

May is Military Appreciation Month

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THURSDAY, APRIL 30, 2020

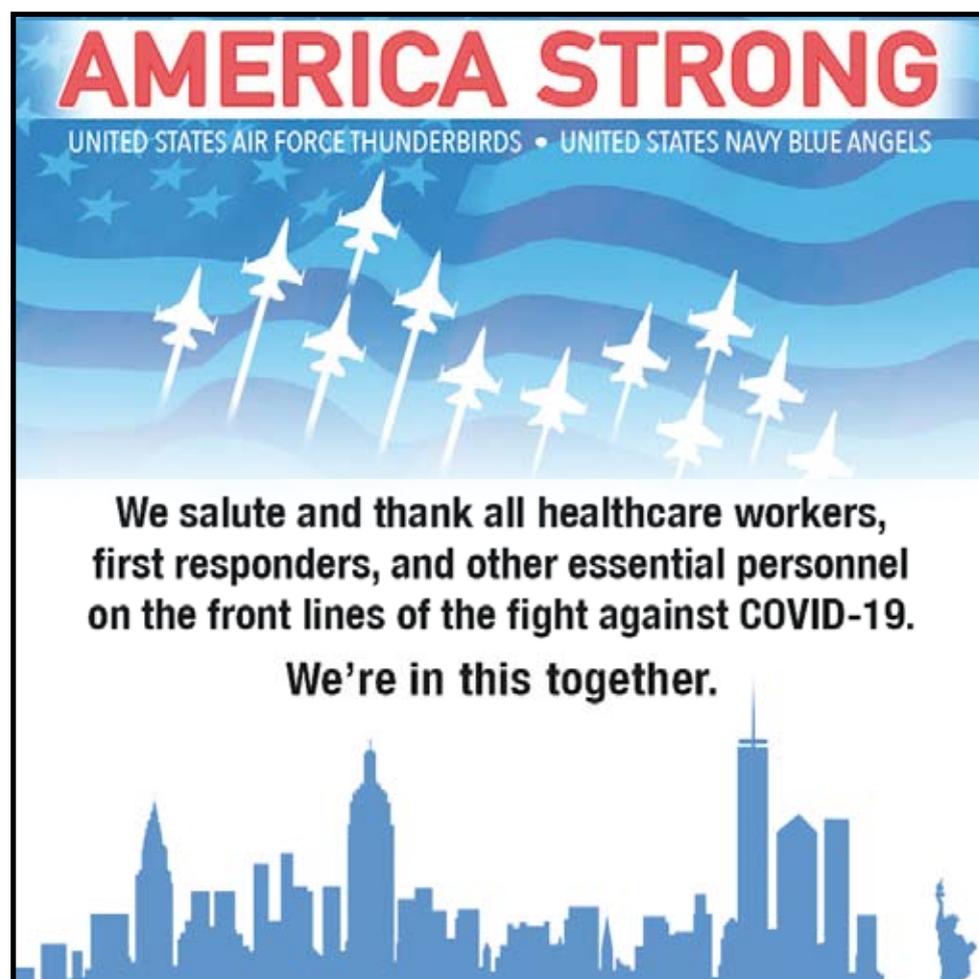
AMERICA STRONG: BLUE ANGELS, THUNDERBIRDS TO CONDUCT MULTI-CITY FLYOVERS OVER NEXT 2 WEEKS

WASHINGTON - In a show of national solidarity, the Navy Flight Demonstration Squadron, the Blue Angels, and the Air Force Air Demonstration Squadron, the Thunderbirds, will conduct a series of multi-city flyovers over the next two weeks.

America Strong is a collaborative salute from the Navy and Air Force to recognize healthcare workers, first responders, and other essential personnel while standing in solidarity with all Americans during the COVID-19 pandemic.

"We're excited to fly over cities across America as our way of saying thanks to the healthcare workers, first responders, and all the people who selflessly run into the breach working to keep America strong," said Gen. Dave Goldfein, Chief of Staff of the Air Force, and Adm. Michael Gilday, Chief of Naval Operations. "This is also our way of showing that we are all in this together and that America's spirit will prevail."

The two demonstration teams will fly over areas of the country hardest hit by COVID-19, starting next week as both joint and individual team flights occurring every one-to-two days until mid-May.



We salute and thank all healthcare workers,
first responders, and other essential personnel
on the front lines of the fight against COVID-19.
We're in this together.

The Air Force and Navy have partnered with local governments and media outlets to help ensure spectators follow Centers for Disease Control and Preven-

tion social distancing guidelines. Both teams are also implementing various measures to maintain personnel and community safety. This includes air-to-air refueling

during transit and no scheduled stops en route to reduce potential exposure to the virus.

The Blue Angels, based at

Naval Air Station Pensacola, Florida, and Thunderbirds, based at Nellis Air Force Base, Las Vegas, typically fly at more than 30 air shows each year to demonstrate American military

aviation. This year, both teams have been forced to cancel many performances in response to Department of Defense direction resulting from the COVID-19 outbreak.

Loyalty Day kicks off Military Appreciation Month

Loyalty Day is observed on May 1, and traditionally kicks off National Military Appreciation Month each year. Loyalty Day is meant for the reaffirmation of loyalty to the United States of America, and for the recognition of the heritage of American freedom. Loyalty Day was made an official recurring holiday on July 18, 1958, although it was first recognized on May 1, 1955. Loyalty Day has been honored with an official proclamation every year, by every president, since its inception as a legal holiday in 1958.

"On Loyalty Day, we recognize and reaffirm our allegiance to the principles upon which our Nation is built. We pledge our dedication to the United States of America and honor its unique heritage, reminding ourselves that we are one Nation, under God, made possible by those who have sacrificed to defend our liberty. We honor our Republic and acknowledge the great responsibility that self-governance demands of each of us."

- President Donald J. Trump

May, marked officially as Military Appreciation Month, is a special month for both those in and out of the military. Not only do we pause on Memorial Day to remember the sacrifice and service of those who gave all, but the month also holds several other military anniversaries and events, including Military Spouse Appreciation Day and Armed Forces Day.

Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the chance to publicly show their appreciation for troops past and present. May was chosen because it has many individual days marked to note our military's achievements, including Loyalty Day, established in 1921, Victory in Europe (VE) Day commemorating the end of WWII in Europe in 1945, Children of Fallen Patriots Day and the anniversary of the death of Osama bin Laden.

DoD report reveals military occupations with highest suicide rates

by Seth Robson,
Stars and Stripes

Army and Marine Corps infantry and gun crews, Air Force service and supply handlers and Navy electricians or mechanics are among the military jobs that had the highest numbers of suicides in 2018, according to an analysis released April 27.

The Department of Defense Suicide Event Report presents data collected by the services about suicides and suicide at-

tempts among service members during the 2018 calendar year.

"There were 325 deaths by suicide identified among active-component service members," the report states.

The data included 139 suicides in the Army, 60 in the Air Force, 68 in the Navy and 58 in the Marine Corps, according to the report.

The military jobs that had the highest number of suicides in each service in 2018 were:

- Army infantry, gun crews, with 40 suicides, or 37.4 percent of the service's total.

- Marine infantry, gun crews, with 13 suicides, or 23.2 percent of the service's total.

- Navy electrical/mechanical equipment repairers, with 13 suicides, or 19.4 percent of the service's total.

- Air Force service and supply handlers, with 10 suicides, or 20.8 percent of the service's total.

"The suicide mortality rate was 24.8 deaths per 100,000 population," wrote analysts with the DOD Psychological Health Center of Excellence who authored the report.

The suicide rate for reservists was 22.9 deaths per 100,000 while the rate for the National Guard was 30.6 per 100,000, the report states.

