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SIXTIETH YEAR NO. 18  
THURSDAY, AUGUST 27, 2020

## IN THE NAVY, EVERY DAY IS WOMEN'S EQUALITY DAY

### 100 YEARS AGO WOMEN FIRST GAINED THE RIGHT TO VOTE

by MC1 Mark D. Faram,

WASHINGTON - As a Navy, we celebrate the women who have and continue to serve in our ranks. The numerous accomplishments women have achieved in the Navy were made through hard work and grit.

Their perseverance is as much of an inspiration as is their continuing achievements. Today, Navy women stand on equal footing as Sailors like never before, and continue to rewrite our history every day.

In 1971, Congress designated Aug. 26 as National Women's Equality Day, commemorating the date in 1920 when women first gained the right to vote - and thus equality in citizenship.

"In today's Navy, equality starts from the moment you raise your hand to serve our country and become a Sailor," said Vice Adm. John B. Nowell, Jr., the Navy's chief of personnel.

"I truly believe that our diversity as an organization is our greatest strength. You only need to look around to see the incredible contributions women make to our service every day."

With no limitations on their service anymore, women now make up roughly 20-percent of



A Sailor rests after combatting a fire aboard USS Bonhomme Richard. Navy photo by MC3 Christina Ross.

the Navy. They have now served in nearly every Navy community from submarines up to the International Space Station.

The first women in the Navy were nurses during the Civil War, though they were civilians and not in the service. That changed in 1908 with the appointment of the "Sacred Twenty." This first group of 20 nurses reported for duty after Congress established the Navy Nurse Corps on May 13, 1908.

The first large-scale enlistment of women came during World War I, as the Navy needed to fill clerical shortages ashore as men were sent back to sea as the nation mobilized for war with Germany.

Seeking to bring women into the service, Secretary of the Navy Josephus Daniels found a loophole in the U.S. Naval Reserve Act of 1916, which permitted the enlistment of qualified "persons" for service.

"Is there any law that says a Yeoman must be a man?" Daniels reportedly asked his staff. After being told there was not, he began plans to enlist women into the Navy Reserve. On Mar. 21, 1917 Loretta Perfectus Walsh was sworn into the Navy as a Chief Yeoman (F) - the Navy's first enlisted female.

Walsh was the first of nearly 11,000 women who served in World War I. They received the same pay as men - \$28.75 per

month, the same benefits and were considered veterans after the war. Many would stay on in government service as civilians because they couldn't stay in the military.

World War II again saw women called upon for wartime service. On Jul. 30, 1942, President Franklin D. Roosevelt signed the Navy Women's Reserve Act into law, creating what was commonly known then as the WAVES - Women Accepted for Volunteer Emergency Service - a separate part of the Navy - again to free up male Sailors for sea duty.

This time, women served as both enlisted and officers,

holding rank just as the men in the regular Navy. Their terms of service, however, only allowed them to remain on duty for the duration of the war plus six months, only allowed them to serve in the continental U.S. and prohibited them from boarding ships or combat aircraft.

This time, more than 86,000 women answered the call to serve. However, by September of 1946, nearly all had been discharged.

So successful were the WAVES that the Navy started planning to keep a limited number of women in uniform.

see **Women**, page 4

## Navy helps avert San Diego power outages during heatwave

SAN DIEGO - The Navy helped San Diego residents avoid power outages during a significant statewide heatwave last.

In light of Governor Gavin Newsom's Aug. 16 proclamation of a State of Emergency, the Navy took locally based ships off the grid, shifting them from pier-connected shore power to organic shipboard power. By Aug. 18, 22 ships were operating on their own power, significantly reducing electrical strain on the San Diego grid.

By Thursday afternoon, the Navy had contributed a potential savings of almost 3,000,000 KWH, enough energy to help prevent rolling blackouts through local neighborhoods and small businesses.

For more information on the Navy's energy conservation efforts, call Helen Haase, Navy Region Southwest, at (805) 302-7355, or e-mail [helen.haase@navy.mil](mailto:helen.haase@navy.mil).

## Armed Forces Memorial Amphitheater planned for Miramar National Cemetery

In normal times, Miramar National Cemetery hosts commemorative services on Memorial Day weekend, Veterans Day, and at other times during the year. Held in the Flag Assembly Area, the services draw hundreds. Hampering enjoyment of these patriotic events: a lack of permanent guest seating.

The Miramar National Cemetery Support Foundation, sponsor of the Avenue of Flags, the Veterans Tribute Tower & Carillon, and the annual vets services, has launched a project to build the

Armed Forces Memorial Amphitheater with permanent seating in the Flag Assembly Area. The Support Foundation is working closely with cemetery leadership and with the VA's National Cemetery Administration on the design of the amphitheater.

Constructing the amphitheater and funding the maintenance endowment required by the VA is expected to cost between \$450,000 and \$500,000 - the largest project the Support Foundation has yet undertaken at Miramar National Cemetery.

"We're dedicating our 5th Annual 'Virtual Gala' fund-raiser to the Armed Forces Memorial Amphitheater," said Charlie Inot, Support Foundation president and CEO. "We're asking corporations, members of veterans' organizations and civic groups, as well as the public, to help make this vision for Miramar a reality through their generous contributions."

A description of the amphitheater, and information on how to contribute to the project through the Virtual Gala website, may be

found at <https://gala.miramar-cemetery.org/>. The fund drive will continue through the end of 2020.

"The successful addition of amphitheater seating at Miramar National Cemetery will benefit tens of thousand of veterans, their families, friends and the general public in future years. Hopefully, in gratitude for the service of all veterans, we will receive strong public support" said Denny Schoville, Support Foundation chairman of the board.

As currently planned, the am-

phitheater would feature long concrete benches arranged in a semi-circle within the Flag Assembly Area. The benches would be attractively fronted with stone matching that used throughout the cemetery. Upon approval from the VA, landscaping would include artificial turf areas between the seating and around the amphitheater perimeter. The seating area design would comply with Americans with Disabilities Act requirements by providing handicapped access and wheelchair spaces.

"To accommodate guests at our veterans services in the past, we've had to set up folding chairs in the Flag Assembly Area," said Sallay Kim, Support Foundation vice president and chair of the Virtual Gala. "That's not really satisfactory or comfortable for our guests, especially if the ground is too soft to properly support the chairs. Miramar National Cemetery is developing into a true 'Garden of Heroes' with beautiful and inspirational monuments dedicated to our nation's veterans."

Never forgotten

# Battalion Landing Team 1/4 honors Marines, Sailor at memorial service

by 1st Lt. Pedro Caballero,  
15th Marine Expeditionary Unit

CAMP PENDLETON - SERVICE MEMBERS AND FAMILIES GATHERED ON THE MORNING OF AUG. 21 TO PAY TRIBUTE TO NINE FALLEN SERVICE MEMBERS OF BRAVO COMPANY, BATTALION LANDING TEAM 1/4, 15TH MARINE EXPEDITIONARY UNIT. THE MEMORIAL WAS HELD AT MARINE CORPS BASE CAMP PENDLETON'S CAMP HORNO AREA TO HONOR EIGHT MARINES AND A SAILOR FROM THE 15TH MEU WHO DIED IN AN ASSAULT AMPHIBIOUS VEHICLE MISHAP JULY 30: PFC. BRYAN J. BALTIERRA, 18, OF CORONA, CALIF.; LANCE CPL. MARCO A. BARRANCO, 21, OF MONTEBELLO, CALIF.; PFC. EVAN A. BATH, 19, OF OAK CREEK, WISC.; HOSPITAL CORPSMAN 3RD CLASS (FLEET MARINE FORCE) CHRISTOPHER GNEM, 22, OF STOCKTON, CALIF.; LANCE CPL. JACK-RYAN OSTROVSKY, 20, OF BEND, ORE.; LANCE CPL. GUILLERMO S. PEREZ, 19, OF NEW BRAUNFELS, TEXAS; CPL. WESLEY A. RODD, 22, OF HARRIS, TEXAS; LANCE CPL. CHASE D. SWEETWOOD, 18, OF PORTLAND, ORE.; AND CPL. CESAR A. VILLANUEVA, 21, OF RIVERSIDE, CALIF.



