All-in-one Trimmer 7" "10 in 1 Styling Kit" (MGK7221). Costco's price was right so I bought one.

I have never cut my own hair (or anyone else's). It was bad enough

How I cut my own hair during the coronavirus pandemic

that I didn't know how to cut the hair that I could see, let alone cut the hair I couldn't see. I procrastinated, letting it continue to grow longer, leaving the hair clippers in their box.

Finally, I could stall no more. I watched some YouTube videos, wrapped my shoulders in a towel, leaned over the bathroom sink and began to give myself a haircut.

One of the YouTube videos advised me to cut my hair every two weeks, since long hair is more difficult to cut. That ship sailed long ago.

YouTube videos agreed on the proper technique: using a fairly large comb that doesn't let the trimmer head cut very much hair, start at the bottom of the hair line, move the trimmer up and then rotate it away. Move the clippers over a little bit and then repeat. Do this over and over again, until you've worked your way all around your head. Then move your starting point up a few inches and do it all over again. Doing that correctly is supposed to produce a layered look.

That didn't seem to be working for me. I could hardly see any difference, possibly because my hair had grown so long and thick.

Furthermore, I had been working with the wrong comb attached to the trimmer head. I'd forgotten to replace the comb that was attached to the clippers when they were still in the box, so instead of starting with the large "sliding hair comb (13-21 mm in 2 mm steps)," I began with the smaller sliding beard

comb (3-11 mm in 2 mm steps) attached. Oops!

I soon gave up on using the recommended technique and just cut everywhere. My hair began to fill the sink.

For the back of my head, at first I used the recommended two-mirror technique, in which I faced away from the mirror on the wall and looked into a hand-held mirror held sort of in front of my face. However, my arms kept getting in the way of what I was trying to see. Out of frustration, I transitioned to cutting the hair on the back of my head by feel. The worst that could happen would be that I'd end up giving myself a buzz cut.

The next difficult part was using the electric clippers to cut the hair on the top of my head (scissors were recommended). Again, I just started cutting every which way, holding clumps of hair between my fingers and chopping off what was protruding.

I finished by using the "fix comb (2 mm)" to trim my neck and the occasional protruding clumps of hair that I'd missed.

An hour or so later I was done. The result looks pretty good - at least to me. I did it, and I'll bet that you can too.

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The Meat & Potatoes of Life



by Lisa Smith Molinari

Riding in a V-22 Osprey over the jungles of Liberia in search of suitable terrain to build treatment camps during the 2014 Ebola epidemic, young Army engineer Major Anthony Barbina had no idea that he was preparing for a job he would fill years later. All he knew was that his skills as a burgeoning military leader were being tested.

"People were in rough shape, gaunt and haggard, throwing up all the time," Lieutenant Colonel Barbina, now the Commander for the U.S. Army New England Recruiting Battalion, described the Ebola patients treated in camps that his team built during Operation United Assistance in 2014.

The Ebola Treatment Units were constructed where they were needed most — outside affected villages, in the city of Monrovia, near an abandoned mine. The makeshift facilities had space for beds and a cleaning area for medical personnel to change into protective gear.

"No visitors were allowed. Family members would stand outside the fences trying to catch sight of their loved ones," Barbina recalled that Ebola differed from the novel coronavirus in that it was more difficult to contract, but far more deadly. "Most loved ones went in and did not come back out."

After his engineering duties were completed and Barbina spent

Recruiters apply past lessons learned to current crisis

21 days in quarantine, he was asked to write up an After Action Review for the Center for Army Lessons Learned. Barbina wrote his "Top 10 Lessons Learned" and submitted them, believing that his job was done.

"Never in a million years would I have thought that I would go back to that slide," Barbina told me in a recent interview. I had reached out to ask him how Army recruitment has been affected by the COVID-19 crisis. But instead, he told me his story that was six years in the making.

