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FIFTY NINTH YEAR NO. 48
THURSDAY, MARCH 26, 2020

NAVY PREVENTION MEDICINE TEAMS EMBARK SHIPS, INCLUDING CARRIER THEODORE ROOSEVELT, IN 7TH FLEET

SOUTH CHINA SEA - Members of Navy Forward-Deployed Preventive Medicine Units (FDPMU) and Naval Medical Research Center (NMRC) embarked several 7th Fleet ships March 14 to help combat the risk of and provide laboratory batch testing for COVID-19 onboard the ships.

Teams are embarked on USS *America* (LHA 6), aircraft carrier USS *Theodore Roosevelt* (CVN 71), and 7th Fleet flagship USS *Blue Ridge* (LCC 19) and have the ability to batch test Sailors onboard who present with influenza-like illness symptoms, instead of only sending samples to be tested ashore.

This capability provides early-warning surveillance for the medical teams to be able to identify if a COVID-19 case is onboard a ship, but does not individually diagnose Sailors. If a batch were to test positive, the medical teams would take additional measures, such as isolating the Sailors whose samples were in the batch, and depending on the Sailor's symptoms, potentially medically evacuating them off the ship to a shore facility for testing.

To date, no cases of COVID-19 have been diagnosed aboard any U.S. 7th Fleet Navy vessel.

"The team here in 7th Fleet



Lt. Cmdr. Danett Bishop tests respiratory samples in the biological safety lab of USS *America* (LHA 6). Navy photo by MCSN Jonathan Berlier

has taken COVID-19 seriously from the beginning and has many public health measures already in place," said Capt. Christine Sears, 7th Fleet surgeon. "The FDPMU and NMRC augmentation teams provide additional depth in our ability to combat this virus."

Teams embarked the ships to provide at-sea testing and to ensure the 7th Fleet operating forces are ready to combat a possible outbreak while maintaining

mission readiness. The teams provide additional capabilities in addition to the 7th Fleet's isolation procedures.

The teams are comprised of a variety of specialized Navy Medicine personnel to ensure force health protection of the fleet, and may include a microbiologist, medical laboratory technician, and preventive medicine officer.

"As a medical service corps

ponents can be scaled up or down to meet mission specific requirements in the mitigation, health surveillance, and casualty prevention.

The 4-person team aboard *America* was the first to bring COVID-19 testing capability to a Navy ship.

"This is the most advanced

laboratory capability that Navy Medicine has placed forward deployed," said Cmdr. Brian Legendre, a preventative medicine officer working aboard *America*.

"We can make force health protection decisions in real time, enhancing the health of the crew while minimizing any potential

see **Ships, next page**

Mercy to care for non-COVID-19 patients in Los Angeles

by Terri Moon Cronk,
DoD

Navy hospital ship USNS *Mercy* deployed 1,128 military personnel and civilians March 23 to Los Angeles in support of the nation's COVID-19 efforts, providing a spectrum of medical care, including critical and urgent care for adults. *Mercy* is docked in the port of Los Angeles to help lift the burden from local medical treatment facilities that need to focus their resources on patients affected by the coronavirus pandemic, said a Navy official March 23. Rear Adm. Timothy Weber, commander of the Naval Medical Corps Pacific and director of the Medical Service Corps, spoke with reporters at the Pentagon by telephone to update them on *Mercy's* plans. He was joined by Capt. (Dr.) John R. Rotruck, the ship's commanding officer. The doctors, nurses, corpsmen, other medical professionals and mariners will help communities hard hit by the pandemic. *Mercy* normally handles combat casualty care, and its crew won't treat patients with the coronavirus, the admiral said. The ship and its staff will offer a broad range of medical and surgical support, with the exceptions of obstetrics and pediatrics. Nearly 60 of the medical staff members are military reservists, Weber said. "We're honored to answer the call in a time of need," he said. "Today is a big day for *Mercy*, Navy medicine and our national response to the coronavirus," Rotruck said. He said Los Angeles has seen some of the greatest impacts of the COVID-19 pandemic to date. "We're ready on arrival to support FEMA and state and local efforts to protect the health of the American people in this whole-of-government approach."

PCS on hold? Why you might want to visit the Legal Office now

by Cmdr. John Bauer,
CNP Legal Office

WASHINGTON - Sailors waiting out the 60-day hold on Permanent Change of Station moves should consult their local Legal Assistance Office before notifying a landlord of intent to terminate their lease or even if they need to negotiate an extension.

In situations like this, Congress has given military members wide ranging protections

under a 2003 law known as the Servicemembers Civil Relief Act.

Known as the SCRA, the law's legal reach protects service members when signing rental agreements or negotiating credit card rates as well as postpones mortgage foreclosure and some civil judicial proceedings for those on active duty in the military.

This is important because once the travel ban is lifted and Sail-

ors are given adjusted transfer dates, there are situations where they could lose some or all of their SCRA lease termination protection if they don't handle things correctly up front.

For example, Sailors should be aware if they negotiate a lease extension while in receipt of PCS orders - even if the orders are subsequently modified - they risk jeopardizing their lease termination protections under the act.

So, if you have received, or are expecting to receive, PCS orders and have not yet terminated your current lease, you should consider waiting until the Navy lifts the stop-movement order and reauthorizes PCS moves. Even once the travel ban is lifted, it may take some time to turn your move back on.

However, if you have already requested an early lease termination under the SCRA, seek immediate from your Legal

Assistance Office in contacting your landlord to request a voluntary lease extension.

Any agreement to re-let or extend a lease, however, should be written and signed by both you and your landlord with specific language that protects you from losing SCRA protections.

If your landlord won't give the extension, it's not the end of the world, but you may have to relocate on an interim basis.

Under Joint Travel Regulation

Section 051904(b), a short-distance move may be authorized when vacating local private-sector housing because of an involuntary tour extension. You could also contact the local transportation office to request the short-distance household goods move allowed in Chapter 5 of the same travel regulations.

For assistance, call your local Legal Assistance Office to arrange a phone consultation with a legal assistance attorney.

Carrier Theodore Roosevelt reports three cases of COVID-19

AT SEA - Three Sailors aboard aircraft carrier USS Theodore Roosevelt underway in the Pacific Ocean were diagnosed with COVID-19 and were evacuated from the ship, Acting Navy Secretary Thomas B. Modly said March 24.

"We've identified all the folks they've had contact with, and we're quarantining them as well," Modly said at a Pentagon news conference Tuesday, where he appeared with Navy Adm. Michael Gilday, the chief of naval operations. "This is an example of how we are able to keep our ships deployed at sea and underway, even with active COVID-19 cases. Our force remains on watch throughout the world [during] this crisis, and they're continuing to execute their primary mission under the National Defense Strategy."

Navy ships are sailing, Navy planes are flying, and training is still happening to safeguard U.S. national interests and those of the nation's allies and partners around the world, Modly said.



Sailors participate in a small-arms qualification aboard Theodore Roosevelt March 22. Navy photo

Army raises health threat to its highest level for crisis response teams

by John Vandiver,
Stars and Stripes

STUTTGART, Germany - The Army has placed contingency response forces under the highest "Delta" health threat level, requiring them to stay in their homes to protect their health as the coronavirus continues to spread rapidly around the world, the service announced.

The health threat level was also raised at Army bases around the world to the second highest level - "Charlie" - meaning only essential personnel will be granted access, the Army said March 25.

Tougher measures were put in place for crisis response units, who may be needed on short notice for a global contingency.

The Army maintains forces, such as elements within the 82nd Airborne, that are ready to deploy worldwide within 18 hours.

"To further protect our contingency response forces from exposure to the COVID-19 virus, we are taking extra precautions and placing them under an HPCON Delta status," said Gen. James C. McConville, Chief of Staff of the Army. "We are committed to maintaining the Army's fighting strength by reducing the spread of this virus while simultaneously maintaining dynamic force employment capabilities."

Health Protection Condition



Sgt. Andre Lewis with the 7th Mission Support Command asks COVID-19-related screening questions to occupants of a car before they can enter Daenner Kaserne in Kaiserslautern, Germany, March 19. Army photo by Joy Dulen

Delta is the highest military threat level. In this case, it means soldiers are expected to remain at home for extended periods of time and movement in the community may be restricted, the Army said.

Under HPCON Charlie, access will be restricted to Army installations in the U.S. and overseas.

Sailors can relax some grooming standards

WASHINGTON - The Navy has given commanding officers discretion to temporarily relax grooming standards for men's and women's hair length, but only if those COs believe the move is necessary to maintain proper social distancing guidelines and limit Sailor exposure to the coronavirus. According to NAVADMIN 073/20, the policy only applies to hair length. It doesn't apply to existing rules regarding sideburns, hair styles and facial hair shaving requirements. "Commanding officers may allow for additional hair length and bulk on the sides, top and back of the head," said Vice Adm. John B. Nowell, the chief of naval personnel in the message. Refer to the full story at https://www.navy.mil/submit/display.asp?story_id=112391.

"Installations will limit all access to essential personnel only and will limit the numbers of access points. All unit personnel are expected to follow all social distancing guidance to continue protecting our force," the Army said.

As of March 24, there were at least 321 coronavirus cases within the global U.S. military

community, compared to 59 on March 17, Pentagon data show. A little more than half of the cases - 174 - are in troops and the rest in family members, DoD civilians and contractors.

Cases overseas, especially in Europe, have also increased. U.S. European Command said March 25 that there are now 72 members of the military community overseas who are infected.

