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SIXTIETH YEAR NO. 8
THURSDAY, JUNE 18, 2020

USS MONTGOMERY RETURNS TO SAN DIEGO FINISHES 12-MONTH ROTATIONAL DEPLOYMENT TO 7TH FLEET

SAN DIEGO - Independence-class littoral combat ship *USS Montgomery* (LCS 8) returned to its 3rd Fleet homeport of Naval Station San Diego June 10 following a 12-month rotational deployment to the 7th Fleet area of operations.

During the deployment, *Montgomery* operated with navies of six partner nations, participated in five multilateral and bilateral exercises, and made six strategic port visits across the Indo-Asia-Pacific.

"I couldn't be more proud of the maritime security my ship and crew provided throughout this deployment. Their sacrifice resulted in the increased war fighting readiness of a Naval Surface Force that is, indeed, the world's best," said Cmdr. Edward Rosso, commanding officer, *USS Montgomery*. "It was an honor to have the opportunity to sail with allied and partner nations, and continue a forward presence in the Indo-Asia-Pacific region."

Montgomery contributed to maritime security through numerous presence operations in the South China Sea, Philippine Sea, Strait of Malacca, and waters near Singapore.

Montgomery joined with seven other warships from seven



Gunner's Mate 1st Class Cody Bernaiche kisses his wife after disembarking after littoral combat ship *USS Montgomery* (LCS 8) returns to homeport at Naval Base San Diego following the successful completion a 12-month rotational deployment. *Montgomery* operated in the U.S. 7th Fleet area of operations to enhance interoperability with partners and serve as a ready-response force. Navy photo by MC2 Alex Corona.

member states of the Association of Southeast Asian Nations (ASEAN) for the first ASEAN - U.S. Maritime Exercise. Operating as a combined task force, the crew operated multilaterally and worked with partners on basic maritime skills such as at-sea

communication, and culminated with visit, board, search and seizure boarding exercises.

USS Montgomery is assigned to 3rd Fleet, which leads naval forces in the Pacific and provides the realistic, relevant training

necessary for an effective global Navy. 3rd Fleet constantly coordinates with 7th Fleet to plan and execute missions based on their complementary strengths to promote ongoing peace, security, and stability throughout the entire Pacific theater.



Operations Specialist 1st Class Alexander Favreau greets his girlfriend as he disembarks *USS Montgomery* as the ship returns to San Diego following the successful completion a 12-month rotational deployment. *Montgomery* operated in the U.S. 7th Fleet area of operations to enhance interoperability with partners and serve as a ready-response force. Navy photo by MC2 Alex Corona.

VIRTUAL COMMISSIONING: Future *USS Kansas City* (LCS 22) to be commissioned this Saturday in San Diego.

See related feature story, page 9

Newly restored and modernized, *USS Fitzgerald* en route to San Diego

PASCAGOULA, Miss. (June 13, 2020) Guided-missile destroyer *USS Fitzgerald* (DDG 62) departed Huntington Ingalls Industries, Ingalls Shipbuilding division's June 13 to return to her homeport in San Diego.

The sail away reflects more than two years' worth of effort in restoring and modernizing one of the Navy's most capable warships after it was damaged during a collision in 2017 that claimed the lives of seven Sailors.

"Today the 'Fighting Fitz' is

returning to the Pacific Fleet as one of our nation's most capable warfighting platforms, marking a significant step in her return to warfighting readiness," said Rear Adm. Eric Ver Hage, director, Surface Ship Maintenance and Modernization and commander, Navy Regional Maintenance Center. "*Fitzgerald* Sailors, our Navy project teams and the men and women of Ingalls put forth a tremendous effort to restore the ship to fighting shape and did so on schedule.

To restore the impacted spaces to full operations and functionality, various Hull, Mechanical and Electrical (HM&E), Combat System (CS) and Command, Control, Communications, Computers and Intelligence (C5I) repairs were completed. These ranged from partial to complete refurbishment of impacted spaces, to replacement of equipment such as the radar and electronic warfare suite; the ship also received HM&E, Combat System and C5I modernization upgrades.

See FITZGERALD page 2

The guided-missile destroyer *USS Fitzgerald* (DDG 62) departs Huntington Ingalls Industries, Ingalls Shipbuilding division's Pascagoula shipyard June 13 to return to her homeport in San Diego. The sail away reflects more than two years' worth of effort in restoring and modernizing one of the Navy's most capable warships after it was damaged during a collision in 2017 that claimed the lives of seven Sailors. Navy photo courtesy of Derek Fountain/Huntington Ingalls Industries.



Top legal officers address racial disparity in military justice

by Terri Moon Cronk,
DOD News

Racial disparity in the military justice system exists, and much work remains to put an end to it, the services' top legal officers said on Capitol Hill.

Speaking to the House Armed Services Committee's military personnel subcommittee June 16 were judge advocate leaders Army Lt. Gen. Charles N. Pede, Navy Vice Adm. John G. Hannink, Air Force Lt. Gen. Jeffrey A. Rockwell and Marine Corps Maj. Gen. Daniel J. Lecce.



"Today our Army represents our country's best ideals more than ever," Pede said. "And I also believe that like the country we serve, there is still much more that must be done."

He noted the Uniform Code of Military Justice - a federal law enacted by Congress that governs the military justice system - was born out of a concern for fundamental fairness for those suspected of a crime. "But as good as our justice system is, we can never take for granted its health or its fairness. It requires constant care," Pede said.

All four judge advocate general officers said a May 2019 General Accounting Office report found racial disparities in the military justice system. They agreed militarywide training and education is necessary to solve the issue.

"[The GAO] report raises difficult questions - questions that demand answers. Sitting here today, we do not have those answers. So our task is to ask the right questions and find the answers," Pede said.

The Army JAG said he directed a comprehensive assessment with the provost marshal general "to get left of the allegation, left of the disposition decision, to examine why the justice system is

more likely to investigate certain soldiers in what investigations and command decisions tell us about the issue."

Unlawful discrimination undermines a unit's ability to function effectively, and it cannot be tolerated, Hannink noted. "We must overcome any bias or any stereotype that diminishes cohesiveness, camaraderie, or morale," he said.

The Navy can't be under any illusions about the fact that racism is alive and well in the country, the vice admiral said. "And I can't be under any illusions that we don't have it in our Navy. ... So the Navy emphatically and unequivocally denounces racism."

Rockwell said it's vital to eradicate racial disparity in the military justice system to ensure fairness, inclusion and diversity for all service members; and he added that an inclusive and diverse force is "absolutely

necessary to defend a diverse and inclusive nation."

