

MOTHER'S DAY: Don't forget to call mom this Sunday
See inside section for National Military Spouse Appreciation Day. **See page 9**

Career Advice
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SIXTIETH YEAR NO. 2
THURSDAY, MAY 7, 2020

SPECIAL WARFARE CENTER RESUMES PORTIONS OF PAUSED SEAL AND COMBATANT-CRAFT CREW TRAINING

by Lt. John Mike,
Naval Special Warfare Center

CORONADO - Naval Special Warfare (NSW) Center resumed two paused phases of its SEAL and Special Warfare Combatant-craft Crewman (SWCC) selection-and-assessment training, May 4.

NSW Center, which oversees the initial and advanced training of the Sailors who make up the Navy's SEAL and Special Boat teams, paused instruction of three of its 12 cohorts, March 16. The final paused phase is scheduled to restart May 11.

"We took a conservative approach to properly assess our student population and establish protocols in order to minimize risk to them during training," said Capt. Bart Randall, commodore, NSW Center, adding the decision to restart training is based on mitigation efforts put in place that follow CDC recommendations and DOD medical professional guidance.

Instructors will continue to wear facemasks and gloves, when practical, and make sure students perform daily COVID-19 screenings. Classes will maximize bubble-to-bubble travel to limit personal contact outside their cohort and remain on base until after the completion of BUD/S Hell Week and its SWCC counterpart, The Tour.



SEAL candidates participate in surf immersion and physical training (inset) during Basic Underwater Demolition/SEAL training. Navy photo by MC1 Anthony Walker

"The health and well-being of our students still remains our top priority," said Randall. "Any student showing signs of illness will be pulled from training and evaluated by medical professionals before returning."

Students in the SEAL and SWCC training pipelines will also see a heavy emphasis placed on social distancing within their own cohort.

Already a BUD/S staple, the megaphone will have increased use by instructors to prevent

face-to-face contact. Classrooms will also have a cap on student numbers and procedures will be implemented during physical training events, like class runs and swims, to maintain student separation to the greatest extent possible.

"NSW expects its operators to be flexible in all phases of mission planning and execution, and we practice what we teach at our schoolhouse," said Randall. "NSW Center will continue to safely train and deliver SEALs and SWCC to the Force ca-

pable of performing at the high standards demanded of NSW operators."

Background: The SEAL team is the heart of the NSW force; a multipurpose combat force organized and trained to conduct a variety of special operations missions in all environments.

SEALs conduct clandestine missions infiltrating their objective areas by fixed- and rotary-wing aircraft, Navy surface ships, combatant craft, submarines and ground mobility vehicles.

Special Boat Teams are manned by Special Warfare Combatant-craft Crewmen who operate and maintain state-of-the-art surface craft to conduct coastal patrol and interdiction and support special operations missions.

Focusing on infiltration and

exfiltration of SEALs and other SOF, SWCCs provide dedicated rapid mobility in shallow water areas where larger ships cannot operate. They also bring to the table a unique SOF capability: Maritime Combatant Craft Aerial Delivery System - the ability to deliver combat craft via parachute drop.

Online tutoring now available for military, civilian families

by MC1 Mark D. Faram

With schools from Pre-K through college shut down due to the COVID-19 pandemic, Navy military and civilian families are often navigating uncharted waters when looking for studying help for their children's schoolwork or even their own - until now.

Thanks to the DoD Military Community and Family Policy Office, the extended military family now has round-the-clock tutoring assistance through the website tutor.com at no cost.

All of this is just a screen tap away for the extended Navy family, as the service announced access is available in the latest update of the MyNavy Family mobile app.

"Shipmates, this is an incredible benefit, and we are excited to be able to put tools like this in the hands of our Sailors, civilians and their entire families," said Vice Adm. John B. Nowell, the Navy's top uniformed personnel officer. "With schools closed at all levels, this is yet another way we can ease some of the stress on our total workforce at a time they can really use it - please spread the word."

[Tutor.com](http://tutor.com) dishes up on-demand academic support 24-hours a day, 7-days a week in more than 100 subjects with a full range of assistance for young children through college-level courses.

This will be especially useful for parents at home with kindergartners through 12th graders who are currently navigating at-home learning. With less than normal access to their teachers these days, the DoD wanted to ensure that families had help available through one-on-one tutors. [Refer to https://www.ang.af.mil/Media/Article-Display/Article/2161118/free-online-tutoring-available-to-military-and-dod-civilian-families/](https://www.ang.af.mil/Media/Article-Display/Article/2161118/free-online-tutoring-available-to-military-and-dod-civilian-families/).

Navy in Barents Sea for first time since 1980s as Russian activities mount in Arctic

by John Vandiver,
Stars and Stripes

Four U.S. Navy warships were operating May 4 in the Barents Sea, marking the first time naval surface ships have maneuvered in the Arctic waterway north of Finland and Russia since the Cold War, the service said.

"In these challenging times, it is more important than ever that we maintain our steady drumbeat of operations across the European theater, while taking prudent mea-

sures to protect the health of our force," U.S. 6th Fleet commander Vice Adm. Lisa Franchetti said in a statement. "We remain committed to promoting regional security and stability, while building trust and reinforcing a foundation of Arctic readiness."

The push above the Arctic Circle is part of a Navy effort to muscle up in a region where Russia has invested heavily in recent years and where China also has declared itself a power with eco-

nomics interests.

"U.S. Navy surface ships have not operated in the Barents since the mid-1980s," U.S. Naval Forces Europe said in a statement May 4. "Allied and partner navies must remain proficient in all operating environments to ensure the continued security and access to the seas."

Three destroyers - USS *Donald Cook*, USS *Porter* and USS *Roosevelt* - were joined by combat support ship USNS *Supply*. The

United Kingdom's HMS *Kent* also took part in maritime security operations, NAVEUR said.

In recent weeks, the U.S. military in Europe has sought to emphasize that operations are continuing, even as the services grapple with the coronavirus pandemic. While the virus has curtailed numerous exercises, the Navy in Europe has been busy in recent weeks in the "high north," the service said.

USS *Porter*, USS *Donald Cook*

and HMS *Kent* last week completed an anti-submarine warfare exercise in the Norwegian Sea. A U.S. submarine, as well as a P-8A Poseidon reconnaissance aircraft, also took part in the drills, the Navy said.

Countering Russia's submarines has become a focal point for U.S. European Command. Over the years, Russia has modernized its undersea fleet and increased activity in the Arctic, drawing the attention of top U.S. commanders.

NAVEUR boss Adm. James Foggo, speaking last Thursday at the U.S. Naval Institute's 147th annual meeting, highlighted how 10 Russian submarines were simultaneously underway in the Arctic and North Atlantic last fall.

"That number would have grabbed the attention of Lieutenant Foggo at the height of the Cold War," he said.

Russia has "taken an aggressive approach in the Arctic" and elsewhere, he added.

USS Makin Island escorts USS Kidd to San Diego

SAN DIEGO - In support of the Navy's response to cases of COVID-19 on board USS Kidd (DDG 100), USS Makin Island (LHD 8) escorted Kidd to San Diego to allow crew members to receive medical treatment.

During transit, Makin Island refueled Kidd and ultimately received 15 patients who needed additional care.

On April 23, Commander, U.S. Pacific Fleet redirected the amphibious assault ship, with embarked aviation squadrons, the "Scorpions" of Helicopter Maritime Strike Squadron (HSM) 49 and the "Wildcards" of Helicopter Sea Combat Squadron (HSC) 23, to rendezvous with Kidd to establish a COVID-19 afloat medical response in the event the ship needed assistance during its transit to San Diego.

"We were standing by and able to bring those Sailors to Makin Island while still maintaining isolation and quarantine of them and the medical professionals that we have onboard who treated them," said Capt. Chris Westphal, commanding officer of Makin Island.

"We took every precaution to ensure the safety of both Makin Island and Kidd Sailors," he said, "and to ensure Kidd returned to



Destroyer Kidd arrives in San Diego April 28 as part of the Navy's aggressive response to the COVID-19 outbreak on board the ship.

Navy photo by MC2 Alex Millar

San Diego safely, and we were proud to be able to help our fellow shipmates."

Makin Island provided a surface independent duty corpsman and additional medical supplies to bolster Kidd's medical capabilities on April 26 via HSC 23 helicopter. Crew members wore N-95 masks, medical gowns over their uniforms, and nitrile gloves in addition to the required flight safety equipment.

A MH-60R from the "Wolfpack" of Helicopter Maritime Strike Squadron (HSM) 75 embarked aboard Kidd conducted all patient transfers.

Following their flights, aircrew members also participated in decontamination practices, and helicopters as well as all gear used were heavily sanitized.

