

**Your Mind: Use It or Lose It**  
Try to crack our crossword puzzle to help keep your brain fit and healthy. Clue of the week: *Thumb twiddler?* **See page 5**

**AutoMatters & More**  
Review: Nissan Z: 50 years of exhilarating Performance.



**See page 9**

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Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH



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SIXTIETH YEAR NO. 15  
THURSDAY, AUGUST 6, 2020

## VETERANS SURPRISED WITH MAIL CALL DONATIONS FROM HONOR FLIGHT S.D. AND PUBLIC SUPPORT

On July 31, Honor Flight San Diego stuffed packages of mail call letters for 120 San Diego County WWII and Korean War veterans.

The organization collected about 3,000 letters, pictures and cards from local groups such as Boy Scouts, Girl Scouts, church organizations and the national organization Soldier Angels. The letters were intended to be used on the 2020 Honor Flights to Washington, D.C.

Due to COVID-19 the organization won't fly again until May 2021 and they thought it was best to get the letters in the hands of the deserving veterans.

Honor Flight San Diego is a non-profit team of volunteers dedicated to escorting San Diego County Veterans to Washington to visit and reflect at their memorials dedicated to their service and sacrifice.

There was a personal letter from the organization's chairman and the Distinguished Flying Cross Society. The organization hopes the veterans stay motivated and focused to go



the next Honor Flight and know that the nation has not forgotten about them. With all 120 veterans being over the age of 85, the organization has already received notification from two families that their veterans are in hospice care.

The organization stuffed 118 packages to be mailed today and two special veterans were surprised at their homes by a personal delivery. Honor Flight San Diego Founder, Dave Smith and chairman, Julie Brightwell, divided forces to surprise the

veterans with their care package. Operation Mail Call would not have been possible without a donation from the Extreme South Mooseriders to cover the postage for the packages and they came along to surprise the veterans.

Thanks to public support, Honor Flight San Diego has taken over 1,400 San Diego County veterans on flights since 2010.

"The group is always looking for our remaining WWII and

Korean War veterans to go on their Honor Flight," said Holly Shaffner, Honor Flight San Diego director of public relations. The trip is no cost to vets due to generous donors. Donation applications can be found at [www.HonorFlightSanDiego.org](http://www.HonorFlightSanDiego.org).

### Department of Defense statement on the loss of nine service members off California near San Clemente Island

Secretary of Defense Dr. Mark T. Esper issued the following statement Aug. 3:

A grateful nation and the Department of Defense grieves the tragic loss of the Marines and Sailor lost in the amphibious assault vehicle accident off the coast of San Clemente Island. Our prayers and condolences are with the family and friends of these brave young men.

Their service, commitment and courage will always be remembered by the nation they served. While the incident remains under investigation, I want to assure our service members and their families that we are committed to gathering all the facts, understanding exactly how this incident occurred, and preventing similar tragedies in the future.

On Monday, officials located the remains of the missing service members and found the sunken AAV off San Clemente Island. The Navy's Undersea Rescue Command confirmed that human remains were identified using their underwater remotely-operated video systems from the merchant vessel HOS Dominator, a ship specializing in undersea search and rescue.

The Navy expedited the movement of assets to recover the remains of the Marines and Sailor. A dignified transfer of the Marines and Sailor occurred after the recovery operations.

SEE PAGE 9 FOR IMAGERY ON THE RESCUE EFFORTS FOLLOWING THE AMPHIBIOUS ASSAULT VEHICLE ACCIDENT.



## Army sergeant seeks help to bring two rescue dogs back to America

NESCONSET, N.Y. - Being stationed overseas when you are in the military can leave you longing for home. One of the great things that happen to servicemembers is when they are able to befriend a stray dog.

Sgt. Corina Kimball knows all too well the joy that it brings while she's there. But she also knows the heartache of having to leave them behind when it comes time to returning to the U.S., which has made her desperate to get them back home with her.

She's turned to Paws of War, because they have helped many Soldiers relocate their dogs when it was time to head back to the states.

"We know how important these relationships are to our Soldiers and how the dogs help them get through challenging times," said Robert Misseri, co-founder of Paws of War. "We also know how important it is that they get to bring the dogs home with them. We make it our mission to ensure that it happens,

but we can't do it alone. We need the public to help contribute to this mission if we're to be successful with it."

Kimball, who has now made it back home to the U.S., is eagerly waiting for her dogs to join her. While stationed overseas, she found two stray dogs who would roam around, struggling to survive. They were malnourished and afraid of people. Over time, they came to trust her, and the three of them formed a strong bond. She fell in love with the

two dogs, which she named Cinnamon and Pepper, bonding and finding companionship with them.

The remote Army base where Kimball was stationed is located in area of the world that can be dangerous for stray dogs. She knows that by leaving the dogs behind they're being put in a dangerous situation and their future will be bleak. She is desperate to have the two dogs make their way from overseas to her home, where they can

live out the rest of their life in a loving family.

"Timing is crucial in a situation like this," said Misseri. "Without Sgt. Kimball there to care for Cinnamon and Pepper the dogs are in a dangerous situation. Together, we can make bringing the dogs back to Montana a reality for this Soldier."

While relocating a dog from overseas to the USA is possible, it's not easy and it's not cheap. Paws of War works with other local animal organizations to

ensure the mission takes place and that the dog is legally and safely brought to live with the Soldier they are helping.

Those who would like to donate to help relocate the dogs can log online at [https://pawsofwar.networkforgood.com/projects/106068-cornia-s-poland-dogs?utm\\_campaign=dms\\_email\\_blast\\_711677](https://pawsofwar.networkforgood.com/projects/106068-cornia-s-poland-dogs?utm_campaign=dms_email_blast_711677).

Paws of War rescues dogs, provides them with proper training, and then pairs them with veterans, all free of charge.

# DOD must do more to prevent sexual assault

by Terri Moon Cronk,  
DOD News

The Defense Department must do more to prevent sexual assault and encourage reporting of such crimes, the deputy director of the Sexual Assault Prevention and Response Office said on Capitol Hill.

Nate Galbreath testified today before the House Armed Services Committee's military personnel subcommittee in a hearing called in the wake of Army Spc. Vanessa Guillen's death at Fort Hood, Texas. Guillen was found dead, and an investigation continues.

"Even with my 30 years investigating violent crime, supporting victims and counseling the wounded, nothing prepares one for something like this," Galbreath said. "The murder of Specialist Guillen has touched us all in some way, but no one feels the loss more than her family. I can only hope that the groundswell of support, love, compassion and even inspiration that comes ... in Vanessa's name can bring some comfort for those who loved and knew her."

In Spanish, he added that no one should suffer as Guillen's family has suffered.

Although harassment-policy criminal investigation in the military justice system falls outside his portfolio, Galbreath said, SAPRO is keenly aware of how these issues play a critical role in their work to prevent and respond to sexual assault, and to allow those who choose to make a report to do so without fear of retaliation. While more work remains, many of SAPRO's efforts have resulted in certain progress, he said.

"As many of you know, the department has two key metrics in its sexual-assault program," he told the House panel. "First [is] estimated prevalence or how often crime occurs, which is the number we want to go down. Second, the number of reports [is what] we want to go up, which means that more victims are coming forward to connect with care and support services as well as [help] our efforts

to hold offenders appropriately accountable," he explained.

Data shows that the estimated prevalence rates of sexual assault in DOD has decreased by over a third over the past 14 years, Galbreath said. "And reporting of sexual assault is four times what it was in 2006," he added.

However, DOD's most recent active-duty survey in 2018, showed an increase in the prevalence of sexual assault on women, he said.

In addition, in that year, about 24 percent of women and 6 percent of men on active duty indicated experiencing behavior consistent with sexual harassment in the year before being surveyed.

Fear of retaliation complicates and degrades the department's efforts to encourage greater reporting of this conduct and to connect service members with restorative care, he emphasized.

"While not all behaviors perceived to be retaliatory by someone constitute retaliation that is actionable, all behaviors - actionable or not - gravely undermine our efforts in this space, and are incongruent with our expectations for dignity and respect," he said.

"To be blunt, such behaviors are absolutely unacceptable and have no place in a military that is striving for greater dignity, respect and inclusion for all," Galbreath said.

In some, achieving and sustaining progress requires continuous institutional examination, reflection and evolution, he said, adding that the Defense Department acknowledges the gap between where it is now and where it desires to be.

"We are committed to working toward lasting, impactful, cultural change," he said.

SAPRO establishes policy and conducts oversight on efforts to assist victims of sexual assault, encourage greater reporting, empower survivors to recover and prevent the crime.