Back in early March, Barbina was flying back from a training exercise with a colleague. "We talked about the coronavirus, how it could affect recruiting and our recruiters," he said. "I decided on that flight, we need to change the way we do business."

Back at the battalion, Barbina dug deep into his personal archives to review the "Top 10 Lessons Learned" Power Point slide he created after his Liberia experience 2014. "1. Leadership Matters - When in charge, take charge. Leaders must be the calm within the storm," the six-year-old slide read. He channelled the quiet, determined strength of Lieutenant General Darryl Williams who led U.S. Army Africa Command through the Ebola Crisis and is now the 60th Superintendent of the U.S. Military Academy at West Point.

"I wanted to model my leadership after Lieutenant General Williams," Barbina said. "He was calm, collected, strong, clear and concise in crisis."

Although face-to-face recruit-

ment has been used for the last 30 years, on March 16th, Barbina instituted "Operation Patriot Shield," transitioning all New England Battalion recruiting stations to online-only recruiting and virtual prospecting, and while placing safety restrictions on in person interactions.

Two days later, the U.S. Army closed all 1,400 recruiting stations across the U.S. The other services followed the Army's lead, and by March 25, all 20,100 members of the military recruiting force were teleworking. These unprecedented decisions have been effective force protection measures — Barbina's battalion only had one positive COVID-19 case — but this did slow recruiting from March through May. Barbina's battalion rolled unmet goals from this time into July, August and September.

How will the military attract the 150,000 annual recruits it needs to sustain the all-volunteer force over the months and years to come?

Barbina, who saw the Army as his leadership opportunity after growing up in a small Ohio coal mining town, says social media prospecting is here to stay. His battalion had already begun recruiting through social media, online job platforms, eSports tournaments, and other virtual communities prior to the COVID-19 crisis. Barbina said that recruiters are discovering that participants in online eSports and social communities are excellent military prospects. "They are technically savvy. They are digital natives. They are interested in becoming drone pilots, cyber professionals and engineers. They are the Army of the future."

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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.

Earn prizes for going on a reading adventure through City of San Diego Public Library's Annual Summer Reading Program

Discover something new in the pages of a book this summer! The San Diego Public Library's annual Summer Reading Program is now underway and is going virtual with online reading logs, story times, book clubs and performances. This year's theme, "Dig Deeper," encourages readers to look beyond the surface and uncover new information through reading.

The Summer Reading Program offers five age categories: babies and toddlers (ages 0 to 2), pre-readers (ages 3 to 5), kids (ages 6 to 11), youth (ages 12 to 17) and adults (ages 18 and up). Participants must read 10 books or log 10 hours of reading to complete the program. Upon completion, readers will be eligible for prizes including books, museum passes, meal vouchers and book bags. All reading will be tracked online and readers who finish the challenge will be notified by email regarding their prizes.

Additionally, the Stay-In Summer Reading Group Facebook page <[facebook.com/groups/SDPLstorytime/](https://www.facebook.com/groups/SDPLstorytime/)> is a hub for video content for all ages this summer. New story times, craft demonstrations, musical performances and book discussions will be posted daily with opportunities for users to interact with librarians and fellow readers.

"During this time when adults and children are spending more time at home, reading is a great way to investigate and explore the world around us," said Library Director Misty Jones. "While the Summer Reading Program will be online this year, it will still offer engaging and educational content for readers of all ages."

The program runs from Aug. 31, 2020. To register online and view a list of recommended books, visit sandiego.gov/summerreading.

New freelance job platform launches to help military vets who have lost income

FreelanceVets.com has launched an exclusive job platform that will connect U.S. veterans and military spouses eager to work from home – either by choice or out of necessity – with employers who need projects done by highly skilled, dedicated and trustworthy professionals.

FreelanceVets attracts professionals in the military community who desire new or additional income. Military members can range from those who recently lost their jobs, already-established freelancers, military spouses who live on bases (either stateside or overseas) and unsure where they'll be stationed next, to veterans suffering from service-related disabilities.