Sailors aboard Kidd requiring advanced care, or who showed symptoms likely to elevate, were transported to Makin Island where extensive decontamination and quarantine procedures

and equipment were in place. Medical providers who treated COVID-19 patients remained in quarantine while their patients were aboard the ship. After returning to port and transporting patients to shore medical facilities, they began self-isolating at their homes.

"The ability and flexibility of our amphibious force allows for the speed necessary to provide immediate assistance," said Rear Adm. Philip Sobeck, commander, Expeditionary Strike Group 3 (ESG-3). "Ensuring the health and well-being of our Sailors remains our top priority."

A family physician, a medical regulation control officer, and the officer in charge of Fleet Surgical Team 1 sequestered in port with the Makin Island beginning March 26. An FST 1 critical care nurse, a laboratory technician, a certified registered nurse anesthetist, and a respiratory therapist from FST 5, arrived April 23 as part of the effort to assist Kidd.

Landing Helicopter Dock

amphibious assault ships, such as Makin Island, have robust medical capabilities that include operating rooms, acute care wards, dental examination rooms, and intensive care units. LHD medical departments consist of two medical officers, one surface independent duty corpsman, one medical service corps officer, one dental corps officer, and 19 hospital corpsmen.

Makin Island is considered a Role 2 medical treatment facility, capable of providing advanced trauma management and emergency medical treatment. Makin Island has an ICU capacity of 16 beds with the ability to provide five ICU patients critical care to include mechanical ventilation. Additionally, the ship has an acute care ward capacity of 45 beds with the ability to surge to 250 patients using troop berthing.

"Sailors and Marines from Makin Island sailing in support of Kidd reflect the best of Naval Integration," said Sobeck.



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Where are our ships at sea



Based on Navy and public information, shown here are approximate positions of the Navy's deployed carrier strike groups and amphibious ready groups as of May 4.

Pacific Fleet to host Rim of the Pacific exercise in August

PEARL HARBOR, Hawaii (NNS) -- The United States Navy will sponsor the 27th Rim of the Pacific exercise, Aug. 17-31.

Hosted by Commander, U.S. Pacific Fleet, this biennial maritime exercise will be an at-sea-only event in light of COVID-19 concerns. The theme of RIMPAC 2020 is "Capable, Adaptive, Partners."

The at-sea-only construct for RIMPAC 2020 was developed to ensure the safety of all military forces participating by minimizing shore-based contingents. Commander, U.S. Pacific Fleet crafted the modified RIMPAC plan as a way to conduct a meaningful exercise with maximum training value and minimum risk to the force, allies and partners, and the people of Hawaii.

The world's largest international maritime exercise, RIMPAC is designed to foster and sustain cooperative relationships, critical to ensuring the safety of sea lanes and security in support of a free and open Indo-Pacific region. The exercise, which takes place in the waters surrounding the Hawaiian islands, is a unique training

platform designed to enhance interoperability and strategic maritime partnerships. In 2018, 26 nations participated in and around Hawaii.

"In these challenging times, it's more important than ever

'Our people are the ones who make all of this support possible'

by Chris Erbe

The agency that traditionally contributes to America's military readiness with items such as fuel and food has so far ordered more than \$920 million in lifesaving supplies and equipment to support the nation's COVID-19 response.

Time-tested processes and partnerships developed during past humanitarian assistance operations enable the Defense Logistics Agency to provide supplies and services that few

that our maritime forces work together to protect vital shipping lanes and ensure freedom of navigation through international waters," said Pacific Fleet Adm. John Aquilino. "And we will operate safely, using prudent mitigation measures."

organizations, public or private, can match, said DLA Director Army Lt. Gen. Darrell K. Williams.

"While DLA is a combat logistics support agency whose mission is to support our military services and combatant commands, its support to the whole of government during times of national crisis is indispensable," he said. It manages about \$42 billion in annual sales for the military services, 11

SEE DLA , page 4

NAVSUP: 100 percent safety checks for HHG moves

With many service members arranging upcoming moves, Naval Supply Systems Command aims to ensure the safety of military personnel and their families by conducting 100 percent quality assurance checks on all inbound and outbound Household Goods (HHG). ... Refer to https://www.navy.mil/submit/display.asp?story_id=112828.

As the Navy continues to limit the spread of COVID-19, RIMPAC 2020 isn't scheduled to include social events ashore. Joint Base Pearl Harbor-Hickam will be accessible for logistics support, with a minimal footprint of staff ashore for command and control, logistics, and other support functions.

This year's exercise will in-

clude multinational anti-submarine warfare, maritime intercept operations, and live-fire training events, among other cooperative training opportunities. Continued planning will remain flexible as Navy leaders monitor and assess evolving circumstances.

"We remain committed to and capable of safeguarding

allies and partners throughout the Indo-Pacific region," said Aquilino. "The flexible approach to RIMPAC 2020 strikes the right balance between combatting future adversaries and the COVID-19 threat."

RIMPAC 2020 will be led by Commander, U.S. 3rd Fleet, Vice Adm. Scott D. Conn.

- 29 Purple Hearts approved for injuries sustained in Iran ballistic missile attack
 - Senator pushes for hazard pay for guardsmen, active-duty troops on coronavirus response deployments
 - U.S. defense secretary: Afghanistan peace process 'behind schedule'
 - More aid sought for military families stranded by new defense travel rules
 - SECDEF Esper preparing for future defense spending cuts
 - Some military commissaries limit meat purchases as possible shortages loom
- Army**
- Two JBLM soldiers arrested in connection to homicide
 - Pentagon announces new commander for Fort Bragg's 82nd Airborne Division
- Navy**
- Navy to publish promotions, prodded by Sen. Warren
- Air Force**
- Family blasts fatal T-38 crash report as 'grossly incomplete,' demands simultaneous landings end
 - F-15s landing gear malfunctions, makes emergency landing on fuselage at Joint Base Andrews
 - Airman who fled Texas base had threatened his command and refused to surrender firearms, FBI alleges
- National Guard**
- Guardsman settles case with city over police department promotions



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ISIS fighters who attacked Bagram killed in raids, Afghan forces say

by Phillip Walter Wellman,
Stars and Stripes

KABUL, Afghanistan - Five members of an Islamic State terror cell that attacked the largest American base in Afghanistan earlier this year were killed in a series of operations by Afghan commandos in and around Kabul, Afghan officials said May 6.

The terror cell, which was blamed for two rocket attacks on Bagram Airfield in recent months and for firing rockets at President Ashraf Ghani's inauguration in March, was eliminated and its leader captured in three raids in northern Kabul and a district just outside the capital, said the country's main intelligence agency, the National Directorate of Security.

A video released by the NDS shows the bodies of men said to be members of the cell. The operations were conducted May 5,

an official said in the video.

Eight fighters were arrested during the raids, which were carried out by special operations forces assigned to the NDS, the agency said in a statement.

No one was seriously injured in the attacks on Bagram or the presidential inauguration attacks, but 25 people, including women and children, were killed in another attack blamed on the group, in which a gunman opened fire at a Sikh temple in Kabul in March.

Besides being part of Islamic State-Khorasan Province, the terror cell was said by the NDS to have ties to the Haqqani network, which is officially part of the Taliban but maintains district command and control over its own fighters.

The Haqqani network has

been blamed for some of the most gruesome attacks in the country and was designated a foreign terrorist organization by the U.S. in 2012.

Taliban spokesman Zabihullah Mujahid said on Twitter Wednesday that none of the group's fighters are linked to ISIS and rejected the NDS statement as propaganda.

U.S. special operations troops turn to drones to remotely advise Iraqis

Stars and Stripes

U.S. special operations troops with the anti-Islamic State coalition have been using drones to train security forces in Iraq while physically distancing during the coronavirus pandemic.

Advisers with Special Operations Joint Task Force - Operation Inherent Resolve use the remotely piloted aircraft to record the training exercises, then review the footage and provide feedback on the Iraqi troops' tactics, a coalition official said May 1.

"This allows safe distance observation ... while still improving capabilities to continue the fight against terrorism," a special operations partner-force adviser in northern Iraq said in an e-mail.

The tactical drones are similar to those found on civilian shelves, but specific details of the type and their capabilities could not be discussed, said the officer, whose name and tactical unit were withheld per military policy for security reasons.

Coalition troops have been observing various coronavirus prevention measures, to include a 14-day quarantine before taking part in daily operations, working in shifts to spread out the workforce and using teleconferencing to reduce in-person meetings, Operation Inherent Resolve said last month.

The coalition also pulled trainers from the country earlier this year as Iraq halted military training to focus on battling the coronavirus. But special operations advisers "at the tactical level" came up with the idea for using drones to continue observing and advising, the unnamed adviser said.