Most of the cases in Europe are in Stuttgart, home to EUCOM's headquarters. As of Wednesday morning, Army officials in Stuttgart reported 44 coronavirus cases, up from 33 a day earlier. In addition, 441 members of the military community in Stuttgart also are in self-isolation or self-quarantine.

Ships

continued from page 1

outbreak of COVID-19," said Lt. Cmdr. Danett Bishop, team microbiologist.

The FDPMU teams aboard *America* and the *Blue Ridge* are from Navy Environmental Preventative Medicine Unit Six based out of Pearl Harbor, and work to facilitate and educate using preventive medicine practices and provide additional laboratory capabilities. The team embarked with *Theodore Roosevelt* is assigned to the Naval Medical Research Center based in Silver Spring, Md.

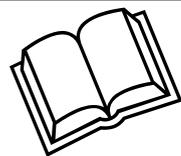
Currently, the teams are only authorized to perform surveillance testing and not individual testing. This means that the results cannot be linked to a particular patient for diagnostics, but would enable the team

to detect COVID-19's presence on the ship based off of the results.

"Since we're performing surveillance testing, the results of COVID-19 present, or not present can help inform the force health protection posture and provide valuable insight for the senior medical officer and outbreak response team," said Pavlicek.

The teams are equipped with two testing capabilities, including the BioFire Film Array and the Step One RT-PCR System. The BioFire Film Array will test for a dozen different respiratory diseases, while the Step One RT-PCR System allow for complex COVID-19 tests at sea, if necessary.

As the Navy's largest forward-deployed fleet, 7th Fleet operates roughly 50-70 ships and submarines and 140 aircraft with approximately 20,000 Sailors.



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Nearly 10,000 Guardsmen called up for COVID-19 response

by C. Todd Lopez,
DOD News

Nearly 10,000 National Guardsmen called up across the United States, with more expected soon, are performing a variety of missions in response to COVID-19 pandemic response efforts.

Some are even federally funded, though they remain under the control of their respective state governors, but none of those Guardsmen are involved in law or quarantine enforcement, the chief of the National Guard Bureau said.

"There's no discussion, ... there's no plan to use the National Guard in Title 32 or state active duty status or in any other status to do quarantine [enforcement] or enforce shelter-in-place operations," Air Force Gen. Joseph L. Lengyel said during

a telephone news conference March 24.

Though it's possible the National Guard could be used in such a capacity if governors ask the Guard to do so, the general said, that has not happened.

"Once again, [there is] no plan to use the National Guard in any kind of large-scale lockdown capacity of the United States of America," Lengyel told reporters.

Rather, he said, guardsmen who have been called up are



Sgt. Moises Castillo of the California Army National Guard helps an Amador County resident load food supplies into a vehicle at the Interfaith Food Bank in Jackson, Calif., March 23. Photo by Army National Guard Staff Sgt. Eddie Siguenza

providing transportation, command and control functions, engineering, and planning and logistics throughout the country. In 12 states, he added, Guard members are also either directly

administering tests or supporting medical professionals in their efforts. In Arizona, he said, some Guard members are even helping to keep the supply chain afloat for their local communities.

"They've got trucks showing up at stores [with] nobody to unload the trucks," he said. "In some cases, they're using National Guard members to ... assist, if you will, that supply chain, to keep products available to people in the community."

Lengyel said the federal government is helping out by providing funding to the National Guard at some locations in the United States.

"The president recently approved 100 percent federal funding for the National Guard in some of the hardest hit states: Washington, New York and California," he said. That funding, he said, doesn't mean those Guardsmen are now under federal control. Those Guardsmen remain in support of their governor.

"[The president] left control of the National Guard to the governors and the adjutant generals, who are the people who know best how to apply these resources and people to fix problems in their states," Lengyel said.

The general said that as the number of Guardsmen called up increases by as many as 1,000 a day, the military and civilian experience inherent in the National Guard will prove that those citizen soldiers and airmen are ideal candidates to assist in combating COVID-19.

"Our combined combat and civilian-acquired skills helps to create a blueprint for an ideal military component capable of addressing a myriad of challenges presented by this COVID-19 response," he said. "If you need us to drive trucks, fly planes, be mechanics, or plan large response efforts, the National Guard is able to adapt to whatever mission the governor may need us to."

DOD's Military OneSource, family readiness, spouse programs available during COVID-19

The Department of Defense is closely monitoring the impacts of the coronavirus disease outbreak on service members, their families and survivors. Resources and services offered through Military OneSource, the Military and Family Life Counseling program, and the Spouse Education and Career Opportunities program will continue to serve the military community.

"We're working hard to provide timely and accurate updates and helpful resources for our service members and their families," said Kim Joiner, deputy assistant secretary of defense for military community and family policy. "Our families can feel confident about finding official information and guidance on our websites and social media platforms. While we have made necessary changes in response to this pandemic, one thing remains the same - our commitment to serving our military community."

What's new

A dedicated section is available on Military OneSource to keep service members and their families informed about the impacts of COVID-19 on the

military community.

Beginning March 24, Military OneSource will offer non-medical counseling video sessions for children and youth who may feel overwhelmed by the COVID-19 outbreak.

Military OneSource will be live on Facebook Monday through Friday at noon Eastern Time to highlight available resources. All videos will be available for on-demand viewing.

What's the same

Military OneSource is available 24/7/365 to help service members and their families with stress management and challenges related to COVID-19, as well as provide non-medical counseling and support. Call 800-342-9647 or connect through live chat. OCONUS?

Click on <https://www.militaryonesource.mil/international-calling-options> for options.

Military OneSource specialty consultations, such as relationship support, new MilParent support, health and wellness coaching and more

Financial counseling and MilTax services

Language services, including real-time interpretation and translation services

Access to Resilience Tools, including CoachHub, Mood-hacker and Love Every Day

Access to the MWR Digital Library including many education and entertainment resources

SECO career coaches remain available. Call 800-342-9647 or connect through live chat to schedule an appointment.

Click on <https://www.militaryonesource.mil/international-calling-options> for options.

Online SECO tools and resources remain available including My Individual Career Plan, or MyICP, the Research Occupations Tool, the Scholarship Finder, the College Scorecard Tool, MySECO Resume Builder, and more.

SECO online events and webinars are still active, including the Military Spouse Employment Partnership (MSEP) Partner Connect discussion and the Virtual Military Spouse Symposium.

What's changed

Non-medical Counseling: While Military OneSource continues to see **OneSource, page 4**

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Partnering with the Defense industrial base to combat COVID-19

EDITOR'S NOTE: Statement attributed to Lt. Col. Mike Andrews, Department of Defense spokesman:

"The Department continues to aggressively partner with the defense industry to mitigate impacts from COVID-19.

Under Secretary of Defense Ellen Lord's Acquisition and Sustainment leaders in Industrial Policy, Defense Pricing and Contracting, Defense Logistics Agency, and the Defense Contracting Management Agency (DCMA) have made significant progress recently in addressing specific concerns outlined by defense industry leaders.

During the 4 daily COVID-19 update calls with defense industry associations leaders this week, led by Deputy Assistant Secretary of Defense for Industrial Policy Jennifer Santos, several key concerns identified by industry included 1) critical defense contractor workforce ability to continue working; 2) ensuring cash flow to the defense industrial base; and 3) getting standardized guidance out to industry.

On March 20, the Department issued two memos that address all three concerns. After working closely with the Hill and the Department of Homeland Security, Under Secretary Lord issued a Defense Industrial Base Essential Critical Infrastructure Workforce memo that defined essentiality in the Defense Industrial Base (DIB) workforce, ensuring the defense industrial base's critical employees can continue working. The memo also reiterated her commitment to the safety of the workforce and support of the national security mission.

In addition, on March 20, Kim Herrington, director of defense

pricing and contracting, issued a Deviation on Progress Payments memo, which stated that once in contracts, the progress payment rate that contracts can get paid for will increase from 80 percent of cost to 90 percent for large businesses and from 90 percent to 95 percent for small businesses. This is an important avenue where industry cash flow can be improved. DCMA will work on mass modifications to contracts where applicable (vs. one by one) using DCMA authorities. In addition, the Department is accelerating payments through several means to prime contracts and directing prime contracts to expedite payments to subcontractors.

Vice Adm. David Lewis,

DCMA director, has worked closely with the contracting workforce and the Defense Finance and Accounting Services (DFAS) to ensure that invoices are continuing to be paid in a timely manner.

On March 20, the Acquisition and Sustainment Small Business Office reached out to defense industry small businesses, and is working with the Small Business Administration and their small business emergency loan program to help protect these companies.

The Department is fully engaged with the interagency to leverage the Defense Production Act to help reinforce critical elements of the DIB. It is especially

important to understand that during this crisis the DIB is vulnerable to adversarial capital, we need to ensure companies stay in business without losing their technology. The Department will be discussing this in more detail next week.

Under Secretary Lord remains grateful for the productive discussions with the defense industry associations, U.S. Chamber of Commerce, Hill and State leaders.

She's especially proud of the incredible efforts of Department leaders and contracting officers across the nation who are helping ensure a secure, reliable and resilient Defense Industrial Base."

Stoltenberg charts NATO's COVID-19 progress, announces survey results

by Jim Garamone,
DOD News

In the midst of the coronavirus pandemic, NATO is doing what it does best - working together to confront threats, Secretary General Jens Stoltenberg said.

The secretary general spoke March 19 at the alliance's headquarters in Brussels as he unveiled the alliance's 2019 annual report. "This is a global pandemic, which affects us all," he said. "I express my condolences to those who have lost loved ones; my solidarity with all those who suffer from the virus; and my gratitude to the health workers and all those on the front line, who are fighting this crisis day and night often in very difficult conditions."