FreelanceVets's job matching services are designed to meet the vast differences within the military community. It provides flexibility to the people who deserve it most. To create a free profile, freelancers and businesses can visit www.FreelanceVets.com Once military documentation is verified, freelancers can apply to positions in every conceivable industry – from cyber security to engineering, graphic design and more. Creating an account is also free for hiring companies to post unlimited jobs, as long as there's guaranteed compensation to the freelancer, whether paid by the hour or on a per-project basis.

Circulate San Diego launches new resources webpage

Circulate is excited to share our new Walking & Biking Resources Webpage <http://www.circulatesd.org/planning_resources>. This webpage is an education and encouragement resource for all ages. There is something for everyone: safety videos, bingos, bike commuting tips, Captain VZ comic book, and more! These resources are intended to complement existing school curriculum and distance learning, as well as be an inspiration for fun socially distant activities. We hope you find these resources helpful and motivating!

Across

- Correct
- Dr.'s visit
- "No ___": "Piece of cake"
- Farewell that's bid
- Societal woes
- Weapon in Clue
- It's "down at the end of Lonely Street," in an Elvis hit
- Horse hair
- Online marketplace
- City in upstate New York
- Business baron
- Liver secretion
- Practice boxing
- Oil well output, in slang
- Hindu teacher
- Football fan's cry
- Fencing weapon
- Malleable metal
- Historic events at Gettysburg and Vicksburg
- Sister of Zsa Zsa
- Ye ___ Shoppe
- Spoil
- Word with circle or tube
- Miracle-Gro, e.g.
- Flower usually sold by the dozen
- Ivory source
- Upper crust
- NFL Hall of Famer Bart
- Dreaded high school spots?
- Baker's amts.
- Part of an Aretha Franklin refrain about fools ... and a hint to the ends of 17-, 28- and 47-Across
- Swiss river
- Congressional confidante
- Florida city on the Gulf Coast
- Waitstaff rewards
- Post-combat affliction, briefly
- Sharply inclined

Down

- Chicago mayor Emanuel
- Thought
- Big bamboo muncher
- "Peekaboo!"
- Boy king
- Online service for booking rooms with local hosts
- Guilty, for one
- Ump's cry before the first pitch
- "For shame!"
- Mentored person
- Roast, in Dijon
- Oil cartel acronym
- Actor Lugosi
- Arthur of "Maude"
- "Incredible" superhero
- Chicago daily, familiarly
- Frozen drink brand
- Sty supper
- Keno kin
- Ali Baba's magic words
- "Drove my Chevy to the ___": "American Pie" lyric
- Luv
- "Knock it off!"
- Kenel cacophony
- Suffered financially
- iPhone's voice-activated app
- Postings in ledgers
- "Please, anything else!"
- Right or left, while driving
- Didn't admit
- Sportscaster Berman
- Ella's expertise
- Spicy Asian cuisine
- Boomers' lobbying group
- Scoundrels
- Water carrier
- "Just like that!" fingers sound
- Put a limit on
- Dol.'s 100

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Roy's Sudoku

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June is PTSD Awareness Month

Do I Have PTSD?

The only way to know for sure if you have PTSD is to talk to a mental health care provider. The provider will ask you about your trauma, your symptoms and any other problems you have.

Talk to Someone You Trust

After a traumatic event, it's normal to think, act, and feel differently than usual. Most people will start to feel better after a few weeks. If your symptoms last longer than a few months, are very upsetting, and disrupt your daily life, you should get help. Whether or not you have PTSD, treatment can help if thoughts and feelings from the trauma are bothering you. Talk to:

- Talk to your family doctor.
 - A mental health professional, such as a therapist.
 - Your local VA facility or Vet Center, if you are a Veteran
 - A close friend or family member who can support you while finding help
 - A clergy member
- Fill out a PTSD questionnaire or screen.