"As far as I know, it hasn't been done before here in the recent past," the officer said.

The U.S.-led coalition has also used teleconferencing to support Iraqi forces on anti-ISIS combat operations that continue in spite of the virus, officials said. More than 2,200 people in Iraq have tested positive for the virus and 95 have died from complications related to the disease it causes, WHO data showed May 4.

The Taliban and ISIS-K are bitter enemies and regularly clash on the battlefield.

Between 2,000 and 2,500 ISIS-K fighters are active in Afghanistan, according to data reported by the Special Inspector General for Afghanistan Reconstruction in January.

Zubair Babakarkhail contributed to this report.



Employees at Defense Logistics Agency Distribution San Diego load 31 pallets of material onto hospital ship USNS Mercy. DoD photo by Marc Walker

DLA continued from page 3

combatant commands and 42 federal agencies, as well as partner and allied nations.

DLA has supported the Defense Department's COVID-19 response by increasing production and acquisition of critical items through existing large-scale contracts across multiple supply chains.

"Our outreach to industry has been ongoing for years with strategic supplier alliances, prime vendor relationships and other tailored logistics vehicles," said Tim Stark, DLA ombudsman. "These partnership-type connections allow us the flexibility to respond rapidly during times of stress on the industrial base like we're seeing today."

By late April, the agency had procured more than 4 million N95 respirator masks, 14.4 million nonmedical and surgical masks, 92.2 million exam gloves, 16,300 hand sanitizers, 821,000 test components, 8,000 ventilators, and 2.5 million isolation and surgical gowns for military and federal agencies.

DLA also stocked Navy hospital ships *Comfort* and *Mercy* with more than \$14 million in protective equipment, pharmaceuticals, medical supplies,

fuel, food and repair parts. Other military medical support went to Army field hospitals in places such as the alternate care facility at the Jacob J. Javits Convention Center in New York City. Respirators and other medical equipment have been used aboard carriers *Ronald Reagan*, *Nimitz* and *Theodore Roosevelt*. Gloves, masks and hand sanitizers were sent to troops in South Korea.

Specialized items such as COVID-19 test kits, patient monitors and nonmedical fabric face masks were also researched and introduced into DLA's inventory. And to address critical supply shortages early, DLA broadened its manufacturing base to acquire medical supplies through global and domestic sources.

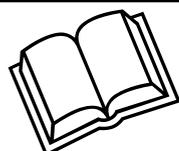
Using additive manufacturing technology, DLA procured 11,000 laser-cut protective face shields for New York City medical workers. The agency also met N95 mask shortages by awarding a contract to provide the Federal Emergency Management Agency and the Department of Health and Human Services with 60 Critical Care Decontamination Systems, each capable of sanitizing 80,000 masks a day for reuse.

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Ask Rusty - Can my husband get a spouse benefit from me?

by Russell Gloor

Dear Rusty: I'm wondering if my husband can submit a "restricted application for spousal benefits only." He is 76 years old, has been receiving his benefit since 2005. His present benefit is \$263.50. I am 74 years old, receiving my benefit since 2007. My present benefit is \$931. Am I to understand that he could be receiving half of my amount rather than his smaller amount? Signed: Inquiring Wife

Dear Inquiring Wife: Your husband isn't eligible to file a "restricted application for spousal benefits only" because he is already collecting his own Social Security benefits and because he is past 70 years of age. But he should probably be receiving a spousal benefit from you because his benefit is so much lower than yours. From what you've written, you both claimed your Social Security benefits when you were 62 years of age. That means you both took a 25 percent cut in benefits from what you would have gotten at your full retirement age (FRA) of 66.



Spousal benefits are based upon FRA benefit amounts, even if you claimed benefits earlier. So, since your FRA benefit amount would have been about \$1,164 and your husband's FRA benefit would have been about \$330, by my calculations he should now be receiving a spousal benefit of about \$516 instead of his benefit of \$263.50. The computation for that is: Take half of your FRA benefit amount (\$582) minus your husband's FRA benefit amount (\$330); the difference (\$252) is added to his own current benefit (\$264) to get \$516 as his possible spousal benefit (note the actual numbers from SS may vary somewhat). This probably means that when you claimed your benefit two years after your husband claimed his, your husband didn't apply for his spousal benefit (and it wasn't awarded automatically by SS).

I suggest your husband contact Social Security as soon as possible and make an appointment to apply for his spousal benefits. Since he has been entitled to that benefit for some time now, he can also request 6 months of retroactive spousal benefits which they will pay in a lump-sum and adjust his monthly benefit to what he is entitled to as your spouse. There is also a possibility that, when you filed, SS failed to notify your husband he was eligible for a spouse benefit, in which case he may be able to collect his spouse benefit back to the date he became eligible. Your husband should contact Social Security directly at either 1 (800) 772-1213, or at your local office (find it at www.ssa.gov/locator) to make an appointment to apply for his spousal benefit from you. And, usually, this application can be accomplished over the phone.

Please note that all of the above assumes that your husband's current benefit isn't being reduced due to a non-covered pension which causes the Windfall Elimination Provision (WEP) to lower his benefit amount, and which would cause the Government Pension Offset (GPO) to severely alter, or even eliminate, his spousal 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. 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 or any other governmental entity.

Veterans History Project launches new feature commemorating 75th anniversary of the end of World War II

The Library of Congress Veterans History Project (VHP) today launched, "End of World War II: 75th Anniversary," a new online feature of the "Experiencing War" website that highlights firsthand accounts of the war's end.

Seventy five years ago, on May 8, 1945, Americans on the home front and the front lines celebrated the Allied victory in Europe, known as V-E Day and began to look toward the inevitable end of the war. The long-awaited day approached in August 1945 when fighting ceased and finally arrived on Sept. 2, 1945, when Japan formally surrendered to Allied forces. Nearly four long years of deprivation, heartache and loss drew to a close.

In the new online feature, the Veterans History Project explores the personal stories of 15 World War II veterans and what the end of the war meant for them. Most of these oral histories are being featured online for the first time.

Go to loc.gov/vets/stories/ex-war-end-wwii-75.html to access these vets' collections as well as other World War II-era narratives.

Among the featured stories is that of Jerome Yellin, a fighter pilot with the 78th Fighter Squadron. At the time of the Japanese surrender, Yellin was completing his 19th mission over Japan; he landed on Iwo Jima to find out the war had already been over for three hours. The loss of so many comrades in battle - 16 from his squadron in



Screenshot from "D-Day Journeys" Story Map by Samantha Meier and Megan Harris from the Veterans History Project. Image is from the Library's Preston E. Bagent Collection

total - took a toll on Yellin, and he battled post-traumatic stress disorder following the end of the war.

Another highlighted narrative is that of Mary Crawford Ragland, who served in the Women's Army Corps with the 6888th Central Postal Directory Battalion, an African-American unit known as the "Six Triple Eight." Serving in Birmingham, England, and Rouen, France, Ragland and her comrades took on the job of clearing a massive backlog of personal mail sent by service personnel and stuck in limbo between the European Theater and the home front. The year 1945 brought jubilation - the Six Triple Eight marched in a victory parade down the Champs-Élysée in Paris - but also exposed Ragland to the horrors of the war, such as the destruction of French villages and newly liberated concentration camps.

Congress created the Veterans History Project in 2000 to collect, preserve and make ac-

cessible the firsthand remembrances of U.S. veterans from World War I through the more recent conflicts in Iraq and Afghanistan, so that future generations may hear directly from veterans and better understand the realities of war.

For more information, visit loc.gov/vets/ or call the toll-free message line at (888) 371-5848.

The Library of Congress is the world's largest library, offering access to the creative record of the United States - and extensive materials from around the world - both on-site and online. It's the main research arm of the U.S. Congress and the home of the U.S. Copyright Office.