Stoltenberg also commended military personnel in allied nations who are supporting efforts

to combat the virus.

He said this is a time when resilience is tested to the limit, and when many NATO allies are having to make unprecedented decisions with tough social and economic consequences.

The alliance is working to limit the spread of the virus to reduce the risks to soldiers and civilians. But NATO still must ensure that its essential work continues to maintain deterrence and defense for allied nations, the secretary general said.

Stoltenberg noted that some alliance personnel have tested positive and that some exercises have been modified or cancelled. Still, he said NATO's ability to conduct operations has not been undermined. "Our forces remain ready, and our work goes on," he said.

Stoltenberg shifted to discuss his annual report on the alliance.

He called last year a time of great strides in adapting the alliance. He also spoke of a survey the alliance conducted last year as NATO marked its 70th anniversary. For the survey, 29,000 people across the alliance were interviewed. Stoltenberg said 81 percent of respondents believe the collaboration between North America and Europe on safety and security is important. "Allied citizens strongly agree with the core principle of collective defense," he said.

A total of 76 percent believe

Two U.S. destroyers deploy as 6th Fleet remains operational, vigilant

ROTA, SPAIN - Two forward deployed destroyers got underway for regularly scheduled patrols March 22-23 from Rota, Spain in support of regional maritime security. After taking precautions to ensure the health and safety of their crews, USS Porter and USS Donald Cook, departed on time from their forward deployed berths in Rota. "We continue to operate our ships, planes, and submarines throughout the region, being mindful to take appropriate action to protect our people and others," said Vice Adm. Lisa Franchetti, commander, 6th Fleet. "The health and safety of our Sailors, Marines, Coastguardsmen, civilians, and families, along with that of our Allies and partners, remains a top priority." After completing a weapons onload, Porter deployed on her 8th patrol from Rota; Donald Cook began her 10th patrol. While deployed to the waters around Europe and Africa, the ships will ensure freedom of navigation and serve as part of Europe's comprehensive ballistic missile defense network. "Donald Cook got under way to ensure regional security and demonstrate commitment to our partners and allies," said Cmdr. Kelly Jones, USS Donald Cook's commanding officer. "Every day, our crew lives by faith without fear. We have the watch." Porter and Donald Cook comprise half of the Forward Deployed Naval Forces-Europe destroyers. USS Carney and USS Ross comprise the remainder of CTF 65/ DESRON 60.

OneSource continued from page 3

continues to offer non-medical counseling by telephone (1-800-342-9647) and online via secure chat and video, in-person counseling may be affected or unavailable depending on state and local policies. We encourage families to check with their local providers to confirm.

Military OneSource is a DOD-funded program that is both a call

center and website that provides comprehensive information, support, and resources on every aspect of military life. Service members and the immediate family of active duty, National Guard and reserve (regardless of activation status), survivors and DOD expeditionary civilians are eligible for Military OneSource. Veterans and their immediate family members are eligible for Military OneSource up to 365 days post-separation or retirement. All services are available at no cost.

Finally, a clear majority - 64 percent - would vote to remain in NATO, and only 9 percent would vote against remaining, the secretary general said. "So while results naturally vary across different countries, overall support for the NATO alliance is strong," he added.

"In 2019, we further boosted our investment in defense - spending across the alliance has increased in real terms by 4.6 percent," Stoltenberg said. "We

continued to strengthen our deterrence and defense, delivering on our readiness initiative and increasing our ability to move our forces across the Atlantic and in Europe," he said.

Alliance nations were united in calling out Russia's violation of the Intermediate-range Nuclear Forces Treaty. "We remained committed in the fight against terrorism with our training missions in Afghanistan and in Iraq," he said. "We enhanced our resilience by updating the baseline requirements for telecommunications infrastructure, including 5G, and we declared space as our fifth operational domain alongside land, air, sea and cyber."



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Social Security Matters

Ask Rusty - About the dreaded 'IRMAA' provision

by Russell Gloor

Dear Rusty: About a month or two ago I was notified that my Social Security was being reduced from \$1,583 a month to about \$1,283 a month - a \$300 deduction! They said it was because my income was over the limit on my last return. I filed my taxes "married - filing separately" because my wife has her own income. If we had filed jointly, I would not have had the reduction. My question is why wasn't this told to us when we filed our Income Tax last year instead of a last-minute thing? I am a 77-year old and a 100 percent disabled veteran, which probably has no effect on this, but wanted to add that information. Any light you can shed on the matter will be very much appreciated. Signed: Irritated Senior



Dear Irritated Senior: First, I want to thank you for your service to our country. Allow me to explain what I believe happened. Your net (not gross) Social Security benefit payment was probably reduced as a result of a rule known as "IRMAA" - the "Income Related Medicare Adjustment Amount." This is a supplement added to your Medicare Part B premium as a result of higher income, and a higher Medicare premium would mean a lower net Social Security payment.

Although filing your taxes separate from your wife does mean a lower income reported to the IRS for you, it also reduces the clip levels at which the IRMAA rule kicks in. For those who file income tax as an individual, IRMAA applies if your "provisional" income from all sources, including IRA or 401(K) withdrawals and half of your SS benefits for the tax year, exceeds \$87,000. For those who file taxes jointly as a married couple, IRMAA applies if your combined income is more than \$174,000. Incomes above those clip levels result in corresponding higher IRMAA premiums, up to a maximum of \$491.60 (for 2020). So apparently your income for your filing status exceeded one of the higher IRMAA clip levels, which resulted in your monthly Medicare Part B premium going from the standard \$144.60 to an IRMAA premium about \$300 higher. Note that if your income in a subsequent year falls below the IRMAA clip levels, your Medicare premium will also go down to the level appropriate for your more recent income level.

As far as why you weren't told this in advance, neither Medicare nor the IRS (nor any other Government agency) will advise you in advance on such matters; the onus is upon you (and your tax preparer or financial advisor) to understand the implications of your income on your Medicare premium as well as your income tax obligation. You may want to speak to your tax advisor to see if there is a tax-filing option for eliminating the IRMAA. Once again, thank you for your service to our country, and I hope the above clarifies what happened to your Social Security benefit.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. To submit a question, visit macfoundation.org/programs/social-security-advisory or e-mail at ssadvisor@amacfoundation.org.

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Transition assistance available online for Sailors

by MC1 Mark D. Faram,
CNP Public Affairs

The Navy has suspended all in-person Transition Assistance Program classes due to social distancing rules now in place.

But the Navy isn't eliminating the training requirement and instead is authorizing all

Here's what you need to know:

"Commanders must continue to ensure transitioning service members are prepared to reintegrate into the civilian community, especially in the challenging times we face," said Vice Adm. John B. Nowell, the Navy's top

or separating are exempt from the stop movement, which means that separations and retirements will go on as scheduled, unless Sailors request and are approved to reenlist or extend

The course completion requirement is also still in place for Reserve Sailors on active-duty orders for more than 179 days as well as mobilized reservists within 60 days of redeployment and demobilization.

For those with enough time left on the books, the message recommends they simply reschedule for a later date.

Those inside their 365-days prior to separation start time or 90-days prior to separation

Capstone requirement must complete their training through the Joint Knowledge Online Website. Details on the TAP virtual curriculum to include links to the training available on the Department of Defense Transition Assistance Program Website.

What's not changed is the requirement for initial Self-Assessment Counseling, Pre-Separation counseling and Capstone sessions. These can still be done in-person using proper social-distancing protocol or telephonically by command career counselors or TAP managers.

TAP related questions can be directed to Tom Albert at (901)-874-4254 or via e-mail at tom.albert@navy.mil.

"Commanders must continue to ensure transitioning service members are prepared to reintegrate into the civilian community, especially in the challenging times we face." - Vice Adm. John B. Nowell

separating and retiring Sailors to complete this requirement online, allowing them to separate on time.

uniformed personnel official in NAVADMIN 082/20.

Active-Duty Sailors retiring

After OPM action, VA invites retired medical personnel back to work

WASHINGTON - The Office of Personnel Management (OPM) approved a request from the Department of Veterans Affairs (VA), March 19, to waive a section of federal law that governs retired VA workers.

The waiver makes it easier for the department to rehire retired VA health care workers and will help VA health care facilities bolster their medical staffs during the COVID-19 pandemic.

VA plans to use the waiver authority to begin hiring actions as early as this week, and the department is inviting interested retired physicians, nurses, pharmacists, laboratory technicians, respiratory therapists and other medical professionals to register online.

"This action helps give the department surge capacity as needed," said VA Secretary Rob-

ert Wilkie. "On behalf of all the Veterans we serve, I thank OPM for its quick action and invite our retired health care workers to consider coming back to VA during this crucial time."

When rehired, retirees' salaries are normally reduced to reflect the retirement annuity they are already receiving. However, this waiver eliminates that salary reduction, making the prospect of returning to VA employment more appealing.

Retired VA clinicians who are interested in coming back to VA can register at <https://jobs.kontaktintelligence.com/VeteranAdmin/Apply?170d70b8b2ff2c02999be209277e8faf>.

OPM's waiver authority expires after one year. For more information on VA's response to COVID-19, visit va.gov/coronavirus.