**"We are committed to working toward lasting, impactful, cultural change."**

Nate Galbreath, deputy director,  
Sexual Assault Prevention and Response Office

## Army

- Last armor-on-armor mishap like the one at Fort Bliss was more than 30 years ago
- Four civilian attorneys and a veterans advocate will lead the Fort Hood command climate review
- Beyond Fort Hood: Shortfalls in Army's sexual assault prevention efforts, experts say

## Navy

- Porter Sailor injured and medevaced during Exercise Sea Breeze
- Navy officer's years-long murder case gets another twist with court ruling



- Washington governor slams potential harm Navy testing may have on orcas
- Navy folding MQ-25A tanker into larger unmanned

campaign; test flights to resume this summer

## Air Force

- Design evaluation for new sub-tracking ships begins
- Pregnant, postpartum women can now attend Air Force PME
- If you have to ride in a military aircraft with someone with COVID-19, this is your best bet (<https://www.airforcetimes.com/news/your-military/2020/07/30/if-you-have-to-ride-in-a-military-aircraft-with-someone-with-covid-19-this-is-your-best-bet/>)

• First F-15EX fighters readying to test at Eglin AFB in 2021

• F-15EX could replace Strike Eagle fleet, in addition to older C/D models

• Air Force special operations approves first beard, turban waiver for Sikh airman

## Marine Corps

- COVID-19 positive Marine assigned to president's helicopter squadron 'quarantined and recovering'
- Gunnery sergeants start accelerated online courses in wake of travel restrictions
- A farewell to armor: Marine Corps shuts down tank units, hauls away M1A1s

## Car Loan Decisions in Seconds



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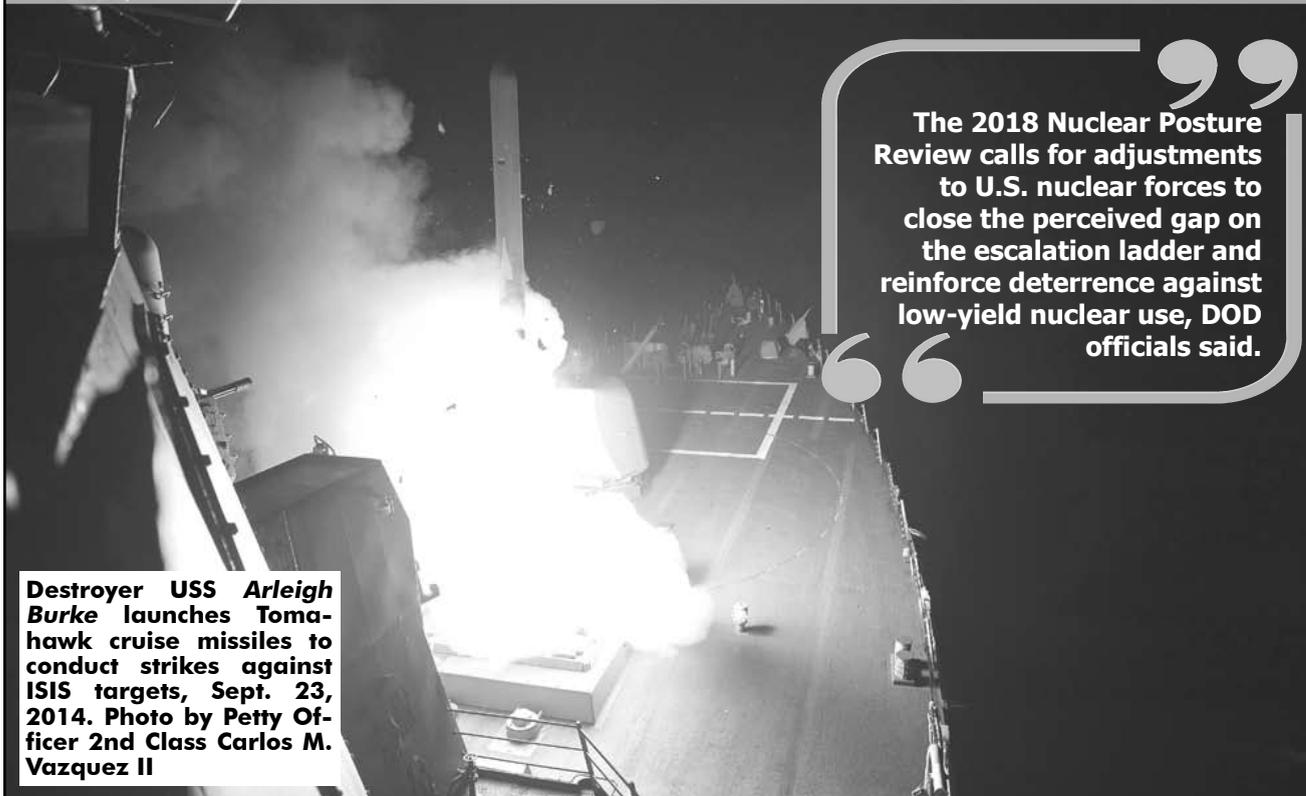
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## Nuke sea-launched cruise missile would bolster deterrence, officials say



**“The 2018 Nuclear Posture Review calls for adjustments to U.S. nuclear forces to close the perceived gap on the escalation ladder and reinforce deterrence against low-yield nuclear use, DOD officials said.”**

**Destroyer USS Arleigh Burke launches Tomahawk cruise missiles to conduct strikes against ISIS targets, Sept. 23, 2014. Photo by Petty Officer 2nd Class Carlos M. Vazquez II**

strategy because the United States, unlike Russia, retired most of its non-strategic nuclear systems. Russia may believe it can use theater or tactical weapons, the paper says, because the United States could not effectively respond and might be reluctant to escalate further by responding with strategic nuclear weapons.

A nuclear-armed sea-launched cruise missile would address alarming developments in the forces and doctrine of nuclear competitors, the posture review says, adding that Russia and China both are investing significant sums to improve and expand their nuclear forces with no clear indication as to where that expansion will stop.

The 2018 Nuclear Posture Review calls for adjustments to U.S. nuclear forces to close this perceived gap on the escalation ladder and reinforce deterrence against low-yield nuclear use, DOD officials said.

Russia's "adventurism" is the most immediate concern, officials said. The nation invaded Georgia in 2008 and still occupies two provinces. Russia illegally occupied Crimea in 2014 and sponsors a shooting **see Missile, next page**

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by Jim Garamone,  
DOD News

Developing and deploying a sea-launched nuclear cruise missile is essential to deter Russia, U.S. officials have said.

A recent State Department pa-

per says the new weapon would help fill a gap identified in the 2018 Nuclear Posture Review. The United States retired its last nuclear sea-launched cruise missile in 2010 - one of only two remaining U.S. theater or tactical ("non-strategic") nuclear weapons. In contrast, Russia

continued a comprehensive program to modernize and expand its low-yield theater and tactical nuclear weapons. What is more disturbing, officials said, is that Russian strategy actually contemplates the use of these nuclear capabilities in conflict.

Russian strategic thought mistakenly believes that limited nuclear first use with low-yield weapons could provide Russia with a "coercive advantage" in a conflict, the State Department paper says.

Russia may have pursued this

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# Missile agency director describes threat, countermeasures

by David Vergun,  
DOD News

In recent years, threats from new missile systems against the homeland, deployed forces and friends and allies have arisen from Russia, China, North Korea and Iran, the director of the Missile Defense Agency said.

Navy Vice Adm. Jon A. Hill spoke today at the Space and Missile Defense Symposium in Washington.

At one time, the MDA focused on the ballistic missile threat. However, adversaries have designed extremely fast and maneuverable advanced cruise missiles and hypersonic weapons that make for "a very tough environment for defense," Hill said. The Missile Defense Review addressed these new threats, laying out a path to follow in developing new offensive and defensive measures, he added.

Though defense is a key part of deterrence, Hill said, "you can't shoot what you don't see." Providing that sight are sensors and radars aboard ships, on the ground and in space.

Space-based sensors are the ultimate, Hill said, because they can provide global coverage. Space tracking and surveillance systems collect data, intelligence and real-world missile testing, he said, but that capa-

This projectile can come from a Patriot system or Terminal High Altitude Area Defense system, all operated by the Army, or the Standard Missile 3 Block IIA or the Aegis Ballistic Missile Defense System, both operated by the Navy. Besides those defenses, ground-based interceptors, operated by the Army, are deployed at Fort Greely, Alaska, and at Vandenberg Air Force Base, California.

The command and control and battle management

system, fully protected with cybersecurity measures, ties these systems together with the operators.

Many missile defense components are in the research, science and technology and demonstration phase, Hill said. For

example, work is being done on the next-generation interceptor and long-range discrimination radar, as well as space-based sensors.

"Where we live today is we don't have everything we want deployed in space, nor do we have the terrestrial or mobile sea-based sensors where we want, where we need them at the right time," the missile agency director said.

Besides new, cutting-edge systems, Hill noted that current systems such as Aegis and command and control are receiving important upgrades as they become available.

MDA is working with the Army to integrate the THAAD and Patriot systems so operators can communicate with both and shoot with either, depending on the scenario, the admiral said.

Allies and partners are developing their own missile defense systems or buying them from the United States through the foreign military sales system, Hill said. These systems used by friends and partners furthers global security, he pointed out, and the Defense Department is working to better integrate those

systems so they're even more effective.

Though the COVID-19 pandemic has presented challenges, Hill said, that hasn't affected MDA's ability to perform its mission: "If you ask me where we took risk during the global pandemic, we never took any risk in supporting the warfighter," he said. "We continue

to deliver capability, we continue to support major movements around the globe." Delivery of systems caused some delay, he acknowledged, because assembly lines require people in confined and enclosed places.