Marines and Sailors render a salute during a memorial service at Camp Pendleton Aug. 21. Marine Corps photo by Cpl. Jennessa Davey

Gnem was posthumously advanced to the rank of petty officer third class and posthumously awarded his enlisted Fleet Marine Force Warfare Specialist qualification, having met the criteria set by the Navy for both before his death.

ly advanced to the rank of lance corporal, having met the criteria set by the Marine Corps before his death.

Many Marines and Sailors took the opportunity to meet the families of their fallen brothers and offer condolences prior to the start of the ceremony.

Ostrovsky was posthumous-

A row of battlefield crosses and portraits of each Marine and Sailor were displayed at the outdoor event.

Col. Christopher J. Bronzi, commanding officer of the 15th MEU provided opening remarks. "I think you'll have an opportunity this morning to interact

with and meet some of the men and women that knew your husbands, sons, fathers, and brothers better than anyone, other than yourselves," said Bronzi. "As we experience this deep sadness at the loss of our brothers, I remain confident that the days ahead are shot through with hope - hope because men like them had the

courage, the fortitude, and the commitment to train for and dedicate their lives in defense of this great nation."

This was followed by an invocation from Navy Lt. Samuel Cho, BLT 1/4 chaplain, and the national anthem played by the 1st Marine Division Band.

Lt. Col. Michael J. Regner, commanding officer of BLT 1/4, addressed attendees.

"As our fallen hail from across this country and represent what's finest about it, this truly is a national loss," said Regner. "Our fallen brothers see **Memorial, page 6**

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**Air Force Lt. Col. Josh Linden, a C-130H Hercules navigator, programs the flight computer before takeoff. Flight computers such as the ones in C-130H aircraft are built with microelectronics, and DoD must ensure those microelectronics are safe to use before they are installed in weapons systems. Photo by Marine Corps Staff Sgt. Hector de Jesus**

## Army

- Missile defenders defeat cruise and ballistic missiles nearly simultaneously
- Fort Knox Soldier dies in motor vehicle accident
- Space and Missile Defense Command firms up role with new space organization
- New aviators will incur 10-year service obligations, up from six, starting in October
- Missing Fort Hood soldier reported sexual abuse, says Army official
- Fort Hood Soldier is charged with injuring his 7-month-old daughter who later died
- Soldiers had most hospital trips among services for alcohol-related problems, study finds
- Feds charge former Green Beret with spying for Russia in latest legal blow to Special Forces community
- Hawaii plans to leave underwater World War II ordnance in place off Maui



## Navy

- Navy unveils new 'detailing marketplace' for Navy Reserve forces
- Watchdog: 75 percent of sub and aircraft carrier maintenance ended late in recent years
- Navy SEAL appears in San Diego military courtroom on charge he sexually assaulted fellow Sailor in Iraq
- Navy reports increase in Sailors and Marines investigated for human smuggling in the past year

## Air Force

- New leaders view plans for more virtual pilot training
- Van Ovost takes the reins at Air Mobility Command
- Ground collision avoidance tech may have saved another pilot's life
- Travis AFB lifts mandatory evacuation order
- Boys Town turns out for military burial of alum who died alone

## Marine Corps

- Immigrant Marine Corps veteran works to return deported former service members

## DoD can lead microelectronics manufacturing back to U.S.

by C. Todd Lopez,  
DOD News

For a variety of reasons, while many of the microelectronics available in the United States are designed here, they are manufactured overseas. This presents problems for national security, and for the Defense Department, the undersecretary of defense for acquisition and sustainment said.

Ellen M. Lord discussed the state of microelectronics during a prerecorded "fireside chat" today as part of the Defense Advanced Research Projects Agency's Electronics Resurgence Initiative Summit.

"While we still design components, [field-programmable gate arrays], [application-specific integrated circuits], and printed circuit cards in the U.S., the majority of fabrication, packaging, testing etc., is done offshore," Lord said. "We can no longer clearly identify the pedigree of our microelectronics. Therefore, we can no longer ensure that backdoors, malicious code or data exfiltration commands aren't embedded in our code."

The United States must find a path to domestic sources for the important microelectronics that are used in defense weapons systems now, and for the micro-

electronics that will be needed for future use, Lord said.

"I believe that we in defense need to lead," she said. "Working with my colleagues in the administration, both inside and outside of DoD, we are charting a path forward to bring microelectronics fabrication, packaging and testing back to the U.S. in order to ensure a secure and resilient microelectronics supply chain."

The U.S. government, through public and private partnerships, can provide capital and a "demand signal" for domestically manufactured, tested and packaged microelectronics to encourage manufacturers to bring microelectronics production back home, Lord said.

"Then we partner with other industrial sectors to sustain that," she said. "And we have a pretty

strong demand signal in order to be able to do that."

Over the last several decades, Lord said, things such as governmental policies and regulations, environmental constraints, safety constraints, wages, and taxes drove up the cost to manufacture microelectronics in the United States, and that this was one of the causes of industry moving manufacturing overseas.

"That's what we need to reverse," she said.

DoD isn't just interested in reshoring microelectronics manufacturing, Lord said. The department also has an interest in developing the talent needed to manufacture microelectronics.

"DoD not only drives research and development, but we also work on developing the workforce of the future we need," she said. "We can partner with our other government agencies and together fund schools in terms of education ... to develop the workforce we need to be able to deal with the automation to produce these, to continue to design. If you take a holistic approach, I think we can create a sustainable microelectronics industry, but it's not just about that first plant with some equipment in it. It's about the workforce. It's about all the policy, nationally, to make this attractive."

## New patient transport system supports COVID-19 fight

by Lan Kim,

Tavis Air Force Base in California has a new isolated containment chamber that can safely transport infectious disease patients - including those with novel coronavirus - on board an aircraft.

Called a negatively pressurized conex, the chamber can accommodate up to 24 ambulatory patients or eight on stretchers. It's the third one of its kind; the other two are at Joint Base Charleston, S.C., and Ramstein Air Base, Germany.

Earlier this year, the Defense Department and the Air Force developed and procured the NPC after the Transportation Command published a joint urgent operational need statement for the transportation of COVID-19 patients.

Officials were on hand to inspect the conex when it arrived at Travis AFB Aug. 5. They also oversaw the transfer of the NPC from Delta Flight Products in Atlanta, Ga., where it was manufactured, to the cargo bay of a Globemaster III staged to support alert aeromedical evacuation missions.

"We were with the NPC as it was being produced," Capt. Alexis Todaro, AFLCMC/WNU NPC program manager, said. "We did both inspections, as well as functional checks, to make sure the asset was performing and everything was included as contracted. We followed it to Travis and made sure the offload went smoothly. Next, we'll work with the aeromedical team that is here training and go over a few of the features they may or may not be familiar with."

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## Women

continued from page 1

According to Vice Adm. Louis Loius Denfeld, "our plan is to keep a WAVE component in the Naval Reserve," the Navy's chief of personnel announced at the end of World War II.

"Further, if Congress approves, we will seek to retain on active duty a reasonable number of WAVES who wish to do so and who may be needed in certain specialties."

Two years later the Navy got its wish with the Women's Armed Services Integration Act, signed into law by President Harry S. Truman on Jul. 30, 1948. For the first time, women were allowed to serve in the Regular Army or Navy, permanently.

But restrictions remained as women still could not serve in any unit having a combat mission. And though the WAVES officially no longer existed, the obsolete acronym continued in popular and even official usage until the late 1970s.

It wasn't until the 1970's that

women hit their stride in gaining equality in the Navy. It would be a decade like no other for women in the Navy.

- 1973 - Naval Reserve Officer Candidate School opened to women

- 1976 - Naval Academy Class of 1980 arrived on Induction Day. Four years later, 55 women graduated and joined the fleet as the plank owners of Naval Academy gender integration.

- 1978 - Women started serving at sea.

- 1979 - A total of 17 ships would have female Sailors permanently assigned.

- 1990 - Lt. Cmdr. Darlene became the first woman to command a Navy ship.

- 1990 - Cmdr. Rosmary Mariner is the first woman to command an aviation squadron.

- 1994, Congress repealed the law preventing women from being permanently assigned to combatant ships.

- 1998, Cmdr. Maureen Faren became the first female commanding officer of a combatant vessel.

Over the past decade, the Navy used its lessons learned from integrating women into

the surface fleet as the first female officers reported aboard submarines.