San Diego County Veterans Service Offices

Chula Vista (Bonita) M-F: 8 a.m. - 4 p.m. 180 Otay Lakes Rd. Phone: (619) 618-6534	La Mesa Adult Center Fri., 9 a.m. - 3 p.m. 8450 La Mesa Blvd. Phone: (619) 527-5822	Ranoma M-F: 8 a.m. - 5 p.m. County Library Phone: (760) 788-5270
Escondido M-F: 8 a.m. - 5 p.m. 649 W. Mission Ave. Phone: (760) 740-5572	Mission Valley Thurs. & Fri. appointments only 8898 Rio San Diego Phone: (858) 694-3222	El Cajon 201 E. Douglas 2nd & 4th Mon. monthly Phone: (619) 588-3718
Fallbrook 2nd Fr. & 3rd Tues. priority 135 S. Mission Road Phone: (760) 723-7570	Oceanside VA Clinic M-F: 8 a.m. - 4 p.m. 1300 Rancho Del Oro Dr. Phone: (760) 643-2049	Julian County Library Thurs. (by appt. only) Phone: (760) 745-0370

For a complete list of SD County offices, go to <https://www.va.gov/vetreservices/Pages/CVSD-Locations.aspx>.

Crossword Puzzle

Across

- 1 "Get lost!"
- 6 Google ___: geographical app
- 10 Ruth with bats
- 14 Egypt's capital
- 15 They may clash on a movie set
- 16 Environmental sci.
- 17 *Power source that plugs into a computer port
- 19 Physics particle
- 20 Andes, e.g.: Abbr.
- 21 Against
- 22 Make amends (for)
- 23 "Airplane!" flight number, to the control tower
- 24 Calf-roping event
- 25 Poet Khayyām
- 26 Punt or field goal
- 27 Mine, to Marcel
- 28 One of 100 between end zones
- 31 Native New Zealander
- 32 Source of quick cash, briefly
- 33 Brainstorm
- 34 Butterfly catchers
- 35 For nothing
- 37 Eight-musician group
- 38 Regretful sort
- 39 Bulleted list entry
- 43 Heavysset
- 44 Plum's title in Clue, briefly
- 45 Blue or black water of filmdom
- 46 Hay bundles
- 47 Burning
- 48 Mixer with gin
- 49 Player referenced in 57-Across' clue, briefly
- 50 Southern side dish
- 53 Tiny biting insect
- 54 "Eek!"
- 55 Hotel room cleaner
- 57 Cleveland cager, for short
- 58 "Easy as" letters
- 59 Old studio letters

Down

- 1 Film on stagnant water
- 2 Film credits list
- 3 Barbecue fare

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Center for Seabees helps develop Seabee rate training app

PORT HUENEME - It's easier than ever for Seabees to complete rate training for advancement. Sailors in the seven Seabee rates can now download the Naval Construction Forces' new Seabee Rate Training Manuals (RTM) App and study on the go, wherever they are in the world. They can download RTMs in PDF format, answer and score review questions, and enter completed courses directly into their Electronic Training Jacket by entering their DODID number. Chief Steelworker Samuel Ruby of the Center for Seabees and Facilities Engineering, who led the development, testing, and release of the application, said the app was designed with the fleet in mind. "Seabees will have a reference for studying for the advancement exam, 24/7, around the world, without needing a CAC enabled asset and without having to print massive files," said Ruby. The app can be accessed without a CAC and once in, they can review course summaries, illustrations and glossaries, bookmarked content, set calendar reminders, find contact information for support, and send questions and comments to rating program managers using the in-app feedback form. The app was tested in the Fleet with positive feedback. The Sailors involved particularly like the ability to provide direct feedback and have an impact on training requirements that affect the future of their rates. The app is part of CSFE's Technology Infusion into Training initiative, which strives to leverage and apply modern learning methods and management technologies to enhance the delivery of training. The app was designed in coordination with the PMW 240 Sea Warrior Program.

Don't be defined by your tragedy

by Dr. Daneen Skube
Tribune Content Agency

Q: I've had a huge personal catastrophe in my life that has affected my work. I'm struggling to maintain my attitude and performance. I'm certain that I'm not your only reader that has been devastated by tragedy. How do you advise clients to respond to profound personal losses?

A: I advise clients to take the time they need to recover, have compassion for the extreme challenge of bouncing back and avoid making their tragedy a definition of who they now are.

Many people experience a personal catastrophe and attempt to ignore the emotional devastation and show up at work right away. If you don't take time away from work, there is no way

you can ignore your loss. Eventually work can keep your mind busy while your heart is healing, but not immediately.

If you return to work quickly, you can make big mistakes and these errors end up making your situation worse. A normal response after tragedy is an encapsulation within your inner world, distraction and trouble

INTERPERSONAL EDGE:

focusing. Forcing yourself to work in the immediate aftermath is poor judgment.

Now you might ask what time period is the immediate aftermath? Depending on how much you love your work and the severity of the tragedy, the time you need varies from a week to three months. You also have to work around the policies of your employer or, if you are self-employed, your financial needs. Obviously, the long-term healing will take much longer.

Compassion for the difficulty

of facing a forest fire event burning down your old world means dropping outside commitments. Don't return phone calls, answer emails or go to social events unless it helps you. Sleep or nap as much as you want. Every animal becomes reclusive when severely wounded.

Many people are tempted to become defined by their tragedy

after a severe loss. They are no longer just themselves but now a widow, an orphan or a survivor. Notice none of these definitions encourage them to thrive.

If you see tragedy as a train station where you get off briefly and then re-board the life train, you'll be more resilient. Tragedy is not your new self-definition unless you decide it is. You are a person that has experienced a tragedy not a person that is a tragedy. Know the difference.

If we live a long life, each of us will experience profound loss

that shakes the foundation of our lives. Life can emulate art if we apply the above advice. Most truly interesting literary and cinema stories start with a great tragedy just before the hero or heroine is forced to set out on a rewarding new adventure.

If you have survived a great loss, be on the lookout for the adventure that beckons. A tragedy is not the end of your story.

The last word(s)

Q: I work with a boss that is often right, but I have to put up with him arguing with me a lot. I do like learning at work and I learn from him, but is arguing the only way to learn?

A: Yes, it often is. As basketball coach John Wooden observed, "Surround yourself with smart people who'll argue with you!"

Daneen Skube is an executive coach, trainer, therapist and speaker, who also appears on the TV program Workplace Guru.

Navy cancels Spring 2020 fitness cycle, delays advancement exams

WASHINGTON - In response to DoD's efforts to contain the spread of COVID-19, the Navy has delayed the spring Navy Wide Advancement Exams with NAVADMIN 069/20 and the cancellation of the spring 2020 Physical Fitness Assessment Cycle in NAVADMIN 071/20, released March 17.

The measures were taken to limit exposure of Navy personnel to the coronavirus by fol-

lowing guidance from Centers for Disease Control advising against large gatherings of people.

"With these exam date changes, the Navy Advancement Center is focused on making sure no Sailor is disadvantaged in the advancements processes," said Tom Updike, deputy director of the NAC.

All enlisted advancement exams scheduled to be administered after March 17 are now rescheduled with the following administration dates:

- May, 21 - Cycle 247 (E-4 only) Active Duty and Full-Time Support regular NWAEs.
- May 22 - Cycle 106 (E-4 through E-7) Selective Reserve NWAEs approved for late administration on the first available drill weekend after this date.
- June 12 - Cycle 247 (E-4 through E-6) final date to administer substitute exams.

The rescheduled dates result in no change to the advancement candidate's final multiple score

or eligibility requirements.

Eligibility dates remain the same as listed in NAVADMIN 284/19, no new candidates will be added because of the delay.

The delay in testing also means there will also be a shift to the right of advancement results. E-4 through E-6 Total Force advancements as well as Selected Reserve and Full-Time Support E-7 Selection Board Eligibility are anticipated to be released in July 2020. Results will be heavily dependent on commands promptly processing and returning answer sheets.

Navy officials also cancelled the Spring PRT out of an abundance of caution to ensure COVID-19 does not spread further to Navy personnel.

"The Navy's PFA and the associated physical readiness standards maintain a baseline level of physical fitness for Sailors," said Paul Rosen, acting director of the 21st Century Sailor Office, which oversees physical readiness policy for the Navy.

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Local Military

First Marine F-35C squadron attains next aviation milestone



by Gunnery Sgt. Jon Holmes
Marine Fighter Attack Squadron 314 celebrated the results of over five months of F-35C Lightning II transition training when they received their Safe-For-Flight Operations Certification at Marine Corps Air Station Miramar March 20.

VMFA-314 and the Navy's F-35C Fleet Replacement Squadron, Strike Fighter Squadron (VFA) 125, diligently worked together toward this historic accomplishment even while conducting precautionary mea-

sures to stem the spread of novel coronavirus (COVID-19).

SFFOC is an important milestone for VMFA-314's transition to the F-35C Lightning II from the F/A-18 Hornet. It marks the end of the squadron's oversight by VFA 125, which was responsible for ensuring that the "Black Knights" received quality training during their temporary relocation to Naval Air Station Lemoore, from Sept. 2019 to Jan. 2020.

The SFFOC process ensures

The first Marine Fighter Attack Squadron (VMFA) 314 "Black Knights" F-35C aircraft flies in formation over the Sierra's with the VFMA-314 squadron F/A-18A. Navy photo.

the squadron is manned with qualified personnel to implement maintenance and safety programs in support of fleet operations. All transitioning squadrons are required to complete this certification prior see **F-35C, next page**

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SWRMC graduates its first General Shipboard Welding and Brazing Sailors

SAN DIEGO - Southwest Regional Maintenance Center (SWRMC) graduated its first Navy Afloat Maintenance Training Strategy (NAMTS) General Shipboard Welding and Brazing Sailors recently.

their ability to weld and braze utilizing different materials and in different configurations.

The NAMTS General Shipboard Welding and Brazing Job Qualification Requirement,

The graduating Sailors earned their qualifications and Navy Enlisted Classification Code (NEC) in General Shipboard Welding and Brazing by receiving on-the-job training through the NAMTS Program.