Take a Self-Screen for PTSD

A screen is a brief set of questions to tell you if it is likely you might have PTSD. Below is the Primary Care PTSD Checklist for DSM-5, or the PC-PTSD-5 screen.

Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example:

- a serious accident or fire
- a physical or sexual assault or abuse
- an earthquake or flood
- a war
- seeing someone be killed or seriously injured
- having a loved one die through homicide or suicide

Have you ever experienced this kind of event? YES / NO

If no, screen total = 0. Please stop here.

If yes, please answer the questions below:

In the past month, have

you ...

- had nightmares about the event(s) or thought about the event(s) when you did not want to? YES / NO
- tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)? YES / NO
- been constantly on guard, watchful, or easily startled? YES / NO
- felt numb or detached from people, activities, or your surroundings? YES / NO
- felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused? YES / NO

If you answer "yes" to any three items (items 1 to 5 above), you should talk to a mental health care provider to learn more about PTSD and PTSD treatment.

Answering "yes" to 3 or more questions on the PC-PTSD-5 does not mean you have PTSD. Only a mental health care provider can tell you for sure. And, if you do not answer "yes" to 3 or more questions, you may still want to talk to a mental health care provider. If you have symptoms that last following a trauma, treatment can help - whether or not you have PTSD.

It's common to think that your PTSD symptoms will just go away over time. But this is unlikely, especially if you've had symptoms for longer than a year. Here are some of the reasons why you should seek help.

Early treatment is better

Symptoms of PTSD may get worse. Dealing with them now might help stop symptoms from getting worse in the future and lead to a better quality of life for you.

It's never too late to get PTSD treatment

Treatment can help even if your trauma happened years ago. And treatment for PTSD has gotten much better over the years. If you tried treatment before and you're still having symptoms, it's a good

idea to try again.

PTSD symptoms can affect those you love

PTSD symptoms can get in the way of your family life. You may find that you pull away from loved ones, are not able to get along with people, or that you are angry or even violent. Getting help for your PTSD can help improve your relationships.

PTSD can be related to other health problems

PTSD symptoms can affect physical health problems. For example, a few studies have shown a relationship between PTSD and heart trouble. By getting help for your PTSD, you could also improve your physical health.

It may not be PTSD

Having some symptoms of PTSD does not always mean you have PTSD. Some of the symptoms of PTSD are also symptoms of other mental health problems.

For example, trouble concentrating or feeling less interested in things you used to enjoy can be symptoms of both depression and PTSD. And, different problems have different treatments.

When you seek help, your mental health care provider can determine whether you need treatment for PTSD, or another type of treatment.

Find the Best Treatment for You

Today, there are several treatment options for PTSD. For some people, these treatments can get rid of symptoms altogether. Others find they have fewer symptoms or feel that their symptoms are less intense.

You can learn about effective PTSD treatment options using the VA's PTSD Treatment Decision Aid. It includes videos to explain how the treatments work. Visit <https://www.ptsd.va.gov/apps/decisionaid/>

Free Sequoia retreat for military couples

Veterans and their spouses are invited to attend a free veterans volunteer and marriage enrichment retreat in Sequoia National Park on August 21-23, 2020.

Couples from throughout California will be gathering in Sequoia National Park to preserve one of our nation's most cherished National Parks. While volunteering to restore this world-renowned resource, they will also be working to restore their marriages, a process that can be difficult when transitioning to civilian life. Unfortunately, the divorce rate among veterans is higher than that of civilians.

In support of initiatives to address the high divorce rate, Nature Corps, a park volunteer organization, in collaboration with the Veterans Administration and the National Park Service, has developed the VIP (Veterans in Parks) program.

Through the seminar series "Laugh Your Way to a Better Marriage," marriage counselor, author, and speaker, Chaplain Norris Burkes, will present this highly humorous and successful marriage program to military couples to help them address the unique challenges they face.