That compares with a suicide rates for American adults ages 17-59 of 18.2 per 100,000 in

2017, according to the report.

"The annual suicide mortality rates for the active and reserve components demonstrated increases from (2011-2018)," the report states. "In contrast, the annual suicide mortality rates for the National Guard component did not increase."

Some of the data analyzed in the report was released by the Pentagon in September in its first-ever Annual Suicide Report.

At that time Karin Orvis, director of the Defense Suicide Prevention Office at the Pentagon, said the rates were not where leaders wanted them to be.

"They're not in the direction that we want them to be going," she said. "We take this extremely seriously in our department, and it is a top priority" for Defense Secretary Mark Esper.

When last year's report was
see **Suicide**, page 3

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Empowering flexibility, broad discretion and addressing concerns

by Navy Lt. Kristi Esco

A hallmark of the nation's commitment to its military is the promise of providing for service members and their families while they are sacrificing so much to protect the American people and their way of life. Today, the military continues to act as the bulwark of our security while battling a simultaneous silent threat to their own health and wellness.



Sailors aboard hospital ship *Comfort* confer in the ship's intensive care unit April 15. Photo by Navy Petty Officer 1st Class Scott Bigley

Effectively mitigating the spread of COVID-19 requires new customs such as working remotely, restricting movement and social distancing. These are challenges all Americans face, but the added difficulties and arduous nature of military service adds to the complexities for service members. These adjustments have unintentionally created questions about some pay and benefits for military members.

The Defense Department has heard these challenges and the many questions about how the men and women of the military will be compensated during this crisis. Over the last several weeks, the Office of the Assistant Secretary of Defense for Manpower and Reserve Affairs has issued military personnel guidance and further supplemental guidance addressing special policies and procedures implemented to ensure continuing financial security for our members and their families, and guidance on use of leave.

The unprecedented measures to mitigate the spread of COVID-19 require us to change some of our normal business rules and flex our policies where that is warranted. Specifically, this military personnel guidance addresses concerns such as how members can continue receiving Special and Incentive Pays if their duties are severely restricted, Basic Allowance for Housing when a change of duty station is interrupted, how to compensate members for the hardships associated with be-

ing ordered into Restriction of Movement, and how members can continue receiving Service-members' Group Life Insurance (SGLI) coverage if their pay is interrupted.

It also discusses how reservists and National Guard members can perform training periods, called drills, in the midst of travel restrictions, among many other topics.

Many highly-skilled members receive special or incentive pays for their incredible and challenging jobs, such as divers and airborne troops. While under orders to restrict movements, the department will continue paying these incentives, even if these troops are unable to meet their monthly minimum dives or jumps, or any of the requirements of some of the other special and incentive pays.

DOD officials recognize that it is not feasible to perform these duties during this time of crisis, and so, these policy exceptions will allow members to receive their expected compensation.

Another significant issue is how to ensure members do not lose their accrued leave if they are unable to use it between now and the end of the year. Normally, service members can carry over only 60 days of leave from one fiscal year to the next, but this could be a problem for those who are engaged in

the fight against COVID-19 or are unable to go on leave due to the travel restrictions. To protect them from losing their well-earned leave, the undersecretary of defense for personnel and readiness signed a special memorandum authorizing what is called special leave accrual. This authority will let service members carry over leave up to 120 days.

Everyone has been affected by COVID-19. For every service member, their first point of contact should be their chain of command to find out more information concerning pay and personnel policies. Departmentwide guidance on the response to COVID-19, including military personnel guidance, can be found on the department's coronavirus Spotlight page. This same information, as well as additional financial counseling resources can also be found on Military OneSource.

To effectively minimize risk and remain unified as challenges arise, the Office of the Assistant Secretary of Defense for Manpower and Reserve Affairs will continue to work closely with the rest of the Defense Department, other federal agencies, and state and local governments to provide updated information. The department remains committed to responding to this pandemic on the frontlines of that battle while prioritizing protecting troops, DOD civilians and their families.

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U.S. still world's biggest military spender as global expenditures approach \$2 trillion

by John Vandiver,
Stars and Stripes

STUTTGART, Germany - The U.S. continues to drive growth in global military spending, which saw its largest annual increase in a decade as European countries also ramped up expenditures, a new report on defense spending said.

Global military spending rose by 3.6 percent year-on-year to reach \$1.9 trillion in 2019, the highest level since the 2008 financial crisis gutted many military budgets, said the report released Sunday by the Stockholm International Peace Research Institute. Since 2010, global military spending has increased by 7.2 percent, it said.

The U.S. was by far the biggest spender, with its \$732 billion military budget accounting for more than a third of global military spending last year and marking an increase of 5.3 percent compared with 2018, the report said.

"The increase in US spending in 2019 alone was equivalent to the entirety of Germany's

military expenditure for that year," it said.

But Germany, which for years has faced harsh criticism from President Donald Trump for its lackluster investment in defense, also posted big gains. Spending by Berlin increased by 20 percent in 2019 to \$49.3 billion - the largest increase among the top 15 military spenders, SIPRI said.

"The growth in German mili-

tary spending can partly be explained by the perception of an increased threat from Russia, shared by many North Atlantic Treaty Organization (NATO) member states," SIPRI researcher Diego Lopes da Silva said in a statement.

There also were sharp increases in countries that made major weapons system acquisitions, such as Bulgaria, where military spending increased by 127 percent, and Romania, up

by 17 percent.

China, India, Russia and Saudi Arabia rounded out the top five behind the U.S. Together, they accounted for nearly two-thirds of global military spending.

China is estimated to have spent \$261 billion on its military in 2019, or 14 percent of the global total and just over 5 percent more than in 2018. Compared with 2010, what

see **Spender, page 4**



Data reveals 139 suicides in the Army, 60 in the Air Force, 68 in the Navy and 58 in the Marine Corps. Photo by Sarah Cherry

Suicide

continued from page 1

released, Esper told reporters he wished he could say the department had "an answer to prevent further, future suicides."

"We don't," he said. "We are caught up in what some call a national epidemic of suicide among our youth. And not just our youth, but it's something we continue to wrestle with. I believe we have the means and the resources to get ahead of this and do better than our civilian counterparts."

After accounting for differences in age and sex between the military and general U.S. populations, the 2018 suicide rates for both the active and

reserve components were statistically no different from the 2017 U.S. adult population rate, according to Monday's report.

"In contrast, the [2018] suicide rate for the National Guard was significantly higher than the U.S. adult population rate," the report states.

Personal firearms accounted for 66.5 percent of military suicides in 2018. Overdose by drug and/or alcohol was the most common method of attempted suicide, accounting for 59 percent, the report states.

Less than half, or 44.6 percent, of troops who died by suicide in 2018 had a documented behavioral health diagnosis, the report states.



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DoD allows remote extension of ID cards

by Jim Garamone,
DOD News

Is your military ID card expiring, but with social distancing and various stay-at-home orders in effect, you aren't sure whether you'll be able to renew it?

The Defense Department has changed the process to allow service members and civilians to temporarily extend the life of their cards as the nation battles the COVID-19 pandemic. These extended cards that appear expired on their face can continue to be used for access to benefits, including health care and entry to installations and buildings and to systems and networks.

Under these new COVID-19 dersecretary of defense for personnel and readiness, and the Joseph D. Kernan, undersecretary of defense for intelligence and security, released the policy changes in memos published April 7 and April 16. The temporary policies are in place through Sept. 30.

The changes allow people to adhere to social distancing practices by updating or renewing their ID cards from their homes with no need to visit an ID card issuing office. Normally, DOD issues between 18,000 and 20,000 ID cards each day at more than 1,600 sites around the world.

response processes, common access cards, known as CACs, that expire on or after April 16, 2020, and are within 30 days of expiration may have the certificates updated using ID Card Office Online to allow for continued use for logical access through Sept. 30, according to an April 16 Donovan memo. However, officials emphasize that individuals must extend their certificates before the printed expiration date on their CAC.