While the Navy reviews specific cases to ensure there is not disparate treatment based on a protected class, "we don't have clear answers or underlying reasons as to why the disparity exists," Rockwell said. As with all difficult issues the nation faces, solutions to address that disparity will require whole-of-government and societal approaches, he said.

"Only as a unified force that's free of discrimination, racial inequality and prejudice can we fully demonstrate our core values and serve as the elite warfighting organization America requires and expects us to be," Lecce said.

The Marine Corps' commitment and determination to ensuring equality among Marines "remain steadfast and enduring," he told the House panel.



Guided-missile destroyer USS Kidd (DDG 100) departs San Diego following the Navy's aggressive response to a COVID-19 outbreak aboard the ship. Kidd arrived at Naval Base San Diego April 28 to provide medical care for the crew and clean and disinfect the ship. Kidd is scheduled to return to the U.S. Southern Command area of responsibility to continue its mission in support of SOUTHCOM Enhanced Counter Narcotics Operations in the Caribbean and Eastern Pacific. Navy photo by MC2 Alexander Corona.

USS Kidd commanding officer sends thank you letter to San Diego

SAN DIEGO - Cmdr. Nathan Wemett, the commanding officer of the guided-missile destroyer USS Kidd (DDG 100), released the following open letter to the San Diego region as the ship departed the city to continue her scheduled deployment, June 10.

Today, the men and women of USS Kidd (DDG 100) return to sea to resume our mission, and we do so because of the support of the San Diego region. On behalf of our crew and our families, thank you, San Diego.

On April 28, we arrived in San Diego following a coronavirus outbreak at sea. Our priority was—and remains—to take care of our Sailors. The San Diego region helped us do that by extending your collective arms and helping us respond to and recover from this insidious virus. Specifically, the support we received from USS Makin Island (LHD 8), Commander, Amphibious Squadron (PHIBRON) 3, USS Shoup (DDG 86), USS Stockdale (DDG 106), USNS Miguel Keith (ESB 5), Naval Medical Center San Diego, and Naval Base San Diego was exemplary.

With the care of military and local health professionals, as well as support from military leadership, shipmates along the waterfront, and area businesses, we fought this invisible enemy and cleaned our ship. A ship, however, is nothing without its people. Thank you for supporting and caring for our people, and showing why San Diego is known as America's Finest City.

Today, we return to sea stronger as a result of the combined efforts of the region and the Navy. Because of that partnership, USS Kidd sails away to continue its mission of providing security and stability to our Nation and her allies, while operating forward, where and when it matters.

Fitzgerald headed home

Continued from page 1

Due to the extent and complexity of the restoration, both repair and new construction procedures were used to accomplish the restoration and modernization efforts. Throughout this restoration period, the U.S. Navy made it a priority to ensure *Fitzgerald* returned to a peak state of warfighting readiness to contribute to an agile and dynamic fleet.

The *Fitzgerald* crew completed multiple training and certification events, such as Navigation Assessment and Light Off Assessment (LOA), to ensure the crew was at peak readiness to operate the ship as it returns to homeport.

"Completing repairs and upgrades to *Fitzgerald* was only possible because of the outstanding teamwork between the government and industry teams over the last 2 1/2 years. My thanks go out to everyone involved in making sure the ship is ready,

and I'm especially proud of my crew's hard work ensuring we are trained and prepared to take our ship back to sea," said Cmdr. Scott Wilbur, commanding officer of *Fitzgerald*.

Prior to departing Pascagoula for San Diego, *Fitzgerald's* crew began a pre-movement sequester on May 23 in accordance with U.S. Navy pre-deployment guidelines - compliance with Navy and CDC guidance is critical to minimize the spread of COVID-19.

DDG 62 is assigned to Destroyer Squadron 1 and upon return to San Diego, crew training and certifications will commence in support of Basic Phase Training.

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- The Army is reorganizing its top IT office
- Army releases \$1B cyber training request
- Army units in Europe are getting new electronic warfare equipment
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Navy

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- SEALS test new mini sub to stay dry, ship to shore

Air Force

- Report: Airman suspected of killing deputy wrote violent extremist messages in blood
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Marines

- Recruits helping provide insight into COVID-19
- One man shot dead, another seriously injured with stab wounds in incident at Camp Lejeune
- Marine veteran Paul Whelan sentenced to 16 years in Russia on spying charges
- WWII Marine POW, who survived Corregidor and 'hell ship' voyage, dies from COVID-19



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Esper: We'll handle our own alleged war criminals

by C. Todd Lopez,
DOD News

The United States has a good track record of investigating and prosecuting the alleged criminal actions of its own service members, and the International Criminal Court should stay out of U.S. business, Defense Secretary Dr. Mark T. Esper said.

In 2017, the International Criminal Court announced its intention to investigate U.S. service members for alleged crimes related to missions in Afghanistan. The United States was not a party to the Rome Statute, which created the ICC.

President Donald Trump has signed an executive order calling ICC claims to jurisdiction over U.S. personnel "illegitimate."

During a briefing for reporters today at the State Department, Esper said the executive order was spot-on.

"The International Criminal Court's efforts to investigate and prosecute Americans are inconsistent with fundamental principles of international law and the practice of international courts," Esper said. "That is why our nation and this administration will not allow American citizens who have served our country to be subjected to illegitimate investigations. Instead, we

expect information about alleged misconduct by our people to be turned over to U.S. authorities so that we can take the appropriate action as we have consistently done so in the past."

Esper said the United States has a sovereign right to investigate and address any alleged violations of the laws of war by its own military personnel.

Navy Reserve Force authorizes on-site drill weekends, starting in July

NORFOLK, Va. - Commander, Navy Reserve Force (CNRF) issued new guidance June 11 for resuming regular on-site drills at Navy Operational Support Centers (NOSC).

The new guidance, AL-NAVRESFOR 013/20, provides a methodical approach for resuming weekend drills across the force while mitigating the risk for COVID-19. The process is dependent upon local conditions, guidance from the Centers of Disease Control and Prevention, guidance from Commander, Navy Installations Command, and approval from the CNRF chain of command.

"As some of our NOSCs begin to see the risk of the COVID-19 pandemic decline in their states and local communities, we need to begin a phased and methodical approach to bringing

"There is no other force more disciplined and committed to compliance with the laws of war than the United States military," he added.

The secretary cited as examples the U.S. military-led efforts at Nuremberg to prosecute Nazi war criminals, and the U.S. military's support of the International Criminal Tribunal for

crimes committed in the former nation of Yugoslavia.

"We have consistently provided training on the rule of law and given related assistance to scores of partners and allies around the globe," Esper said.