"NAMTS provides our Sailors with the skills necessary to perform maintenance on a variety of ship systems," said Capt. David Hart, SWRMC's commanding officer. "The training that these Sailors receive empowers them with the confidence they need to perform emergent repairs when out at sea, providing a cost savings to the Navy and streamlining the repair process."

These skills saves critical time by preventing the need for the ship to return to port for repairs. The General Shipboard Welding and Brazing curriculum was designed to conceptually give a welder, with minimal skills and proficiencies, a roadmap to build knowledge and develop

or JQR, took several years to implement at SWRMC. During that period, SWRMC Production Department leadership and Hull Maintenance Technicians worked to ensure the JQR was compliant with Navy regulations for the NAMTS Program. After several reviews, and with careful consideration by the major RMCs, CNRMC, and NAVSEA, the program was initiated in April 2018.

Following the launch in 2018,



Lt. Cmdr. Gregory Crum, Southwest Regional Maintenance Center production officer (far left), and Craig Cunningham, SWRMC production department head (far right), are shown with SWRMC's first Navy Afloat Maintenance Training Strategy General Shipboard Welding and Brazing graduates: Petty Officer 1st Class Bradley Regan, Petty Officer 1st Class Matthew French, and Petty Officer 2nd Class James Abbott. Navy photo

Local Military News Briefs

Camp Pendleton Marines set up a medical isolation and observation center

... Marines stationed on Camp Pendleton set up a medical isolation and observation center in the 13 Area March 15. The medical isolation and observation center comes from the direction of Marine Brig. Gen. Dan Conley, the commanding general of Marine Corps Installations West, Camp Pendleton. "There are roughly nine barracks that have 16 rooms," said Marine Capt. Hali Brown, the safety officer for Headquarters and Support Battalion, MCB Pendleton. "The capability is two per room with their own shower and bathroom." The facility staff will properly separate guests by symptoms and their level of exposure to the virus, from awaiting test results, to positive test results for the virus and being treated. The Marines are working closely with U.S. Navy medical personnel and are being trained to properly manage the facility.

NAVWAR hosts inaugural SYSCOM forum with information security leaders

... Naval Information Warfare Systems Command (NAVWAR) hosted command information security officers from Navy systems commands for an inaugural forum recently to discuss how they could better align and collaborate to more securely modernize, innovate and defend in today's great power competition. The forum gave officers the tools to gain a better understanding of each organization and how they operate, discuss best practices on how they are making the capabilities they deliver more secure, and identify collaboration opportunities between the CISOs. Also in attendance were the Department of the Navy chief information security officer (DON CISO) and the deputy branch head, compliance branch, cybersecurity section of the command, control, communications, and computer division for the deputy commandant for information at Headquarters Marine Corps. "At the end of the day our mission is protection from lethality," said Chris Cleary, DON CISO. "As CISOs, we need to bring threat and mission awareness into our jobs every day to support our customers by hardening their systems, by making them more secure."

Petty Officer 1st Class Bradley Regan enrolled in the program and was followed shortly afterwards by Petty Officer 1st Class Matthew French and Petty Officer 2nd Class James Abbott. These Sailors helped improve the process by identifying roadblocks and shortfalls that needed to be addressed as they progressed through the program. A SWRMC subject matter experts reviewed and adjusted processes to ensure the level of knowledge and the skills met expectations.

COVID-19 impact to Fleet and Family Services at NB San Diego

... CHILD DEVELOPMENT CENTERS: No drop-ins or hourly care. Centers continue to accept enrolled children for care.

CHILD AND YOUTH PROGRAMS: No drop-ins or hourly care. Centers continue to accept enrolled children for care.

YOUTH ACTIVITY PROGRAMS: Cancelled.

HOUSING OFFICE: Services provided online or via call-in at (619) 556-8012 or (619) 556-8443.

BASE ACCOMMODATIONS: Unaccompanied Housing (UH) and NGIS - Limited operations.

GALLEY SERVICES: Mercer Hall: To-go only; NMCS D Galley: To-go only.

FLEET & FAMILY SERVICE CENTER: No walk-ins, Call 866-923-6478 for an appointment.

ALL FITNESS CENTERS: Closed.

FOOD SERVICES: Well-deck Food Service (including Starbucks), Closed; Waterfront Food Service (including Starbucks), Closed; Admiral Baker Golf and River's Edge Restaurant, Closed; Anchors Catering and Conference Center, Closed.

RECREATION FACILITIES: The following are all closed: Liberty Center; Liberty Center, NMCS D; Movie Theater, NBSD; Bowling Complex, NBSD; Gear Rental/OAC; Vehicles and personal storage; Gear Rental, NMCS D; Deployed Forces Support; Community Recreation Classes; trips, cancelled; Auto Skills Shop; Gear Rental/OAC; Vehicles and personal storage; Liberty Center, NMCS D; and MWR ITT Offices.

F-35C

continued from page 7

to independently conducting flight operations.

"The achievement of this certification represents years of hard work and detailed coordination across the entire USMC and Naval Aviation Enterprise," said Lt. Col. Cedar Hinton, commanding officer of VMFA-314. "The 'Black Knights' have met or exceeded every challenge faced during this transition, and I am extremely proud to be a part of this fantastic squadron. Today's achievement marks a significant milestone and the beginning of a new chapter in our storied legacy. The F-35C advances our capability well into the next generation of fighter-attack aircraft and will keep our squadron, and our service, relevant for decades to come."

The certification process encompasses areas such as equipment, personnel and programs. Requirements include the installation and operation of management information systems and their accompanying support networks. There is also a requirement for operational F-35C squadrons to maintain robust maintenance programs and complete various inspections ranging from conventional weapons technical proficiencies to safety. Squadron personnel complete a transition curriculum and maintain specific competencies in accordance with Naval Air Training and Operating Procedures and Standardization guidelines.

"I am honored to serve alongside the Marines who make this squadron's operations run smoothly every day," said Sgt. Maj. Lorenzo Williams Jr., sergeant major of

VMFA-314. "The Marines who transitioned to VMFA-314 from various units across the Marine Corps were the right men and women for the job. They are disciplined, intelligent and they completely understand the importance of their mission. We have mature staff non-commissioned officers who have a great deal of experience, which made the transition happen seamlessly. I know they will carry on our proud legacy from being the first F/A-18 squadron in the Department of Defense to fly the Hornet tactically to becoming the first operational F-35C squadron in the Marine Corps."

Aviation history was made when 3rd Marine Aircraft Wing welcomed its first F-35C Lightning II to MCAS Miramar on Jan. 21. The 5th Generation aircraft - piloted by Hinton - marked the arrival of the Marine Corps' first F-35C to Fleet Marine Force.

The "C" variant of the F-35 is the first 5th Generation long-range stealth strike fighter designed to operate from both land bases and aircraft carriers. The Lightning II's control surfaces and landing gear are better equipped for carrier operation than the "A" and "B" variants of the aircraft flown by the Air Force and Marine Corps, respectively. The F-35C is also equipped with larger internal fuel storage, which when combined with its ability to refuel in-flight, extends its range and allows for enhanced flight time when compared to other aircraft.

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

Child Development Center employee tests positive for COVID-19 at NB Coronado

CORONADO - A civilian employee working at the Naval Air Station North Island Child Development Center (CDC) tested positive on March 22 for coronavirus (COVID-19). Navy leadership was notified on March 23. The individual is currently at home taking proper precautions consistent with the Center for Disease Control and Prevention guidelines.

NBC Public Health Emergency Officer conducted a thorough contact investigation to determine whether any staff or children may have been in close contact with the employee and possibly exposed. After careful review of the case and taking into account the employee's nearly 14-day absence from the facility since March 11, the fact that no children or employees are showing any COVID-19 like symptoms and the thoroughly extensive daily sanitation stan-

dards practiced by the staff, the decision was made to continue operations at the NASNI CDC.

The commanding officer of NB Coronado informed all parents enrolled at the NASNI CDC that an employee at the CDC has tested positive for COVID-19, in a letter dated March 24.

NB Coronado continues to follow all CDC guidelines in cleaning their facilities, and practicing social distancing, as well as additional guidelines that mandate a constant cleaning of items throughout the day.

Naval Base Coronado is committed to taking every measure possible to protect the health of our force. They remain in close coordination with state and federal authorities, and public health authorities to ensure the well-being of personnel and local population.

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Another way to increase Fleet readiness worldwide

NAVWAR delivers SAILOR download manager

by Elisha Gamboa,
NAVWAR Public Affairs

SAN DIEGO - Naval Information Warfare Systems Command (NAVWAR) released a download manager solution providing the fleet with enhanced capability to download critical information on Navy ships, with 155 ships authorized for installation, and 74 ships confirmed as having used the capability as of February 2020.

The NAVWAR Systems Command Acquisition Integrated Logistics Online Repository (SAILOR) download manager addresses shipboard users' issues with unsuccessful file downloads from the SAILOR website due to network intermittence and limited bandwidth. When users experience connectivity issues during a file download, the download manager provides the ability to automatically resume interrupted or incomplete downloads, providing access to important data, improving sys-

tem performance and increasing fleet readiness worldwide.

"We are focused on leveraging the best technologies available, so that we can equip our warfighters with the most advanced capabilities possible, enabling them to fight and compete in today's complex information warfare domain," said NAVWAR Commander Rear Adm. Christian Becker. "The SAILOR download manager effectively leverages an industry developed application to ensure our warfighters have access to secure, reliable, vital information so that we can stay ahead of the competition now and into the future."