Hill termed his MDA team and those in the services as stellar, and he said there's no nobler calling than defending America.



**Alaska National Guard members of the 49th Missile Defense Battalion operate the ground-based midcourse defense portion of the Ballistic Missile Defense System at Fort Greely, Alaska, May 4, 2007.**

bility is nowhere near where it needs to be.

Sensors start the kill chain by sending out a warning, the admiral explained. Then, radars track the missile, and fire control launches a defensive projectile.

## Missile continued from page 3

war in the eastern part of Ukraine today. Russia has propped up the Assad regime in Syria and has prolonged the civil war in that nation. Russia has also sent forces to Libya, and Kremlin-associated contractors have seized two of its largest oil facilities.

Finally, Russia has done its best to divide the North Atlantic Treaty Organization, seeking more leeway to intimidate the frontline states of Latvia, Estonia, Lithuania, Poland, Bulgaria and Romania.

There are credible concerns that theater and tactical nuclear capabilities are central to a Russian approach to regional conflict that envisions the early,

limited use of non-strategic nuclear weapons to end a war on terms favorable to Russia.

"This approach may be premised on Russia's belief that its expanding anti-access/area denial networks will be able to neutralize the airborne nuclear deterrent forces of the United States and NATO," the 2018 U.S. Nuclear Posture Review concluded. "In the future, it is possible that China could adopt a similar doctrine. Developing and fielding (sea-launched cruise missile-nuclear) signal the leaders of nuclear competitors in a concrete way that the United States has the capability and will to maintain operationally effective nuclear options to deter regional aggression."

The SLCM capability could also help allay the concerns of regional allies shielded by the U.S. nuclear umbrella, officials said.

The U.S. having such a capability would make any adversary think twice about using nuclear weapons. Without requiring nuclear testing or violating any treaty, the SLCM "will lower the risks of nuclear conflict, bolster the confidence of allies and restore a degree of balance in non-strategic nuclear weapons that could create conditions more conducive to addressing this category of forces through arms control," the posture review says.



**Total Navy Battle Force: 301**  
**Ships Underway**  
 Deployed Ships Underway: 64  
 Non-deployed Ships Underway: 27  
**Total Ships Underway: 91**  
**Ships Deployed by Fleet**  
 Fleet Forces: 2      3rd Fleet: 3  
 4th Fleet: 3      5th Fleet: 19  
 6th Fleet: 22      7th Fleet: 58  
**Total: 107**

## Places of Worship

<p><b>B</b>ethany Lutheran Church                  Lutheran Church - Missouri Synod                  2051 Sunset Cliffs Blvd, Ocean Beach 92107                  (Parking off the Alley - North of the building)                  Worship 10:30am Sundays                  Bible Class, Wednesdays 10am                  (619)222-7291 LivingWaterSD7@gmail.com</p>	<p><b>F</b>irst Baptist Church                  "Reach Up, Reach Out, Reach the World"                  Interim Pastor Jim Baize www.fbcoronado.com                  Sunday Bible Study 8:45am, Sunday Worship Service 10 am                  Friday's Women's Bible Study 9:30-11:30am                  445 C Ave., Coronado, CA 92118 (619) 435-6588                  ariel@fbcoronado.com FB: First Baptist Church of Coronado</p>	<p><b>M</b>esa View Baptist Church                  Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant                  CW03, USMC (Ret.)                  Seeking Sinners; Saving Souls, Strengthening Saints                  Sunday Church School at 8:45am • Morning Worship at 10am                  Wednesday Night Bible Study 7pm                  13230 Pomerado Rd., Poway CA 92064                  www.mesaview.org (858) 485-6110</p>
<p><b>B</b>ayview Church                  Attract... Assimilate... Activate                  6134 Pastor Timothy J Winters St., San Diego 92114 (619) 262-8384                  Sunday 6:45am, 8:30am, 11am Worship Service                  Studies in Christian Living (formerly known as Sunday School) Tuesday                  &amp; Thursday 6pm, Wednesday 5:30pm &amp; Saturday 9am                  www.bayviewbc.org info@bayviewbc.org</p>	<p><b>L</b>a Jolla Lutheran Church                  "We Follow Jesus"                  Sunday 9:30am Worship and Sunday School                  Wednesday 6:30pm Bible Study                  7111 La Jolla Blvd., La Jolla, CA 92037                  (858) 454-6459                  LaJollaLutheranChurch.com</p>	<p><b>M</b>ilitary Outreach International Church                  "Supporting all families, all people, at all times"                  Pastor Dennis Eley, Jr, MBA                  Sunday Worship Service 12:30pm to 2:30pm                  Thirsty Thursday Bible Study 7pm to 8:30pm                  7997 Paradise Valley Rd, San Diego, CA 92139 • 619-773-6023                  www.militaryoutreachministries.org                  Download APP "MoMinistries"</p>
<p><b>C</b>anyon View Church of Christ                  "Love God, Love People, Serve the World"                  Sunday Bible Classes for all ages 9am                  Sunday Worship 10am, 6pm                  Wednesday nights 6pm Fellowship &amp; Pizza! 6:30pm Bible Classes for all ages                  4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org                  (Near corner of Balboa Ave &amp; Clairemont Dr) (858) 273-5140                  www.canyonview.org @gotochrist facebook.com/cccsd</p>	<p><b>New military families are moving to San Diego every day. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985</b></p>	
<p><b>C</b>hrist Community Church                  Helping people love God and each other!                  Saturdays at 6pm &amp; Sundays at 8:45am &amp; 10:30am                  Children's Ministries for All Kids!                  Small Groups for Teens &amp; Adults of All Ages!                  9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. &amp; I-15                  www.gotoChrist.com or (858) 549-2479</p>	<p><b>L</b>iving Water Lutheran Church                  Meeting at Green Flash Brewery Gathering Room                  6550 Mira Mesa Blvd.                  (Entrance Directly in back - off Sequence Dr.)                  Worship 8:45am                  (858)792-7691 LivingWaterSD7@gmail.com                  Pastor: Rev. Steven Duescher</p>	<p><b>M</b>t. Moriah Christian Church                  "Purpose Driven" Gospel Church"                  Multi-Cultural, Non-Denominational                  Services on Sunday at 9am and 11am                  Near Miramar Base                  7055 Carroll Rd., San Diego CA 92121                  (858) 695-9692 www.mtrmoriahcc.org</p>
<p><b>S</b>t. Luke's Lutheran Church                  5150 Wilson Ave., La Mesa, CA 91942                  Phone: (619) 463-6633                  website: www.st-lukes-la-mesa.org                  Worship: 9am                  Pastor: Mark Menacher, PhD.                  We thank you for your service!</p>		

## Medal of Honor spotlight: Marine Corps Pfc. Frank Witek

by Katie Lange,  
DOD News

Medal of Honor recipients show extraordinary courage when facing down impossible situations. That was the case for Marine Corps Pfc. Frank Witek, who fought and died while lib-

erating Guam from the Japanese during World War II.

Witek was born Dec. 10, 1921, in Derby, Conn., but his family - including two sisters and three brothers - moved to Chicago when he was 9. He graduated

high school there and went to work as a laborer at the Standard Transformer Company.

Shortly after the Japanese attacked Pearl Harbor in 1941, 20-year-old Witek enlisted in the Marines. He left for recruit training in late January 1942 and

was soon sent to serve with the 3rd Marine Division during World War II.

About a year later, his family got word he was in New Zealand. He was then sent to Bougainville, a small South Pacific island near Papua New Guinea, where he fought in three major battles and earned a promotion to private first class.

On July 21, 1944, the 3rd Division was sent to liberate Guam, a U.S. territory in the Mariana Islands that had been captured by



**Pfc. Frank P. Witek was posthumously awarded the Medal of Honor. Navy photo**

the Japanese in 1941. Witek was a scout and automatic rifleman with the division's 1st Battalion, 9th Marines.

On Aug. 3, 1944, Witek's platoon was in a bitter fight with the Japanese in an area of the island known as Finegayan. At one point, they were pinned down by heavy fire that came as a surprise from a well-camouflaged enemy position. Instead of finding cover, Witek stood and, at point-blank range, fired

a full magazine into a depression that held Japanese troops. Eight enemy soldiers were killed; the short respite from attack gave most of Witek's platoon a chance to take cover.

Soon, the platoon was ordered to withdraw to consolidate lines. Witek stayed behind to help a severely wounded com-

rade, firing at the enemy until more men came with a stretcher for the injured Marine. Witek continued firing as they evacuated, but soon his platoon was pinned down again due to heavy machine gun fire.

Without being ordered to do so, Witek pushed forward into the hail of gunfire to help support tanks and infantrymen leading the fight. Using his gun and hand grenades, he managed to get within 5-10 yards of the Japanese, close enough to kill eight more enemy fighters and destroy their machine gun.

Unfortunately, his luck ran out at the same time. Witek was targeted by an enemy rifleman and killed.

The 23-year-old's heroic actions massively reduced the enemy's firepower during the fight, enabling his platoon to reach its objective. By Aug. 10, Japanese resistance had ended, and Guam was declared secure.