Enlisted women have joined them in the past five years, serving on all four guided-missile submarines. In the next few years, enlisted women will start serving on fast-attack submarines built from the keel up to accommodate women in their crews.

In 2014, Adm. Michelle Howard became both the Navy's first female four-star admiral and vice chief of naval operations. Two years later, she became the first female to lead Naval Forces in Europe and Africa as well as commander of Allied Joint Force Command, Naples.

Today, Navy women stand on equal footing as Sailors like never before, and continue to rewrite our history every day.

For more information on the history and achievements of women in the Navy, visit the Navy History and Heritage Command's website at [www.history.navy.mil](http://www.history.navy.mil) and search "women in the Navy."

## DOD names winners of the 2020 Commander in Chief's Annual Award for Installation Excellence

Secretary of Defense Dr. Mark T. Esper has announced the 2020 recipients of the Commander in Chief's Annual Award for Installation Excellence.

The Commander in Chief's Annual Award for Installation Excellence recognizes the outstanding and innovative efforts of the people who operate and maintain U.S. military installations. The five recipients of this highly competitive presidential award were selected for their exemplary support of Department of Defense missions.

Recipients of the 2020 Commander in Chief's Annual Award for Installation Excellence are:

Army Garrison Fort Drum, N.Y.

Senior Commander: Major Gen. Brian J. Mennes

Garrison Commander: Colonel Jeffery P. Lucas, U.S. Army

Naval Station Norfolk, Va.

Commanding Officer: Capt. Bradley N. Rosen

Marine Air Ground Task Force Training Command, Marine Corps Air Ground Combat Center, Calif.

Base Commander: Brigadier Gen. Roger Turner,

Joint Base Elmendorf-Richardson, Alaska

Commanding Officer: Col. Patricia A. Csank

Defense Distribution Depot, San Joaquin, Calif.

Commanding Officer: Col. Tiffany. N. Harris

Installations compete on how well they achieve the department's objectives in several areas of installation management, including mission support, energy conservation, quality of life and unit morale, environmental stewardship, real prop-

### University of Hawaii wins first DOE Marine Energy Collegiate Competition

HONOLULU, Hawaii - The University of Hawaii at Mānoa has received allocated project funds and resources from Naval Facilities (NAVFAC) Engineering and Expeditionary Warfare Center (EXWC) to further develop their wave energy conversion (WEC) technology as the university wins the first United States Department of Energy (U.S. DOE) Marine Energy Collegiate Competition (MECC) for 2020.

Spearheaded by the Office of Energy Efficiency and Renewable Energy and managed by the National Renewable Energy Laboratory on behalf of the U.S. DOE's Water and Power Technologies Office, the MECC probed multidisciplinary teams comprised of undergraduate and graduate students to develop adaptable solutions to support "blue economy".

Blue economy is defined as the sustainable use of ocean resources for economic growth, improved livelihoods and jobs while preserving the health of each ocean. MECC teams were asked to design, optimize and explore new opportunities that support blue economy, while furthering the marine energy industry.

University of Hawaii at Mānoa's team is comprised of three graduate students, one undergraduate student, and six faculty advisors. Their vision by competing in the MECC was to provide industry solutions and standards for small-scale wave energy conversion applications within blue economy.



**Total Navy Battle Force: 298**

**Ships Underway**

Deployed Ships Underway: 65

Non-deployed Ships Underway: 26

Total Ships Underway: 91

**Ships Deployed by Fleet**

Fleet Forces: 0

3rd Fleet: 3

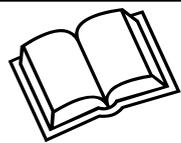
4th Fleet: 3

5th Fleet: 19

6th Fleet: 17

7th Fleet: 58

Total: 100



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*We thank you for your service!*

## Ask Rusty - About the virtues of claiming benefits early

by Russell Gloor

Dear Rusty: It seems like we're always encouraged to wait until our full retirement age or age 70 to claim our Social Security. For me, benefits at age 62 were a good jump start to my retirement. How about listing the many benefits to early (age 62) retirement? And at what age does it become a liability, if ever? Signed: Happily Retired at age 78

Dear Happily Retired: You're correct that most financial advisors and Social Security Advisors, including me, frequently encourage people to delay claiming Social Security until at least their full retirement age (FRA). And that's because far too many claim their benefits as soon as they are available at age 62 "because it's there," without evaluating whether that's a smart move for them personally. There are many reasons why it's best to wait, but there are also some very good reasons for claiming benefits at age 62. Let's explore those.



Claiming at age 62 is exactly the right move if you are in poor health and don't expect to live a long life. Benefits taken age 62 are 25 percent less for those with a full retirement age (FRA) of 66, and 30 percent less if your FRA is 67. But those reductions become insignificant if you don't expect to live a long, healthy life from that point forward. If you wait until your FRA, it takes about 12 years to collect the same amount in total benefits as if you had claimed at age 62.

Even if you are in decent health now, if your family history and your lifestyle suggest less than average longevity, claiming before your FRA, as early as 62, may be a prudent choice. By "lifestyle" I mean, for example, whether you exercise regularly, smoke or drink excessively or drive without a seatbelt. There are several life expectancy calculators available which can assist with predicting your life expectancy by evaluating your family history and lifestyle, including those available at <https://socialsecurityreport.org/tools/life-expectancy-calculator/>. Just remember that no one can accurately forecast how long they will live but making an informed decision on when to claim should consider your estimated longevity, among other things.

If collecting your Social Security benefits early is needed to help pay for life's necessities, such as food, housing, and out-of-pocket medical costs, then claiming as early as age 62, or any other time before your FRA, could be exactly the right choice. In other words, the need for the money now is a driving force in deciding when to claim.

Which brings me to your point that claiming at age 62 was a "jump start" to your retirement, allowing you to begin enjoying your golden years much earlier than you might have otherwise been able to. There's a lot to be said for taking benefits early to fulfill your bucket list while you're still young enough to enjoy it. And, from your signature, it looks like you've been putting that extra Social Security money to good use for many years now. Good for you! Now, at age 78, you've reached your "breakeven point" where, if you had waited until your FRA to claim, your cumulative lifetime benefits would hereafter be more than they will be because you claimed at 62. That may not, however, offset the many years of happy retirement you've been able to enjoy because you took your benefits early.

In the end, deciding when to claim Social Security should be done after carefully evaluating your personal situation. Anyone who claims benefits before their full retirement age must beware of Social Security's "earnings test" which limits how much you can earn before your benefits are affected. But those who can afford to wait and who expect to live to a ripe old age would do well to consider delaying until their full retirement age, or even beyond, to claim their Social Security benefits. If their life expectancy is at least "average" they'll collect much more in cumulative lifetime benefits by doing so.

## VA to award six grants in the amount of \$425,408 to help prevent and end veteran homelessness in San Diego

SAN DIEGO - The U.S. Department of Veterans Affairs (VA) announced recently it will award six grants to community organizations totaling approximately \$425,408 under the Grant Per Diem (GPD) program.

The GPD Program provides funding to community organizations that provide transitional housing and supportive services for homeless veterans, with the goal of helping homeless veterans achieve residential stability, increase their skill levels and

income and obtain greater self-determination.

"The GPD program is one component of VA's multifaceted continuum of services and resources to help veterans exit homelessness," said VA San Diego Healthcare System Director Robert M. Smith. "No veteran should ever have to worry whether they will have stable housing, and these grants put us one step closer to ensuring all Veterans are living in a safe and supportive environment."

The award period begins Oct. 1 to support grants to address the unique needs of Veterans who are homeless:

Per Diem only grants are used to provide transitional housing beds and operate service centers for veterans experiencing homelessness. These grants provide funding in the form of per diem payments to reimburse grantees for the cost of care provided to veterans during the award period.

Special Need grants provide funding to organizations that incur additional operational costs to help veterans with special needs who are experi-

encing homelessness, including women, individuals with chronic mental illnesses and veterans who care for minor dependents.

The GPD program has provided Veterans who are homeless with community-based transitional housing and supportive services since 1994. The number of veterans experiencing homelessness in the U.S. has declined by 50 percent since 2010 - resulting from the GPD program and other VA efforts.

Information about the GPD program and a list of grantees is available at <https://www.va.gov/homeless/gpd.asp>.