More than 800,000 United States military personnel have served in Afghanistan since

2001, Esper said, with over 20,000 wounded and nearly 2,000 killed. Those Americans, he said, fought and died to stop terrorism and to protect the citizens of the United States and allied nations. American service members are still fighting that conflict today, he said.

"That is why the Department of Defense fully supports the

president's executive order and will take every action to defend our service members," Esper said.

"Rest assured that the men and women of the United States armed forces will never appear before the ICC, nor will they ever be subjected to the judgments of unaccountable international bodies."

our Reservists back to regular, on-site drills starting in July" said Rear Adm. John Schommer, commander, Navy Reserve Force Command (CNRFC). "We want to enable our NOSCs to start bringing their Sailors back to the drill, to support missions and individual readiness, based on local conditions. This will not be a 'one size fits all' return to one-site drills."

An important part of the process is considering the Health



Protection Condition (HPCON) of a NOSC's installation, or in the case of an off-installation NOSC, the NOSC's Navy Region, such as Navy Region Southwest or Region Mid-Atlantic.

"Once a NOSC commanding

officer determines that all of the criteria is met for on-site drills, he or she will submit a request to their Navy Region Reserve Component Command (RCC) for approval," said Errin Armstrong, chief of staff, CNRFC. "Over the past several weeks, roughly two dozen Full Time Support (FTS) and Selected Reserve (SELRES) Sailors from across the CNRF claimancy addressed some of the biggest issues with returning to drills, such as medical supplies and physical-spacing requirements. They have developed resources for NOSC commanding officers to reference as they go through this process."

If local conditions are not right, however, Reservists can continue to perform liberal telework to earn their drill points and pay. The earliest a NOSC could theoretically resume on-

site drills is July 11.

"We know that while some Reservists might be able to get back to regular drills, some may not have that opportunity," said Armstrong. "Therefore, we want to be as flexible as possible."

Reservists with health or overall concerns about the plan moving forward should speak with their chain of command as soon as possible.

"There will be a normal tension between resuming drills, but also protecting our Reservists from unnecessary risk to the enduring pandemic," said Schommer. "Our NOSC COs are expected to take a measured risk-informed approach, and our Reservists are expected to follow public health measures to facilitate the balance of risk to mission and risk to force."

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With airlines lagging, Army looking to bring former aviators back

by Gary Sheftick,
Army News Service

FORT RUCKER, Ala. - With airlines running a reduced flight schedule and generally not hiring, the Army is open to accepting former aviators and crew members back into the service, according to the Army's command chief warrant officer for the aviation branch.

Chief Warrant Officer 5 Jon Koziol appeared on a Facebook livestream June 10 from Fort Rucker, Ala., explaining the opportunities to those tuning into the page for the Rotary to Airline Group, known as RTAG, founded to help veterans transition to the airline industry.

"As we're all well aware, this global pandemic has made unprecedented impacts on the world's economies and our personal way of life," he said. "Some of those impacts may have directly affected your ability to pursue your goals of working for the commercial sector, specifically the airlines."

The Call to Active Duty, or CAD program, allows Army Reserve and National Guard aviators to apply for a three-year stint back on active duty, Koziol said. Aviators are needed for AH-64 Apache attack helicopters, as well as CH-47 Chinooks, UH-60 Black Hawks and in some instances, fixed wing assignments.

The retiree recall program is also a possibility, Koziol said, and other programs exist for veterans who only served a few years in the branch.

"No matter how much time you have served in the Army, you

are still a Soldier for Life and part of this team," he said. "We could use your expertise."

Some Army civilian positions are available for aviators on Fort Rucker, he said, directing listeners to check the USAJobs website. In addition, contractor positions are available under instructor and maintenance contracts.

UH-72 Lakota pilots are needed to instruct the Initial Entry Rotary Wing and other courses. Test pilots are also needed and additional opportunities exist for fixed-wing pilots, mechanics and others, he said.

"Basically across the board, there is more than likely a good chance that we can find a spot for you where you can help," Koziol said.

While there's no current shortage for OH-58D Kiowa pilots, some other positions may be available for those aviators, said Chief Warrant Officer 5 David J. Stock II, aviation branch warrant officer proponent.

"We do have the ability, in some instances, for the right officer to bring back some OH-58D pilots and use them in a non-flying position," Stock said.

Koziol said recent studies indicate it may take commercial airlines two or three years to get back to the operating schedules that they had prior to the pandemic.

Recent news reports state about 100,000 employees of the nation's four largest airlines have volunteered to take unpaid or low-paid leave.

The airlines have not yet laid workers off, because the bailout federal funding they received barred layoffs, involuntary furloughs and pay cuts. But that requirement expires Oct. 1, leaving thousands of pilots, flight attendants, baggage handlers, mechanics and others at risk of layoffs.



A remotely piloted MQ-9 Reaper taxis toward the runway at Miroslawiec Air Base, Poland, March 1, 2019. Photo by Preston Cherry

Air Force deploys Reaper drones to Estonia for first time on short-term mission

by John Vandiver,
Stars and Stripes

STUTTGART, Germany - U.S. unmanned aircraft are operating for the first time out of Estonia, where they will be temporarily based in support of allied intelligence gathering missions, U.S. Air Forces in Europe said June 15.

MQ-9 Reaper aircraft were moved from Miroslawiec Air Base in northwestern Poland while a runway there is under construction, USAFE said in a statement.

The move, while temporary, could give NATO a surveillance boost around the upper Baltics, where Russia's military is active.

USAFE didn't say how many aircraft and airmen were repositioned to Estonia's Amari Air Base, citing operational security. The troops belong to the Air Force's 52nd Expeditionary Operations Group Detachment 2.

"The operations aim to promote stability and security within the region and strengthen

relationships with NATO allies and other European partners," USAFE said of the mission.

Since 2018, MQ-9 Reapers have been operating out of Poland. In the past, the unit also has carried out temporary missions in Romania while runway work was done at the Polish base.

The Miroslawiec Air Base could eventually factor into plans for a larger U.S. presence in Poland. A 2019 deal between Warsaw and Washington called for the establishment of a drone squadron in the country.

Negotiations connected to basing more U.S. troops in Poland are ongoing, with officials from both sides last week saying that a deal is imminent.



Refer to the Army News Service at https://www.army.mil/article/236487/with_airlines_lagging_army_looking_to_bring_former_aviators_back.

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Deployed Ships Underway: 69
Non-deployed Ships Underway: 21

Total Ships Underway: 90

Ships Deployed by Fleet

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6th Fleet: 12 7th Fleet: 58

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White House task force to release plan for veteran suicide prevention



American flags fill a grassy expanse on the National Mall in October 2018, each representing a veteran or a service-member who died by suicide in 2018. Photo by Meredith Tibbetts/Stars and Stripes

by Nikki Wentling,
Stars and Stripes

WASHINGTON - President Donald Trump was set Wednesday to release a national plan to prevent veteran suicide - one that's more than a year in the making and will take two years to implement fully.