Nearly a month later, Witek's mother received word that her son had given his life for the cause. According to the combat correspondent's release, when Witek was found, his rifle had only eight cartridges left on an original 240 rounds.

On May 20, 1945, Witek's mother, Marine Corps Commandant Gen. Alexander A. Vandegrift and about 50,000 other people gathered at Soldiers Field in Chicago to honor the slain Marine. During the cer-

emony, his mother accepted the Medal of Honor on his behalf. Less than a year later, the Navy's newest destroyer, USS *Witek*, was commissioned.

Initially buried in the Army, Navy and Marine Corps Cemetery on Guam, Witek was reinterred in 1949 at Rock Island

National Cemetery in Rock Island, Ill.

While he spent most of his young adult life in Chicago, he never forgot the Connecticut town in which he was raised. For that, 144 acres of land in the town of Derby were named Witek Memorial Park in 1999.

### Social Security Matters

#### Ask Rusty - Why won't Social Security give me my widow's benefit?

by Russell Gloor

Dear Rusty: I've been a widow since November 2019. I retired under the Federal Civil Service Retirement System. Before my husband died, I made an appointment with Social Security to see if I could receive his Social Security if he passed on. I was told I could. Since he passed, Social Security has adamantly refused to let me have my husband's Social Security. I have had many problems with them. Who is correct here? I have lost \$1,400 per month. My social security check is about \$126 per month. Signed: Frustrated Widow



Dear Frustrated Widow: First, please accept my condolences on the loss of your husband. Unfortunately, I don't have good news for you.

Because of your Federal Civil Service Retirement System pension, you are subject to the "Government Pension Offset" provision of Social Security. The GPO reduces the survivor benefit for anyone who also has a pension from an employer which did not participate in Social Security (neither the employer or the employee paid into Social Security), and your Federal CSRS pension falls into this category. GPO reduces any survivor benefit you might otherwise be entitled to by 2/3rds of the amount of your CSRS pension, which often eliminates the survivor benefit. For clarity, GPO also applies to a Social Security benefit from a living spouse.

As you probably already know, your CSRS pension caused your own Social Security benefit, earned from other work outside of your Federal employment, to be reduced by the Windfall Elimination Provision (WEP). Unfortunately, whoever you previously spoke with at the Social Security Administration prior to your husband's death gave you some incorrect information, because you are also subject to the GPO. And that is why Social Security will not now pay you a survivor benefit from your husband.

I'm afraid you have no recourse on this, as both the GPO and WEP have been the law for decades. The federal government has now changed to a "Federal Employee Retirement System," or FERS, which fully participates in Social Security (both employees and the employer contribute to Social Security), so more recent federal retirees aren't subject to the WEP and GPO rules. But there are still many state and local government employers which, to varying degrees, don't participate in Social Security and whose employees are still impacted by both GPO and WEP.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only.

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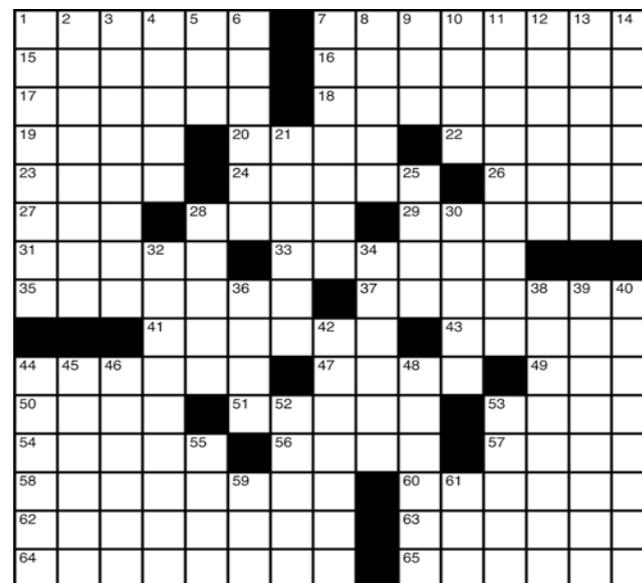
### Crossword Puzzle

#### Across

- 1 Raid units?
- 7 Pass after all else failed?
- 15 Mine shaft tool
- 16 Ambiguous part
- 17 Cab Calloway catchphrase
- 18 Jonathan's cousins
- 19 She plays Hermione in "Harry Potter" films
- 20 Falls behind, perhaps
- 22 Some sleepers
- 23 Soup vegetable
- 24 Big name in diamonds
- 26 Parishioner's place
- 27 Reagan \_\_\_
- 28 Word on a business card
- 29 Old tankard material
- 31 Stallone, in "Capone"
- 33 Name on some euros
- 35 Takes in
- 37 Replacement for unlisted items
- 41 Charity tourneys
- 43 Throw out an idea
- 44 Takes root
- 47 Eats
- 49 Brief subject
- 50 Spot for a scrape
- 51 Starbucks order
- 53 "\_\_\_daisy!"
- 54 Thumb twiddler
- 56 Dough
- 57 Pickup spot?
- 58 Baloney
- 60 Where Mark Twain married Olivia Langdon
- 62 Paratrooper's start
- 63 Like beef loin, vis--vis chuck
- 64 Commuting metaphor
- 65 Bands of cerebral nerve fibers

#### Down

- 1 Napa County city that's home to Beringer Vineyards
- 2 Pricey cut
- 3 2-Down and others
- 4 Vertical, more or less
- 5 Slangy agreement
- 6 Loser's mistake?
- 7 "The Shape of Things to Come" author
- 8 Develop
- 9 Ziering of "Sharknado"
- 10 Soapmaking compounds
- 11 Stinging builder of mud nests
- 12 See 14-Down
- 13 Work on, as a road
- 14 With 12-Down, 1994 Peace Prize sharer
- 21 Peace Nobelists of 1983
- 25 Bridge
- 28 High clouds
- 30 Fund
- 32 Like tournament favorites
- 34 Ottoman officials
- 36 Craig role
- 38 Medium for da Vinci
- 39 Rampaging
- 40 Day of resolve
- 42 Magazine renamed Rosie in 2001
- 44 One-person boats
- 45 "Bewitched" role
- 46 Worker in a cage
- 48 Useful
- 52 Nice school
- 53 Dispirit
- 55 S&L offering
- 59 Fared poorly in the wash
- 61 Early August arrival



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## Local BBB offers scholarships to high school students

SAN DIEGO - Better Business Bureau serving the Pacific Southwest is offering up to \$5,000 in scholarships to any high school student graduating class 2021-2023, residing in Orange, San Diego, and Imperial Counties. The Ethical Torch Essay Scholarship requires students to submit a 400 word essay on the topic of "The Importance of Ethics and Integrity in the Community". There is no cost to enter.

"At Better Business Bureau we believe it is never too early to introduce and emphasize the importance of ethics," said Matthew Fehling, president/CEO of BBB Pacific Southwest. "In high school, students begin to face ethical decisions that will impact the rest of their lives. The honorees will serve as role models whose moral compass not only guides their actions, but also influences those around them."

The deadline to submit applications is Sept. 30, 2020. Five scholarships will be granted in the amounts of \$500, \$750, \$1,000, \$1,250 and \$1,500. Winners will be recognized at the annual Torch Awards for Ethics virtual celebration in October of 2020. BBB's scholarship contest is part of the 2020 Torch Awards for Ethics which honors companies that demonstrate ethical business practices throughout operations, internally and to consumers.

Applications are accepted at [torchessay.bbbcommunity.org](http://torchessay.bbbcommunity.org). Contact Faustine Chan for a paper application or more details at [faustine.chan@bbbcommunity.org](mailto:faustine.chan@bbbcommunity.org).

**Consider a 529 Plan** - 529 Plans are college savings programs that provide families with advantages to save for college overtime. There are two types of 529 Plans: **529 Prepaid Tuition Plan** offered through state-funded programs and allows family members to prepay for a child's college tuition and mandatory fees at a locked-in rate for both public and private colleges. **529 College Savings Plan** allows families to save for college by choosing various investment options and contribute continuously. 529 CSP covers tuition, mandatory fees, room and board, textbooks, and required supplies. Having a 529 college plan as a part of your child's college education plan will increase your family's ability to cover the high cost of a college education and help you continue to be a back-to-school savings Rockstar. Learn more about the benefits of 529 Plans and other college savings options, contact Fleet & Family Support Center's Centralized Scheduling at 1-866-932-6478.

## How to feel if you're not experiencing suffering during the pandemic

by Dr. Daneen Skube,  
Tribune Content Agency

*Q: I feel guilty because I am actually having a wonderful pandemic experience. I always did a lot of work from home and my wife and kids are around to talk to. We are both employed, healthy, and always spent a lot of time at home. So many people are suffering that I feel bad about enjoying the solitude, my family, and remote work. Do you think I lack compassion?*

A: What I think is that your suffering does nothing to ease the suffering of those around you. You, too, will eventually experience challenges. If you don't give yourself permission to enjoy your current oasis you won't have the energy to actually help people that are suffering.

There's a term in psychology called, "survivors' guilt," which refers to people who survive a tragedy feeling guilty they lived while others died. During our current crisis people that are thriving are feeling guilty because there truly is so much

suffering going on.