SAILOR is a single, user-friendly website that provides the fleet with access to product support information, technical documentation and tools necessary to properly operate and maintain information warfare capabilities.

In response to fleet feedback regarding shipboard network connectivity challenges and download issues with large files, NAVWAR's Logistics and Fleet Support team developed a solution that integrated a commercial off-the-shelf (COTS) download

automatically resumes incomplete downloads from the point of failure without requiring further user interaction.

Based on SAILOR file download data from September 2019, a comparison of fleet shipboard

"The SAILOR download manager effectively leverages an industry developed application to ensure our warfighters have access to secure, reliable, vital information so that we can stay ahead of the competition now and into the future."

manager into the SAILOR website. The COTS application provides high-speed file transfers using a fast and secure protocol technology.

When users experience intermittence network connectivity, the SAILOR download manager

downloads made via the COTS application versus without the COTS application on the same platform indicated an average download speed that is five times faster (584KB/sec versus 117KB/sec) and an average file size that is five times larger (320MB versus 60MB).

"We have received some very positive fleet feedback on the capability," said Elle Bergeron, NAVWAR technical director for product data management. "It makes our day to hear from an information technician chief that he's seeing a 1MB download speed while out at sea on a landing platform/dock and that the capability is helping the crew cut their software patches download time by at least 5-6 hours to even days. We're looking forward to when more ships complete the download manager installation and the capability is more widely used throughout the fleet."

The SAILOR download manager received approval for shipboard installation in September 2018. Based on download data from fiscal year 2015 to fiscal year 2019, the trends indicate:

•Overall, the size of files hosted on SAILOR are getting bigger. A review of data on all the attempted downloads shows that the average file size increased

from 53MB to 121MB.

•Downloads of files that are smaller than 4MB have 98 percent download success rate.

•The improvement in shipboard users' download experience is predominantly for files that are larger than 4MB.

•The average file size of a successful download has increased from 51MB to 146MB

•Overall, download success rate of files larger than 4MB increased from 28 percent to 49 percent

Moving forward, NAVWAR's Logistics and Fleet Support team is working towards leveraging and expanding this capability to meet additional fleet operational needs. NAVWAR continues to identify, develop, deliver and sustain information warfighting capabilities and services.

NAVWAR consists of more than 11,000 active duty military and civil service professionals located around the world.

AutoMatters™ & More



by Jan Wagner

As we continue to battle the worldwide coronavirus (COVID-19) pandemic, amateur and professional sports remain on hold. Many of us - myself included - are confined to our homes for the foreseeable future, to help try to slow the spread of this contagion.

We all need to reduce our stress level. For those of us who enjoy auto racing, NASCAR drivers - in collaboration with NASCAR, iRacing and FOX Sports, got together and answered that call this past Sunday.

The event was the Dixie Vodka 150 at a virtual Homestead-Miami Speedway, the inaugural event of the eNASCAR iRacing Pro Invitational Series. Televised in the U.S. on FOX Sports, it drew 903,000 viewers, according to Nielsen Media Research. It was last Sunday's most-watched sports telecast on cable television and, according to Twitter interactions, it was the #1 most-social TV program overall on Sunday.

Current NASCAR Cup Series racers in the 35-car field included seven-time NASCAR Cup Series champion Jimmie Johnson, reigning Series champion Kyle Busch, 2012 Series champion Brad Keselowski, 2018 Series champion Joey Logano, three-time Daytona 500 winner Denny Hamlin, 2016 Series Rookie of the Year Chase Elliott, 2014 Series Rookie of the Year Kyle Larson and 2008 NASCAR Xfinity Series champion Clint Bowyer. Rounding out the large field of competitors

Coronavirus relief: NASCAR Dixie Vodka 150 Virtual iRace

were retired NASCAR Cup Series icon Dale Earnhardt Jr., NASCAR Hall of Fame driver Bobby Labonte, plus NASCAR Xfinity Series and GANDER RV & OUTDOORS Truck Series drivers.

Practicing "social distancing," the competitors were scattered across the country in a variety of driving simulators, from Denny Hamlin using his highly sophisticated, near \$40,000 driving simulator, to Timmy Hill competing very successfully with an inexpensive home video game setup, complete with a steering wheel attached to a desk at home.

The performance of the cars was quite equal, with few adjustments permitted. The key to doing well was practice, practice, practice to gain experience.

The race was exciting. It looked and sounded much like the preceding NASCAR Cup Series races of the 2020 season, with the FOX NASCAR broadcast team of Jeff Gordon, Mike Joy and Larry McReynolds calling the action. Clint Bowyer did double duty, providing entertaining and informative "in-car" commentary as he raced and shared comments and observations with the broadcast team.

The appearance and physics of the cars and the track were quite realistic, enhanced by the familiar drone of racing engines. Driving style and strategy directly contributed to the extent of tire wear and performance. Drivers were able to challenge and pass each other, with 11 lead changes.

Drivers spun each other out and there were nine caution periods, including one for a big wreck that was started by Jimmie Johnson. As opposed to real races, where wrecks were expensive and potentially dangerous, the cars could be rebuilt for free up to two times over the course of the race.

Where the realism was somewhat lacking was during the pit stops. Entering and leaving the pits, cars appeared to literally drive through each other. When service was being done, the cars lifted up and the sound of impact wrenches could be heard as the tires were being changed, but there were no pit crew members in action.

The excitement continued up to and including the last lap, with Dale Earnhardt Jr. in the lead as a late charging (barefoot!) Denny Hamlin, with fresher tires under his number 11 Joe Gibbs Racing Toyota, worked his way back up to the front and ultimately passed Earnhardt for the win. Hamlin said "I just ran my line, he gave me the proper space and we were able to race to the line."

Timmy Hill, Chase Briscoe and Garret Smithley rounded out the top five. Said Smithley on Twitter after the race: "Wow what a day! Pole, led laps, came home 5th. Awesome race! Really good way for all of us to have some fun."

Jeff Gordon summed it up this way: "We were able to broadcast a virtual race that was exciting and entertaining. It brought a little bit of 'normalcy' back to the weekend, and I can't wait to call the action Sunday at Texas."

FOX Sports will air the complete eNASCAR iRacing Pro Invitational Series. Check your local listings, and for more information visit NASCAR.com.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #635" in their search bar. Please send your comments to AutoMatters@gmail.com.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

By the time you read this, what I've written will be a mere time capsule - a frozen moment in our ever-changing sociological and physiological status. Columns are supposed to be timely, but with a new chronicle being made in hourly increments since the coronavirus outbreak, this week's musing is bound to be old news. So, consider this a history lesson. A look back at "the olden days" of last week, when life was entirely different than it is today.

About a week ago, I was in at a Latin bar in Key West, in a conga line with my teenage daughter and a horde of sweaty strangers, dancing and laughing, entirely carefree. A few days later, the Governor of Florida announced the mandatory closure of all bars and restaurants across the state to combat the global coronavirus pandemic.

At the Key West airport, waiting for the flight home from our ill-timed mother-daughter spring break trip, I waffled between thoughts of cautious indignation and secret panic as news blared on an overhead television at the gate.

"Everyone must be overreacting," I mumbled to my daughter, Lilly, with a dismissive huff. "I read that at least half a million people die of the flu every year,

Pondering pandemonium

but over 95 percent of people infected with coronavirus recover, so why should everything shut down?"

Lilly, who I had insisted wear gloves and a scarf over her mouth and nose while traveling, shrugged. A minute later, a woman nearby coughed. Lilly and I glanced anxiously at each other. With gloved hands, I pulled my own scarf up over my nose, my eyes darting suspiciously.

Was I overreacting, too?

My husband picked us up at the airport. On the way home, he updated us on the state of emergency in our area. "I'm working from home until further notice, your hours at the library have been cut, we have to pick up Anna from college because her classes are online for the rest of the semester, and we have exactly twelve and a half rolls of toilet paper left at the house."

At home, we laughed about how ridiculous people were acting, but our underlying instincts told us to gather our family into the safety of our nest and hunker down.

The next day while imposing my own self-quarantine, my mind continued to waver between skepticism and dread over news reports. Between pity and pride in human beings. Between greed and gratitude for our personal belongings. Between confidence and concern over our finances.

Gun sales soared, stocks plummeted, schools closed, hospitals filled, death tolls rose.

Yet governments acted responsibly, citizens volunteered, an economic stimulus package was enacted, and random acts of kindness abounded.

By the end of the day, I needed a break from thinking about serious things. I'd cook a comforting home-cooked meal for my family, and we'd all watch a movie. For a couple of hours, we'd pretend like things were like they used to be.

While I had been in Key West, my husband had gone to the base commissary to stock up on "the essentials." I opened the fridge to find two cheap frozen pizzas, sports drinks, a bag of oranges, a head of iceberg lettuce, salami, a loaf of bread, milk, eggs and various half-used condiments.

Ironically, the sparseness of our food supply made me suddenly realize what I'd taken for granted. I found a wrinkling yellow pepper and a red onion to spruce up the pizzas. The radishes and carrots in the back of the vegetable drawer were still good, so with a half-bottle of Italian dressing, I made a tossed salad, too.

I still wanted to believe that the pandemic was just an overreaction, but as my family ate, I knew that, real or not, this crisis would reset my values. I would be grateful for family, for neighbors, for the military, for healthcare workers, for my job at the library, for my hairdresser who covers my greys, for restaurants, for first responders, for wrinkled peppers, for frozen pizzas ... and yes, for 12 and a half rolls of toilet paper.