Individuals must continue to visit an ID card office for first-time CAC issuance, for replacement of a CAC that has already expired, and for CAC

PIN resets.

ID card issuance offices will not reissue an ID card simply because of printed changes, the most common being a name change or promotion.

DOD can remotely issue first-time uniformed services IDs - for example, dependent or retiree IDs. DOD also can remotely replace lost or stolen uniformed services dependent and retiree IDs. Remotely-issued uniformed services ID cards will be issued with an expiration date not to exceed one year from the date it's issued. This does not apply to CACs.



A Army Garrison Rheinland-Pfalz, Germany, community member scans his common access card to gain after-hours access to the Landstuhl Fitness Center. For security reasons, the photo was altered to obscure the card. Army photo by Erinn Burgess

family member IDs has increased from 10 to 14. Continued use of reserve-component uniformed services ID cards

to obtain active duty benefits is authorized for mobilized reservists and their eligible dependents.

Matthew P. Donovan, un-

Under these new COVID-19

Spender

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China spent on its military has increased by 85 percent, the report said.

A 6.8 percent increase in India's military spending in 2019 and a 16 percent decline in Saudi Arabia meant India moved into third place for the first time since SIPRI began tracking global military spending, the report said. SIPRI has been compiling its military spending database since 1949.

Russia's spending increased by 4.5 percent compared with 2018, also pushing it past Saudi Arabia.

"The drop in military spending in 2019 was unexpected as Saudi Arabia continued its military operations in Yemen and, after a missile attack caused significant damage to its oil industry in September 2019, tensions with Iran increased," SIPRI said.

The minimum age for initial

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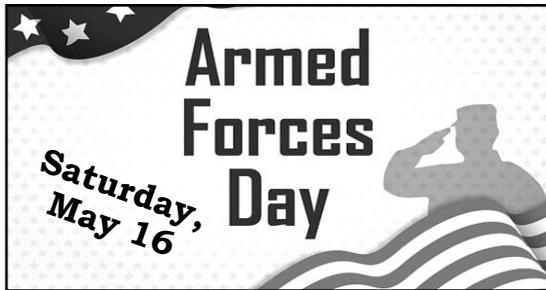
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Social Security Matters

Ask Rusty - Social Security for children and younger wife

by Russell Gloor

Dear Rusty: I am 59. My wife is 48 and has been a stay at home mom for 15 years. We have children aged 13, 10, and 5. I know it makes sense to delay the start of benefits, but I understand that it's more complicated when small children are involved. Does it make sense for me to begin receiving benefits at 62 so I can also collect more for the children? Signed: Older Father

Dear Older Father: Yes, the issue is more complicated when children are involved. Here's why: If you claim your own Social Security (SS) at age 62, your minor children would be able to receive child benefits, and your wife would also be able to receive "child-in-care" benefits, even though she is not yet age-eligible for regular spouse benefits. Usually, a minor child is entitled to 50 percent of the parent's full retirement age (FRA) SS amount, and a younger care-giving wife is entitled to the same. But when there are multiple dependents collecting on the same worker's record the Family Maximum applies.

The Family Maximum limits the amount of total benefits which can be received by the family to 150 percent to 188 percent of the worker's FRA benefit amount. Social Security determines the Family Maximum for each individual case with a complex formula that uses your "primary insurance amount" (or "PIA," the amount you get at your FRA). Your PIA is broken into 4 parts and a different percentage of each part is taken and summed up to arrive at your Family Maximum. Then your PIA is subtracted from the Family Maximum amount and the remainder is equally divided among your minor children and wife. Once a minor child turns 18 (or 19 if still in high school) that child no longer receives benefits and the Family Maximum is recomputed, with the new amount equally divided among the remaining dependents. When your youngest child turns 16, your wife will no longer be eligible for child-in-care benefits. But there's more to consider.

By taking your benefit at age 62, it will be cut by 30% from what it would be if you waited until your full retirement age to claim, and that reduction is permanent. Plus that reduced benefit will mean your wife's benefit as your widow, should you pre-decease her, would be less than it might otherwise be if you waited until later to claim.

Until you reach your full retirement age, you will also be subject to Social Security's "earnings test" which limits the amount of money you can earn before Social Security takes back some of your benefits. The limit for 2020 is \$18,240 and if you exceed that amount, SS will take back benefits equal to half of the excess over the limit. They take back those benefits by withholding your SS until they recover what you owe because you exceeded the limit. And, if your benefits are withheld because you exceed the earnings limit, your children and wife will not get their benefits for any month(s) that your benefits are withheld. FYI, the earnings limit increases by about 2.6 times in the year you reach your FRA and no longer applies once you reach your FRA, but any dependent benefits not paid because you exceeded the earnings limit are lost and cannot be recovered.

So, as you can see, there are many things you should consider. If you will be retired from working at age 62 and don't need to worry about the earnings limit, then claiming then, along with the dependent benefits, could be a prudent choice. But if you will continue to work and earn a significant salary, you might very well find that the benefits you and your dependents lose due to the earnings limit will overshadow any advantage you might gain by filing at that time. And, you might also find that the permanent cut in your own benefit because you claimed early, along with the reduction to your wife's future survivor benefit amount, will make claiming at age 62 less attractive.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration.



Protect yourselves: Stop scammers before they pick your pocket

WASHINGTON, D.C. - While more and more Americans are getting laid off due to the coronavirus crisis, fraudsters are working overtime to con you out of your money and your identity, reports the Association of Mature Americans.

AMAC's National Spokesman, Robert Charles recently issued a warning for seniors to be on alert for cybercrooks out to rob us at a time when we feel vulnerable. It's a warning we should all heed and for which we should all be prepared, says Rebecca Weber, the Association's CEO.

"It's bad enough that our lives have been upended as a result of the pandemic. Don't let scammers use the disease as a way to rob you, access your credit cards and sell you snake oil," says Weber.

She notes that, as Charles cautioned, the authorities have been sounding the alarm since the outbreak of the coronavirus in the U.S. And, a report from the Federal Trade Commission shows a particularly worrying "surge" in the number of consumer fraud complaints with a disproportionate percentage of those complaints coming from individuals over 50 years of age.

"Isolation and uncertainty can trigger a need to 'keep current' about the deadly virus and your computer is the easiest way to get the news for which you are searching. But be aware that the bad guys are using the epidemic and computer technology to pick your pocket or worse, to steal your identity," Weber cautions.

The FBI, in fact, has issued a warning to take measures that can protect you when you go online: "do your research before clicking on links purporting to provide information on the virus; donating to a charity online or through social media; contributing to a crowdfunding campaign; purchasing products online; or giving up your personal information in order to supposedly receive money or other benefits."

But, Weber points out, the bad guys are not just on the Internet.

Robocallers are having a field day as well during the crisis. The Washington Post reported recently that "As the coronavirus pandemic exploded across the country, so did robocalls: American consumers were bombarded with more than 132 million automated calls a day in March according to YouMail, which offers an app that blocks unwanted telecom intrusions."

Both the Internet fraudsters and the phone scammers are ped-

dling everything from fake self-testing kits to phony medicines and hard to get medical products such as face masks.

For example, be wary of door-to-door salesmen offering protective devices and access to testing.

"These old school scammers can come up with seemingly ingenious methods of getting their victims to part with their money," said Weber.

"Recently, it was reported that conmen in Johannesburg came up with a rip-off that gives new meaning to the term 'money laundering.' The crooks knocked on doors claiming to be from the South African Reserve Bank. They used fake credentials and told residents they were collecting coronavirus contaminated banknotes and coins. They even gave their victims vouchers that could be exchanged for 'clean money'."