There are people dying every day in our nation of this virus and you feeling terrible about feeling good doesn't help those

### INTERPERSONAL EDGE:

people or their loved ones. You showing up and making the best contribution possible to your workplace, your family, and your community is a far better tribute.

To the extent that you were already living a "quarantined" life you probably have suffered less during this time. My clients that are introverts, homebodies, and employed are thriving. My clients that were social butterflies and have lost jobs (and job-related social relationships) are struggling.

Even introverts have cabin fever by now but at least there is no vast difference between their lives before COVID-19 (BC) and their life after COVID-19

(AC). Many of us from here on will mark our lives into two separate compartments of BC and AC.

I suspect you are thriving in part because you clearly have a high capacity for gratitude. The ability to experience gratitude is one of the strongest predictors of overall mental health. I am certain even you and your family have had losses during this time. However, you are focusing intently on what is working in your life.

If we suffer a loss and end up staring at the loss in our rear view mirror, we lose all ability to make a new plan. If we define our identity by what we've lost and not what we can still do and have our suffering never ends. Living in the past perpetuates depression making life bleak and hopeless.

We all need to take a moment of silence when the world throws

us a U-turn. Then we need to get out maps and plot a new course. Grieving a loss should be a way station and not a permanent new residence. The pull of a new goal can help us over any loss and provide new joy and meaning.

So kick up your feet, get out your umbrella drink, and enjoy your current oasis. You're adding joy and contentment to our world and we are sorely in need of that energy right now!

The last word(s)

*Q: I just found out I'm pregnant and am worried about how I will juggle baby and my remote work. Do you think I can do both?*

A: No, you will need to find help with your new baby as babies don't make room for work remote or otherwise. Lastly, congratulations that you and your spouse clearly made an exception on social distancing!

*Daneen Skube is an executive coach, trainer, and therapist.*

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\*The 6-course determination is specific to Marines and is based on the transfer of 63 quarter credit hours toward the 90-credit AAS in Small Group Management. Coursework reduction reflects an educational mapping based on the completion of common core coursework, credit for occupation duties, and credit for additional sources of prior learning (such as functional training, CLEP/DSST exams, and other college credit). Credit awards will vary based on occupation, rank, completed military courses as listed on your official Joint Services Transcript(s), and applicable prior learning that can apply toward degree requirements. Purdue Global does not guarantee transferability of credit from any of these sources. All credits must be validated on official transcript(s) to be eligible for transfer.

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## Kitchener assumes command of NSF, Pacific Fleet

SAN DIEGO - Vice Adm. Roy I. Kitchener relieved Vice Adm. Richard Brown as Commander, Naval Surface Forces (COMNAV-SURFOR) and Commander, Naval Surface Force, U.S. Pacific Fleet (COMNAVSURF-PAC) during a change of command ceremony held at Naval Amphibious Base Coronado, Aug. 3.

Recommended for promotion to vice admiral in March, Kitchener reports to San Diego from his job as Commander, Naval Surface Force, U.S. Atlantic Fleet, based in Norfolk, Va.

"I am honored to assume command of Naval Surface Forces and command of Naval Surface Force, U.S. Pacific Fleet," said Kitchener. "I am thankful for Vice Admiral Brown's leadership the past two and a half years. His focus on good stewardship, professional development, and safety were the catalyst for rebuilding a better and smarter force of combat ready ships and battle-minded crews."

A native of Connecticut, Kitchener graduated from Unity College with a Bachelor of Arts in Political Science in 1984. He attended the Navy's Officer Candidate School in Newport, R.I., and received his commission in 1985. He attended the Naval Post Graduate School where he specialized in Western Hemisphere studies and earned a Master of Arts degree in National Security Affairs.

The ceremony also marked the end of Brown's 35-year naval career.

"The U.S. Navy has the premier surface force in the world - second to none - that controls the seas and provides the nation with combat naval power when and where needed. Leading the force is rewarding work. Today, I can proudly say that we only deploy ships that have the required manning, are fully certified, and materially ready. That isn't possible without the hard work and dedication of the SURFPAC staff and the great crews of our ships," said Brown.



Vice Adm. Roy Kitchener. Navy photo

Brown, with the entire SURFPAC team was responsible for ensuring the readiness of 93 ships and 42 shore commands since January 2018.

Significant changes were implemented to ensure the force was trained for the high-end fight and building a culture of excellence while Brown served as commander of the Surface Force. These changes included a revision of the Surface Force Training and Readiness Manual, the establishment of Surface Development Squadron (SURFDEVRON) 1, implementation of the Crew Endurance and Fatigue Policy, and the building of state-of-the-art training facilities, including Maritime Skills Training Centers; the Combined Integrated Air and Missile Defense and ASW Trainers (CIAT); and delivering On Demand Trainers (ODT).

The mission of CNSP is to man, train, and equip the Surface Force to provide fleet commanders with credible naval power to control the sea and project power ashore.

### Severe Traumatic Brain Injury Research Study

UC San Diego is conducting a research study to find the best way to deliver high dose oxygen under pressure so that patients with severe traumatic brain injury (TBI) may recover with less disability. Because TBI is a life threatening condition requiring immediate treatment, some patients will be enrolled without consent if a family member is not rapidly available. For more information or to decline participation please visit: [hobittrial.org](https://hobittrial.org) or contact our study staff at (619) 543-7218.

We invite you to complete a brief survey [https://umich.qualtrics.com/jfe/form/SV\\_eMbgRQh0vko8w3r](https://umich.qualtrics.com/jfe/form/SV_eMbgRQh0vko8w3r)



SAN DIEGO  
July 25, 2020

Petty Officer 3rd Class Cordre Peterson, a hospital corpsman with *Marlin Island Amphibious Ready Group*, medically screens Marines for symptoms of COVID-19 before they embark aboard USS *San Diego*. Marine Corps photo by Cpl. Britany Rowlett



BRIDGEPORT  
July 26, 2020

An instructor with Marine Corps Mountain Warfare Training Center teaches a survival class to Marines during a guided training course. Marines prepare and develop an understanding of traversing a mountainous environment. Photo by Sgt. Conner Downey



SAN DIEGO  
Aug. 3, 2020

Lorie Falaminiano, an MRI technologist at Naval Medical Center San Diego, conducts an MRI scan of a patient's brain. NMCSN continues to treat patients during the coronavirus pandemic while its Sailors and staff adhere to social-distancing guidelines. Photo by MCSN Luke Cunningham



CAMP PENDLETON  
July 27, 2020

Sgt. Joshua Dick, a student with the Scout Sniper Course, School of Infantry-West, conceals himself during an exercise in the Romeo Training Area. Students participated in a stalking and infiltration exercise designed to test the concealment skills of the Marines. Photo by Lance Cpl. Drake Nickels

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## ASN for Manpower, Reserve Affairs visits San Diego installations

SAN DIEGO - Catherine Kessmeier, the senior official performing the duties of Assistant Secretary of the Navy for Manpower and Reserve Affairs, visited San Diego Navy commands last week for a first-hand look at personnel initiatives and programs that benefit servicemembers and their families.

Kessmeier, who has been performing the duties of ASN (M&RA) since June, is responsible for the development of programs and policy related to military personnel, their families, and the civilian workforce, among other duties.

"This visit highlighted for me the tremendous amount of effort that Sailors, Marines, and Department of Navy Civilians, are putting in every day to support the whole warfighter," said Kessmeier. "Taking care of our people is the right thing to do and is crucial to readiness."

Kessmeier met with Fleet and Family Readiness representatives from Navy Region SW, as well as Naval bases at Coronado and Point Loma, to discuss issues ranging from Child and Youth Programs, the impact of COVID challenges on Sailors' and families, Navy Family Housing, transition assistance, sexual assault prevention, crisis response during a pandemic, the Navy's Exceptional Family Member Program, and the Navy Wounded Warrior Program.

Kessmeier also met with the Navy region c haplain to discuss suicide prevention initiatives.

"Any death by suicide is a tragedy. Making progress on this complex issue will require that we look at it from many different angles," said Kessmeier. "While there is no single solution we are committed to addressing suicide comprehensively."

Another stop on the visit was the Navy's new Crown Child Development Center project, a previously-unde-rutilized facility NRSW has leased from Coronado Unified School District, which accommodates 200 children, providing affordable, quality child care to help meet the readiness requirements of military families.

Kessmeier met with Navy Housing officials for an update on privatized housing, customer satisfaction, maintenance and repair response, and related issues. She also toured a vacant home in a military housing neighborhood.

## USS Theodore Roosevelt's leadership changes hands for the second time in four months

by Caitlin Doornbos,  
Stars and Stripes

Aircraft carrier USS *Theodore Roosevelt* has a new commanding officer for the third time since March, four months after a Western Pacific deployment marred by a coronavirus outbreak that ended with a diversion to Guam, a leadership crisis and the death of a Sailor.

Capt. Carlos Sardiello, who oversaw recovery efforts aboard the carrier and its eventual return to San Diego, relinquished command of *Theodore Roosevelt* on July 31 for the second time in less than a year, according to a Navy statement.

Taking his place is Capt. Eric J. Anduze, of Manati, Puerto Rico, who most recently served as executive officer of aircraft carrier USS *Carl Vinson*, the service said.