## VA rolls out new patient-appointment tool

The Department of Veterans Affairs launched a new appointment scheduling tool Aug. 21 to make medical visits more efficient for care providers and Veterans.

A critical component of VA's Electronic Health Record Modernization (EHRM) effort, the Centralized Scheduling Solution (CSS) will be implemented at all VA health facilities to expedite patient-care coordination throughout the department.

"VA has delivered an enhanced scheduling system that will benefit veterans and health care providers," said Acting VA Deputy Secretary Pamela Powers, who has oversight of VA's EHRM program. "This is another successful launch of a major milestone in the EHRM effort and will optimize Veterans' access to health care by improving appointment scheduling. CSS also provides an ef-

ficient and transparent method of identifying and eliminating double bookings, flagging canceled appointments and maximizing provider time spent with patients."

VA's current scheduling solutions require VA staff to log in to multiple software applications to coordinate calendars, clinicians, rooms and equipment. This process requires time-intensive manual data entry and workarounds to finalize appointments. CSS will address these challenges by providing an "all-in-one" appointment management solution that offers scheduling by resource (e.g., clinician, room, equipment), simple color-coded time slots and a single view for coordinating schedules across multiple locations.

Visit VA's EHRM program and CSS at <https://www.ehrm.va.gov/> for more information.

### Veterans

•IRS reopens deadline for veterans who missed coronavirus stimulus checks

(Military Times) Veterans Affairs officials are reminding families who missed out on some coronavirus stimulus checks last spring that they have a few more weeks left to claim that cash.



•Veterans fit into the tech industry's New Collar Workers movement

(Military Times) The year of change for higher education was in 2018. A college degree was the steppingstone to a career, but the announcement by more than 15 of the biggest names in business that they would no longer require employees to have a college degree rocked the foundation of higher education.

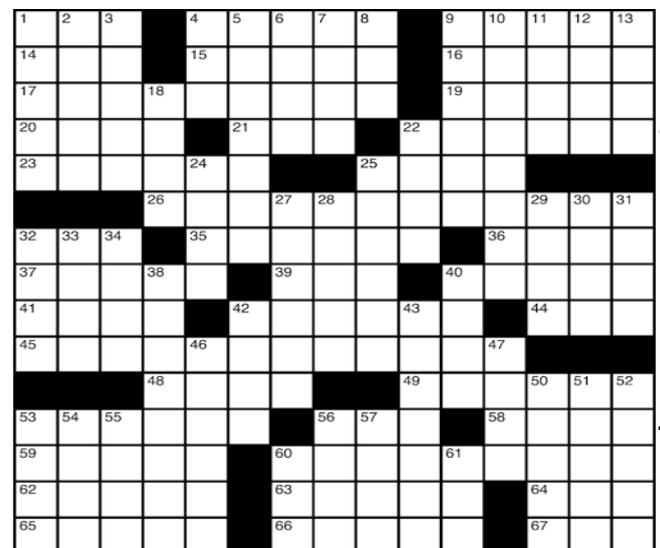
## Crossword Puzzle

### Across

- 1 Suffix for Wikipedia
- 4 Humiliate
- 9 Network with a "Cameras in the Court" page
- 14 Excessively
- 15 Where many watch the Beeb
- 16 Get to laugh
- 17 Crow
- 19 Plug-in Chevys
- 20 Series-ending abbr.
- 21 Lightning \_\_\_
- 22 "Settle down!"
- 23 Delete for security reasons, say
- 25 Alphabetize, e.g.
- 26 Crow
- 32 Lapped (up)
- 35 Take to a higher court
- 36 Amana Colonies state
- 37 Copier pioneer
- 39 Taylor of fashion
- 40 Likely 2020 Baseball Hall of Fame inductee
- 41 Composer Satie
- 42 Taco sauce brand
- 44 IRS identifier
- 45 Crow
- 48 In years past
- 49 Range that contains much of the Mark Twain National Forest
- 53 Temple with an upcurved roof
- 56 Blue-\_\_\_: pain relief brand
- 58 "Allow me"
- 59 Meter measure
- 60 Crow
- 62 Electric car named for a physicist
- 63 Kirin competitor
- 64 Zero, in soccer
- 65 Get to the point?
- 66 Exorcist's target
- 67 "Get how it's done?"

### Down

- 1 "Some \_\_\_ time"
- 2 Waze recommendation
- 3 Lose one's grip
- 4 Delta hub code
- 5 Draft source
- 6 Pet food brand
- 7 Avoided a tag, perhaps
- 8 "Queer \_\_\_": revived style show
- 9 Frolic
- 10 Blended beverage
- 11 Yank
- 12 Bubbly city
- 13 Stick-y place to sleep?
- 18 Spill the beans
- 22 Slinky shape
- 24 Persuade with flattery
- 25 Title river in a Gershwin/Caesar song
- 27 Like Wyoming's population
- 28 Start of the back nine
- 29 Quickly writes
- 30 Is in the red
- 31 It may get crewel treatment
- 32 x, y and z, in math
- 33 Polo of "The Fosters"
- 34 Shillelagh's land
- 38 Words that activate an assistant
- 40 "Empire State of Mind" rapper
- 42 White-bellied swimmer
- 43 First name in comedy
- 46 Make lovable
- 47 Souvlaki meat
- 50 Comes down
- 51 2012 NBA Rookie of the Year \_\_\_ Irving
- 52 Crab-walk
- 53 Miniature golf stroke
- 54 Riding the waves
- 55 [Oh no!]
- 56 Besides that
- 57 Word said with a tip of the hat
- 60 Evil
- 61 It's all relatives



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## Joint Artificial Intel Center acting director visits Naval Special Warfare

by Lt. Matthew Stroup

NAVAL AMPHIBIOUS BASE CORONADO - Joint Artificial Intelligence Center Acting Director Nand Mulchandani met with leadership at Naval Special Warfare Command (NSWC) to discuss its strategy on applying AI for asymmetric advantage both on the Corporate side as well as AI for Warfare. Aug. 19.

Mulchandani and a small team from the JAIC visited the command as part of its mission to transform the DoD by applying AI to achieve mission impact at scale. The group was briefed on the basics of Naval Special Warfare's mission, Mulchandani met with command leadership and members of NSWC's Future Concepts and Innovation Directorate (N9) to discuss how AI is shaping the battlefield of today and how it can provide an

asymmetric advantage to future operations.

Established at NSWC earlier in 2020, N9 is partnering with cutting edge companies and DoD research organizations to find innovative solutions and technologies to increase precision, speed, and lethality on the battlefield while also reducing costs, and risks to operations.

"We're working with SOCOM on a number of important AI initiatives and this visit provides us an opportunity to expand this important relationship," said Mulchandani. "The Naval Special Warfare community is at the cutting edge of using, testing, and deploying new technology including AI, and both organizations found an instant connection between current products to collaborate on and align future roadmap activities."

While maintaining its focus on core skills and enduring missions like countering violent extremist organizations (CVEO), NSW is also focusing its effort on delivering the maritime special operations force the nation needs

in a competitive strategic environment in relation to Russia, China, North Korea, and Iran as laid out in the National Defense Strategy. To support these efforts, NSW looks to extend the use of AI and machine learning beyond logistics and maintenance - areas where the SOF community saw early success - and will key in on applications of AI for Warfare.

"NSW has a history of rapidly adapting and adopting new organizations, processes and technologies at speed to innovate effectively to deliver the force and effects our nation needs and expects," said Capt. Christian Dunbar, Director of the NSWC Future Concepts and Innovation.

"Artificial Intelligence and autonomy are already changing the complexion of warfare and being employed downrange now," said Dunbar. "AI, automation and autonomy will fundamentally transform and disrupt the future of what we today call warfare."

The AI for Warfare concept,

## USS Scout decommissions

Mine countermeasures ship USS Scout (MCM 8) recognized nearly 30 years of naval service during a decommissioning ceremony at Naval Base San Diego Aug. 19.

Plankowners and former crew members of the Avenger-class ship virtually celebrated its distinguished history.

Scout's guest speaker, Vice Adm. Roy Kitchener, Commander, Naval Surface Force, U.S. Pacific Fleet, thanked the crew and acknowledged the ship's contribution to the fleet.