Crossword Puzzle

Across

- 1 Giving ___
- 7 High ick factor reaction
- 10 "Misery" co-star
- 14 Title teen in a '90s-'00s sitcom
- 15 Key letter
- 16 Regarding
- 17 Giving ___
- 19 General ___ chicken
- 20 Actor who gave up wearing his trademark gold jewelry after Hurricane Katrina
- 21 Kingston Trio hit with the line "He may ride forever 'neath the streets of Boston"
- 22 Stew
- 24 While
- 26 Places to unwind
- 27 Boring
- 30 Eggs from the sea
- 31 Can opener
- 34 Chad neighbor
- 36 Coveted award
- 38 "___ said earlier ..."
- 39 Brief game deciders?
- 40 Giving ___
- 42 "Morning Edition" ainer
- 43 "So that's your game!"
- 44 Williams of "Happy Days"
- 45 Ref. to a prior ref.
- 47 Put one over on
- 49 '60s-'70s protest subject
- 51 ___savvy
- 52 "Battle Cry" author
- 53 A lot
- 55 Make a pretrial determination
- 58 Sch. with a Shreveport campus
- 59 Longtime Richard Petty sponsor
- 62 Samoan port
- 63 Giving ___
- 66 Sign gas
- 67 Outback bird
- 68 They have many arms

- 69 Trait transmitter
 - 70 Hound
 - 71 Giving ___
- ### Down
- 1 Clock radio toggle
 - 2 Evil end?
 - 3 Dial on old TVs
 - 4 Believer's suffix
 - 5 Congo River area denizen
 - 6 Spring festival
 - 7 Center opening
 - 8 "Hold on!"
 - 9 Flying statistic
 - 10 Afternoon refresher
 - 11 Giving ___
 - 12 Including everything
 - 13 Difference in a close race
 - 18 Oater settings
 - 23 Iberian coastal city
 - 24 Retiring
 - 25 Giving ___
 - 27 Giving ___
 - 28 Like ballerinas
 - 29 Giving ___
 - 32 Cold mold
 - 33 Giving ___
 - 35 New England's only National Park
 - 37 Traditional Jerusalem site of the Last Supper
 - 41 Not close at all
 - 46 Bookie's spread units: Abbr.
 - 48 Suave
 - 50 Michigan State's Sparty, e.g.
 - 54 How a couple might go for dinner?
 - 55 Squealed
 - 56 Olympian's blade
 - 57 Prom rental
 - 59 "It's next on my list"
 - 60 East-west Mass. artery
 - 61 Penultimate Greek letters
 - 64 Decorator's suggestion
 - 65 Call-day link

City of San Diego offers comfort, conversation through social calls to seniors in need

SAN DIEGO - 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. ... Refer to <https://www.sandiego.gov/department-document/city-san-diego-offers-comfort-and-conversation-through-social-calls-seniors-need>.

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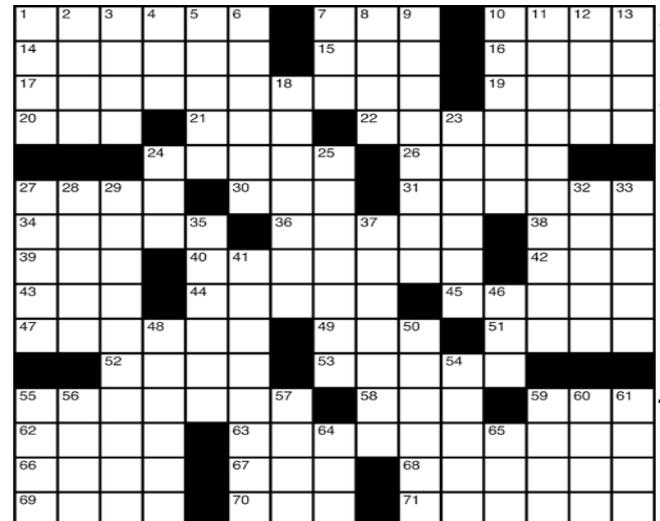
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CNIC remains committed to keeping Sailors fit for duty

WASHINGTON - The Navy's shore enterprise continues its mission of providing resources for Sailors to stay physically fit and mission ready.

Current restrictions and stay-at-home orders to decrease the spread of COVID-19 don't completely impede Sailors with the opportunity to exercise, thanks in large part to Commander, Navy Installations Command's (CNIC) fitness program.

"The goal of our program is to create fitness for life for the entire Navy community," said Tunde Ridley, branch head of CNIC's Navy Fitness Program. "Our Sailors, families and civilian personnel can turn to us for support even during these trying times."

Positive outcomes with NOFFS

With the temporary closure of fitness facilities and the enforcement of social distancing, CNIC's fitness program has several resources online to stay in shape. One example is the Navy Operational Fitness and Fueling System (NOFFS), which is an evidence-based system that combines human performance

enhancement, injury prevention and performance-fueling strategies that result in safer physical training practices, while continuing to achieve positive human performance outcomes.

"The NOFFS program has improved my overall level of fitness and health with a challenging yet fun variety of movement preparation, strength and energy system development. It has introduced me to new exercises and has helped improve my weak areas," said Capt. Eugene Cash, commanding officer of Navy Supply Systems Command Business Systems Center.

The exercises and movements utilized in the NOFFS are designed to replicate the physical activities - such as lift, push, pull and carry - that are regularly performed by Sailors while on duty. Developed as a human performance system, the fueling aspect of the NOFFS provides the tools required to make healthy dietary choices in shore, afloat or operational environments.

Since 2014, the system provides virtual resources that are most helpful during these un-

precedented times. The NOFFS apps, which are IOS and Android compatible, are completely self-contained. Once downloaded, the apps do not require wireless capability to operate.

"NOFFS apps were developed to ensure our patrons around the world could continue to stay in shape and be mission ready no matter where they are, and no matter what

equipment they have access to," said Ridley. "With the fitness facilities practicing social distancing or closed, the NOFFS apps are a perfect resource to have, and we encourage our Sailors and families to try them out."

The four NOFFS apps contain specialized series - operational, strength, endurance and sandbag - tailored to different environments.

To learn more about NOFFS or the Navy Fitness Program, go to www.navyfitness.org.

Realize you can't do everything perfectly while working, taking care of kids

by Dr. Daneen Skube
Tribune Content Agency

Q: I just found out my kids aren't going back to school until September. I'm melting down! There is no way my spouse and I can get our usual work done and also homeschool and care for our kids. Do you have advice on how to juggle these two roles?

A: You can juggle these two roles if you come to grips with the fact that parenting in a pandemic is pandemonium! Realize you're not going to do either your job or parenting well right now, so downscale your expectations. Nope, lower than that, please!

Your laundry room may have two piles: one of dirty clothes and the other clean clothes your kids dig through to find something to wear. Your meals aren't gourmet, and if you have peanut butter and bread, you are doing well.

Parents had harried lives with kids before the pandemic. Now were parenting during a global crisis doing everything we did before, plus homeschooling. You aren't a bad parent to grieve over the kids being home full-time.

My favorite home schooling resources for elementary are: readingbear.

"During this time of isolation, I am able to continue with the program at home because many of the exercises can be done with minimal equipment," said Cash.

The operational series consists of four sections, each of which have three levels of training and four stages that feature progressive intensity. The strength series build a user's total work capacity and improve cardiovascular fitness. The endurance series focus on developing cardiovascular

fitness while providing methods to improve muscular strength. The sandbag series provides users with a training plan that can be performed in environments with limited equipment while developing the raw strength and power needed to meet the performance demands placed upon Sailors.

The NOFFS Virtual Trainer is a resource available directly through the Navy Fitness Program website and contains the same material and capabilities as the NOFFS apps.

com, ixl.com (all grade level skills), iseesam.com (elementary level books), and storyline.com (famous people reading stories to your kids) and of course YouTube on any subject. Don't get overwhelmed by what your school is sending. No matter how good you are, you can't actually cook breakfast and supervise children learning at the same time.

INTERPERSONAL EDGE:

Use your workplace time management skills to tackle home schooling. Trade off primary kid responsibility with your spouse or combine forces with another single working parent, virtually, of course. In addition to academics, work on social skills, emotional development and skills like cooking, gardening or taking nature walks. Also make sure your kids get serious exercise every day or they will become house hurricanes.

Expect your kids to help you a lot more. Use the crisis to teach them about microbiology, government and health. Allow them to be part of your home team and to understand why you need their help. Let them know you cannot just be a provider of seamless services. Ask them to grow up a little during this time, dry dishes, clean house or make food. Get support from your spouse or friends right now. You need a safe place in which you can express less than adoring thoughts about your offspring.

The never-ending demands of non-stop parenting and work will make everybody cranky.

Identify moments you do something, anything for yourself. We are in the middle of a quiet war, so grant yourself a few indulgences as long as they don't become self-destructive.

Be as kind to yourself and your spouse right now as you would to anyone else in the middle of a crisis. Someday the kids will be back in school, someday you'll get to see your co-workers and someday soon we will come out of this crisis. I heard someone say once that you don't know how strong you are until strong is the only option you have.

Manning initiatives to mitigate Fleet gaps

Expansion of Sea Duty Incentive Pay (SDIP), Selective Reenlistment Bonuses (SRB) and High-Year Tenure (HYT) waivers are some of the initiatives the Navy has recently implemented. Also, the Service is opening active duty career opportunities for New Accession Training (NAT) candidates and Sailors of the Individual Ready Reserve (IRR) with recent Fleet experience. ... Refer to https://www.navy.mil/submit/display.asp?story_id=112855.