Dealing with such physical threats is also easy; don't answer the knock at your door and if the hustler is persistent call the police.

The bigger peril during these times is that your personal information might be compromised? The experts say if you believe it's happened to you, report it as soon as possible to the Federal Trade Commission [FTC], the police and the IRS. You should also report it to your banks and other financial institutions where you have accounts.

It's also a good idea to do a thorough check of your credit reports. Look for new, unauthorized activity. Opening new accounts is also recommended as is signing up for credit monitoring and changing all of your Internet passwords, replacing them with new, stronger passwords.

You may also want to "freeze" your credit reports and those of other family members. While freezing your credit will prevent you from opening any new financial accounts, it will also prevent hackers from opening fraudulent accounts using your name. You can always lift the freeze on a temporary or permanent basis. It's easy to do as explained by the FTC on its Website [<https://www.consumer.ftc.gov/articles/0497-credit-freeze-faqs>]. In a nutshell, it simply requires you to request that the three major credit reporting agencies place a freeze on your credit report. Once you feel comfortable that your credit report is protected you can simply request that the agencies lift the freeze.

You can contact the agencies by phone or via their Websites, says Weber. Equifax: 800-685-1111 [Equifax.com/personal/credit-report-services](https://www.equifax.com/personal/credit-report-services), Experian: 888-397-3742 [Experian.com/help](https://www.experian.com/help) and Transunion 888-909-8872 [TransUnion.com/credit-help](https://www.transunion.com/credit-help).



It's easy enough to deal with the robocallers; just hang up on them or block them from calling. Your smartphone provider can help you find an effective call blocking app.

And then there are the person-to-person pandemic scams.

VA establishes the department's first history office

WASHINGTON - The U.S. Department of Veterans Affairs (VA) established the VA History Office (VAHO), April 10, to formally collect and preserve the department's history.

The VAHO will consist of the VA History Program (VAHP) and National VA History Center (NVAHC) and serve as the principal VA-wide management office for centralized VA historical initiatives.

The mission of VAHO is to develop an overarching program to collect, preserve and provide access to VA's relevant historical records and artifacts to tell a comprehensive story of VA and its predecessor organizations.

"VA is one of the few cabinet-level agencies without an official history office," said VA Secretary Robert Wilkie. "The new office will allow the department to document the special relationship between the nation and our Veterans."

The vision is to promote understanding and study of the unique relationship between the United States and its Veterans

through the lens of the VA experience - the care of wounds, the benefits bestowed, the contributions of Veterans to society after serving, and the honors provided at their passing.

When fully functional, VAHP will research and respond to inquiries regarding VA history and support VA leaders in their decision-making process by providing ready access to departmental experiences from the past. The program will also manage historical publication projects and establish an oral history program to capture the experiences of senior officials and long-tenured employees to be included in department archives.

NVAHC will be located in Dayton, Ohio on the campus of the historic VA Medical Center that originally served as a National Home for Disabled Volunteer Soldiers following the Civil War. Two historic buildings on the campus were previously identified for use as a centralized museum and archive for VA. The department is partnering with the VA History Center Foundation to fund renovations for the historic buildings.

The National VA History Center is tentatively forecasted for a 2025 opening based on public funding availability and private fundraising. For more information contact VAHistoryOffice@va.gov.

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Navy scraps E-4 advancement exams this cycle to maintain social distancing

by Joshua Karsten,
Stars and Stripes

Sailors looking to tack on their petty officer crow's this cycle won't be taking an advancement test, following a decision by the Navy to scrap the exams as a coronavirus prevention measure.

The Navy will instead rely on an advancement scoring formula that more heavily weighs job performance, a service statement said.

The exam is normally conducted in large groups aboard ships or in packed gymnasiums, where social distancing can't be enforced, the statement said April 27.

About 20,000 Sailors are eligible for advancement from E-3 to E-4, the Navy said.

The Navy "has determined that it is in the best interest and safety of our Sailors to not administer the E-4 exam," senior Navy personnel official Vice Adm. John B. Nowell said in the statement.

The formula for this cycle will use a "rank-order"

method dominated by sailors' performance mark average, which averages rank-based annual evaluation scores and counts for 72 percent of the calculation. Other factors include awards, previous pass-but-not-advance points, time in rank and education. The Navy also directed sailors to ensure their enlisted advancement worksheets are accurate and up to date - 35,000 of them aren't, the statement said.

About 65,000 exams for advancement to pay grades E-5 and E-6 were conducted prior to coronavirus prevention measures being put in effect. Another 5,000 exams will be conducted in May in small enough groups to maintain social distancing measures, the statement said.

"Our primary goal continues to be keeping all Sailors safe and healthy, while ensuring every advancement candidate has an equal and fair opportunity to advance despite the challenges of the current COVID-19 environment," Nowell said in the statement.

Ways to manage the unmanageable

by Dr. Daneen Skube
Tribune Content Agency

Q: I thought I was doing OK with this virus issue until I my ability to figure out simple things disappeared. Every day I wake up flooded by new problems I've never had before. Even my technology seems to be breaking. The other day I melted down because I couldn't even order groceries online. How can anyone find any peace in the middle of this situation?

A: You can find peace in the middle of this situation in two ways: 1) Finally make the journey to the center of yourself that you may have been too distracted to do before 2) Find a spiritual source that works for you to be your refuge.

If you focus only on the intense storm going on in the world, there will be no peace for you. If you can turn your vision inward, there is refuge in the center of yourself that is an eye of any hurricane.

Many of our lives do feel unmanageable right now. The

natural world is certainly making it clear that she and not we has always been in control. We cannot now believe that nature is subordinate to our will or that our personal ego is adequate to run our lives.

Without starting any holy wars, the basic idea is that a

INTERPERSONAL EDGE:

connection with our soul, as we understand it, may be essential to finding sanity.

During a meditation at the end of 2019, I had an image of standing in a beautiful snowy forest facing a cozy home softly lit at twilight. In the image the snow began lightly falling on my shoulders. The words, "If you can see the world through the eyes of the soul, then the peace of the soul will fall upon you like new falling snow, and if you see the world through the eyes of the ego then you will suffer" came to me.

I cannot prove to any reader

that there is a benevolent intelligence looking out for you. What I do know is experimenting with the theory that there is a refuge within yourself in the form of a connection to a higher intelligence is comforting and may surprise you.

Our humility and kindness

right now with ourselves, each other and a willingness to look inside to discover a spiritual refuge could help. I profoundly believe we will eventually come out of this better than we went into it. I think we will discover better ways of working, clarity about what matters, better work/life balance and more self-sufficiency (cooking anyone?).

Look at global events through the eyes of the soul. What perceptions might you experience with this perspective and what peace may be available? If your life has become unmanageable, seek the refuge of those you love and the possibility there is something

larger than you in charge.

In the middle of this storm, we may discover the divine within ourselves. As we walk together through this storm, I intend my column to be part of your refuge.

The last word(s)

Q: Two weeks seems like a lifetime ago. Am I the only one having this experience?

A: No, when so many things happen, every day can seem like a year. We are all experiencing severe "jet lag" working hard to alter our lives fast enough to keep up with the extreme changes around us.

Daneen Skube is an executive coach, appearing on the TV show Workplace Guru. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything." You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027.

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Navy accepts delivery of destroyer USS Zumwalt

SAN DIEGO - The Navy accepted delivery of USS *Zumwalt* (DDG 1000), the lead ship of the Navy's next-generation of multi-mission surface combatants, April 24.

Following this delivery, the ship will transition from combat systems activation to the next phase of developmental and integrated at-sea testing.