Senior administration offi-

cial, who spoke on background June 17, said the plan focuses on public awareness campaigns, improved research into veteran suicide, increased suicide-prevention training and new partnerships between government agencies and outside organizations. It will include a legislative proposal to support local groups that help veterans.

"This is the first all-government effort to tackle veteran suicide," one senior administration official said. "It's an extremely important day, considering that."

Trump was expected to announce the plan at the White House Wednesday afternoon, alongside veterans' advocates and leaders of the Department of Veterans Affairs. The plan is the result of an executive order Trump signed March 5, 2019, that created a Cabinet-level task force titled PREVENTS,

short for "President's Roadmap to Empower Veterans and End a National Tragedy of Suicide." Trump said its purpose was to "mobilize every level of American society" to address the veteran suicide crisis.

The last annual report from the VA showed that suicide among veterans continues to be higher than among the rest of the population. The suicide rate among male veterans was 1.3 times the rate for other adult men in 2017, the latest year data was available. For women, the contrast is even more stark. The rate among female veterans was 2.2 times the rate for other adult women that year.

The White House task force - which includes VA Secretary Robert Wilkie, as well as the secretaries of Defense, Health and Human Services and Homeland Security, and is led by Dr. Barbara Van Dahlen, a clinical psychologist - was responsible

for working with the public and private sectors during the past year to understand the underlying factors of suicide better and to develop methods for addressing it at the state and local levels.

The PREVENTS task force was supposed to submit a strategic plan by March 5, 2020, but the release date was put off multiple times because of the coronavirus pandemic.

The pandemic has created more need for a national plan to address suicide, a senior administration official said June 17.

"With the current additional stress and strain caused by the COVID crisis and economic stresses in our communities, we are very, very concerned we're going to see those numbers go up," the official said. "We had no idea COVID was coming, but it's gratuitous that we've been working over the last year to put

together this plan."

The strategic plan will start in a few weeks with a national public health campaign to educate Americans about veteran suicide and to dispel myths. One administration official compared it to famous campaigns of the past, such as "Buckle up for safety" and "Friends don't let friends drive drunk."

"That's what we're after - a culture change that allows individuals who are struggling to be identified earlier," the official said.

There are also plans for campaigns to promote the safe storage of firearms as a method to prevent suicide. Officials said

there would be no proposed firearm restrictions. Restrictions on weapon ownership could make veterans less likely to seek help, they said.

The 60-page road map was expected to be published on the task force's website later Wednesday, along with 300 pages of background materials the group used to develop their plans.

Officials said it would take two years to implement the 10 recommendations included in the plan.

The VA's budget request for fiscal 2021, released in February, includes \$53.4 million to the PREVENTS initiative.

Ask Rusty - How do I apply with Social Security offices closed?

by Russell Gloor

Dear Rusty: I am 64 years old and would like advice on how to move forward to apply for Social Security now instead of waiting until I am the "magic" age of 66.5 years. Signed: Ready for Retirement

Dear Ready for Retirement: All Social Security offices are currently closed to public visits, but they are still providing telephone services (although telephone wait times are usually longer these days). You can apply over the phone if you wish. However, the most efficient way to apply for your Social Security benefit, especially during the COVID-19 pandemic, is to apply online. You will need to create your personal "My Social Security" account prior to applying online, but that is easy to do at www.ssa.gov/myaccount. For information, Social Security uses a "two-factor" identification process for security purposes, usually by asking you to enter, in addition to your password, a special ID code sent to your cell phone (or email). Once you have set up your personal account, you can use the online application process at www.ssa.gov/retire.



Here is a link to a short video from Social Security which explains the online application process: www.ssa.gov/hlp/video/claim_r01.htm. When you start the online process, be sure to write down the reentry code, which will allow you to save and re-enter your online application as many times as needed before you finally submit it. Once it is submitted, Social Security will call you or write you to get any additional information they need. A couple of things I want to be sure you are aware of:

By claiming before your full retirement age (FRA) your benefit amount will be permanently reduced. The reduction is about 0.556 percent per month prior to your FRA that you claim (at 64, a reduction of about 15 percent).

Finally, if you are still working, you'll be subject to Social Security's earnings test until you reach your full retirement age. If you start benefits mid-year 2020, you'll be subject to a monthly earnings limit of \$1,520, and if you exceed that limit you won't be eligible for benefits for that month. The following years you'll be subject to an annual limit, until you reach your FRA when there is no longer a limit to how much you can earn.

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).

VA study finds Transition Assistance Program worthwhile

WASHINGTON - The Department of Veterans Affairs recently released results of the first long-term study aimed at determining the effectiveness of the VA Transition Assistance Program (TAP) - and its impact on Veterans in their civilian life.

The 2019 Post-Separation Transition Assistance Program Assessment (PSTAP) Outcome Study Report, and appendices, commissioned by the Veterans Benefits Administration, outlines the results from the first year of a multi-year study.

Designed to assess what drives Veteran satisfaction in TAP, the study identifies how best to improve veteran experience and the delivery of benefits and services - ultimately improving their long-term outcomes across various aspects of their lives.

"Service members transitioning to civilian life have served our country well," said VA Secretary Robert Wilkie. "It is important for VA to know what our veterans want and need to make this transition successful. This study provides invaluable feedback we can use to make the TAP program even more beneficial."

Cross-sectional surveys were created to get feedback in response to the research. It looks at service member transition in three groups: veterans separated for six months, those separated for one year and those separated for three years. The survey uses data from these groups to obtain feedback annually, while tracking transition outcome success of those who opt-in to the longer-term study.

2019 survey results revealed:

- The majority of veterans found TAP courses beneficial.
- The TAP VA benefits briefings received an 85 percent positive rating and were deemed most useful by respondents.
- Most respondents (67 percent) said they adjusted well to civilian life after separation, are making progress toward their post-military goals and generally employed in full-time, permanent positions.
- Many veterans (70 percent) felt the transition was challenging with an array of causes, including nostalgia for the camaraderie and teamwork they experienced in the military.