"{Mine countermeasures ships} Champion, Scout and Ardent Sailors, past and present, are a special breed. These Sailors served with distinct pride and dedicated tremendous energy in representing the Navy's mine sweeping community over the lifespan of these unique ships," said Kitchener. "As this chapter comes to a close, we look back proudly on the efforts of these Iron Sailors, their families and these tested and proven wooden ships as they all played an important role in the defense of our Nation and maritime freedom around the globe."

In 1992, Scout was the first ship to arrive at Naval Station Ingleside, Texas, the center of U.S. mine warfare operations at the time. Most notable in Scout's operational history is the assistance provided to evacuate refugees from Kosovo in 1999, a five-month deployment in support of Operation Iraqi Freedom in 2003, and Hurricane Katrina relief operations in 2005.

is an ontology for systematically approaching AI projects with the greatest impacts across the 7 Warfighting functions such as AI for Maneuver, AI for Intelligence, AI for Command and Control, AI for Fires and Effects etc. While the ability to introduce new practices and technologies into the force can be challenging, successful outcomes result when they are used on a smaller scale first.

"The N9 team very much

views AI as a critical enabler to achieving the goals laid out by the NSW Commander in "NSW Vision 2030", the CNO and Commander, U.S. Special Operations Command," said Dr. Bruce Morris, deputy director of the NSWC Future Concepts and Innovation Directorate. "Our ultimate goal is digital modernization and transformation across the force to gain an asymmetric advantage on the battlefield of today and tomorrow, and we're well on our way."

## Memorial

continued from page 2

honor us by the manner with which they lived their lives, and we will never forget the last time we saw them ... and now we remember them as they slip their earthly bonds, to give us over-watch from on high with God."

The service concluded with 1st Sgt. Daniel Jacobson of Bravo Company, BLT 1/4 conducting the final roll call, a military ritual which pays tribute to fallen members of a unit by calling their names in formation for the last time in the Marine Corps to signify their absence, followed by the firing of a three-

volley salute and the playing of "Taps".

The Commandant of the Marine Corps Gen. David H. Berger and Sergeant Major of the Marine Corps Troy E. Black; Lt. Gen. Karsten S. Heckl, commanding general, I Marine Expeditionary Force; Maj. Gen. Robert F. Castellvi, commanding general, 1st Marine Division; and Rear Adm. Gregory N. Todd, Chaplain of the United States Marine Corps.

Final funeral arrangements for each Marine and Sailor will be made individually by their families.



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## USS CARL VINSON CONDUCTS CHANGE OF HOMEPORT

Chief Warrant Officer Joseph Pate, a native of Los Angeles, renders a salute on the flight deck of aircraft carrier USS Carl Vinson. Navy photo by MCSN Aaron T. Smith

by Lt.Cmdr.

Miranda Williams

BREMERTON, Wash. - Nimitz-class nuclear-powered aircraft carrier USS Carl Vinson (CVN 70) departed here Aug. 23 to commence sea trials as the final phase in completing a 17-month docking planned incremental availability (DPIA) at Puget Sound Naval Shipyard and Intermediate Maintenance Facility.

Upon the conclusion of DPIA, which began Feb. 28, 2019, Vinson returned to the fleet to begin her operational training cycle.

The DPIA included a complete restoration and system retrofit to accommodate F-35C Lightning II Joint Strike Fighter mission capabilities,

as well as upgrades to combat systems, electrical systems, and crew living spaces, and maintenance on the ship's hull, rudders, and shafts. Vinson has the speed, agility and maneuverability to travel more than 5,000 nautical miles in less than seven days and arrive on station ready to fight.

"I am proud of all of the hard work and dedication shown by the entire crew throughout the DPIA - and particularly with the added challenges we faced during this pandemic," said Capt. Matthew Paradise, Vinson's commanding officer and a native of Tacoma, Wash. "Also, a huge thank you to our family and friends; because our success was, in large part, due to their unwavering support. We just couldn't have done this

without them."

Prior to departing Bremerton, Vinson conducted extensive COVID-19 prevention measures to ensure the health and safety of the crew while at sea, and to prevent potential spread to their families and the community upon their return to port. Those measures included: restriction of movement for all personnel for 14 days prior to embarking the ship, mandatory face coverings, continued cleaning and disinfecting throughout common areas, routine COVID-19 testing, and social distancing.

Upon completion of sea trials and underway training, Vinson will shift its homeport from Bremerton to San Diego.

## NAVWAR welcomes new commander

by Elisha Gamboa,  
NAVWAR Public Affairs

SAN DIEGO - Rear Adm. Douglas Small relieved Naval Information Warfare Systems Command (NAVWAR) Commander Rear Adm. Christian Becker in a virtual change of command ceremony Aug. 21 at NAVWAR headquarters.

This virtual event provided family members, colleagues, leadership and fellow sailors worldwide the opportunity to witness the transfer of authority and responsibility from one flag officer to another, signifying Small as the new leader of NAVWAR.

Vice CNO Adm. William Lescher served as the presiding officer, attending the event virtually from the Pentagon. During the ceremony, Lescher highlighted Becker's steadfast leadership, a number of NAVWAR's extraordinary accomplishments, and his confidence in Small to elevate the NAVWAR team to achieve the scale and velocity needed for the immense information warfare mission.

"I want to recognize the amazing Sailors and Navy Civilians who make up this extraordinary

command," said Lescher. "Their exceptional professionalism, expertise and innovation bring a unique skill set needed to meet fleet information warfare requirements. Thank you for all your hard work to rapidly deliver warfighting capabilities from seabed to space."

On behalf of the Secretary of the Navy, Lescher also presented NAVWAR with the Meritorious Unit Commendation award for impactful achievements and distinctive accomplishments made under the leadership of Becker.

Following the award presentation, Becker reflected on his time at NAVWAR, thanked his family and emphasized the driving force behind NAVWAR's success, "its people."

"As NAVWAR commander I have had the privilege to lead a world-class command with a world-class workforce, dedicated to delivering the most advanced capabilities to the warfighter," said Becker. "I am extremely proud to have served alongside such great professionals these past three and half years, and the 20 years prior to that. I wish Admiral Small and

this tremendous Navy command the very best success going forward."

As Becker's flag was lowered and Small's flag was raised, Small became NAVWAR's Commander, responsible for leading a global workforce of more than 11,000 civilian and military personnel who design, develop and deploy advanced communications and information capabilities for the Department of the Navy.

"I'm deeply humbled to assume command of NAVWAR, an organization leading the Nation in the development and delivery of information warfare capabilities," said Small. "The talent and dedication across the command is exceptional, and I am confident with your support and unmatched technical competence that together we will make certain that NAVWAR continues to develop platforms that pace evolving technologies and threats while delivering unparalleled capability to the warfighter for years to come."

Small is coming to NAVWAR after serving as program XO for Integrated Warfare Systems in Washington, D.C.

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PACIFIC OCEAN (July 30, 2020) - USS *Makin Island* and fleet replenishment oiler *Henry J. Kaiser* transit side-by-side for a replenishment-at-sea during training to increase Navy-Marine Corps interoperability in the eastern Pacific. Marine Corps photo by Sgt. Desiree King



PACIFIC OCEAN (Aug. 24, 2020) - Sailors and Coast Guardsman aboard patrol ship *Tornado* bid farewell to Lt. Cmdr. Matthew Shepard, a chaplain, as he is transferred to destroyer *Pinckney*. Navy photo by Operations Specialist 2nd class Derrol Johnson



PACIFIC OCEAN (Aug. 19, 2020) - USS *Lake Erie* fires its five-inch gun during a gunnery exercise during Exercise Rim of the Pacific (RIMPAC) exercise. Ten nations, 22 ships, one submarine, and more than 5,300 personnel are participating in RIMPAC until Aug. 31. Navy photo by MC2 Abigayle Lutz



NAVAL MEDICAL CENTER SAN DIEGO (Aug. 20, 2020) - Corpsmen collect convalescent plasma here at the NMCS Blood Donor Center. If you or a loved one has recently recovered, call the center at (619) 532-6650 to donate. Courtesy photo

Marine Cpl. Nicholas Tretta with 1st Light Armored Reconnaissance Battalion, 1st Marine Division, scans



his sector of fire while conducting defensive operations during the Supersquad 2020 Competition at Camp Pendleton Aug. 20. The competition tests the Marines's skills to determine the best squad within 1st MARDIV and raises the standard of tactical excellence throughout the unit in order to stay ready, lethal, and engaged. Marine Corps photo by Staff Sgt. Kyle C. Talbot

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A May, 2020 reminder from the Army to its troops about the rules for social media. Courtesy of Army Garrison Fort Lee

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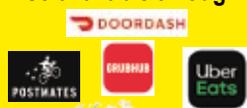
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## Missing your social time at work? Making remote less remote

by Dr. Daneen Skube

*Q: I miss my social time with people in my workplace. The only time we connect is work problems. I have no idea what is going on in their lives and right now that matters a lot to me. I also know they have no idea what is going on in my life. How can we make remote work less remote?*

**A:** You can make remote work less remote if you use remote platforms to go beyond work and use them to re-invent your workplace social connections. In normal times your tech plat-

forms were probably not used much for workplace socializing. Under current conditions remote platforms are the only way to have workplace socializing.