This event marks a major milestone of the dual delivery approach for USS *Zumwalt*, which achieved hull mechanical & electrical delivery from shipbuilder General Dynamics' Bath Iron Works in May 2016. Raytheon Integrated Defense Systems was the prime contractor for the Zumwalt combat system, and has led activation and integration for Zumwalt class ships both in Bath, Maine and San Diego.

"Delivery is an important milestone for the Navy, as DDG 1000 continues more advanced at-sea testing of the Zumwalt combat system," said Capt. Kevin Smith, DDG 1000 program manager, Program Executive Office (PEO), Ships. "The combat test team, consisting of the DDG 1000 sailors, Raytheon engineers, and Navy field activity teams, have worked diligently to get USS *Zumwalt*-ready for more complex, multi-mission at-



In this file photo, USS *Zumwalt* arrives at Joint Base Pearl Harbor-Hickam for a port visit in 2019. Navy photo by MC1 Holly L. Herline

sea testing. I'm excited to begin demonstrating the performance of this incredible ship."

With delivery, USS *Zumwalt* joins the U.S. Pacific Fleet battle force and remains assigned to

Surface Development Squadron One. In addition to at-sea testing of the *Zumwalt* combat system, DDG 1000 will also operate as a key enabler in the acceleration of new warfighting capabilities and rapid development and

validation of operational tactics, techniques, and procedures.

The 610 foot, wave-piercing tumblehome ship design provides a wide array of advancements. Employing an in-

novative and highly survivable Integrated Power System (IPS), DDG 1000 has the capacity to distribute 1000 volts of direct current across the ships' entirety, allowing for enhanced power capability for various

Carrier *Theodore Roosevelt* prepares to return to sea

NAVAL BASE GUAM - Hundreds of Sailors began the transition from quarantine and isolation to aircraft carrier USS *Theodore Roosevelt* (CVN 71) April 29, as the ship prepares to return to sea after a bow-to-stern deep cleaning process.

More than 4,000 Sailors who tested negative for COVID-19 have been in quarantine in hotels off base. It will take several days to move all of these Sailors back on board.

After the ship's arrival to Guam on March 27, approximately 700 Sailors remained on board to maintain critical ongoing operations and begin the cleaning. Since then, the ship underwent an aggressive, multi-pronged cleaning regimen, which balanced effective decontamination with protecting the ship's critical systems. Spaces were vacated for seven days - four days longer than the minimum recommended by the Centers for Disease Control - before being thoroughly disinfected. For spaces that were continuously operational, Sailors cleaned the area before leaving it, while the incoming Sailors cleaned it immediately upon arrival.

Meanwhile, Commander 7th Fleet, Joint Region Marianas, Naval Hospital Guam, Naval Base Guam and the government of Guam coordinated to isolate and quarantine the ship's Sailors in phases, in accordance with recommended Centers of Disease Control and Prevention (CDC) standards.

"Our mission is to make sure the fighting force in the fleet is ready to go at all times," said Capt. Maria Young, commanding officer, Naval Hospital Guam. "I appreciated the Sailors' patience throughout this whole process, as we worked with one another to maintain the health and readiness of the crew and to get the *Roosevelt* back to sea. We're happy to help."

operational requirements. Additionally, the shape of the superstructure and the arrangement of its antennas significantly

reduce radar cross section, making the ship less visible to enemy radars.

see **Zumwalt**, page 9

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Navy provides medical care to Sailors of USS Kidd, disinfects ship

As part of the Navy's aggressive response to the COVID-19 outbreak on board destroyer USS Kidd (DDG 100), the ship arrived at Naval Base San Diego April 28 to provide medical care for its Sailors and to clean and disinfect the ship.

"Sailors have called San Diego home for many years, and we're especially thankful for that relationship now," said Commander, Naval Surface Forces Vice Adm. Richard Brown. "Taking care of our Sailors and cleaning this ship is a team effort, and we're fortunate that the partnership between the Navy and the city of San Diego is allowing us to focus on that mission."

USS Kidd was at sea participating in counter-narcotics operations in the SOUTHCOM area of responsibility when several Sailors began exhibiting influenza-like illness symptoms. One Sailor was medically evacuated to the U.S. on April 22 after experiencing shortness of breath. Commander, Pacific Fleet redirected USS Makin Island - with its robust medical facility, to include intensive care unit, ventilators, and additional testing capability - to rendezvous with Kidd. On April 23, eight medical personnel arrived on board USS Kidd with an Abbott machine

to begin testing the crew for COVID-19.

USS Kidd's executive officer, Cmdr. Matt Noland, released a letter via social media to friends and family on April 24. In it, Noland wrote, "The Navy pulled out all the stops - specialist doctors have already arrived from the United States to test and help care for our shipmates."

As Navy leadership solidified plans to return the ship to port, Sailors who warranted closer observation were transported from Kidd to Makin Island out of an abundance of caution. An additional Sailor was medically evacuated to the U.S. Meanwhile, the ship's crew began intensive cleaning efforts while still underway.

All Sailors will be isolated off-ship with twice-daily medical screenings. Crewmembers who have tested negative will enter quarantine for a period of observation, to include daily visits from military health professionals to monitor for symptoms. Finally, a small contingent of negative tested Sailors will remain on the ship for essential services and deep-cleaning.

For more, refer to this story at https://www.navy.mil/submission/display.asp?story_id=112781.



PASCAGOULA, Miss. (April 20, 2020) - A Sailor from the decontamination team aboard future USS Tripoli (LHA 7), assists Operations Specialist 3rd Class Jacob Michel in wearing personal protective equipment (PPE) before a ship sanitization procedure. Navy photo by MC1 Michael H. Lee



PACIFIC OCEAN (April 21, 2020) - Amphibious assault vehicles (AAV), attached to 3rd Amphibious Assault Battalion, 1st Marine Division, enters the well deck of amphibious assault ship Essex (LHD 2). Essex is underway in the eastern Pacific Ocean conducting routine maritime operations. Navy photo by MC2 Jenna Dobson



PACIFIC OCEAN (April 20, 2020) - Naval Air Crewman (Helicopter) 3rd Class Collin Travis rides in an MH-60S Sea Hawk, assigned to the Wildcards of Helicopter Sea Combat Squadron (HSC) 23, during a vertical replenishment. HSC 23 is conducting routine operations in the eastern Pacific. Navy photo by MC3 Jacob D. Bergh



ORANGE COUNTY, Calif. (April 26, 2020) - Ensign Ha Na, from San Diego, assigned to hospital ship Mercy, discusses patient information with her team at a skilled nursing facility in Orange County. Mercy is deployed in support of the nation's COVID-19 response efforts. One of the Department of Defense's missions is Defense Support of Civil Authorities. DoD is supporting the Federal Emergency Management Agency, the lead federal agency, as well as state, local and

public health authorities in helping protect the health and safety of the American people. Navy Photo by MC1 Rawad Madanat

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Coast Guard monitors increased oil tanker presence off SoCal coast

SAN PEDRO, Calif. - The Coast Guard is monitoring the increased presence of oil tanker vessels near the ports of Los Angeles and Long Beach, which began April 23

There were 27 tanker vessels off the coast of Southern California last Thursday afternoon.

The Coast Guard is the principal federal agency responsible for maritime safety, security and environmental stewardship in U.S. ports and waterways. Coast Guard Sector Los Angeles-Long Beach coordinates operations in an area of responsibility spanning more than 350 miles along the California coast, from Morro Bay to San Clemente and encompassing the nation's largest port complex.

The Vessel Traffic Service provides anchorage assignments based off physical requirements, such as a vessel's draft, length, type, as well as logistical requirements such as duration of stay and intentions while at anchor.