Sardiello had helmed the carrier from July 2017 until Capt. Brett Crozier took over in October 2019. Sardiello returned to the carrier in March after Crozier was relieved by then-acting Navy Secretary Thomas Modly.

Sardiello referred to the carrier's recent challenges in a farewell message.

"It was a privilege to lead the Rough Riders a second time weathering the storm that engulfed and sidelined *Theodore Roosevelt*," Sardiello said in the Navy statement.

Crozier was at the helm when the Roosevelt diverted to Guam on March 26 after several Sailors tested positive for the coronavirus. Modly removed him after a letter Crozier emailed his Navy superiors pleading for help surfaced in the San Francisco Chronicle soon after.

Video of thousands of *Roosevelt* Sailors chanting Crozier's name as he walked off the carrier for the last time flooded social media. A week later, a recording surfaced of Modly's speech to

*Roosevelt*'s crew criticizing Crozier and calling him "too naive or too stupid." A public backlash ensued and Modly resigned.

Under Sardiello's leadership, the ship remained in Guam two more months as Sailors were isolated, tested and treated. Ultimately, more than 1,150 *Roosevelt* Sailors tested positive, one of whom died.

Chief of Naval Operations Adm. Mike Gilday had considered returning Crozier to command until reviewing the results of a May investigation into the

handling of the outbreak. The investigation revealed failures in Crozier's leadership aside from the letter, including a decision to decline opportunities to get Sailors off of the ship early because they would not have been sent to single-occupancy rooms like he had requested.

Gilday on June 19 told reporters that Crozier's "determination that onboard quarantine was ineffective should have led to an acceleration of Sailors to ashore accommodations. It did not."

Sardiello will return to be

director of Joint and Fleet Operations at U.S. Fleet Forces Command, the assignment he held when he was pulled away to take over for Crozier.

"The Sailors persevered showing great fortitude in the face of adversity, and reverence and stoicism in remembrance; they have proven that fighting through the threat of infectious disease at sea can be done," Sardiello said of his crew's efforts since March. "The resilience and dedication to mission displayed by our Sailors during this pandemic response was truly remarkable."



Boatswain's Mate 2nd Class Eric Alexander directs a Royal Australian Navy MH-60R Sea Hawk, assigned to HMAS Stuart (FFH 153), off the flight deck of USS *Rafael Peralta* (DDG 115) Aug. 3. Navy photo by MC2 Jason Isaacs

## USS Rafael Peralta joins partners for multinational group sail

by Lt.j.g. Artem Sherbinin,  
USS *Rafael Peralta*

WESTERN PACIFIC - Guided-missile destroyer USS *Rafael Peralta* (DDG 115) commenced a multinational group sail alongside warships from Australia, Brunei, and Singapore, Aug. 1.

*Rafael Peralta* joined alongside HMA ships Stuart and Sirius of the Australian Defense Force (ADF), KDB Darulehsan of the Royal Brunei Navy, and RSS Supreme of the Republic of Singapore Navy.

The participating ships are practicing and refining tactical skills such as conducting underway replenishments, formation steaming, communications, and "cross deck" helicopter landings.

"Multilateral training opportunities such as this [cross-Pacific transit]...improve regional security by overcoming challenges together," said Cmdr. Chad Trubilla, commanding officer, USS *Rafael Peralta*. "But most importantly, the of-

ficers and crews onboard all five ships will build confidence and lasting relationships as we take the field as teammates. You can surge a ship to sea, but you cannot surge trust."

Multilateral exercises provide unique opportunities for navies to train together, and develop relations between maritime states. Australia, Brunei, Singapore, and the United States each bring unique capabilities to address the complex challenges facing the Pacific region today. This transit directly contributes to enhanced security and stability throughout the region.

## Greetings from Fleet & Family Support Center

From the director, Janet Paulovich

August is here - and for many of you, that means uncertainty and mixed feelings about how a school is going to be providing learning to military children. While you and your family have to make some tough decisions on how to support distance learning, please don't hesitate to reach out and get information from the School Liaison Officer at <https://sandiego.navylifew.com/fleet-family/fleet-family/child-youth-programs/school-liaison-officers> or Fleet and Family Support Center to find resources and information for you and your children. Call us at 866-923-6478 or follow our Facebook page, [www.facebook.com/FFSCSD](http://www.facebook.com/FFSCSD), for information on all resources available for you.

In July, FFSC helped provide information on vetted non-profits in the area assisting Sailors from USS *Bonhomme Richard* through its Family Information Call Center. The response to provide support and donations was amazing. At Fleet and Family Support Center, we provide you with key contacts and information and referral to local community partners to ensure that San Diego military families get support.

We take great pride in providing the highest quality, support, and service to our service members, retirees, reservists, and family members. If you have any questions about our virtual classes, resources, or want to discuss specific challenges, please give us a call at 866-923-6478. We are standing by to provide you with support.

The United States remains committed to working with regional partners and allies and to protecting the rights, freedoms, and lawful use of the seas by all states. Our exercises and operations stand for a free and open Indo-Pacific, which the United States has supported, alongside its partners and allies for more than 70 years.

*Rafael Peralta* is underway conducting operations in support of security and stability in the Indo-Pacific while assigned to Destroyer Squadron (DESRON) 15, the Navy's largest forward-deployed DESRON and the U.S. 7th Fleet's principal surface force.

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**PACIFIC OCEAN (July 31, 2020) - A Navy MH-60 Seahawk lands aboard USS Makin Island during search and rescue relief operations following an assault amphibious vehicle mishap off the coast of Southern California, July 30. Assisting were destroyer John Finn, USS Somerset, USS San Diego, as well as Coast Guard assets. Marine Corps photo by Cpl. Patrick Crosley**

**PACIFIC OCEAN - Petty Officer 2nd Class Joseph Rivera, a Navy search and rescue swimmer, looks out of a Navy Seahawk while conducting search and rescue relief operations following an assault amphibious vehicle accident July 30. Marine Corps photo by Mackenzie Binion**



**The Marine Corps identified the seven Marines and one Sailor presumed dead after an accident July 30 involving an assault amphibious vehicle in Southern California. They are, top row, Pfc. Bryan J. Baltierra, Pfc. Evan A. Bath, Navy Hospitalman Christopher Gnem, and Lance Cpl. Guillermo S. Perez; and bottom row, Lance Cpl. Chase D. Sweetwood, Cpl. Wesley A. Rodd, Cpl. Cesar A. Villanueva, and Pfc. Jack Ryan Ostrovsky. The name of an eighth Marine, whose body was recovered earlier, was also released.**



## AutoMatters™ & More



by Jan Wagner

## Review: Nissan Z: 50 years of exhilarating performance

Pete Evanow's definitive 50-year history of Nissan's Z-cars awakens vivid memories of our own fond experiences with Z-cars. Authoritative, officially licensed and filled with photos, this hardcover coffee table book is a fitting tribute and a must-read for fans of the legendary Z-car — all six of its generations, from the 1970 Datsun 240Z to today's Nissan 370Z. Included are the precursors to the final design of the first Z-car, gatherings of faithful enthusiasts, and the car's extensive, successful racing efforts, led in the U.S. by Peter Brock and Bob Sharp.

Originally thought of as a competitor to the British MGB, the Datsun 240Z was wildly popular. Demand far exceeded the supply.

In Japan, our 240Z was named Fairlady Z — an homage to the company president's infatuation with the Broadway play "My Fair Lady." However, Datsun's U.S. operational head (the exuberant, inspired and inspirational Yutaka Katayama - affectionately known simply as "Mr. K.") thought that was too feminine a name for their new sports car, so under his direction it was renamed 240Z (in reference to the displacement of its 2.4-liter SOHC engine) for sale on these shores (and elsewhere).

Its style was reminiscent of the beautiful Jaguar XKE, its performance Porsche-like, but the 240Z was also affordable, reliable, practical, economical and inexpensive to maintain.

With its light weight, fully inde-

pendent suspension and SU carburetors, the stock 240Z was quick and agile. The spacious area beneath its hatchback easily swallowed ample luggage for two, its reclining bucket seats were comfortable and its innovative Hitachi signal-seeking AM radio (with its motor-driven pointer that moved across the dial to find the next station after you pushed the round tuning knob) was great for finding new stations on road trips. On a long-ago road trip from my home in Alberta to Montana (back when there was no daytime speed limit in Montana), I could cruise for hours at over 90mph in my Mandarin Orange 1970 Datsun 240Z, passing cars with big V-8s because those engines were unable to sustain high speed. I still remember the thrill I felt just by sitting in mine at a drive-in movie theater, as I watched Steve McQueen's "Le Mans."

I competed with my Z-cars in motorsports competitions (in autocrosses — known in Canada as slaloms, road rallies and ice dices). Easy and inexpensive to modify, with readily available performance parts, my second 240Z received common suspension mods: sway bars, springs and shocks. Learning to work on this car myself saved money and was particularly instructive. The experience left me with a lifelong, indelible memory of what can happen when one does not tighten the three opposed spring compressors progressively enough, a little bit at a time: they snap together in an instant, under extremely high pressure! Luckily none of my fingers were in the way.