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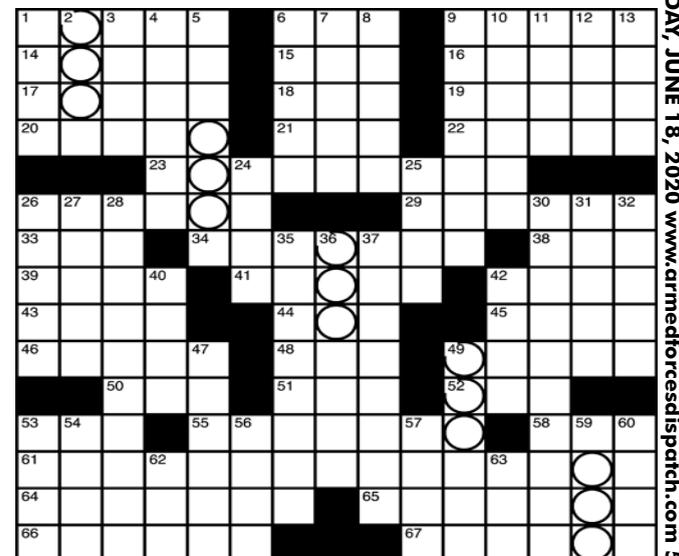
Crossword Puzzle

Across

- 1 Touch off
- 6 Electrical unit
- 9 What wind ensembles usually tune to
- 14 Actress Anouk whose last name means "beloved"
- 15 Place for grazing
- 16 Appreciative cry
- 17 Travelocity ad figure
- 18 "Hotel du ___": Anita Brookner novel
- 19 Still
- 20 Fabulous writer?
- 21 Roth ___
- 22 Washer function
- 23 Production capacity review
- 26 Refused
- 29 Very deep places
- 33 Shore soarer
- 34 Bellyachers
- 38 Excessively
- 39 Work (on), as 9-Down
- 41 "___ Romance": Jerome Kern song
- 42 TV princess
- 43 Radam s' love
- 44 Cover letter letters
- 45 Far from bold
- 46 Pentax competitor
- 48 Cholesterol initials
- 49 Hides
- 50 "U slay me!"
- 51 Chorus syllable
- 52 Travelers' bus.
- 53 Teddy's Mount Rushmore neighbor
- 55 Kitchen appliance
- 58 Inflation fig.
- 61 Office fasteners
- 64 Like battleships
- 65 Get by the sentry
- 66 Looked inside, in a way
- 67 Show the ropes

Down

- 1 It's a long story
- 2 Flooring wood
- 3 "The Cookie Never Crumbles" co-author Wally
- 4 Alter the shape of
- 5 Custody
- 6 Kukla cohort
- 7 With 36-Down, what you can't do regarding this puzzle's circled letters
- 8 Portuguese territory until 1999
- 9 Pitmaster's offering
- 10 Like dessert wines
- 11 "... this skull has ___ in the earth ...": Hamlet
- 12 Urban rtes.
- 13 Membership drive gift
- 24 "The Thin Man" role
- 25 Have what it takes
- 26 "The Goldbergs" actor George
- 27 Links legend, familiarly
- 28 Conflicted
- 30 Classic golf shoe feature
- 31 "Haystacks" series painter
- 32 Overcharges
- 35 "That really depressed me"
- 36 See 7-Down ... or, with "a," what you can see in this puzzle's circled letters
- 37 Isolated communities
- 40 City south of Fort Worth
- 42 Magneto's enemies
- 47 Sharer of 2007 Nobel Peace Prize
- 49 One of a gripping tool pair
- 53 Trojan War hero
- 54 "Hamilton" role
- 56 Mocked
- 57 Puzzlemaker Rubik
- 59 Go around
- 60 Hall & Oates' "Say It ___ So"
- 62 Son
- 63 My ___, Vietnam



Risk mitigation or safety guarantee?

by Dr. Daneen Skube,
Tribune Content Agency

Q: My state is beginning to re-open and I'm finding I don't want to leave home. I realize if I go anywhere or do anything I am taking a risk. How are you recommending clients weigh out the decision to return to any kind of normal life?

A: What I'm recommending to clients is to think about all the other risks they were taking before this pandemic started. We all get in our cars, take walks and raise children knowing there are many risks involved in each of these activities. And, yet, we take those risks every day!

We've gone through social distancing, through social isolation, and now I believe the next phase will be, at best, social reluctance. Except in unusual circumstances we haven't looked at contact with other people as a danger to our health. Some of my clients are saying they finally understand the mindset of people with agoraphobia.

If you wait to leave home until there is no risk then you are treating the pandemic unlike any other activity you did before this crisis. Instead of weighing

out the risks versus rewards you are waiting for a zero-risk situation.

Was it prudent for our country to encourage us to stay home? I always judge the effectiveness of any decision from the results. Although the economic consequences have been severe, the reduction in infections and deaths has been powerful.

A confusing aspect of re-opening is there is no guidebook on how and when we leave home. You have to trust yourself to evaluate your risk factors, age, health and risk tolerance. Then you can create a prudent plan where you slowly re-engage in ordinary life.

When you get into your car you don't obsess about all the things that can go wrong but you do drive carefully. You now have to bring that same capacity for risk tolerance to everyday decisions. Who do you see, how do you see them, where do you go, and what activity do you deem non-essential and low reward benefit?

We accept when we drive a car, despite vigilant driving, a drunk driver could come out of

nowhere and kill or hurt us. Yet we still get into a car. Bring this same level of risk mitigation to your thinking about leaving home. Realize despite social distancing, few public outings and masks, essentially despite all

INTERPERSONAL EDGE:

your vigilance you could end up catching this.

If we demand a zero-risk policy during our activities how high can our quality of life be? When I was in my twenties I did an odd thing for a young person and studied death a lot. I understood that if I did not understand my relationship with death my ability to live would be compromised.

During my twenties I realized most of us are not afraid of death but anxious about the risks of living. Like, the risk to apply for a job we don't get, a love affair that breaks our heart, or children

that disappoint us. If our goal in life is to avoid all risk, we seriously impoverish the quality of our lives.

The last word(s)

Q: People in my organization are so polarized on how they are dealing with this crisis. Is there a reason people react so differently to the same adversity?

A: Yes, as the Talmud, an important collection of Jewish writings, perceptively observes, "We do not see things as they are. We see things as we are." You will learn a great deal about others as you watch them right now.

Daneen Skube is an executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything." You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027.

Navy prioritizes PCS moves

MILLINGTON, Tenn. - Permanent Change of Station (PCS) moves will soon be restarting using a conditions-based, phased approach and Navy Personnel Command (NPC) is poised to ensure that high priority sea duty units remain manned and ready to preserve maritime superiority.

"The current stop movement policies have impacted 42,000 sets of officer and enlisted orders," said Capt. Derek Trinke, director of the Career Management Department at NPC.

"We will use every option available to maintain fleet readiness and will prioritize all PCS moves based on the impacts to readiness rather than solely on a Sailor's Projected Rotation Date (PRD) for those transferring." These options include prioritization of move timing based on the priority of billets, incentivizing sea duty and adjustment of estimated dates of detachment (EDDs).