Navy Reserve SOY announced through livestream

The 2019 Navy Reserve Sailor of the Year was announced by Chief of Navy Reserve Vice Adm. Luke McCollum through a livestream broadcast of the ceremony event from the Navy Yard in Washington, D.C., May 2. Naval Aircrewman (Mechanical) 1st Class Amanda Alcantar, assigned to Fleet Logistics Support Squadron Five Eight (VR-58), NAS Jacksonville, Fla., was selected from five finalists as the fiscal year 2019's top Reserve enlisted Sailor. ... Refer to https://www.navy.mil/submit/display.asp?story_id=112840.

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Photo Gallery



LOS ANGELES (May 2, 2020) - Lt. j.g. Joyce Sim, from Seoul, Korea, removes a bandage from Oscar Vargas, a patient aboard hospital ship USNS Mercy (T-AH 19), in an intensive care unit. Navy photo by MC2 Ryan M. Breeden



SAN DIEGO (April 25, 2020) - Hospital Corpsman 3rd Class Faith Ocampo from Waipahu, Hawaii, attached to USS John P. Murtha (LPD 26), notes the status of simulated patients during a simulated mass casualty drill in the ship's medical department. John P. Murtha is currently in its homeport at Naval Base San Diego. Navy photo by MC2 Curtis D. Spencer



APRA HARBOR, Guam (May 1, 2020) - Sailors assigned to aircraft carrier Theodore Roosevelt, who have tested negative twice for COVID-19, are asymptomatic and completed their off-ship quarantine or isolation, prepare to board the clean ship. Navy photo by MC1 Nathan Carpenter



PHILIPPINE SEA (May 1, 2020) - Seaman Mirielle Magsaysay searches for surface contacts aboard Navy destroyer USS Russell. Russell is deployed to the 7th Fleet. Navy photo by MC3 Sean Lynch

Navy provides medical care to *Kidd* Sailors

“I’M PERSONALLY GRATEFUL TO KNOW THAT WE HAVE SUCH A STRONG BOND WITH OUR NAVY COMMUNITIES. IT’S THE STRENGTH OF THOSE BONDS THAT HELPS US WORK TOGETHER IN CHALLENGING SITUATIONS,” SAID CMDR. NATHAN WEMETT, USS KIDD COMMANDING

As part of the Navy’s aggressive response to the COVID-19 outbreak aboard destroyer *Kidd*, the ship arrived at Naval Base San Diego on April 28 to receive 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 Vice Adm. Richard A. Brown, commander of all Naval surface groups in the Pacific area. “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 counternarcotics operations in the U.S. Southern Command area of responsibility, when several Sailors began exhibiting influenza-like illness symptoms. One Sailor was medically evacuated to the United States on April 22 after experiencing shortness of breath.

Pacific Fleet redirected amphibious assault ship *Makin Island*, with its robust medical facility that includes an intensive care unit, ventilators, and additional testing capability, to rendezvous with *Kidd* (see page 2). On April 23, eight medical personnel boarded *Kidd* with an Abbott machine to begin testing the crew for COVID-19.

Kidd’s executive officer, Navy Cmdr. Matt Noland, released a letter via social media to friends and family April 24. In it, No-



land 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 to *Makin Island*, out of caution for their health and the health of the Sailors still aboard, while an additional Sailor was medically evacuated to the United States. Meanwhile, the ship’s crew began intensive cleaning efforts while still underway.

All Sailors will be isolated off-ship with medical screenings conducted twice a day. Crew members who have tested negative will enter a period of quarantine to be monitored by military health professionals for symptoms. Finally, a small contingent of negative tested sailors will remain on the ship for essential services and deep-cleaning. These Sailors will be outfitted with appropriate personal protective equipment, and will maintain social distancing in accordance with the Centers for Disease Control and Prevention’s guidance.

“San Diego may not be USS *Kidd*’s home port, but we’re definitely being made to feel

at home,” said Cmdr. Nathan Wemett, the ship’s commanding officer. “I’m personally grateful to know that we have such a strong bond with our Navy communities. It’s the strength of those bonds that helps us work together in challenging situations.”

In addition to caring for the sailors’ physical health, the Navy is providing a resilience counselor and a team of chaplains and psychologists to care for the mental and spiritual health of the sailors in isolation and quarantine. The Navy has also established a 24-hour roving patrol to ensure that sailors who are sequestered off-ship are adhering to all public health and safety policies.

USS *Kidd* Sailors have been instructed to immediately report any influenza-like illness symptoms to help prevent spread of the virus - an important lesson the Navy learned from USS *Theodore Roosevelt* Sailors who were quarantined in Guam. Sailors who were screened for quarantine were asymptomatic, with several initially testing negative. Upon later developing symptoms, those Sailors were able to be isolated and treated appropriately.

PHOTO CAPTION - Navy Gunner’s Mate 3rd Class Skye Escobar irons fabric to make cloth face masks for the crew of USS *Kidd*. In accordance with directives, Sailors will wear masks when social distancing may not be possible. Photo by MC3 Brandie Nuzzi

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Capt. John Rotruck, left, hospital ship USNS *Mercy's* Medical Treatment Facility's boss, observes a pacemaker surgery. Navy photo by MC3 Jake Greenberg

Mercy's first-ever pacemaker surgery a success

by MC3 Jake Greenberg

LOS ANGELES - Surgeons performed hospital ship USNS *Mercy's* (T-AH 19) first-ever pacemaker replacement surgery April 29.

A pacemaker relies on batteries to regulate the heart's functions. When the batteries reach the end of their lifespan, the device, which is no larger than a sewing needle, needs to be replaced.

"In addition to a bad battery, the patient's pacemaker's leads, or wires, were dysfunctional," said Cmdr. Andrew Kaplan, a cardiac electrophysiologist from Phoenix, who led the surgery.

incision, about half the size of a business card, he removed the pacemaker and accessed the patient's left, subclavian vein to insert the new pacemaker lead using X-ray guidance, specifically a C-arm mobile X-ray system, to position the new lead into the right ventricle. The system provided real-time, internal video to surgeons via the X-ray system's screens, which made this heart surgery minimally-invasive.

All medical personnel and support staff present in the operating room donned lead aprons and thoracic collars to shield themselves from unnecessary X-ray exposure.

maker's manufacturer provided guidance to cardiologists aboard *Mercy* via proprietary software via a WiFi conference call, which allowed for the virtual presence of technicians. The highly-trained technicians are pacemaker-programming experts and pioneers in the field. They were able to view technical data, communicate and direct personnel in the operating room using this interface. Normally, representatives from the manufacturer would be present during pacemaker procedures, but due to safety restrictions, no outside personnel are allowed aboard *Mercy*.

Kaplan estimates that he has performed 10,000-15,000 similar surgeries, and credits the procedure's success to cohesion between the Sailors embarked on *Mercy*.

"This successful surgery shows that we have the capability to bring state-of-the-art technology to patients, whether in a humanitarian capacity or Sailors in a crisis," said Kaplan. "It demonstrates the ability that both active duty and reservist Sailors can quickly come together to create a highly-functional team in a safe manner aboard the ship."

A reservist himself, Kaplan drills with Operational Health

USS *Fort Worth* change of command

by Lt.j.g. Sheryl Anne Acuna

SAN DIEGO - Freedom-variant littoral combat ship USS *Fort Worth* (LCS 3) held a change of command ceremony while pier-side at Naval Base San Diego, May 1.

Cmdr. Jeremiah Petersen, a native of Laurel, Md., assumed command of the ship from Cmdr. Colin Corridan, a native of Springfield, Mass.

Corridan completed a command tour with *Fort Worth*, which included multiple ship-wide certification events, the successful installation and testing of an anti-submarine warfare package and tasking in the U.S. 3rd Fleet area of operations.

"I could not be more proud to have commanded USS *Fort Worth*," said Corridan. "This team made remarkable strides towards developing and executing the future of the LCS class for the next phase of its existence. Between testing budding technologies and executing the fleet commander's tasking, USS *Fort Worth* is always on point and is playing a pivotal part in the improvement of the tactical prowess and lethality of our fleet. The pride and professionalism of this crew is extraordinary. I consider myself beyond lucky to have been their captain and look forward to their continued success."

Corridan's next assignment is commanding officer of USS *Manchester* (LCS 14), also homeported in San Diego.

Petersen, who recently served as executive officer of USS *Normandy* (CG 60), said, "I'm excited to serve alongside the Sailors of USS *Fort Worth*. The crew has an outstanding reputation that is well-earned and LCS Sailors are the most well-trained in the fleet. I'm looking forward to working with them to drive for warfighting readiness and mission accomplishment."

USS *Fort Worth* is one of four LCS platform test ships includ-

Support Unit San Diego, and has never worked with any of the other surgical team members before. "Both the cardio technologist, corpsman Amelia Ibrahim, and the other cardiologist, Cmdr. Travis Harrell, are assigned to Naval Medical Center San Diego," he said.