With its suspension upgrades, my 240Z gained easily-controllable, on-demand lift-throttle and trailing-throttle oversteer. That, combined with its strong, reliable acceleration, made the car perfect for negotiating tight turns of autocross courses. I

often beat Corvettes of that vintage when I autocrossed at Corvette club events in their "tin" class.

Over the years, Federal safety, emissions and other regulations mandated changes, adding weight and size to the Z-cars, but through technological innovations and the will to prevail, the manufacture of Z-cars has continued for 50 years — a rare accomplishment for all but a few other sports cars.

The introduction of the 1970 Datsun 240Z represented a radical departure for Nissan. Previously the company was perhaps best known for its well-built and reliable but, for many, unexciting automobiles. Notable exceptions were the 1600 and 2000 roadsters, and the 510 (the 2-door and 4-door versions, with their fully independent suspension hidden under their practical, boxy exteriors). Those cars hinted at what was to come, but Nissan needed a halo car, like Chevrolet with its Corvette, in order to break out from their mold. They did so, likely beyond their wildest expectations, and in so doing earned the loyalty and support of countless Nissan customers to this very day, with the introduction of the 240Z. A 1971 240Z recently sold for \$310,000, and an all-new Z-car is likely to arrive soon.

"Nissan Z: 50 Years of Exhilarating Performance" by Pete Evanow is available from book stores, speed and enthusiast auto parts shops, and Motorbooks at <https://www.quartoknows.com/imprints/6/Motorbooks/#>.

To see photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #653" in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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## The Meat & Potatoes of Life



by Lisa Smith Molinari

Throughout the coronavirus pandemic, people have sought information to quell fear. Over the last five months, the advice given by "experts" has fluctuated wildly, despite having been given with seemingly well-informed confidence.

By now, I think we all realize that it's all baloney, bunk, BS. No one really knows, "Is it safe for kids to go back to school?" "Can people contract COVID-19 twice?" "Will a vaccine be ready by the end of the year?" "Will this pandemic ever end?" But when the public demands answers, experts must deliver.

In the military community, baloney is not generally tolerated. We respect clear communication, pinpoint accuracy and straight talk. However, months of widespread pontificating about the pandemic has shown that BSing actually requires skill and chutzpah.

Anyone who has ever been to a golf course has undoubtedly been in the midst of a talented BSer. Or two. Or twenty-seven.

Ex: "Now, unless you want to chili dip that thing into the frog hair and risk army-putting another triple bogey, you oughta milk the grip and let the big dog eat," Chaz quips between swigs of Bloody Mary, leaning heavily on his Cobra driver after duffing two balls into the pond.

## Appreciating the art of baloney

The Golf BSer may not be good at the sport, but his commitment to the craft of baloney-slinging is undeniable. Imagine the hours spent perusing Golf Digest in the proctologist's waiting room to memorize golf terminology? The thousands spent on trendy golf equipment and over-priced, insignia-embroidered, moisture-wicking golf apparel to overcompensate for his lack of skills? The sunburns he endures while secretly tanning in his backyard wearing his golf glove, so he can sport a characteristic golfer's pale left hand? Now that's dedication.

Of course, lawyers, politicians, car salesmen, stockbrokers and their ilk are branded, sometimes unfairly, as BSers, because they are paid to have all the answers whether they do or not.

Ex: 'You see, George, your mutual funds tanked last quarter due to the unprecedented negative rumors of predicted speculations, so I'd be inclined to take the long view here,' a financial advisor might hedge to keep his client confused enough to continue forking over his life savings.

But this questionable style of communication is not reserved for fast-talking professions alone. Even the well-intentioned must sometimes BS. Unable to say, "I don't know" to her incessantly curious first grade students, my mother mastered the skill of bluffing as a first grade teacher, making stuff up on the fly to answer questions like, "Why is the ocean blue?" and "Why does Mrs. Fletcher have a mustache?"

Graduate students must also maintain their reputation for know-

ing everything there is to know about everything. Take a stroll through any campus quad across this nation, and you will see them with their longish hair, graded term papers in hand, leaning against ivy covered walls, arguing over whether or not the international relations theory of holistic constructivism is a useful tool in analyzing the efficacy of post-war US foreign policy.

And all those people in Starbucks deserve some recognition here, too, from the employee with the nose piercing who steams the non-fat milk for your double espresso macchiato, to the metrosexual with the European scarf who ordered a chai tea, to the yoga-pant wearing mom in her SUV yelling into the drive-thru window. Essentially, anyone who has uttered the word Vente or referred to something with 20 grams of sugar as skinny is a card-carrying BSer, whether she likes it or not.

Surprisingly enough, even parents are masterful BSers. Think about it - what does Dad say when his six-year-old daughter looks adorably into his eyes and asks, "Daddy, where do babies come from?" And what baloney must Mom come up with to explain what happened to Gus the Guppy who was last seen napping on the bottom of the tank?

Let's face it - we're a nation of baloney-slingers, and it's about time we wake up and smell the Grande iced latte. Let's finally give BSing the respect it deserves!

And if you believed that, I've got some really nice swampland in Florida to sell you.

# CLASSIFIEDS

## Monthlong adoption drive to 'Clear the Shelters'

During the month of August, most of the San Diego Animal Welfare Coalition <<http://sdpetinfo.org/clear-the-shelters-2020/>> is participating in a nationwide campaign to "Clear the Shelters" in partnership with NBC Universal and Telemundo.

To help individuals and communities continue to practice safe social distancing, this year's Clear the Shelters looks a little different. Instead of a single-day event, this adoption drive will span an entire month to allow for virtual adoption consultations by appointment. In addition to promoting adoptions, the campaign encourages donations to participating shelters.

Since 2015, the Clear the Shelters campaign has helped more than 410,000 pets find new homes nationwide. "San Diego Humane Society is excited to be working to 'Clear the Shelters,'" says Dr. Gary Weitzman, president and CEO of San Diego Humane Society. "This important nationwide campaign will give tens of thousands of animals throughout San Diego County a second chance."

"The County of San Diego's Department of Animal Services shelters in Bonita and Carlsbad have many wonderful animals waiting to be adopted into loving homes," says Kelly Campbell, director of Animal Services, County of San Diego. "While the pandemic has certainly created challenges for us all, now may be the perfect time to add a new pet to the family, especially if you find yourself spending more time at home."

"During the pandemic, we have learned how to embrace change, and that change could include an adoptable pet," said Judi Sanzo, president of Rancho Coastal Humane Society. "Shelters around the country want to remind you that your new best friend could be waiting, tail wagging and ready to join you while you work from home. While Rancho Coastal continues to match pets with their new families, it's important to remember that the virus may be temporary, but pets are a lifetime commitment."

### Benefits of Pet Adoption

- Adoption is more affordable than purchasing a pet.
- You know you're getting an animal who has been assessed behaviorally and medically.
- You may receive special pet-specific resources. For example, San Diego Humane Society offers training advice, pet supplies and educational information to support pet families for the lifespan of a pet.

Available pets at the SD Humane society may be found here: <https://www.sdhumane.org/adopt/available-pets/>

## Designed with input from teachers, parents and students, online learning plan to resemble traditional classroom instruction

One month before the start of the new school year, San Diego Unified school leaders and educators have released details of a plan to continue student growth and learning online. For students, the learning experience will feel similar, in many ways, to a traditional school year.

San Diego Unified's plans were created over weeks of discussions among parents, students, educators and administrators, culminating in a formal agreement announced by San Diego Unified and the San Diego Education Association.

San Diego Unified will open the school year Aug. 31 with the new online education initiative for students that is as close as possible to a pre-COVID classroom experience, including:

- A six-hour school day with customized learning experiences for each K-12 student
- All students will have daily, live interaction with their teachers via video conferencing
- Custom learning experiences will be based on student needs and will include daily live, online instruction (up to three hours), independent learning (at least two hours), working with other students in small groups or participating in educator office hours (at least one hour)
- All Elementary students will receive instruction in reading, writing, mathematics, science, social studies, physical education, and the arts
- Students will receive grades to measure their progress

Superintendent Cindy Marten said the district will continue working on access and providing free computers and Wi-Fi service to families that need them. In the spring, San Diego Unified provided more than 50,000 Chromebook computers to allow students the ability to work from home. More than 97 percent of students logged into their classes during that time.

### Highlights of the agreement with educators include:

- Teachers and non-classroom educators will continue to work a full, standard workday
- Educators will hold office hours, organize small-group instruction and provide students with feedback on their learning
- Educators will have added flexibility to account for the challenges of online instruction
- Educator growth and progress will be supported

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

## City of San Diego extends warning period for parking citations

SAN DIEGO - Due to the ongoing impact of the COVID-19 pandemic, Mayor Kevin L. Faulconer has directed City of San Diego staff to delay full enforcement of parking regulations until Sept. 1, 2020. The City will continue limited enforcement until then.

"We know many San Diegans are facing financial hardship during this difficult time, and the last thing we want to do is add another burden like having to pay for a parking ticket," Mayor Faulconer said. "Delaying full parking enforcement is simply the right thing to do as we work together as a community to recover and rebound from this deadly pandemic."