"Due to the unique nature of this situation, the Coast Guard

is constantly evaluating and adapting our procedures to ensure the safety of the vessels at anchor and the protection of the

surrounding environment," said Cmdr. Marshall Newberry, from Coast Guard Sector Los Angeles/Long Beach. "Coast Guard

watchstanders, in partnership with the Marine Exchange of Southern California, are closely monitoring each anchorage to

manage the increased number of tank vessels we're seeing off the California coast."

in an area extending 25 miles out to sea from Point Fermin.

The Maritime Transportation System is a network that consists of 25,000 miles of coastal and inland waters and rivers serving 361 ports. The MTS supports \$4.6 trillion of economic activity each year, accounting for the employment of more than 23 million Americans.

Marine Corps seeks third-party financed energy solution

SAN DIEGO - Naval Facilities Engineering Command (NAVFAC) Southwest is soliciting proposals from industry to achieve Marine Corps Recruit Depot San Diego's energy security objectives.

"The project aims to deliver full-base energy resilience for our installation, which is an essential training ground on the West Coast for the next generation of Marines," said Brig. Gen. Ryan Heritage, MCRD commanding general.

The Department of the Navy will consider both renewable and non-renewable energy sources.

The installation seeks developers to provide innovative energy security solutions on an underutilized 1.53-acre plot of unencumbered land within the MCRD perimeter, adjacent to the San Diego International Airport. Using an Enhanced Use Lease, the DoN plans to secure a third-party developer to construct and operate an energy generation system on the land. The developer would then sell the energy to the off-base grid.

In the event of an outage, the agreement terms also would provide the DoN physical and legal access to the generated power as a backup, securing the installation's mission readiness when training new Marines.

"To meet our mission-essential requirements, we need assured access to reliable supplies of energy and the ability to protect and deliver sufficient en-

ergy to the installation. We are looking for innovative designs that are compatible with our mission, that will maximize the energy production, storage, and distribution at the site," said Heritage.

The installation is seeking electrical infrastructure upgrades from the developer as in-kind consideration, which will increase MCRD's energy resilience posture. The installation is highly interested in other value-added IKC, such as microgrid infrastructure to enhance the base's energy security. The project is in alignment with the DoN's Installation Energy Resilience Strategy, released in March, which emphasizes the need to increase mission capability by integrating a higher degree of energy security at DoN installations.

"This Request for Proposals will enable the installation to leverage its available property to improve one or more of the DoN's energy security objectives of reliability, resilience, or efficiency," said Capt. Mike Oestreich, NAVFAC Southwest commanding officer.

This is the second request for proposals issued by the DoN's newly established Acquisition Modernization Office, which falls under the NAVFAC structure.

"By using third-party financing, we can find alternative ways to finance the DoN's growing backlog of critical unfunded installation requirements," said John Kliem, AMO executive director.

Vessel Traffic Service Los Angeles-Long Beach is jointly operated by the Coast Guard and Marine Exchange from the Vessel Traffic Center located in San Pedro. The VTS assists in the safe navigation of vessels approaching the ports of LA/LB

Zumwalt continued from page 7

"Every day the ship is at sea, the officers and crew learn more about her capability, and can immediately inform the continued development of tactics, techniques, and procedures to not only integrate *Zumwalt* into the fleet, but to advance the Navy's understanding of operations with a stealth destroyer," said Capt. Andrew Carlson, the commanding officer of *Zumwalt*.

"After sailing over 9000 miles and 100 days at sea in 2019, we are absolutely looking forward to more aggressive at-sea testing and validation of the combat systems leading to achievement of

initial operational capability."

Zumwalt is the first ship of the *Zumwalt*-class destroyers. USS *Michael Monsoor* (DDG 1001) is also homeported in San Diego and is undergoing combat systems activation. The third and final ship of the class, the future USS *Lyndon B. Johnson* (DDG 1002), is under construction at BIW's shipyard in Bath, Maine.

As one of the DoD's largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and special warfare craft.

AutoMatters™ & More



by Jan Wagner

The annual SEMA Show in Las Vegas is billed as "the world's premier automotive trade show." It represents the \$44.6 billion automotive aftermarket, overflowing the gigantic Las Vegas Convention Center into its walkways, roads and parking lots with customized and new model, on- and off-road vehicles, that showcase the vast number of specialized parts that are on display at the SEMA Show.

The SEMA Show also attracts motorsports events, one of the most noteworthy of which is the OPTIMA Ultimate Street Car Invitational (OUSCI), presented by Advance Auto Parts. In recent years it has been held at the Las Vegas Motor Speedway. The cars that compete in that two-day, post-SEMA Show weekend event, are first displayed at the SEMA Show itself, after which they are driven to the track where the competitions will be held.

The cars and trucks that compete in OUSCI are highly modified, serving as the ultimate high-performance examples of what can be done to enhance vehicles with aftermarket parts, such as those on display at the SEMA Show.

The OUSCI is by invitation only. Qualifying events are held across the U.S. throughout the year, from which competitors' three top events are counted. Additionally, some drivers' vehicles are selected during the SEMA Show itself, at which time "Golden Tickets" are awarded, good for entry into the OUSCI.

2019 OPTIMA Ultimate Street Car Invitational

The 2019 OUSCI challenged the competitors with several different events: the QA1 Autocross, Lucas Oil Road Rally, Falken Tire Road Course Time Trial, PowerStop Brakes Speed Stop Challenge and Lingenfelter Performance Design and Engineering Competition. The results were tallied, and at the end of the weekend the champions were awarded their trophies.

The on-track competitions were thrilling for spectators to watch. The tires sometimes billowed smoke and howled in protest as the competitors skillfully negotiated the pylon-lined courses at the very edge of losing control - and sometimes beyond!

In the autocross, pairs of vehicles competed on mirror-image courses. The objective of their drivers was to get around the course as quickly as possible, preferably without hitting any cones or going off course. Striking cones earned the drivers time penalties.

In the speed stop challenge, the objective was also to complete the course as quickly as possible, but with an added twist: coming to a stop at the end of the short course within a designated area delineated by pylons, without taking out any of them. Some cars dramatically slewed sideways and safely touched the cones ever so gently - others went beyond the track limits.

OUSCI events are run rain or shine. The competition cars must be safe to be driven on public roads. They are, after all, supposed to be street cars.

Preparing vehicles to win in competition in the OUSCI can get very expensive. As with any automotive modifications, there are two components: parts and labor. One way to reduce the cost of the modifications is to do at least some of your own labor. Some items need to be replaced more

often than others, especially tires and brake pads.

Speaking of tires, all tires are not created equal. Sticky rubber can be a huge advantage over more durable, harder rubber compounds that are optimized for long life and high mileage - at the expense of ultimate cornering and braking performance. To somewhat mitigate tire costs to the competitors and encourage the use of tires that are more suitable for street use, the OUSCI has established a minimum treadwear rating of 200.

As in other forms of motorsports, having the ultimate in high performance parts will provide an advantage, and that can get very expensive. Making do with older tires and brake pads, perhaps a tired engine and other worn parts will detract from performance, but driver skill and experience can help to compensate for that. A highly skilled, experienced driver in a less than fully optimized car might defeat a lesser driver using the best equipment.

For the second year in a row, the 2019 Ultimate Street Car Invitational champion - despite some changes to the rules - was Mike DuSold, driving a highly modified 1967 Chevrolet Camaro. He said this: "Just wait 'till y'all see what we got next year!"

The cars at the top of the score charts also included Dodge's Viper, Subaru's STI, Nissan's GTR, Tesla's Model 3 and a 1969 Mercury Cyclone.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #640" in their search bar. Please send your comments to AutoMatters@gmail.com.