Some practical ideas include:

1) Set specific Zoom or Skype meetings and make the agenda something like, “have lunch.” Make a rule that staff will not cover work issues during your shared meal.

2) If you frequently go to a happy hour after work set up time at the end of the day for an

informal workplace happy hour where you each remote in, have a beverage, and catch up.

3) If you have friends or colleagues you are especially close to then make phone “dates”

### INTERPERSONAL EDGE

to just chat about your lives. Informal connection will not automatically happen out of your office.

4) You can also invite any one

special colleague over outside if he or she is local and actually see a friendly face in person while still socially distancing.

Social psychologists tell us that there are three rules to

friendship; proximity, proximity, and proximity. In other words, those we see regularly are those we befriend. Now that our proximity only extends to family or pets, friendships of any kind are challenging.

We also have moved from the idea we are in a crisis and entered a slow hunkering down marathon. So now...we have to find ways to re-invent human connection. When breathing on people you like could risk both your lives, a huge question becomes, “How do we stay in touch without being, in fact, in touch?”

Humans are profoundly social

animals. Now that we are socially isolated, even introverts, are missing normal conversation, joking, and sharing stories. Only connecting with a human being on a work topic can make the least social of us feel disconnected and lonely.

Many people in our modern fast paced world find our largest friendship network is at our office. Sure we’ve proven we can get work done with no face time but turns out we miss those faces more than we thought.

The trick is to regularly schedule informal social time using remote platforms where your team has the time to connect personally. Since you are all used to only discussing work on these platforms you’ll want to establish the “no work topics” rule.

Friendships are so important that longevity experts’ research indicates close friendships are critical to a long life. People can literally die of loneliness. Since none of us can afford to

compromise any aspect of our health during a pandemic leaning on workplace friendships is an essential activity.

The last word(s)

*Q: I really deserve a raise but my company is belt tightening. Is it a bad idea to go ahead and make a case for more money right now?*

**A:** Yes, 3/4 of success is having the wisdom and impulse control to choose the right time to say the right thing!

Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel’s “Workplace Guru” each Monday morning. She’s the author of “Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything” (Hay House, 2006). You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

### Three tips ease move to new incident reporting system, taking effect Aug. 31

The Department of the Navy is in the final week before the Risk Management Information (RMI) Streamlined Incident Reporting (SIR) system launches; three tips can help users ease the transition.

1. Establish an RMI SIR account on the simulation site (for training ONLY) by navigating to <https://sim.afsas.af.mil>.
2. Complete one day of virtual RMI SIR familiarization training. Visit <https://go.usa.gov/xfPDJ> to view the schedule.
3. Mark your calendar for Aug. 31 to create an RMI SIR account if you’re an inactive WESS user (only active WESS accounts will migrate to RMI). To access the production site where live data is processed on the effective date of Aug. 31, navigate to <https://afsas.safety.af.mil>.

### AutoMatters™ & More



by Jan Wagner

There are many things in life that can bring us true joy. Especially for those of us who love automobiles, getting a new one – even if it is just new to us – can be such an experience. Today, before the initial excitement wears off, I wanted to share my recent experience with you.

My excitement level began to take a decidedly upward trajectory many months ago, at the 2019 LA Auto Show’s press days. It was there that I got – and shared with you – my first good look, inside and out, of a prototype of the new vehicle that I’d been patiently waiting years for. That stylish, two-tone (Supersonic Red and Black) prototype was the 2021 Toyota RAV4 Prime.

For what seemed like an eternity, I’d been looking and hoping for a vehicle that had what I believe to be an ideal combination of certain important features, to replace my aging but still reliable and economical 2012 Toyota Prius Plug-In Hybrid.

Where I wanted my next vehicle to surpass that Prius was: significantly more cargo capacity (for my annual expeditions to cover the SEMA Show and CES (formerly known as the Consumer Electronics Show) in Las Vegas; enough all-electric range in EV mode to handle most of my around San Diego driving needs; decent gas economy when operating in hybrid mode; and a broad range of modern driver assistance and safety features.

## The new car experience - a true joy in life

The prototype 2021 Toyota RAV4 Prime offered all of that, and much more. The batteries are under the seats, instead of taking up loads of space in the cargo area, and now there is even a spare tire there! It is rated at 42 miles of all-electric (EV) driving range and 38 MPG gas only. It has many driver assistance and safety features - and it looks great!

For months I raved its many virtues to everyone who would listen, and I repeatedly expressed my absolute intention to buy one. With 38,300 impressions for that particular column in my tribe on DriveTribe so far, many other people were also intrigued to learn more about it. See AutoMatters & More #618: <https://drivetribe.com/p/2021-toyota-rav4-prime-may-be-the-FnLbHb3ZTV2nKovxWI7PDQ?iid=Y8lwZbVSTYqbGw-JcX1bxA>.

My enthusiasm kicked up to an even higher level when, over 30 weeks later, Toyota loaned me a prototype for a long weekend for a review. See AutoMatters & More #651: [https://drivetribe.com/p/2021-toyota-rav4-prime-plug-in-Bs-dKRWc-QE6aXgD\\_m4l-vw?iid=OMO8Dez6QsOPeOEXfGM1zg](https://drivetribe.com/p/2021-toyota-rav4-prime-plug-in-Bs-dKRWc-QE6aXgD_m4l-vw?iid=OMO8Dez6QsOPeOEXfGM1zg).

Needless to say, I’ve had one on order. Last Sunday, my very own 2021 Toyota RAV4 Prime XSE (two-tone Supersonic Red and Black, with the Premium Package) was delivered to me by Toyota Carlsbad, in Southern California.

I’m still on an adrenaline high. I’ve spent hours just sitting in it and marveling at its features. I crawled under it and was fascinated by all the stuff underneath too! I continue to be so excited.

Of course, there was the matter of paying for it. To help with that I needed

to sell my 2012 Prius. Thankfully CarCzar in San Diego came through again for me with flying colors, beating everyone else’s offers, and they are nice, honest people who are a pleasure to work with. If you live anywhere near San Diego County, check them out at: <https://www.carczarllc.com>.

A down side of being super-excited is that you might make thoughtless mistakes. Mine was in depositing the Cashier’s Check for my sold 2012 Prius in my bank! I had rushed to the bank to deposit it, arriving there literally right before the bank was closing, but they welcomed me in and directed me to a teller. I gave her the check, got a receipt for my deposit and drove home.

It was two hours later when it occurred to me that I had definitely not endorsed the back of that check. In a panic I phoned my bank’s after-hours Customer Service department. One agent told me that the check would not be deposited and would be mailed back to me. A second agent told me that my branch would endorse the check on my behalf.

My branch will be opening for business in less than an hour from now. Guess where I’ll be?

Soon I will do a review of my 2021 Toyota RAV4 Prime XSE, but before doing that I’ll spend a lot more time behind the wheel. To be continued...

To see additional photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select “POSTS” and enter “AutoMatters & More #656” in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com). Copyright © 2020 by Jan Wagner – AutoMatters & More #656

### The Meat & Potatoes of Life



by Lisa Smith Molinari

I’ll admit it - I suffer from FOMO when it comes to my kids. My “fear of missing out” has caused me to engage in behaviors that are desperate, annoying, and often unbecoming of a mother and military spouse. Which explains why I downloaded TikTok this week.