Parking enforcement has been limited to holiday or Sunday regulations in the City of San Diego since March 16. During that time, the City has suspended citations for vehicles violating street sweeping parking restrictions, metered parking, time limits and yellow commercial zones. Citations have continued to be issued for vehicles parked illegally at red, white and blue painted curbs.

Prior to March, the City typically processed an average of 42,000 parking citations per month. In the month of April, the City issued 1,704 parking citations for violations of the holiday or Sunday regulations.

While restarting parking enforcement is seen as one small step toward restoring San Diego's economy by allowing for increased turnover of customers in business districts, many residents are still working from home or dealing with job losses due to COVID-19. Extending the limited enforcement of parking regulations will provide additional relief to those residents.

Other jurisdictions in San Diego County have continued to enforce metered parking, so drivers are encouraged to review posted signage when looking for a parking space. To learn more about parking rules in the City of San Diego, and to pay or appeal a citation online, visit [sandiego.gov/parking](http://sandiego.gov/parking).

Street sweeping has continued throughout the public health emergency. During the City of San Diego's limited enforcement period until Sept. 1, citations with corresponding fines will not be issued to vehicles parked in street sweeping zones.

### Roy's Sudoku

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

## Combat medical innovations carry over to COVID-19 care

by Terri Moon Cronk

The long-standing wars in Iraq and Afghanistan taught the U.S. Military Health System to collaborate and innovate research and treatment among the three military services, and, for example, created the combat joint trauma system, a panel of physicians.

When the COVID-19 pandemic struck the United States this year, that joint trauma system took form almost immediately to gather data on COVID-positive patients in the MHS, Air Force Col. (Dr.) Todd Rasmussen, professor of surgery and associate dean of research, Uniformed Services University of the Health Sciences in Bethesda, Maryland, said today during a media roundtable discussion.

Joining Rasmussen on the call were Dr. Paul Cordts, chief medical officer for the Defense Health Agency in Falls Church, Virginia.; Dr. Simon Pincus, director of DHA's connected health branch; and Army Maj. (Dr.) Steven Hong, assistant professor of surgery at the USUHS and chief of head and neck surgical oncology and reconstructive surgery at Walter Reed National Military Medical Center, also in Bethesda.

Rasmussen called the joint trauma center a global system that uses data to monitor care of COVID-19 patients for the center's established registry to look at and gather data on how best to diagnose and care for patients.



**Mary Ruth Castello-Leal, a former COVID-19 patient, walks out of her temporary hospital room with her discharge paperwork at a field medical station in Atlantic City, N.J., May 6, 2020. Soldiers, airmen and civilian care providers celebrate as she leaves the facility. Photo by Army Pfc. Ian Miller.**

"It's almost a worldwide [venue] where we go on rounds, but it's virtual," he said. "It's very much like what was done during combat casualty care during the wars, but now it's more focused on how best to diagnose and manage patients with COVID."

Using the joint trauma center system in the military and civilian medical sectors, doctors can evaluate their therapies in real time and adjust clinical practice guidelines, if necessary, toward therapies that appear to be most effective, he noted.

Another innovation MHS pivoted

on in the parallels between combat and COVID-19 care is a provider resilience suite of self-care for health

care workers. It's an app that also created useful tips to self-identify signs of burnout and how to deal with it, Pincus pointed out.

Virtual health is another concept that was used in downrange settings, and it is now being used for COVID-19, Rasmussen said. Virtual health is revolutionary for COVID-19, the panel said.

Also, the electronic medical record comes into play with COVID-19. Patients can fill out a questionnaire from home, using the patient portal, and pass it along to their doctor, where a clinical team can review the information and identify patients who are appropriate for COVID-19 testing or those who need further care, Rasmussen said.

"We really want to empower providers and patients digitally to improve the quality of care and health outcomes," Cordts said. COVID-19 has provided the opportunity in the midst of crisis coverage, he added.

### Correction: How biology influences fitness

Last week we left off the final line of our story titled 'How biology influences fitness.' Here is the end of the story

Researchers continue to learn more about biology and physical activity. But no matter who you are, how much activity you get can make a difference for your health. Experts recommend getting at least 150 minutes of moderate to vigorous physical activity a week. And at least two days a week, do strength training exercises.

"There are huge benefits from exercise for both mental and physical health," says Ashley.

## New study finds Alzheimer's outranks cancer, infectious diseases, stroke and heart attack as most-feared chronic disease by retirees

UsAgainstAlzheimer's issued the following statement on the latest findings in the 2020 Edward Jones/Age Wave The Four Pillars of New Retirement study. The study included Harris Poll findings that showed that 32 percent of retirees listed Alzheimer's as the chronic disease they feared most, 11 points higher than cancer and 13 points more than contagious diseases such as COVID-19 and the flu.



"Even amidst the most dangerous global pandemic of an infectious disease in more than a century, more U.S. retirees are fearful of Alzheimer's than infectious diseases such as COVID-19 as well as cancer, strokes or heart attacks.

"The Edward Jones/Age Wave study also found that retired women are much more likely than men to be regularly exercising their cognitive abilities through mental challenges, mindfulness and creative pursuits. More people – both men and women – should know that there are steps they can take every day to reduce their risk of Alzheimer's and dementia.

"These study findings reinforce new research released just last week by The Lancet Commission that found about 40 percent of Alzheimer's cases can be prevented by things like treating hearing loss, depression, and high blood pressure. This study and the Lancet research support the call by more than 100 public health, consumer, aging and advocacy organizations and leaders for the U.S. to adopt a national, measurable, time-bound impact prevention goal for Alzheimer's and related dementias."

Read the full report at <https://www.edwardjones.com/images/Edward-Jones-4-Pillars-US-report.pdf>

## COVID-19 resources for older adults

COVID-19 has changed our everyday lives. Are you an older adult or do you have an older adult in your life? Find government resources for older adults during the pandemic.

Learn about financial and housing resources. Find tips on staying healthy and safe. Caregivers can also find resources for managing the daily care of a loved one.

Visit the website: <https://www.nia.nih.gov/health/government-covid-19-resources-older-adults>

## Summer is here How often should I water my garden?

The answer to that great question depends on so many factors.

- Do you live inland or coastal?
- Is your garden in the sun or shade?
- Is it windy where you live?
- Is your soil clay, sand, loam or some combination?
- What plants are you watering? Tropicals? Succulents? Annuals? Lawn? Vegetables? California Natives?

Knowing all those answers will help you determine how often and how long to water your garden.

In general, we overwater. A plant looks unhealthy so we water it again. It is best to water deeply and less frequently. This may mean watering for 10 minutes, waiting a few hours and watering a second time so that the water percolates deeply into the soil where the roots are.

You don't want the water to run off onto the sidewalk or into the gutters. It is best to water very early in the morning so that the water will evaporate off of the leaves, the wind will not spray the water everywhere, and the plants will have time to take up the water before the heat of the day.

Using a soil moisture meter is a great way to evaluate how

dry/wet your soil is. They can be purchased at most garden centers as well as online.

The most important tip is to know your plant. Keep the tags, research online, and buy a garden book to help you understand what each plant needs.

### Here are some wonderful websites to help you:

Lawns: <http://ipm.ucanr.edu/TOOLS/TURF/MAINTAIN/irrfreq.html>

Soils: [https://ucanr.edu/sites/mg-plumas-sierra/Plumas-Sierra\\_Gardening\\_Info/Soils/Irrigating vegetables](https://ucanr.edu/sites/mg-plumas-sierra/Plumas-Sierra_Gardening_Info/Soils/Irrigating%20vegetables): <http://>

[sfp.ucdavis.edu/pubs/Family\\_Farm\\_Series/Veg/Irrigating/#when](http://sfp.ucdavis.edu/pubs/Family_Farm_Series/Veg/Irrigating/#when)

SD County Water Authority Plant List: <https://www.sdewa.org/sites/default/files/Nifty50.pdf>

For questions on vegetable gardening or on any other plant, contact the UCCE Master Gardeners of San Diego County Hotline at (858)822-6910 or by email at [gro.ogeidnassrenedragretsam@pleh](mailto:gro.ogeidnassrenedragretsam@pleh).

For a wealth of information on local gardening visit <https://www.mastergardenersd.org>

## Make your pet a star! San Diego Humane Society calendar fundraiser ends Aug. 31

There is just about a month left to enter your pet in the 2021 Photo Fundraiser!

Your feathered, furry or scaly pal will have the chance to win a coveted spot as a model of the month in our beautiful 2021 wall calendar, and you'll be eligible to win great prizes. Best of all, funds raised from the contest will make a lifesaving difference for nearly 50,000 animals in need. Talk about a win-win!

Here are some quick tips on how to take a great calendar-worthy photo of your pet with just your cellphone:

- Shoot Horizontally
- Clear Photos Only
- Lights! Camera! Action!
- Don't Be Shy!
- Control the Focus!
- No People or Wildlife!

Visit our website for complete rules and FAQs about the contest! <https://www.gogophotocontest.com/sdhumane2021>

P.S. Every entrant will receive a 2021 calendar by mail this fall.

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- Inspect Brake Hardware
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Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 8/31/20.

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

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