Mercy deployed in support of the COVID-19 response efforts, and serves as a referral hospital for non-COVID-19 patients currently admitted to shore-based hospitals. This allows shore base hospitals to focus their efforts on COVID-19 cases. One of DoD's missions is Defense Support of Civil Authorities, supporting FEMA, the lead federal agency, as well as state, local and public health authorities in helping protect the health and safety of the American people.

ing USS *Freedom* (LCS 1), USS *Independence* (LCS 2), and USS *Coronado* (LCS 4).

LCS vessels are highly versatile, mission-focused surface combatants designed to operate in the littorals, as well as on the

open ocean. The ship platform is designed to respond to evolving threats through integration with innovative surface engagement, mine hunting, and sonar technology. The LCS satisfies a vital need for the Navy to operate in shallow water as well as high seas.

Change of leadership at FRCSW

NAS NORTH ISLAND - Capt. Steven Leeche will relieve Capt. Anthony Jaramillo as commanding officer of Fleet Readiness Center Southwest (FRCSW) May 14 here.

Leeche previously served as the command's executive officer, as well as the commanding officer of Fleet Readiness Center West.

A native of Wisconsin, Leeche joined the Marine Corps in 1982 and was discharged in 1986. One year later, he enlisted in the Navy as an airman, achieving the rank of AT1 in five years.

Manned by more than 5,000 civilian and active duty personnel, FRCSW is the Navy's premier maintenance, repair and overhaul (MRO) facility for naval aircraft, systems and components.

Pacific Fleet commander, Fleet master chief visit USS *Theodore Roosevelt*

NAVAL BASE GUAM, Guam - The Navy's Pacific Fleet commander and the Fleet master chief visited the crew of aircraft carrier *Theodore Roosevelt* to see the crew assuming duties after the ship underwent a deep clean, and to thank the Sailors for their resilience and dedication in getting the "Big Stick" back in the fight.

Pacific Fleet Admiral John Aquilino and Pacific Fleet Master Chief James Honea arrived in Guam on May 1.

"The Sailors on *Theodore Roosevelt* have been on the front line fighting this invisible adversary never before experienced by our Navy," said Aquilino.

In a related news report, *Theodore Roosevelt* will not wait for all its Sailors to clear quarantine before returning to sea after more than a month sidelined on Guam, said the ship's commanding officer, Capt. Carlos Sardiello, on May 4.

Former carrier skipper leaves Guam for new assignment

WASHINGTON - Capt. Brett Crozier, the former commander of USS *Theodore Roosevelt*, has left Guam, and has been reassigned to a position in California, according to a Navy official.

Crozier now reports to the commander of Naval Air Forces, Pacific Fleet, in San Diego, Cmdr. Ron Flanders, a spokesman for Naval Air Forces, wrote May 5 in an e-mail.

The captain was relieved of command of the aircraft carrier on April 2, several days after a letter that he wrote requesting the crew be evacuated from the ship due to an outbreak of the virus was leaked to the media.

Crozier is now special assistant to Capt. Max McCoy, the chief of staff for the commander of Naval Air Forces, U.S. Pacific Fleet, according to Flanders.

NAVWAR: Team testing of 5G, working to modernize Navy networks worldwide

by Elisha Gamboa,
NAVWAR Public Affairs

SAN DIEGO - Naval Information Warfare Systems Command (NAVWAR) established an integrated product team (IPT) to accelerate the adoption of fifth generation (5G) wireless technology across the Department of the Navy, modernizing fleet operations and increasing fleet readiness world-wide.

Published by the White House in March 2020 the "National Strategy to Secure 5G of the United States," states that "Fifth generation wireless technology, or 5G, will be a primary driver of our Nation's prosperity and security in the 21st century."

Formed in October 2019, to support the Navy's participation in the Undersecretary of Defense for Research and Engineering's broad-based 5G initiative, NAVWAR's 5G IPT partnered with commands and organizations across the San Diego Metro area to bring 5G experimentation and testing efforts to the fleet concentration area. The IPT is leading a smart warehouse and asset management project where they will outfit a Naval Supply Systems Command (NAVSUP) warehouse with 5G smart devices for automated, real-time visibility into operations and movement across the supply chain.

"As threats mount and technology evolves, so do the demands of our fleet," said Pat Sullivan, NAVWAR executive director.



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'It takes an exceptional person to love a warrior.' - *Welby O'Brien, military spouse and author*



Greetings from your local Fleet & Family Support Center

Note: The following message is from Janet Paulovich, the director of Fleet & Family Support Center San Diego.

To our military spouses, Fleet & Family Support Center wants to take this time to tell you how much we appreciate you and your awesomeness. We realize that the past month has been difficult and surreal and, as we write this, we can't envision what the future environment will be like. However, we want to focus on what we know - and we know that military spouses are resilient, dedicated, supportive, adaptable, flexible and strong enough to deal with whatever happens. We at FFSC stand alongside you in order to support you through this uncertain time.

Talking about uncertainty, we know that as military spouses, you understand this concept intimately. In fact, you live it every day, whether it is during a pandemic or just another day married to the military. We know that as military spouses, you are used to dealing with change

regarding everything from PCS orders to the next time you'll see family and friends.

No matter what lies around the

corner, military spouses know how to be optimistic, selfless and create normalcy under any condition. At FFSC, we're using this month to celebrate you

PRESIDENTIAL PROCLAMATION: Military spouses are among our country's unsung heroes and are at the heart of our Armed Forces. They embody strength and resilience, and represent the best of American patriotism, courage, character, and pride. As a nation, we must ensure our military spouses receive the unparalleled and unwavering support they deserve. ~ Donald Trump, President of the United States of America

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and appreciate your resiliency in maintaining hope while cheering on your forward momentum. We appreciate your ability to handle anything and everything that comes your way! And, we appreciate your unwavering dedication to your military community. After all, no one offers help quicker than a military spouse and, during times like these, we especially appreciate your ability to create a calm space in the midst of the storm.

Thank you again for being amazing and for embracing the "Semper Gumby" lifestyle - because you are always flexible, always handling it at home while your service member is mission essential, deployed or teleworking with you!

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Love, FFSC San Diego

Military Spouse Appreciation Day ideas

Here are a few ways that you can show your appreciation to your military spouse.

- Give your military spouse a day off
- Do something he or she hates doing
- Give a token of appreciation e.g. care package, gift card, flowers or anything they love
- Say "Thank You" but be creative in expressing thanks
- Have a day of pampering together
- Make dinner or surprise your spouse with breakfast
- Watch a movie or show you'd rather not watch but that they love
- Do something to solve one of their problems
- Create a coupon book for them
- Give your military spouse a list of reasons why you appreciate them
- For deployed troops, send a video message or e-card showing your appreciation

Snowpiercer - A wild train ride on TNT

Get ready for a wild ride when *Snowpiercer* premieres as an eagerly anticipated, high-budget television series on TNT. The *Snowpiercer* franchise also includes several critically acclaimed French graphic novels and the Bong Joon Ho feature film masterpiece ("If the engine stops running ... we all freeze and die!").

Here is a link to the official teaser: <https://youtu.be/fVMF7z-20c>.

Snowpiercer is set on a unique, 1001 car train that that was built to provide an entirely self-contained, long-term place to live. Its construction was necessitated by mankind's failed attempt to correct climate change. Earth had thus become an absolutely uninhabitable, frozen wasteland of ice and snow (-119 degrees Celsius). *Snowpiercer* perpetually circumnavigates Earth as it transports its passengers - the last survivors of humankind. As the series begins, the passengers have been on *Snowpiercer* for seven years.

The passengers of *Snowpiercer* represent a microcosm of society, pushed to their limits and beyond by their never-ending close confinement, limited resources and a class structure that is far from equitable. Their three guiding ideals are work, honor and order. Themes include class warfare, social injustice and the politics of survival.

The stellar cast of "*Snowpiercer*" includes Oscar winner Jennifer Connelly, Daveed Diggs, Alison Wright, and Lena Hall.

We learn from TNT's description of their characters that Melanie Cavill (Jennifer Connelly) is *Snowpiercer*'s formidable Head of Hospitality, wielding political power and access to the very top. But Melanie is haunted by her secrets, and morality has become a moving target. In the fragile balance of survival, she makes hard decisions and struggles with doing terrible things,

even for the right reasons.

Andre Layton (Diggs) has spent almost seven years locked in the train's 'Tail,' a leader to his people and a revolutionary to the core.

AutoMatters™ & More



by Jan Wagner

Ruth Wardle (Alison Wright) is Melanie's fastidious right hand in Hospitality. Fanatically loyal, she's a dedicated enforcer of the Order that defines class on *Snowpiercer*.