“You posted another TikTok? What’s this one about? Will you show me? Will you play it again?” I’d been nagging our daughter, Anna, for three months, because I didn’t have the wildly popular app on my battered, excruciatingly slow Samsung Galaxy 7 Smartphone. Hardly anyone my age uses TikTok, but as the clock ticked on the 45-day divestment deadline imposed against TikTok parent ByteDance by President Trump earlier this month, I knew I had to act or miss my opportunity forever.

As a 2020 recent fashion design graduate, Anna had to put her dreams of working as a fashion designer aside after the retail industry shut down due to coronavirus. While at home, our resourceful and hardworking military child has been creating her own brand of upcycled clothing, promoting her designs on Instagram, DePop, Triller and TikTok. Recently, two of her videos went viral, garnering about a million views each.

Anna is far from becoming a “mega-influencer” — content cre-

## #OKBoomer: How TikTok cured my FOMO

ators with over a million regular followers, who can get paid more than \$10,000 per post by brands, musicians, and the video apps themselves. In fact, Anna isn’t even considered a “micro-influencer” yet, which requires at least 50,000 followers. It’s worth trying though, because in July TikTok established a \$200 million fund to pay influencers, and plans to increase that to \$1 billion over the next three years. Despite stiff competition, I am Anna’s number one fan, cheering like a lunatic mom from the sidelines as I’ve done for years, “Go, Anna! That’s my girl! She’s a star! Brownies, anyone?”

Yesterday, I poked “Install TikTok” on my phone’s scratched screen, knowing full well the risk that my data could be shared with the Chinese government. This shows how serious my case of FOMO had become — normally, I would overthink the decision and eventually become paralyzed with fear.

“Not this time. Other than fleeting panic that Chinese operatives might discover my compulsive ceramic Christmas tree purchasing history on eBay, I didn’t give it much thought. The security risk TikTok poses is concerning — in January, US military branches banned the app on government issued phones and discouraged military members from downloading it to their personal phones — but missing out seemed like a bigger threat in the moment. After creating a username and password, the app’s iconic music note appeared on my screen. I opened it without hesitation, and in an instant, was whisked off to an

unknown new world.

Two hours later, the clock on our microwave compelled me to break the spell. In that warped time period, I had not only become a new follower of Anna’s TikTok account, watched all of her videos twice, liked them all, and commented on a few — I also fell prey to TikTok’s unique algorithms, intended to suck consumers into a vortex of continuously streamed video entertainment. Before I knew it, I’d been served a strangely addictive mix of visual snippets — cats dancing hip hop, people baking something called “cloud bread,” teenagers lip-syncing to disturbingly profane lyrics, and babies being naturally adorable. I laughed, I cringed, I gasped, I swiped and swiped and swiped.

Apparently, TikTok’s genius coders solved the “paradox of choice” problem when they designed the app five years ago. Other apps like Triller, YouTube and Instagram Reels require the consumer to search and self-select videos, but TikTok’s algorithms generate a “For You Page” featuring a never-ending stream of content tailored to each user’s unique interests and habits. All I had to do was sit back and swipe.

I’ll never get those two hours of my life back, but during my TikTok hiatus from reality, I finally learned that, other than my daughter’s fashion design videos, I haven’t been missing out on all that much by not using TikTok. The Chinese government may now own my social security number, but at least they’ve helped me cure my FOMO.

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## Near-drowning incidents increase in children during pandemic

by José A. Álvarez

An increasing number of San Diego children have had to be rescued from private pools after nearly drowning, the County Health and Human Services Agency announced today.

Local data shows that 49 rescues occurred in private pools, beaches and bays from March through July 2020 compared to 37 in the same time period of 2019 and 33 the year before that. Nearly all those rescued needed to be taken to local hospitals for treatment.

Of the 49 near-drowning incidents reported this year, 28 occurred in pools, most of them private pools. Fourteen occurred in the ocean, lakes or bays and the rest in unknown bodies of water.

Twenty-four of the swimming incidents reported over the same period occurred in private pools and involved children 14 years and under.

"Parents and guardians must take the necessary precautions to keep these incidents from happening," said Wilma Wooten, M.D., M.P.H., County public health officer. "Children who swim in pools at home are at higher risk of drowning, especially as parents struggle to supervise their children while continuing to work at home.

"Parents should think safety first when children are near or in pools

or other bodies of water to prevent injury and accidental drowning," Wooten said.

Tips to minimize your risk and your children's risk of drowning.

### General Water Safety:

- Teach children to swim
- Never leave a child unsupervised in or near water
- Avoid alcohol
- Learn CPR

### Residential Swimming Pools and Spas:

- Install a fence around pool and hot tub. Many jurisdictions have detailed laws regarding how this is done.
- Install alarms
- Remove toys. On the deck they can be a tripping hazard, or in the water they can attract children.
- Beware of drains
- Follow all swimming rules posted at swimming areas

### Keep emergency equipment handy

### Natural Bodies of Water:

- Always swim with a buddy
- Swim only in areas that have a lifeguard
- Wear a life jacket
- Enter water feet first for the initial descent
- Never leave children unobserved, even for short periods of time

### Toilets, Bathtubs and Buckets:

- Keep the bathroom door closed
- Supervise bath time
- Shut toilet lids
- Store buckets safely

## Roy's Sudoku

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|   |   |   | 5 | 6 | 7 |   |   |   |
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## San Diego County launches 'Recycle Right' campaign

by Gig Conaughton

Of course, you recycle! You care; you want to protect the environment. But here's a question — are you recycling right?

You might not be. If you're putting the wrong items into your curbside blue bin — or even the right item in the wrong way — you could be trashing your good intentions. And other people's too.

To help, San Diego County's Solid Waste Planning and Recycling division has launched a "Recycle Right" newspaper-radio-social media campaign.

It features two easy-to-use messages. First, go Back to the Basics — know what can be recycled in that blue recycling bin your waste hauler picks up at your curb.

Second, remember this simple phrase: "Empty, Dry, Loose."

Here's what can be recycled in that blue bin: paper, cardboard and cartons (boxes should be broken down), glass bottles and jars, plastic bottles and containers, and metal/aluminum containers and foil.

What can't be recycled in your blue bin? Food, liquids, plastic bags, ropes, clothing, batteries and other items. Some of those things may be recycled in other ways, like returning plastic bags to stores, using compost bins and electronic

waste recyclers.

Putting plastic bags, clothing and cords into your blue bin can actually create a hazard to workers or machinery at recycling centers. Putting food and liquids in can contaminate the things you're trying to recycle, and anyone else's items they're mixed with. That would ruin your good intentions, and others, by forcing the contaminated items to be tossed into the trash where they end up needlessly filling landfills.

Here's where the County "Recycle Right" campaign's second message, "Empty, Dry, Loose," comes in handy.

For example, let's say you have a completely empty, dry, glass peanut butter jar. Put that in that blue bin! But if that jar is only "almost" empty, please, keep it out. It could contaminate all your items. Better yet, clean it out first (a spatula works great!) and put it in.

So, make sure cans, jars, milk cartons and other recyclable containers are empty and dry.

And put those items into your blue bin loose, NOT in plastic bags that can foul up recycling machinery. While trash collectors want your trash contained in bags — that doesn't work for recyclables.

That's it! Recycling is still simple with the right tips.

## Regional leaders announce San Diego County Childcare Provider Grant Program and application

The San Diego County Board of Supervisors unanimously voted to distribute \$25 million of CARES Act funding to eligible childcare providers in San Diego County this fall. To distribute the funds, San Diego County has partnered with The San Diego Foundation, YMCA of San Diego County and Child Development Associates. The San Diego County Childcare Provider Grant Program will provide funding to help keep childcare centers safe and allow them to remain open as families seek care for their children.

The application will be available online at SDFoundation.org/Childcare-Grants starting August 24. Childcare providers will have 10 days to submit the information required for funding. Childcare providers can apply for support for staffing, supplies, mortgage and rental assistance, business resilience and capital improvements for outdoor areas.



## Undeterred by COVID-19: NMCSO rehabilitates patients during pandemic

by PO3 Jacob L Greenberg  
Naval Medical Center San Diego  
SAN DIEGO – Naval Medical Center San Diego's (NMCSO) Physical Therapy, Occupational Therapy, Chiropractic and Sports Medicine department has remained open during the coronavirus (COVID-19) pandemic, and continues to rehabilitate patients daily.