To account for local restrictions that will persist after the initial relaxations, the flow of orders will begin in stages as areas open. Local Health Protection Condition (HPCON), international, state and local government policies will be considered when scheduling PCS transfers. Eliminating the backlog of orders could extend beyond the end of calendar year 2020.

The emphasis on operational readiness and unit prioritization reflects the Navy's identity as a sea service and focusing on filling billets at sea is critical to preserving the readiness of the fleet. High priority sea duty commands include those designated as operational sea duty.

These commands include strategic and Special Operations Forces, Forward Deployed Naval Forces (FDNF) and Optimized Fleet Response Plan (OFRP) units with a published manning date that is normally 12-months prior to the deployment date.

Priority will also be given to specific accession pipeline billets such as to ensure new officers and enlisted continue to report to their fleet units. Additionally, consideration will be given to key milestone and special program billets. NAVADMIN 169/20, released June 12, lists the full ordered priority list for billets.

The list of priorities was guided by the Commander, U.S. Fleet Forces Command/Commander, U.S. Pacific Fleet Notice 1000 of August 16, 2019, which explains sea manning unit target levels and stakeholder responsibilities. Officers and enlisted personnel with retirement or fleet reserve orders and enlisted personnel with End of Active Obligated Service (EAOS) dates before their PRD who do not intend to re-enlist will be exempt from this direction.

"It is critically important that leaders talk with Sailors approaching their EAOS to determine if there is an intent to separate or retire, and forward that information immediately to NPC so a backfill for sea duty billets can be prioritized," said Trinke. "We really need commands to tell my team at PERS-4013 immediately so we can ensure a face-to-face turnover at high priority sea duty commands. I also encourage leaders in every command to talk to their Sailors about the incentives we already offer for voluntary extensions at sea."

To maintain unit readiness, detailers will prioritize face-to-face reliefs for billets at high priority commands. Service members transferring to a high priority command will move first and may have their shore duty shortened by up to six months.

For full details, visit npc.navy.mil or call MNCC at (833) 330-MNCC (6622).



The new Navy Master-at-Arms 'A' School

VIRGINIA BEACH, Va. - The Center for Security Forces piloted a major change to the Master-at-Arms Apprenticeship course at the school. The purpose is to firmly align the training to current Fleet Forces Command requirements and the "Ready Relevant Learning" model of the Navy's Sailor 2025 vision. "The revised MA 'A' School curriculum content has fundamentally changed in almost every aspect," said Lt. Cmdr. Kelly Cruz, who serves as the master-at-arms training manager at CENSECFOR. "The curriculum includes a hybrid of Security Reaction Force - Basic, Security Reaction Force - Advanced, Active Shooter Response, advanced First Aid, and various elements of law enforcement training." Cruz further said this pilot is the culmination of 4-years of planning and coordination.



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IWTC San Diego changes command

SAN DIEGO - Cmdr. Tim L. Raymie relieved Capt. Errol M. Laumann as commanding officer of Information Warfare Training Command (IWTC) San Diego during a change of command ceremony June 10.

Guest speaker, Capt Edward Padinske from Navy Special Warfare Command praised Laumann's tenure as CO.

"The name has changed many times. If you look at the command history, we're at name number six or so since the 1950s and four of those have really been in the last three or four years," said Padinske. "But what really matters is the mission has not changed at all. We might get new business cards, we might get new slides and logos and new name plaques and new signs out on the highway, but the mission absolutely has continued and it has really grown over the last couple years. And Errol, under your leadership, it has been awesome to watch as both a customer, a repeat offending



Capt. Nick Andrews, commanding officer of the Center for Information Warfare Training, renders a salute virtually to Capt. Errol Laumann, the outgoing commanding officer of Information Warfare Training Command (IWTC) San Diego, and Cmdr. Tim Raymie, the newest commanding officer of IWTC San Diego, during a change of command ceremony. Navy photo by Glenn Sircy

customer, and just a big fan of the place. The instructor cadre, the staff here that makes everything happen, from Arizona to Japan now."

Capt. Nick Andrews, the Center for Information Warfare Training's commanding officer, participated in the ceremony virtually as the presiding officer.

Laumann assumed command of IWTC San Diego, in June 2018. He oversaw the delivery of 66 distinct courses to approximately 9,450 fleet, joint and international partner nations.

Laumann gave credit to his Sailors at IWTC San Diego.

"Thank you for your dedication to our mission, the Navy and the nation," shared Laumann. "I can easily state that I have never worked with such a talented crew in my 21 years of service. I can only ask that you continue charge forward under Cmdr. Raymie's leadership and ensure this unit's reputation of being the best information warfighters in the Pacific Fleet endures."

Laumann was promoted to the rank of Navy captain during his tenure, and his next assignment is with U.S. 4th Fleet.

Raymie, a native of Rock Island, Ill., previously served as XO at Navy Expeditionary Intelligence Command, and most recently served with Carrier Strike Group 7 as the intelligence officer.

When speaking about his previous tour at IWTC San Diego, which was then called Fleet Intelligence Training Command Pacific or FITCPAC, Raymie said, "FITCPAC was contained within this fence line - IWTC San Diego's responsibilities now stretch from Arizona and span the Pacific.

"However, even with all this change, I have been extremely pleased to see one thing that has not changed...the professionalism of the staff and the continued focus on the fleet! I look forward to working with each and every one of you to continue the great progress that you have already accomplished."



CORONADO (June 1, 2020) - Special Warfare combatant-craft crewman (SWCC) candidates from Basic Crewman Selection (BCS) Class 111 low-crawl under an obstacle during The Tour at Naval Special Warfare (NSW) Center. Navy photo by MC1 Anthony W. Walker



PHILIPPINE SEA (June 15, 2020) - Gas Turbine Systems Technician (Electrical) Fireman Nathan Alwood, from Wildwood, Mo., inspects a fuel system alignment aboard destroyer Russell. Russell is deployed to the 7th Fleet. Navy photo by MC3 Sean Lynch



PACIFIC OCEAN (June 10, 2020) - Seaman Kristine San Esteban stands starboard lookout aboard the destroyer Pinckney. Navy photo by MC3 Erick A. Parsons



PHILIPPINE SEA (June 15, 2020) - Sailors pre-flight check an E-2C Hawkeye assigned to the Liberty Bells of Airborne Command and Control Squadron (VAW) 115 on the flight deck aircraft carrier Theodore Roosevelt. Navy photo by MCSN Dylan Lavin

USS Theodore Roosevelt Sailors depart Guam

APRA HARBOR, GUAM - Remaining USS *Theodore Roosevelt* (CVN 71) Sailors ashore will begin to fly back to the United States via military flights, June 12.