Miss Audrey (Lena Hall) is the alluring, deeply intuitive madame of the Nightcar, the train's cabaret and brothel.

We can gain further insight into *Snowpiercer* from watching the series' panel at San Diego Comic-Con 2019 - a panel that included the series' creator and several of its cast members: <https://youtu.be/BupY2uoJ6Mw>.

During that panel, Mickey Sumner said that her "dream job" is her role as Brakeman Tess, a member of the train's police force, "because I got to be super physical. They trained us so amazingly well. It was just so fun. I got to box and I used an axe! I'm really quite lethal with an axe now!"

Executive Producer/Showrunner Graeme Manson explained this by saying "one of the things about *Snowpiercer* is there are no guns, or there

are very few guns on *Snowpiercer*, so all the fighting is really hand-to-hand and really claustrophobic because you're on a train ... so there's a lot of fighting."

Daveed Diggs added: "There are days when it was just like I can't kill somebody else today. It wears on your soul after a while, killing that many people with your bare hands."

The sets, computer generated effects and practical effects combine to provide a very real and intense sense of actually being in a moving train. According to Graeme: "This is a very technically challenging show. There's a lot of great CG. It's really top notch. Our sets are really quite amazing. We can link five train cars up together and you can walk all the way down. (We) had to (remove) a whole wall in the studio so that (the) five train cars can have the length. The train cars were all jostling because there (are) big grips shaking the cars.

These guys (the characters) are trying to walk, and everybody's doing this (demonstrates moving side-to-side) as they're walking down the train. You can actually bend the tail too, (with) some guys on a forklift pushing it this way and that way, so if you look down the thing you can see, like when you're riding on those long subways. It's as if the train is actually going around curves in the track.

Snowpiercer premieres on TNT at 9 p.m. May 17. To see the official trailer, go to https://youtube/71FMpmwn_hQ.

To see photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #641" 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

I've always been a bit of a loner. This may seem to contradict my image as class clown, columnist, and book author — but it's true nonetheless, and it has affected me as a military spouse.

I've always taken longer than most to make friends. As a young child, I often played alone. As a teen, I had goofy girlfriends, but lots of insecurities, too. Humor became my cover.

Whatever the reason, loner became my natural default mode. Our mobile military lifestyle added another social challenge. When our family moved to a new location, I had to muster the courage to put myself out there, and face possible rejection. No matter how old I was, I relived middle school every time we moved. "Will they like me? Will they think I'm funny? Will I be included?" I wondered well into my late 40s.

Becoming a writer made matters worse, because it was necessary for me write, alone, for hours at a time. When we lived on base, spouses assumed that I was standoffish because I wasn't out on the shared patio or around the fire pit with everyone else. In reality, I was just trying to be successful as a writer, but I felt inadequate in military spouse social circles nevertheless.

About five years ago, I was asked to appear on a podcast called

Even garden-variety milspouses inspire

"One Bad Mother." The show was hosted by two hilarious, irreverent young moms, Biz and Theresa, who spent each show laughing about their parenting foibles to entertain young moms who tuned in each week. They had found my blog online, and offered to interview me during their "Let's Call a Mom" segment. I had assumed that they wanted me to joke about my own mothering mishaps, of which I had many.

However, Biz opened the segment, "I might actually get a little weepy with today's guest, 'cuz she's one of those people who just seems to be kicking [expletive deleted] ... we always talk on the show about, like, 'no one's all that special no matter what their circumstances are' ... But occasionally, you're like, 'well, that's really inspiring' [laughs]. So today we're calling Lisa Smith Molinari ..."

"Inspiring?" I thought after I listened to the full recording later. I hadn't realized that I was supposed to be inspiring. I felt like a fraud.

But, I was seeing things from the perspective of a spouse who was fully entrenched in military culture. At that time, I had lived in concentrated military communities for 24 years. As a military spouse, I was nobody special. My Navy intel husband didn't deploy as much as aviators, surface warfare or infantry. We had moved quite a bit, but I knew military families who'd had it worse. I hadn't done anything to merit accolades of praise, swarms of sympathy, or chants of disapproval.

I was simply a garden-variety

military spouse — albeit, a bit of a loner — who happened to write a funny blog. That's it.

But to the civilian moms who were hosting the show, I was somehow "an inspiration," for the simple fact that I did what they did — raise children and run a household — within the unique parameters of military life.

Biz and Theresa asked me what it was like to be a military spouse, why I started writing, and how I coped with motherhood stress under military circumstances. I thought my answers, like me, were garden-variety, but Biz said, "You said several things that, like, made my mind explode." In their irreverent, humorous style, the hosts explained that hearing from a military mom handling their same responsibilities — while simultaneously coping with long absences, frequent moves, employment disadvantages and constant uncertainty — was truly impressive.

"I mean, Stephan leaves for a week, and I'm like, pissed," Biz said, laughing at herself.

I learned that military spouses do not have to be extraordinary to be inspiring. The mere fact that they handle their every-day responsibilities under uniquely challenging circumstances makes them deserving of honor and respect.

To nearly one million active duty and reserve military spouses serving at home and abroad, I wish you all — from the extraordinary to the garden variety — a happy and well-deserved Military Spouse Appreciation Day!

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

COVID-19 testing ramps up in region

by José A. Álvarez

More COVID-19 testing sites are open in San Diego County to meet the needs of the community. Two sites, managed by the state, opened in El Cajon and Chula Vista opened May 5. The state will also take over the testing site at the North Inland Live Well Center in Escondido so that the County can redirect its efforts to other vulnerable populations and communities.

The state's three sites will offer about 800 testing appointments, Monday through Friday at the following locations:
Grossmont College
8800 Grossmont College Dr., El Cajon, CA 92020
Former Sears in Chula Vista
565 Broadway, 91910
North Inland Live Well Center in Escondido
649 W Mission Ave., 92025

A doctor's referral is not required for testing at the above sites, but appointments are required. Appointments can be made online

at <https://lhi.care/covidtesting>, which is currently compatible with desktop computers and Android devices. Compatibility with Apple devices is coming soon. If you have no Internet access, call 888-634-1123, Monday through Friday, 7 a.m. to 7 p.m.

The County will continue to offer appointment-only COVID-19 testing at the San Diego County Credit Union Stadium and the Live Well Center at Chula Vista.

The new Live Well Mobile Office, which began providing testing in Southeastern San Diego last Saturday, will continue to be deployed for testing throughout the region, as well as the County Library's bookmobiles and other County vehicles. A doctor's referral and an appointment through 2-1-1 are required for testing at County sites.

The County also plans to hire an additional 200 public health nurses to help support the area's testing efforts.

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 receive alerts/updates, please text: COSD COVID19 to 468-311

Hiring Our Heroes virtual career fair for veterans and military spouses slated for May 8

Hiring Our Heroes and MOAA are hosting a virtual career fair for veterans and mil-spouses on May 8th with 25 companies participating. There is no limit to job seeker attendance. While not required, it is recommended that job seekers register in advance in order to upload their resume and maximize their preparation for the fair. Registration link: <https://app.brazenconnect.com/a/moaa/e/XMqN7>. For more information visit hiringourheroes.org



Riley, a shelter dog at the Marine Corps Base Camp Pendleton, Calif., animal shelter, poses for a photo, April 30, 2020. Normal shelter operations have stopped in response to the COVID-19 pandemic, but the animal shelter is still providing essential animal control services on base. Photo by Lance Cpl. Alison Dostie

Base animal shelter continues essential operations despite COVID-19

by Lance Cpl. Alison Dostie, MCB Camp Pendleton

With the world focused on protecting its human populations during the COVID-19 pandemic, it can often be easy to overlook those looking out for our furry little friends. Despite staff shortages and health-related operating protocols, the Marine Corps Base Camp Pendleton, animal shelter still offers limited capabilities.

The shelter's mission is to protect animal owners, nonowners and domestic animals. The shelter also protects animals from abuse and neglect, rescues sick or injured animals and places qualified animals into an adoption program. The staff also works alongside the Security and Emergency Service Battalion to enforce base regulations involving the ownership of domestic animals.

"The coronavirus has affected us quite a bit," said Elena Manos, a domestic animal control technician. "We would normally be out patrolling and ensuring people are complying with base regulations, but our facility is closed."

Complying with Health Protection Condition Level Charlie, the animal shelter has reduced its staff and has limited operations to mission-essential only to prevent the possible spread of COVID-19. Animal control missions are still carried out, and

technicians are responding to calls 24/7. They are still conducting investigations of abuse and neglect, taking animals in and overseeing welfare checks on base.

As a result of COVID-19 and the health protection level, the shelter also stopped its volunteer program.