CLASSIFIEDS

Local Military COVID news

New guidelines for childcare at SD Navy bases during COVID-19 pandemic

On Wednesday, March 25, Navy installations in the San Diego metro area - Naval Base San Diego, Naval Base Point Loma, and Naval Base Coronado - will begin implementation of higher level health protection and social distancing measures for child and youth programs, including Navy-managed childcare facilities and child development centers (CDCs). These measures are coordinated with, and done at the direction of, Navy medical personnel.

Protection of the children in our care, and the staff that work at all of our child and youth programs is of the utmost importance. Beginning on March 17, all Navy childcare facilities within Navy Region Southwest were instructed to begin implementing increased social distancing measures, including:

- All Programs/Services that are NOT full-time childcare (ages 0-12) were cancelled/postponed until further notice
- All Hourly Childcare was cancelled (unless emergency/ mission essential)
- All Youth Sports, Youth/Teen Programs, Field Trips away from Navy Childcare facilities were cancelled
- No New childcare enrollees are currently allowed into Navy operated programs (unless emergency/mission essential)
- Parents were directed to self-care for their own children at home if Navy full-time telework agreement during COVID-19 pandemic was executed, parent fees will be waived/space saved
- Parent fees will be waived/space saved for all personnel who elect to voluntarily temporary withdrawal their child for at least 2 weeks or until May 1
- Installations may request waivers to reduce program operating hours
- Supplemental staffing required from other programs for increased cleaning/sanitation
- All Teacher in-Service Days were cancelled
- Increased handwashing and sanitation practices (e.g. cleaning door handles, hard surfaces, etc.)
- Minimize visitors (e.g. postpone all non-critical facility maintenance, etc.)
- Staff shall complete all sign in/out protocols
- Discontinue Family Style Dining (staff will plate food for children)
- Discontinue Tooth Brushing and Use of Sensory Tables

We continue to see a decrease in children coming to Navy childcare facilities in San Diego, but escalating COVID-19 cases across San Diego County has caused considerable childcare concerns from both parents and staff. This situation has increased the challenges of maintaining adequate caregiver to child ratios in San Diego.

In addition to the measures instituted March 17, in the metro San Diego area, the following measures will begin effective March 25 for Naval Base San Diego and Naval Base Point Loma, and effective March 26 for Naval Base Coronado:

- Based on center capacity, a possible reduction to hours of operation depending on demand signal;
- Based on center capacity and staffing levels, childcare access may be limited to single/dual active duty parents, single/dual DoD civilians, and active duty personnel with a working spouse.
- In some situations, locations (CDC and school age children (SAC) programs) will be consolidated. Parents will be notified no less than 24 hours in advance of any changes to their facility, and should check the NavyLifeSW.com website for additional information on their primary childcare facility.
- Commanding officers at all bases in Navy Region Southwest are continuing to evaluate their childcare programs and needs, and adjusting their services based on local conditions in coordination with their tenant commands.
- Navy leadership and our Navy medical professionals will continue to monitor the situation. As the situation progresses, NRSW is postured to implement additional measures as needed in alignment with Dept. of Defense guidance and in coordination with state and local partners should there be an increase in risk to the Fleet, Fighter and Family.

Pendleton Child Development Centers update

Effective Monday, 23 March, Child and Youth Program facilities will curtail regular program operations. Services will continue to be extended to families who are currently enrolled in a child development center or school-age care programs, where families have expressed a need for child care through parent surveys via phone calls to enrolled families. We will continue to provide services from 0600-1800 for those families until further notice. Regular child care fees will apply.

Patrons who do not use care will not be charged (effective 20 March). Care will be offered to a limited number of children at the centers, utilizing a maximum capacity for health and safety, based on social distancing requirements, IAW San Diego Public Health. Children in care must be symptom-free from any illness. Health Checks will be conducted daily in the program lobby prior to signing children into care. If you have questions regarding child care services please call (760) 725-1867 between 0800-1700 Monday-Friday. Thank you for your patience and understanding during this time.

MCCS CamPen changes/updates

Please visit mccsCP.com/impact

EVENT CANCELLED

34th Annual Navy Bay Bridge Run/Walk - May 17

MWR announced that the 34th Annual Navy Bay Bridge Run/Walk on May 17, 2020 has been cancelled due to the COVID-19 pandemic. Due to the intergovernmental logistics involved in putting this event on each year, they are unable to reschedule it for later in 2020.

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MOVIES AT THE BASES

BASE MOVIE THEATRES ARE CLOSED!

Food insecure? SD Hunger Coalition website has valuable resources for hunger relief

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

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

Check back regularly as the page will be continuously updated as information becomes available.

For a list of food resources and other helpful information visit <https://www.sandiegohungercoalition.org/covid19>

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

Full implementation set for April 27 San Diego Unified transitions to distance learning on April 6

Move saves academic year for students in state's second-largest district Physical structures to remain closed until health emergency abates

To get up to date information please visit the news tab at the SD Unified School District: <https://sites.google.com/sandi.net/covid19/news>

Roy's sudoku

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

A full night of sleep could be best defense against COVID-19

by Samir Deshpande

Amidst growing concern about COVID-19 infection, health officials have provided several recommendations to help individuals protect themselves and their families from infection, including washing hands regularly and maintaining a distance of at least six feet from anyone who is coughing or sneezing. Fortunately, a growing body of evidence suggests that an additional lifestyle modification could also dramatically improve your odds of avoiding infection—getting more sleep.

It has long been known that sleep is important for military performance. The Walter Reed Army Institute of Research has conducted sleep studies since the 1950s, showing that sleep loss negatively affects emotional regulation, judgment, cognitive performance, learning and memory, psychological resilience and reaction time—each of which could be critical for success in multi-domain operational environments—and almost all other environments as well, from the athletic field to the classroom to the boardroom. This is why elite athletes make sure they obtain 8-10 hours of sleep per night: to acquire that extra “edge” that can make the difference between success and failure.

In addition, and of particular relevance given current concerns

about the spread of COVID-19, recent evidence suggests that sleep is also important for healthy immune function and the ability to fight off infection. “From a Soldier lethality perspective, we often state ‘sleep is ammunition for the brain’, as sleep is critical for decision making, vigilance and reaction time. When it comes to fighting the common cold and flu, sleep is your internal body armor that helps you fight some viruses and disease,” said Col. Deydre Teyhen, Commander of the Walter Reed Army Institute of Research.

The relationship between sleep and infectious disease is now being explored by researchers across the world, and several interesting and important findings have been reported. For example, in one study, volunteers without previous exposure to the common cold were exposed to a live sample of the virus. Researchers found that no variable predicted whether a participant would fall sick better than sleep duration—not even age or stress level. In other words, those who habitually slept less were more likely to fall ill with the cold virus.

In another study conducted by the same group, a “sleep threshold” was discovered: individuals who averaged less than seven hours of sleep per night were found to have a three-fold greater risk of infection relative to those



A trainee attempts to get a little sleep as he waits for transportation. Photo by Robert Timmons.

who averaged eight or more; that rate climbed to a 4 ½-fold greater risk for those with less than five hours of sleep.

Perhaps most surprisingly, it has also been found that six months after receiving a hepatitis B vaccination, individuals who slept fewer than six hours on the night prior to vaccination were at significant risk of being unprotected compared to those who had obtained more than seven hours of sleep.

In addition, there is now limited but exciting evidence from animal studies suggesting that sleep not

only helps protect against initial infection, it also plays a direct role in aiding recovery from infectious illness.

Although there have not yet been any studies in which the relationship between sleep duration and COVID-19 infection have been studied directly, lessons learned from studying the relationship between sleep duration and other infectious diseases can readily be generalized to COVID-19.

“Sleep is critical for maintaining physical, cognitive and immunological dominance on and off the

battlefield. Leaders must prioritize sleep as a valuable asset in maintaining readiness and resilience, especially in the context of multi-domain operations and increased health risks worldwide—including those risks associated with exposure to infectious diseases,” says Lt. Col. Vincent Capaldi, director of the Behavioral Biology branch at WRAIR, responsible for studying the relationship between sleep, performance and military effectiveness.

Unfortunately, approximately one in three American adults do not obtain the American Academy of Sleep Medicine-recommended 7+ hours of sleep per night, a situation that is estimated to cost the US economy approximately \$411 billion a year due to increased errors and accidents, lower productivity and increased absenteeism. And the problem is particularly pronounced in the military, where approximately two in three Soldiers average six or fewer hours of sleep a night.

Research laboratories under the U.S. Army Medical Research and Development Command including WRAIR, the U.S. Army Medical Research Institute of Infectious Disease and U.S. Army Medical Materiel Development Activity, are working diligently on a range of solutions to detect, treat and prevent COVID-19, including a vaccine.

WRAIR sleep and infectious disease researchers are also jointly exploring the relationship between sleep and immune function—a natural collaboration since the WRAIR infectious disease research programs are among the best in the world, having contributed to the development of many FDA-approved vaccines and every existing FDA-approved malaria prevention drug. Furthermore, WRAIR’s world-renowned sleep and performance research program has generated several technological and knowledge products, including wrist actigraphy (a precursor to current smart watch technology) to reliably measure and quantify sleep in the field; human functional brain imaging studies that have furthered scientific understanding of sleep and sleep loss and the discovery of “sleep banking”: the finding that extra sleep prior to a mission with sleep loss blunts the performance decrement and reduces the amount of sleep needed to fully recover afterwards.

As medical countermeasure development efforts progress, obtaining at least seven hours of sleep per night in a comfortable, cool, quiet, dark and safe area, in addition to regular handwashing with soap and water and maintaining a healthy social distance (6 feet), will continue to constitute the first line of defense against infection.