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'Competitive' college talk tips

Traditionally, May 1 is National Decision Day for high school seniors picking colleges. Covid-19 has delayed some universities' schedules; however, parents will inevitably begin engaging in vaguely competitive "college talk." Beware: These seemingly innocent conversation starters are an invitation into a quagmire of double entendre. For example:

Parent #1: "What college will your son/daughter attend in the fall?"

Parent #2: "He/she will attend XYZ University."

Parent #1: "Oh, that's swell."

Hidden beneath this rudimentary exchange is an underground strata of complex connotations and secret intent.

How do I know this? Each of our three children experienced the college pick process between 2014 and 2018. I logged thousands of miles in our minivan to visit schools, go on tours, stay in lousy hotels, and eat complimentary cookies. Between the three kids, they took dozens of entrance exams, completed 28 applications, wrote countless essay revisions, and chewed scores of fingernails while waiting on acceptance letters.

After the decisions were made, we were expected to report the news to our friends. For most of 2014 to 2018, we lived on base, and many of our friends were empty nesters about to retire from active duty service like us. There is much to be learned by observing this unique breed of parent.

They don't collect twigs, preen their feathers, or engage in elaborate mating rituals. But, empty nesters have "been there, done that" when it comes to parenting. Interacting with these seasoned veterans around backyard fire pits and at the dog park taught me that those college pick talks are not what they seem.

I learned the hard way that, when people ask, "What college did Little Suzie decide on?" they really want to know, "Did she get any rejection letters?" And when you answer, "She's going to State," they are tabulating all prior conversations in an attempt to figure out the schools that gave Suzie the Heisman.

In order to diffuse their natural curiosity, it's best

to be frank. Tell them which schools declined to accept your child's application. However, do not be tempted to add, "We're actually happy that Little Johnny didn't get into Old Ivy, it just wasn't the right fit for him." The listener will only hear, "Little Johnny's 'Ds' in Chemistry came back to bite him, and besides, those ivy leaguers are stuck up anyway."

Also, although it is considered gauche for civilian friends to discuss money matters, talking about personal finances is quite common in the military community. Thanks to clearly defined rank structures, we military folks know each other's pay grades. As soon as they find out that your child's college costs upwards of fifty grand a year or more, they'll wonder how you're paying for it because they know your salary.

You may wish to remain silent, and let them speculate that your child was offered a scholarship for some hidden talent like didgeridoo or curling. In a vacuum of information, your friends might think that you've got some long lost rich uncle who graced you with a trust fund, but this might be hard to believe if you drive a used minivan and buy buns from the day old rack at the commissary.

Unless you tell your friends up front that you are paying for college with the GI Bill, loans, your Thrift Savings Plans, or your 529 plans; they'll think that you're planning to take the night shift at the local 7-Eleven and move the family into a cardboard box over a heating grate in order to afford the tuition bills.

As long as you deliver the news of your child's decision without pretense, you will be met with understanding. Honesty is clearly the best policy to stop wondering minds from wandering to the absurd.

Our children? Hayden went to Rensselaer Polytechnic; we used the GI Bill to pay for it. Anna went to Syracuse University on a decent financial aid package. And Lilly spent a year at pricey Hobart before transferring to more affordable University of Rhode Island. All three kids took \$5,000 annual federal loans to help us afford tuition bills.

And yes, it's been really swell.

The Meat & Potatoes of Life



by Lisa Smith Molinari

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

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

Rep. Peters congratulates record number of CA-52 students appointed to service academies

SAN DIEGO - Rep. Scott Peters (CA-52) released the following statement commending the 15 students from California's 52nd congressional district - a record number - who received official appointments at the United States Air Force, Naval, Military, and Merchant Marine academies.

"I want to congratulate the young men and women in San Diego, and their families, who were accepted to our nation's prestigious service academies," said Rep. Peters. "Military service is so crucial to the continued success and safety of our country. Particularly now, we're seeing the dedication and bravery that our servicemembers are known best for as they enhance response efforts to combat COVID-19 domestically and uphold their duties abroad. The current displays of service reflect the best values of America, and I'm confident their commitment will be carried on by the exceptional future leaders of our Armed Forces attending the U.S. service academies as the class of 2024."

The following students, first nominated by Rep. Peters and the service academy board members in January, have been specially selected by each respective academy as part of their 2024 class:

- United States Air Force Academy (USAFA)**
'Integrity First, Service Before Self, Excellence In All We Do'
Alexxis Brown- Westview High School
Asher Ellis- Francis Parker School
Blake Eastman- Serra High School
Holden Brosnan- Cathedral Catholic High School
Isaac Schultz- La Jolla High School
Samuel De La Cruz- The Bishop's School
Tyler Wheeler- Torrey Pines High School
- United States Merchant Marine Academy (USMMA)**
'Acta Non Verba; Deeds Not Words'
Grant Gould- Coronado High School
Rigney Herrera- Cathedral Catholic High School
- United States Military Academy (USMA)**
'Duty, Honor, and Country'
Benjamin Berry- San Diego City College
Gwendolyn Vestal- Del Norte High School
Kate Hartford- La Jolla High School
Nathan Kim- The Cambridge School
- United States Naval Academy (USNA)**
'Ex Scientia Tridens; From Knowledge, Seapower'
Christie Linnard- The Bishop's School
Caitlin Fish- Naval Academy Prep School

Congressman Peters serves the 52nd District of California, which covers much of central San Diego County including Poway, Coronado, and large portions of the City of San Diego. He is a member of the House Energy & Commerce and Budget Committees. The Congressman is a former environmental attorney, City Council President, and Port Commission Chairman.

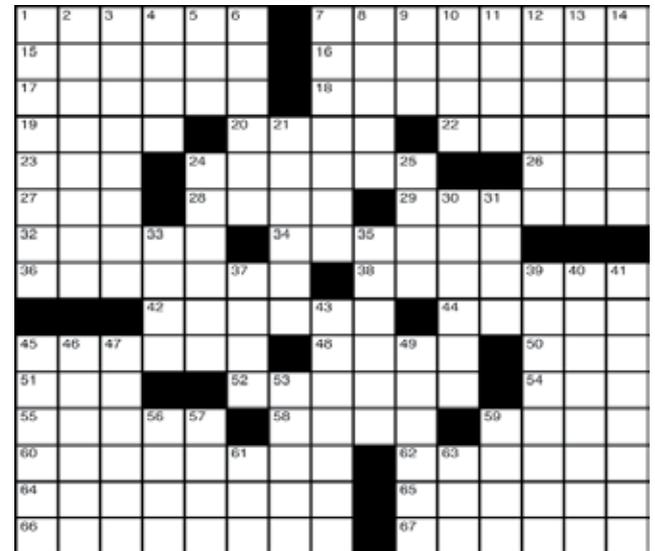
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Across

- Major clothing chain
- Free speech inhibitor?
- Morsel
- Tufted tweeter
- Unspecific threat
- "Right you are!"
- "Women and Love" author Shere
- Tach readings
- Norwegian king during the Cold War
- Serial sequence
- Attributes
- Door opener?
- Where Martin Scorsese taught Oliver Stone: Abbr.
- Rhein tributary
- 16th-century rulers
- Archaeologist, at times
- Capital of Kazakhstan
- Disdained, with "at"
- Mickey Rooney septet
- Blue on screen
- Last Supper query
- Completely overhauled
- Revelation figs.
- Texter's appreciation
- I, perhaps
- Harsh
- U.N. ambassador appointed by JFK
- 2008 Best New Artist Grammy winner
- Sweet sign-off
- King Ahab's father
- Different exercises performed consecutively
- Boxer Rebellion setting
- Cherish
- Shady Records co-founder
- Snakes
- Event associated with warm climates and big midday meals

Down

- Driving instructor's reminder
- "Star Trek: Voyager" actress
- Initial encounter in a romcom
- Fit
- Frat letters
- Former Nissan SUV
- Hinders
- "Bullets Over Broadway" Oscar winner
- Sci-fi staples
- Recess rejoinder
- Stir up
- Katy of "High Noon"
- Sincere sign-off
- Player of Kent
- Flaunt
- Fiction's Lord Greystoke
- Pringles alternative
- Ill-conceived
- Stand for 45-Down
- First name in architecture
- Hybrid cuisine
- "Nos ___": 2000s French-Canadian drama set in a summer home
- Total assets?
- One way to connect nowadays
- Quality control process with an alphanumeric symbol
- Allots
- They involve insult comedy
- Stomach
- Superior, vis--vis Michigan
- Metaphors, e.g.
- Wield
- Vault
- Language that gave us "plaid"
- Tom Joad, e.g.
- Flare producer
- "Big four" record company



Friends Don't make Friends Wait in Hot Cars!

Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

Roy's Sudoku

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

Safe Mental Health Care During the COVID-19 Outbreak

VA encourages accessing its mental health support from home

May is Mental Health Awareness Month. Now more than ever, the VA San Diego Healthcare System (VASDHS) is committed to providing high-quality mental health care while keeping Veterans safe from exposure to the coronavirus.

To help reduce the risk of infection at the facility, VASDHS asks that Veterans use VA's online resources for routine or non-urgent mental health care and questions. This will help protect Veterans from contracting COVID-19 while enabling providers at VASDHS to focus on care for Veterans with the most acute needs.

"Due to COVID-19 precautionary measures, and out of concern for our local Veterans, we are honoring current physical distancing guidelines," said Dr. Robert M. Smith, the director at VASDHS. "Through VA's virtual care tools, we are able to

leverage available technology to make sure that our patients and staff are as safe as possible during this time."

VA offers Veterans a variety of at-home resources, including the following:

Telephone or Video Appointments – Veterans should maintain their existing mental health appointments — and may receive care at home — using VA Video Connect on their computers, smartphones, or tablets. To set up telephone or video appointments, Veterans can send their health care provider a secure message on My HealtheVet by visiting myhealth.va.gov.

Veterans can learn more about VA Video Connect at mobile.va.gov/app/va-video-connect.

Prescription Refills and Safety – Veterans should continue taking all medications as prescribed and talk to their mental health provider if they have any

concerns. Veterans may request prescription refills and order shipments of medications to their homes using My HealtheVet or the Rx Refill mobile app, which can be downloaded at mobile.va.gov/app/rx-refill.

VA's Safe Home Environment handout provides information on safely storing medications in the home.

Mental Health Information and Resources – VA provides information on ways for Veterans and their families to maintain and enhance their mental health and well-being during the COVID-19 outbreak. Information about managing stress and anxiety, as well as mental health resources, are available at www.mentalhealth.va.gov/coronavirus/resources.

Text Message Reminders – Veterans can use Annie's Coronavirus Precautions protocol to send automated text messages with information about COVID-19. This application helps Veterans monitor their symptoms and can assist those who need to contact their VA facility for care. Veterans may enroll in the app at mobile.va.gov/annie.

Mental Health Month – This May, VA is observing Mental Health Month by emphasizing that "Now Is the Time." Even during the coronavirus outbreak, Veterans can still prioritize their mental health. Veterans and their families can visit www.MakeTheConnection.net/MHM to learn more about mental health resources and hear stories of recovery from other Veterans.

For questions and appointments, please call our VA San Diego Call Center at (858) 552-7475 or the Mental Health scheduling Call Center at: (858) 642-3391.

For more information on ways for Veterans to maintain and enhance their mental health and well-being during the COVID-19 outbreak, visit www.mentalhealth.va.gov/coronavirus.

AgeWell says, 'you've got a friend' Supporting older adults feeling isolated and alone during stay-at-home order

While current public health orders encourage people to stay home to help stop the spread of COVID-19, the City of San Diego is taking steps to address mental stress that can arise in older adults who are feeling lonely during the crisis.

San Diego seniors ages 55 and older can receive a telephone call from staff in AgeWell Services, part of the City's Parks and Recreation Department. Calls are made every weekday between 8 and 10 a.m. to provide older residents a compassionate voice to talk with and help reduce feelings of isolation they may experience.

"The social calls service provides seniors the chance to speak with a live person at least once a day to make them feel connected to their community during this unprecedented time," said Andy Field, director of the Parks and Recreation Department. "We want to make sure we are reaching out to those vulnerable seniors who would benefit by hearing a friendly voice that can provide comfort and reassurance."

City staff can also share recommendations for resources that are available to seniors who may have concerns about nutrition or food for their pets, among others.

The social calls service is free and participants must opt-in. Seniors or their loved ones can contact AgeWell Services at 619-236-6905 or thesocial@sanidiego.gov to sign up and have their questions answered. The City of San Diego AgeWell Services program offers activities and events for older residents in our communities to keep them healthy, engaged and active. For more information about the wide array of services available to seniors, please visit www.sandiego.gov/agewell

Guidance on the use of face coverings

All individuals on DoD property, installations, and facilities are required to wear cloth face coverings when they cannot maintain six feet of social distance.

San Diego Distillers Guild members produce & donate sanitizer in response to COVID-19

In support of its San Diego community and frontline workers near and far during the COVID-19 crisis, the San Diego Distillers Guild announces a multi-member initiative that has seen more than a dozen San Diego craft distilleries switching operations to produce large quantities of hand sanitizer in lieu of artisanal spirits. As produced, Guild member distilleries have and continue to supply thousands of gallons to first responders and those on the frontline, while distributing free and low-cost hand sanitizer to the public during a time when demand for the product has risen exponentially.

To date, Guild members have produced and then donated or sold more than 10,000 gallons of sanitizer to agencies and organizations such as the City of San Diego, United States Postal Service, UPS, the US Navy (including the USS Portland, USS Pearl Harbor, and USS Independence), the City of Los Angeles, and Amazon, as well as most local police and fire departments, banks and credit unions, grocery stores, hospice and healthcare workers, and civic organizations locally and as far away as Texas and Hawaii.

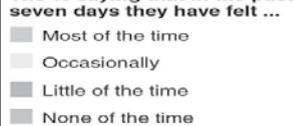
Many members have also made simultaneous efforts to distribute hand sanitizer to the public, often with no purchase required. Several pop-up sanitizer giveaways have and continue to happen around the county, with people lining up six feet apart to receive a bottle for personal use. While distributed on a first come first serve basis, Guild members have yet to run out of hand sanitizer and together are continuing production to steel against possible future shortages caused by the outbreak of COVID-19.

The San Diego Distillers Guild has created a webpage listing members currently making sanitizer, with contact information provided for each craft distillery, at www.sddistillers.com/handSaniProducers.

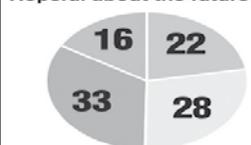
Your mental health during pandemic

Health experts are concerned about the potential mental health effects of the coronavirus outbreak in the United States, and mental health hotlines report a substantial uptick in calls since the outbreak began.

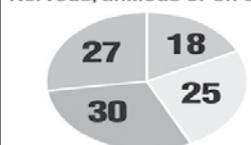
The % saying that in the past seven days they have felt ...



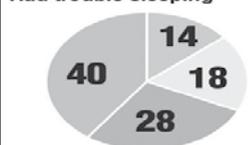
Hopeful about the future



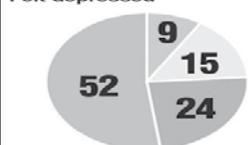
Nervous, anxious or on edge



Had trouble sleeping



Felt depressed





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1st RESPONDERS

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36 MONTHS



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- 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 5/31/20.

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 5/31/20.

Plus **10% OFF**

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

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