The program offers park entrance fees, camping fees, all meals, the chefs, cooking demonstrations, photography nature walk, and Nature Corps t-shirt and water bottle. Veterans and their spouses can get information and register for the event at: <http://www.thenaturecorps.org/sequoia-veterans/>

The goal is to allow couples to build upon the personal rewards that they experience through building their conservation legacy and, within the grandeur of Sequoia National Park, offer them a unique opportunity to rededicate themselves to their marriage and to the well-being of their family.

"This is an enormous win-win for our veterans and the national park," remarked Sequoia Superintendent, Woody Smeck. "More than ever our parks need volunteers to heal and preserve our land. In exchange, the parks will be a place of respite and healing for our veterans as they work

to meet the challenges of day to day life. Here, among the giant sequoias, there is an element of timelessness that will allow them to reflect on their lives and refocus their priorities and commitments. There would be no higher calling for our parks than to honor and support the veterans who fought for the freedoms that we enjoy across our land."

You can help support this program, by signing up for the RoundUp App at roundup.app/naturecorps. The App automatically donates the change from your credit card to support our veterans. Nature Corps, the organization spearheading this important effort, is a nonprofit volunteer conservation organization.

Since 1987, the agency has mobilized thousands of volunteers who have donated their efforts on projects valued at over \$8 million.

Their volunteers are responsible for restoring and preserving some of our nation's most valued natural treasures in parks such as Yosemite, Channel Islands, Hawaii Volcanoes, Kings Canyon and Sequoia National Parks.

Their projects include: Protecting the world renowned General Sherman Sequoia, the largest tree on earth, planting 20,000 trees to restore impacted habitat throughout Sequoia & Kings Canyon National Parks, restoring the ecological balance of Yosemite's Merced River by planting thousands of trees along its banks, revegetating fragile meadows in the High Sierra and dwindling rainforests in Hawaii Volcanoes NP, rehabilitating historical structures and antiquated park service facilities.

For its accomplishments, Nature Corps has earned a Congressional "Take Pride in America" Award, four "Take Pride in California" Awards, the American Express "Mark of Innovation," and the National Park Service "Partnership Achievement" Award and the "George B. Hartzog, Jr." Regional Award.

Veterans who are interested in attending the voluntour and marriage retreat can contact the Nature Corps at 1-800-774-PARK or email them at info@thenaturecorps.org

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Free Sequoia Veterans 'Voluntour' & Marriage Retreat
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O's American Kitchen hosts blood drive in Mira Mesa with SD Blood Bank

O's American Kitchen is hosting a blood drive in partnership with the San Diego Blood Bank on Monday, June 22, from 10am-3pm.

Anyone 17 and older, who weighs at least 114 pounds and is in good health may be eligible to donate blood. A good meal and plenty of fluids are recommended prior to donation. All donors must show picture identification. Donors are encouraged to schedule an appointment to donate, but walk-ins are welcome.

Please schedule an appointment or for more information, visit www.sandiegobloodbank.org or call 1-800-469-7322.

O's American Kitchen is located at 10673 Westview Parkway, Mira Mesa, 92126 - Parking Lot. \$5 gift card awarded to all donors courtesy of O's.

First San Diego appearance of West Nile virus in mosquito this year

A mosquito caught in routine trapping in the Black Mountain Ranch area has tested positive for West Nile virus, the first appearance of the virus in San Diego County in 2020. County officials remind people to protect themselves from mosquitoes that can potentially transmit disease, including by finding and dumping out standing water in and around homes to keep mosquitoes from breeding.



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Source: SDMAC Military Economic Impact Study 2019

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Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 6/30/20.

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\$39.95 + tax

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- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE Check & set tire pressure to vehicle specifications
- FREE Multipoint inspection
- FREE Car Wash
- FREE Battery Test

Synthetic, V6 & V8 additional Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 6/30/20.

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FRONT BRAKE SPECIAL
\$50 OFF

- Inspect and Resurface Rotors
- Inspect Brake Hardware
- Replace Front Brake Pads

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Any recommended Services or Repairs. May not be combined with any other special.

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