By utilizing all of her department's available resources, Lt. Cmdr. Rachel Condon, NMCSO's Physical Therapy, Occupational Therapy, Chiropractic and Sports Medicine department head, has maximized her department's accessibility during the COVID-19 pandemic.

"We have this outdoor quad area with a climbing wall and other strengthening exercises," said Condon. "We routinely bring out other exercise equipment so

patients and therapists can work together while social-distancing."

The outdoor quad was built in 2007 so the department could better rehabilitate amputees returning from combat zones in the Middle East. Now that that conflict has subsided, the department utilizes the space for all types of rehabilitation.

Adhering to social-distancing guidelines, Condon directed that providers working in the department have opposite schedules to ensure they minimize the total people in shared spaces at any given time. Approximately half of the department's patient consultations are done via telehealth.

"The exercises that a rehabilitation patient does at home with our guidance is equally as important as the work that can be done at the clinic," said Condon. "We're the highest-consulted service at

NMCSO. Musculoskeletal injuries don't stop due to a pandemic."

As a testament to NMCSO's operational readiness during the pandemic, the entire department has remained open.

"We've never closed our doors," said Condon. "At the beginning of the pandemic, we reduced our services to only seeing acute injuries and post-operative patients in person, and all other injuries via telemedicine. We've also been able to bring patients into our clinics who are not progressing well with telemedicine."

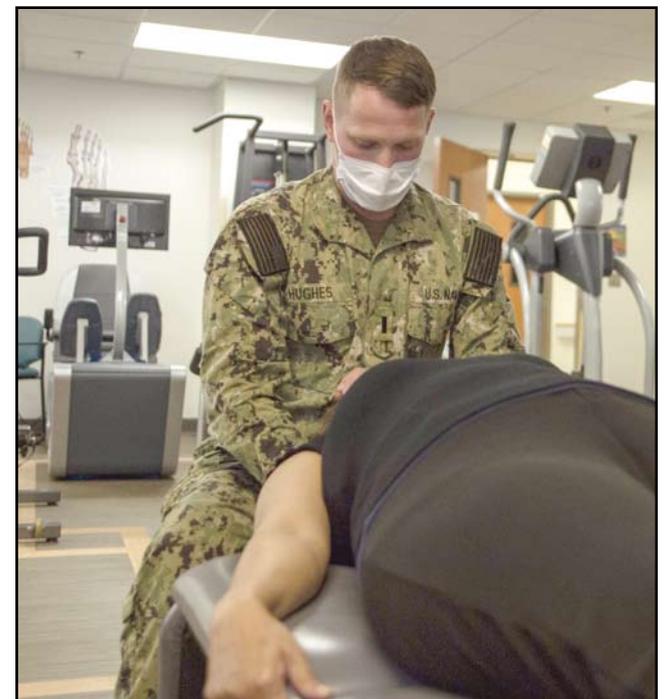
Condon's department has gotten through their entire consultation backlog during the COVID-19 pandemic. They, as well as the outlying Naval Branch Health Clinics' (NBHC) rehabilitation services, now operate on a same-day or next-day basis.

"Due to the lack of patient con-

sultation backlog, we've begun seeing beneficiaries, veterans and dependents," said Condon. "Our department used to refer approximately 150 patients per week to network care, but now, only about 40 will have to see outside therapists. Active duty patients don't need a consultation from their primary care physician to see a physical or occupational therapist. They can now call the clinic directly to schedule an appointment."

The Physical Therapy, Occupational Therapy, Chiropractic and Sports Medicine department has allowed for quick access to departmental services and maximized outdoor spaces. Waiting areas and rehabilitation facilities are not crowded due to the speed of service and social-distancing. All of the approximately 120 staff, comprised of active duty Sailors and civilian employees at NMCSO and outlying NBHCs, are ready to help rehabilitate patients.

NMCSO's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training, and research. NMCSO employs more than 6,000 active duty military personnel, civilians, and contractors in Southern California to provide patients with world-class care anytime, anywhere.



SAN DIEGO (July 27, 2020) Lt. j.g. Jesse Hughes, a physical therapist intern assigned to Naval Medical Center San Diego (NMCSO), assists a patient during a physical therapy session at NMCSO's Physical Therapy, Occupational Therapy, Chiropractic and Sports Medicine department July 27. NMCSO's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMCSO employs more than 6,000 active duty military personnel, civilians, and contractors in the Southern California to provide patients with world-class care anytime, anywhere. U.S. Navy photo by MC3 Cameron Pinske.

## Flu shots are extra important this year

The flu shot will not only help prevent influenza, it **might** also reduce your risk of getting Alzheimer's Disease

WASHINGTON, DC, Aug 14 -- The Centers for Disease Control [CDC] says it is particularly important this year that we get our flu shots this year because the coronavirus has put an unprecedented strain on America's healthcare resources. As CDC epidemiologist Mark Thompson put it in a recent article published by NPR:

"No year is a good year to get the flu, but this year — with COVID-19 also raging — it's especially bad."

Recalling the deadly outbreak of the Spanish Flu in 1918, the same article described the need to promote the flu vaccine this year as "arguably the most important U.S. effort to prevent influenza's spread among Americans in a century."

"Indeed, there is an extensive list of the benefits of flu shots, the newest of which is research that shows the flu vaccine and the pneumonia vaccine are linked to

a reduced risk of Alzheimer's Disease," reports Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC]. Weber explains that research reports presented at the Alzheimer's Association International Conference recently show that flu shots may reduce the risk of the disease.

She cites an Alzheimer's Association news release that describes several separate studies. One of the studies was conducted by a team led by researcher Albert Amran at the University of Texas Health Science Center at Houston. They used a nationwide database 9,000 individuals 60 years of age and older and found that those who had a flu shot had at least a 17% lower

risk of Alzheimer's.

Another study carried out at Duke University in Durham, North Carolina by Dr. Svetlana Ukraintseva found the Alzheimer's risk for people between the ages of 65 and 75 who had been vaccinated against pneumonia was reduced by as much as 40%. That study was conducted among 5,146 participants.

The Alzheimer's Association chief science officer, Dr. Maria Carrillo, noted that the research presented at the Association's conference "calls for further studies in large, diverse clinical trials to inform whether vaccinations as a public health strategy decrease our risk for developing dementia as we age."

From NMCSO Facebook page

### Beneficiaries: Asymptomatic COVID-19 testing not covered by TRICARE for some events

TRICARE does not cover asymptomatic beneficiaries seeking testing for personal travel, school admittance, wedding ceremonies, extracurricular or similar activities. For additional information on COVID-19 testing covered under each TRICARE benefit plan, please visit TRICARE.mil or call 1-800-444-5445.

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\$17,277 FRANK'S PRICE  
-\$2000 RETAIL BONUS CASH  
-\$500 MILITARY

NET PRICE  
**\$14,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 8/31/20. 2 at this price #596803 & #590654.

## 2020 HYUNDAI SONATA SE

\$20,277 FRANK'S PRICE  
-\$2500 RETAIL BONUS CASH  
-\$500 VALUE OWNER  
-\$500 MILITARY

NET PRICE  
**\$16,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 8/31/20. 5 at this price.

# FRANK SUBARU

2829 NATIONAL CITY BLVD.  
888.207.1891  
www.franksubaru.com



## 2020 SUBARU IMPREZA 5 Door Premium

LEASE FOR

**\$259**  
PER MONTH PLUS TAX  
36 MONTHS

PER MONTH PLUS TAX  
36 MONTHS

**ZERO DOWN!**



\*1 at this payment, STK# 23003 VIN# L3715966 Model # LLD 11. \$259 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee, Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 8/31/20.

THE SUBARU A LOT TO LOVE EVENT

## 4-WHEEL ALIGNMENT

**\$89.95** + tax

~~WAS \$119.85~~



- Precision computerized wheel alignment
- Adjust caster, camber & toe
- Inspect suspension for wear
- Center steering wheel • Inspect tires

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 8/31/20.

### ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

Frank Motors is now hiring part-time & full time employees. Apply on-line www.FrankToyota.com

### Military Special Only

## OIL & FILTER CHANGE

**\$39.95** + tax

~~WAS \$49.95~~

- 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 8/31/20.

## FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL

**\$50 OFF**

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

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.

PLUS **10% OFF**

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

**WE HONOR OUR MILITARY!!**