Theodore Roosevelt Sailors who return to the United States are required to complete a 14-day-restriction-of-movement (ROM) sequester upon arrival.

Sailors may ROM at home or facilities on base at their home station in accordance with NAVADMIN 155/20.

All Sailors returning to the United States are expected to meet the Center for Disease Control, U.S. Navy recovery guidances, and "Return to Work" criteria in accordance with NAVADMIN 155/20.

USS *Theodore Roosevelt* and Carrier Air Wing 11 completed carrier qualifications June 2 and returned to Apra Harbor, Guam to embark approximately a thousand Sailors ashore who met return-to-work criteria for operational units.

TR departed Guam to continue its scheduled deployment in the Indo-Pacific June 4. Sailors who met return to work criteria after the brief stop for personnel were flown to TR via airlift.

Theodore Roosevelt is the nation's fourth Nimitz-class aircraft carrier with a crew of nearly 5,000 Sailors who support and conduct air operations at sea.

Theodore Roosevelt departed San Diego for a scheduled Indo-Pacific deployment January 17.

For more news from USS *Theodore Roosevelt* (CVN 71), visit www.navy.mil/local/cvn71/.

Adkins assumes command at Coastal Riverine Group

by Lt. Kara Handley

IMPERIAL BEACH - Coastal Riverine Group (CRG) 1 held a change of command and retirement ceremony, June 12 at the Navy's Outlying Landing Field here. Capt. Allen Adkins relieved Capt. Michael Ray as the commodore of CRG 1. In his speech, Ray expressed gratitude to his family, mentors, and the CRG 1 civilians, Sailors and chief petty officers who have supported him throughout his tour. He said, "As a commodore, I've been entrusted to lead people who are extraordinary leaders themselves and to try to find ways to empower them or guide them to even greater heights. I was privileged to work with people who taught me infinitely more than I could have ever taught them." Adkins said he's honored to take command of CRG 1. "Commodore Ray has done an outstanding job of pushing this command to a place of peak readiness," he said.

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San Diego native serves aboard future warship Kansas City

by Rick Burke,

Navy Office of Community Outreach
SAN DIEGO - A native of San Diego is serving aboard one of the nation's newest and most versatile combat ships, future USS Kansas City.

Petty Officer 1st Class Thomas Caswell is a 2003 Junipero Serra High School graduate. According to Caswell, the values required to succeed in the Navy are similar to those found in San Diego.

"Learning early on in San Diego the importance of computers and how they and their peripherals interact, helped me obtain an understanding of system functionality," Caswell said.

Kansas City is an Independence-variant littoral combat ship that will be commissioned here June 20 at 11:30 a.m.

Kansas City, the second ship named for the largest city in Missouri, is the 21st LCS to be delivered to the Navy fleet. The first Kansas City was assigned to a heavy cruiser during WWII; however, construction was canceled after one month due to the

end of the war. The name was also assigned to Wichita-class replenishment oiler USS Kansas City (AOR 3) in 1967. This ship saw service in the Vietnam War and Operation Desert Storm and was decommissioned in 1994.

"I'm extremely proud of this crew and the dedication they've exemplified while preparing Kansas City for commissioning," said Cmdr. RJ Zamberlan, Kansas City's commanding officer. "We're honored and excited to represent the Navy, the nation, and our namesake, as well as fulfill the ship's motto, 'United We Stand, Divided We Fall.'"

Caswell is an electronics technician responsible for the maintenance and operation of radio communication equipment, radar equipment and ancillary devices.

"What I like most about my job is the ability to break down a system to its simplest form in order to resolve an issue," Caswell said. "In short, being able to fix items most people wouldn't know what to do with."

According to Navy officials, the Navy's impact affects Ameri-

cans and their interests around the world, as more than 70 percent of the Earth is covered by water and 90 percent of all trade travels by sea. The foundation of the Navy the nation needs includes a focus on warfighting, warfighters and the future of the fighting force.

"I'm confident that we'll maximize the Navy we have today while delivering the Navy that our nation will rely upon tomorrow," said Chief of Naval Operations Adm. Mike Gilday. "We'll do so with urgency. Our fleet will be a formidable force that competes around the world every day, deterring those who would challenge us while reassuring our allies and partners."

The path to becoming an LCS Sailor is a long one. Following an 18-month training pipeline, Sailors have to first qualify on a simulator that is nearly identical to the ship and then complete certifications aboard an LCS training ship. This intense and realistic training pipeline allows Sailors to execute their roles and responsibilities immediately upon stepping on board.

Though there are many ways

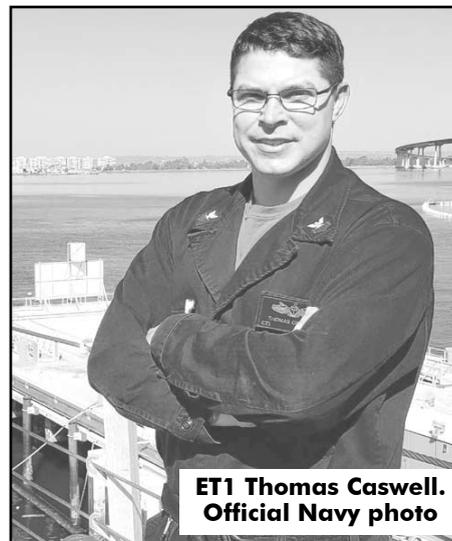
for Sailors to earn distinction within their command, community and career, Caswell is most proud of his selection as Regional Air Traffic Technician of the Year in 2016.

Having been able to fill a role as the ground electronics maintenance chief while still honing and perfecting my troubleshooting techniques was a blessing," said Caswell. "Taking on a leadership role above my paygrade really pushed me to the Sailor I am today."

Serving in the Navy is a continuing tradition of military service for Caswell, who has military ties with family members who have previously served. Caswell is honored to carry on the family tradition.

"Both my mother and stepfather are retired CPOs," Caswell

said. "My stepfather served 22 years as an electronics technician and his knowledge and expertise throughout his career,



ET1 Thomas Caswell. Official Navy photo

really pushed me towards my ultimate choice to become an electronics technician. This has kept me grounded with the experience that I had already gained from him prior to my service."

Caswell, as well as other Sailors, know they're part of a service tradition providing unforgettable experiences through

leadership development, world affairs and humanitarian assistance. Their efforts will have a lasting effect around the globe and for generations of sailors who will follow.

"For me, serving is an honor, and being able to follow in my parents footsteps and defend the United States through my direct actions is a privilege I don't take lightly," Caswell said. "Knowing that I'm helping in a small way to shape the future of the world's greatest Navy is a blessing."