"We have a volunteer program here, and it gets a lot of Marines interested," Manos said. "It's a win-win — the service members get to connect with the animals, and the animals get a positive interaction."

The volunteers with the animal shelter are a huge asset, Manos continued. A lot of the animals have a past of neglect, and having volunteers available to care for them provides the animals an opportunity to trust humans again. Volunteering also provides a place to go for service members who miss a pet back home or those who just need a break.

While the shelter is closed for the foreseeable future, the staff looks forward to once again providing service members the opportunity to interact and adopt animals in need.

"Thank you to the base community for understanding we are closed," Manos said. "We look forward to welcoming everyone back."

Roy's Sudoku

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Coronavirus testing reveals dozens of cases at MCRD SD

by Caitlin M. Kenney,
Stars and Stripes

WASHINGTON — Nearly 50 recruits and staffers have tested positive for the coronavirus at Marine Corps Recruit Depot San Diego, the second outbreak to hit a Marines basic training base.

The cases at the Marines' West Coast training base are among recruits in one unit — Bravo Company — and some of the company's drill instructors and staff, according to Capt. Martin Harris, a spokesman for Marine Corps Recruit Depot San Diego.

Last month, the Marines' East Coast basic training base at Parris Island, S.C., also had a few dozen cases among new recruits, causing them to temporarily stop new recruits from traveling to the base for training.

Harris on Wednesday would only confirm about four dozen people tested positive for the virus



A new recruit with India Company, 3rd Recruit training Battalion, is medically screened after arriving at Marine Corps Recruit Depot, San Diego, April 27, 2020. USMC photo by Cpl. Brooke C. Woods.

at the San Diego base. He would not give an exact number.

The recruits in Bravo Company arrived at the depot at the end of March just as more restrictions were established in

response to the coronavirus, according to Harris. The company is one of nine recruit companies at the depot.

The recruits' movement was restricted for about a week after

they arrived at the depot, staying near their living quarters and using one classroom to limit their exposure to the other training companies before their own official training started.

Commanders at both recruit depots are developing their own restriction of movement protocols for recruits based on their facilities and capacity, according to Gunnery Sgt. Justin Kronenberg, a spokesman for Marine Corps Recruiting Command.

The Citadel announced Monday that Marine recruits traveling to Parris Island will first report to the college campus for two weeks of observation for the coronavirus before they go to the base.

The Marines reached out to the college because their current staging operation with tents will not meet their needs once hurricane season starts in June, ac-

ording to a Citadel statement.

In San Diego, the first case was identified in one of Bravo Company's six platoons in early April after training had started. When more cases in the unit were identified, the entire company was put into a 14-day quarantine.

When the quarantine concluded last week, the recruits in the platoon with the first case were all tested for the coronavirus because the depot had "an increased capability of testing," Harris said. The testing found almost 50 positive results among asymptomatic recruits, he said.

Brig. Gen. Ryan Heritage, the commanding general for the recruit depot, decided all of Bravo Company were to be tested "to make sure every one of them is healthy before they go back and to start training," Harris said.

More cases are expected to be found in Bravo Company as

the testing continues, he said. No one testing positive has been hospitalized.

The depot will next test two other companies now in quarantine -- Echo and India — who are waiting for their training to begin. They will test all future recruits when they come to the depot, according to Harris.

"It seems like that will be the new norm," he said.

Adm. Robert Burke, vice chief of naval operations, wrote in a service message April 20 that quarantining or isolating Navy personnel for 21 days will give them a 99% chance of being of the virus by the end of the period, compared to 95% at 14 days.

Harris said the medical staff at the recruit depot is looking at making recommendations based the Navy's guidance and are adapting to changes as they develop with the virus.

Surface Warfare Center designs portable oxygen manifolds for Camp Pendleton COVID-19 response

by Candice Villarreal,
Naval Surface Warfare

Center Corona Public Affairs
NORCO, Calif. (NNS) -- Naval Surface Warfare Center (NSWC), Corona Division recently designed a low-cost, mass-producible portable medical oxygen manifold for Naval Hospital Camp Pendleton COVID-19 response.

The device — designed in a matter of hours at the request of Combat Logistics Regiment 15 (CLR-15) Marines — features multiple flow rate valves and eight outputs, allowing medical staff to simultaneously provide oxygen to eight patients from a single oxygen cylinder. One day after the request, the Marines had the design in hand and parts available for order to readily augment the medical stockpile for the Naval Hospital Camp Pendleton stabilization ward, should the hospital need to utilize the ward in the event of a patient overflow.

"With the pandemic going on, it's important for the Navy and Marine Corps to stick together as a team to accomplish these kinds of tasks or missions," said Gunnery Sgt. Reuben Ramirez, a Marine assigned to the 1st Supply Battalion under CLR-15.

"When we presented the Navy with our request, they were very responsive and quick to act," Ramirez said. "The Navy and Marine Corps are putting lots of material resources into this response; this is us physically standing up."

"We're standing tall together, showing the nation we're here and ready — one team, one fight — and we're ready to accomplish the mission and ensure the safety of our folks."

In its current design, 20 of the portable medical oxygen manifolds can be produced for about \$375, with little to no lag time in

production and assembly. To put those figures into perspective, 160 COVID-19 patients at a time could benefit from the devices for only a few hundred dollars invested.

"It's important to have a selection of viable solutions available at all times," said Dr. Ryan Olsen, chief scientist for NSWC Corona's expeditionary systems engineering division. "This is a fast, viable and inexpensive solution."

Across the globe, medical respiratory devices have claimed their place as critical medical components for treating many coronavirus patients. Those components are in short supply in many countries as the pandemic continues. The Navy and Marine Corps' focus on all facets of readiness, operational and otherwise, have led the services to continue advanced planning and preparation efforts for the unexpected.

"In a crisis, you don't have a month to find a solution," said Olsen. "There's not a lot of warning and not a lot of time to respond, but it still requires a good engineering solution. Those good solutions are something we strive for in all

the work we do."

The design for the oxygen manifold prototype was born following a thorough analysis of additive, subtractive and reverse engineering options by the NSWC Corona Expeditionary Solution Cell (ESC), a team of engineers and scientists developing rapid engineering solutions to Navy and Marine Corps challenges. The team designed the manifolds by pairing computer-aided design software with engineering technology and readily available parts.

The team reverse-engineered existing manifold hardware, shopped the internet and supply chains for readily-available, commercial on-the-shelf parts and leveraged specs from open sources as they developed the manifold using computer-aided design technology.

The end result: a mass-producible, portable device designed to maximize the Naval Hospital's medical resources at a moment's notice and augment the supply stockpile, if the need were ever to arise.

While additive manufacturing



Retired CPO, witness to historic Japanese surrender ceremony on USS Missouri, celebrates 100th birthday in Point Loma

Point Loma resident Leon Matson celebrated his 100th birthday on April 30.

He was born in Lake Preston South Dakota. He grew up during the depression and jumped at the chance to enlist with the Navy in 1940. He rose to the rank of Chief Petty Officer and was on the USS Missouri when the Japanese formally surrendered on September 2, 1945 ending World War II.

He is one of the few surviving servicemen to witness this historic event.

In 1945 Leon wed Violet Thompson also from South Dakota. He returned to San Diego to build his house in Point Loma in 1952 and start a family



Leon retired from the Navy in 1961 and worked for San Diego City Schools as a landscaper for another 20 years. His wife Violet passed in 2018. He has four chil-

dren and one grandchild. On April 30th we honored this common man on his 100th birthday. He and others like him are our true heroes!



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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 5/11/20. 1 at this price #596319.

2020 HYUNDAI VENUE SE

\$15,777 FRANK'S PRICE
-\$1000 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 5/11/20. 2 at this price #028724. #027342.

FRANK SUBARU

2829 NATIONAL CITY BLVD.
888.207.1891
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2020 SUBARU WRX 6MT

LEASE FOR
\$299 PER MONTH PLUS TAX
36 MONTHS

ZERO DOWN!



*1 at this payment, STK# 22725 VIN# L9808866 Model # LUN 01. \$299 plus tax monthly for 36 months with \$1,995 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 5/31/20.

2020 SUBARU FORESTER 2.5 SPORT

LEASE FOR
\$339 PER MONTH PLUS TAX
36 MONTHS

ZERO DOWN!



*1 at this payment, STK# 22809 VIN# LH489793 Model # LFG 24. \$339 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 5/31/20.

2020 SUBARU OUTBACK 2.5 LIMITED

LEASE FOR
\$347 PER MONTH PLUS TAX
36 MONTHS



*1 at this payment, STK# 22232 VIN# L3114426 Model # LDF 34. \$347 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 5/31/20.

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 5/31/20.

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 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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