County of San Diego COVID-19 Confirmed Cases by City of Residence report

These data are preliminary and subject to change 3/24/19

SD County	Count	SD County	Count
Incorporated City	207	Santee	1
Carlsbad	13	Solana Beach	1
Chula Vista	7	Vista	2
Del Mar	5	Unincorporated	15
El Cajon	8	Bonita	1
Encinitas	7	Fallbrook	2
Escondido	6	Lakeside	2
La Mesa	1	Ramona	2
National City	3	Rancho Santa Fe	5
Oceanside	7	Spring Valley	3
Poway	2	Unknown*	4
San Diego	141	Total SD County Residents	226
San Marcos	3	Non-SD County Residents	16
		OVERALL TOTAL	242

For daily updates visit: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/status.html

*More info may become available as case investigations are completed. Some San Diego County cases have been travel-related and did not contact COVID-19 in the county.

COVID-19 now has reached community transmission status, which means people may have contracted the illness elsewhere in the county. This may not necessarily be in the city where they live. These data should not be interpreted as an indication of activity in any specific location. Under a community transmission status, the true prevalence of this disease may not be known as most cases are likely not diagnosed or reported.

Data Source: WebCMR Communicable Disease Registry.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Epidemiology and Immunization Services Branch

Meals On Wheels seeks volunteers to help serve vulnerable population

Meals On Wheels does not anticipate a disruption in meal deliveries but is preparing a contingency plan should meal delivery service be disrupted. If you have the capacity to volunteer to help deliver meals to the vulnerable population served, your time would be truly appreciated. East County (619) 447-8782; Metro (619) 295-9501; North County (760) 736-9900; South County (619) 420-2782.

San Diego coronavirus updates

- The number of confirmed cases in San Diego County has been climbing.
- The City of San Diego (SD) has banned gatherings of any size at beaches and parks. All parking lots at city-run beaches and parks have been closed.
- The closures and prohibiting of groups are not in effect for other cities in SD County.
- SD County has banned gatherings of 10 people or more.
- SD County is following the California stay at home order.
- Many private and public K-12 schools have been closed through March.
- Students can still receive meals while schools are closed.
- The SD County Public Health Laboratory is now able to test for the novel coronavirus without sending to the CDC.
- Text COSD COVID19 to 468-311 to get County updates

Don't be a hoarder; be a helper

Hoarders and helpers have emerged as a result of the COVID crisis; be one of the good guys by Rebecca Weber, CEO, the Association of Mature American Citizens [AMAC] Watching hoarders as they empty the shelves of supermarkets, grocery stores and pharmacies as COVID 19, the coronavirus pandemic, takes its toll on daily life in our communities, it is easy to assume that a crisis brings out the worst in people. But, the fact is it can bring out the best in us, as well. Here are a few things that you can do to help during the crisis:

- There are plenty of elderly neighbors in your communities, individuals and couples who might, for all intents and purposes, be shut ins at a time like this. Check in on them and help them on a regular basis. Offer to help them with chores and shopping, for example.
- If there are neighbors who need medical attention, offer to help them get in touch with a teledoctors via the Internet as in-person visits to medical facilities are being discouraged.
- Schools throughout the country are shutting down in order to contain the virus, schools that were providing meals for their students. Get together with your friends and neighbors to find ways to ensure the kids get something healthy to eat.
- Help support local food banks and places in your community that provide shelter for the needy. You might also consider helping out neighbors whose employment has been disrupted as a result of the virus by helping them to purchase necessities. In other words, become a good guy and come to the rescue if you are able.

SD Humane Society is here for animals and owners during trying times

Last week Governor Newsom issued a statewide Stay at Home order to help slow the spread of COVID-19. This has led to questions about what will happen to the animals in our care, as well as what you can still do with your pets. Rest assured that San Diego Humane Society will continue to be here for both companion and wild animals throughout San Diego County.

As for your pets, you can still take your dogs for a walk, you'll have access to veterinary care and pet supply stores can remain open. For many, it's a great time to appreciate the joy and unconditional love that animals bring to our lives.

Due to the Governor's order, and to ensure safety of staff, volunteers and guests, we've temporarily suspended the following services:

- Community Spay/Neuter, public vaccine & microchip clinics, and in-person licensing (licensing is still available online). Other than that, we're available for emergency needs you have with your pets as well as the following essential services -- just call us at 619-299-7012:
- Adoptions: Our adoptions process is now appointment only. This will help ensure we can limit the number of visitors in the shelter, but still provide opportunities for pets to find new homes. If you have an existing appointment, it will be honored. To schedule an appointment adopt, please call us. The flow of animals will not slow due to COVID-19, so we'll continue providing adoption services in this way.
- Foster: Since the only thing that's safe to hug these days is your own pet, now is a great time to foster one! We're now working through our current foster list but will surely need more soon. You can sign up to be added to the foster list
- Lost & Found: We're still taking in and caring for stray animals, but if you've found a pet you can temporarily care for, we'll help reunite the animal and owner without you having to come to the shelter. If you've lost an animal, know that we're here to help you find your pet.
- Owner Surrenders: We never turn an animal away. However, if it's possible, we're asking anyone who can delay relinquishing their pet to consider doing so. If you need to relinquish your pet immediately, you can do so by appointment.
- Humane Law Enforcement: Our officers are still working every day to protect animals and our community by responding to emergency calls. If you need us, we'll be there.
- PAWS Services: We're here for anyone who needs help for their pets, including rescue groups. We've begun distributing 70,000 pounds of pet food to those in need. Anyone can visit our locations from 10am-4pm to pick up a bag of dog or cat food, as well as other supplies, such as cat litter, pet treats and pet beds while supplies last. This is a whole new world and we're in this together! <https://www.sdhumane.org/>

FRANK TOYOTA

2400 NATIONAL CITY BLVD.
866.217.1866
www.franktoyota.com

2020 Toyota Corolla LE

Lease for 4 Cyl. Automatic

\$199 PER MONTH PLUS TAX 36 MONTHS



*1 at this payment. Stk#: 58928, VIN: LJ095542, Model#: 1852. Net capitalized cost \$18,365.42. \$199 plus tax monthly for 36 months with \$3,950 due at lease signing. Security deposit not required. Includes \$600 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 3/31/20.

2020 Toyota C-HR

Lease for 4 Cyl. Automatic

\$249 PER MONTH PLUS TAX 36 MONTHS



*1 this payment. Stk#: 58978, VIN: L1073181, Model#: 2404 Net capitalized cost \$20,033.93. \$249 plus tax monthly for 36 months with \$3,999 due at lease signing. Includes \$250 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 3/31/20.

2020 Toyota Camry LE

4 Cyl. Automatic

Lease for **\$261** PER MONTH PLUS TAX 36 MONTHS



*1 at this payment. Stk#: 58708, VIN: LU909668, Model#: 2532. Net capitalized cost \$23,515.09. \$261 plus tax monthly for 36 months with \$4,100 due at lease signing. Includes \$215 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 3/31/20.

2020 Toyota Tacoma Doublecab SR5

Shortbed V6 Auto 4x2 4 Cyl. Automatic

Lease for **\$324** PER MONTH PLUS TAX 36 MONTHS



*1 at this payment. Stk#: 58857, VIN: LM126873, Model#: 7146. Net capitalized cost \$33,474.67. \$324 plus tax monthly for 36 months with \$4,200 due at lease signing. Includes \$500 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 3/31/20.

FRANK HYUNDAI

3150 NATIONAL CITY BLVD.
866.542.8238
www.frankhyundai.com

2020 HYUNDAI ACCENT

\$13,777 FRANK'S PRICE
-\$1000 RETAIL BONUS CASH
-\$500 VALUE OWNER
-\$500 MILITARY or 1st RESPONDERS

NET PRICE **\$11,777**



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 3/30/20. *1 at this price #111848.

2020 HYUNDAI ELANTRA SE

\$17,027 FRANK'S PRICE
-\$2250 RETAIL BONUS CASH
-\$500 VALUE OWNER
-\$500 MILITARY or 1st RESPONDERS

NET PRICE **\$13,777**



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 3/30/20. *1 at this price #587016

2020 HYUNDAI VELOSTER

\$19,277 FRANK'S PRICE
-\$1500 RETAIL BONUS CASH
-\$500 VALUE OWNER
-\$500 MILITARY or 1st RESPONDERS

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 3/30/20. *1 at this price #028584

FRANK SUBARU

2829 NATIONAL CITY BLVD.
888.207.1891
www.franksubaru.com

2020 SUBARU FORESTER 2.5

LEASE FOR **\$285** PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



*1 at this payment, STK# 22708, VIN# LH476649, Model# LFB 02. \$285 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 3/31/20.

2020 SUBARU WRX 6MT

LEASE FOR **\$299** PER MONTH PLUS TAX 36 MONTHS



*1 at this payment, STK# 22515, VIN# L9804936, Model# LUN 01. \$299 plus tax monthly for 36 months with \$2,549 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 3/31/20.

2020 SUBARU OUTBACK 2.5 LIMITED

LEASE FOR **\$349** PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



*2 at this payment, STK# 22227, VIN# L3119044, STK# 22232, VIN# L3114426, Model# LDF 34. \$349 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 3/31/20.

4-WHEEL ALIGNMENT

\$89⁹⁵ + tax

~~WAS \$119⁸⁵~~



- 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 3/31/20.

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

\$39⁹⁵ + tax

~~WAS \$49⁸⁵~~

- 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 3/31/20.

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 3/31/20.

PLUS **10% OFF**

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

WE HONOR OUR MILITARY!!