"Through hardship and strife, and often unforeseen challenges, this crew pulled together something amazing," said Caswell. "Leading with our actions, even the most junior sailors, had high expectations and we all thrived despite the impact of COVID and the sequestering of our crew to safe guard the mission. Our crew proved through hardships we'll not only survive but flourish."

Due to public health safety and restrictions of large public events related to COVID-19 pandemic, the Navy will commission Kansas City via naval message and transition the ship into service as scheduled.

AutoMatters™ & More



by Jan Wagner

Taking your car in for service during the Coronavirus pandemic

for potentially getting severely ill or worse from Covid-19. However, many people continue to work in services that are deemed necessary - that we depend upon - including those who work in medical fields, grocery stores, public utilities, law enforcement and more, including the automobile service industry.

Even though most of us are not driving as much as we did before, our cars still require regular service. Vehicle service intervals may be determined by several factors: typically mileage since their last service or the amount of time that has passed since the car was last serviced.

My Mazda Miata has only been driven a little over 4,000 miles since new. According to that mileage alone, it was still not due for its first service, but I took delivery of this car on July 5, 2019. Mazda's warranty specifies that even if it has been driven less than a certain number of miles before requiring that it be serviced, it must nevertheless be serviced within one year of its previous service or its delivery date. That meant that I needed to get it serviced before its one-year anniversary.

Driving any car regularly is important, especially for lubrication, avoiding corrosion, and maintaining the electrical system, the gas in the tank and the rubber parts (including the belts and tires). With that in mind, even though I have hardly left my house in three months, I have driven my Miata at least once every two weeks.

When you take your car in for service, it's potentially exposed to having coronavirus respiratory droplets either settle upon it, or through touch. Therefore, in the interests of safety, it's important that the car

either be shielded from such contamination, sanitized, or both.

When I phoned to make the appointment to bring in my car to Mazda of Escondido, one of the things that we discussed was the measures they're taking to help keep their customers - and their employees - safe.

At this dealership, all employees who are potentially going to be in contact with customers and their cars wear a face mask and gloves. They also practice social distancing - from check-in, to consulting with a service advisor at their work station.

Part of the dealership's preparation of my car for service included installing disposable plastic covers on the driver's seat, steering wheel and gearshift knob (although curiously not on the handbrake lever). Furthermore, I observed an employee wiping down surfaces with disinfecting wipes.

The process was stress-free. Signing for my payment by credit card was optional. They even washed the exterior.

Before I left the dealership, out of an abundance of caution, I wiped off switches and other control surfaces, the door handles and that aforementioned handbrake lever with a disinfectant wipe.

Be safe. We can get through this.

To see photos, visit www.drive-tribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #647" in their search bar. Send your comments to AutoMatters@gmail.com. Copyright © 2020 by Jan Wagner - AutoMatters & More #647

The Meat & Potatoes of Life



by Lisa Smith Molinari

"Mom, how did you meet people your age during your family vacation?" my 22-year-old daughter Anna asked a couple of weeks ago, during the 13-hour car ride to our North Carolina beach cottage. We would be picking up Anna's college roommate on the way. Clearly, the girls were weighing their vacation social options.

I dug deep into my faded memory bank. There were a few beach stories I would NOT tell her; however, I had had plenty of relatively innocent experiences in my youth that were worth recounting. The beach cottage had been in my extended family since 1979, when it was outfitted with groovy gold shag carpeting, matching plaid This End Up furniture, and a circular red painted fireplace. That house was where I spent all my childhood family vacations, where I met my husband, and where we've taken our own family vacations every summer.

Three lots away was the Atlantic Ocean - sea oats, golden sand and green-blue water stretching for miles along the narrow, hurricane-battered barrier reef that runs from the Virginia border south to Duck, Nags Head, Hatteras, Okracoke, Cape Lookout and Emerald Isle.

When adolescence descended and my social life became paramount, I kept a vigil from my beach towel or walked the shoreline, scanning the

Family vacation socializing, then and now

clusters of umbrellas and chairs for boys and girls my age.

Considering the only telephone I had access to was attached to the wood-paneled wall of our beach house or two miles down the road in a phone booth, my only means of communicating was face-to-face interaction. After scanning the beach all day, adolescents, teens, and young lifeguards would eventually approach each other, introduce themselves, and exchange any information about meet ups happening that night.

It was all I could do to get through dinner with my parents at the beach house. The thought of meeting up with other kids my age was so exciting. While I teased my bangs and frosted my lips after dinner, I would wonder, "Would I make new girlfriends to body surf with? Would I make an idiot out of myself at a volleyball game? Would I find summer love?"

One summer night after word of a bonfire had been circulated, I scurried out of the house barefoot after dinner. I was wearing a cropped white Maui and Sons t-shirt and a long pastel pink surfer skirt. Sporting a golden tan, I swished my long sandy blonde hair as I strutted the path to the beach. From the sea out-dotted walkover, I saw the bonfire down the beach, glowing in the dusky night. I carried on toward the silhouettes of teenagers against the flames, feeling pretty, confident, full of hope for a fun night.

About five strides later, it happened.

Today, bonfires aren't the only things prohibited on the beach. Dogs are no longer allowed either. But back then, one had to be careful where one stepped. Especially while barefoot.

The foul substance oozed between my toes like Play-Doh through a Fun Factory squeeze machine. My mind raced with the potential humiliation I might suffer. But I just had to get to that fire. Missing this key event would spell certain social disaster, or worse, summer vacation mediocrity.

I plastered a confident frosted grin to my perfect 80s beach ensemble, and continued my stride. But at the last minute, I diverted to the surf, shouting playfully, "I just wanna see if the water's warm enough for a midnight swim!" In darkness at the ocean's edge, I plunged my fouled foot into the wet sand, scraping it furiously back and forth to remove the humiliating remnants.

Not only did I attend that bonfire, I also miraculously, I escaped hook worm, and had a most awesome summer vacation.

Recounting these stories to my daughter and her college room mate, we realized that it's harder for kids today to meet peers on vacation. Smartphones and social media have made spontaneous in-person interactions obsolete. Even creepy.

"It may seem old fashioned, but try meeting other young people face-to-face while we're at the beach," I advised. "But whatever you do, I recommend wearing shoes."

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The Fleet Science Center to reopen its building doors to the general public on Friday, July 3

The Fleet Science Center building is excited to announce the reopening of the building and safely welcomes guests to explore the exhibit galleries and IMAX® films. The Fleet will reopen for Fleet members only on Wednesday, July 1, and Thursday, July 2. Followed by a reopening to the general public on Friday, July 3. Guided by the recommendations of state, city and county public health officials and the input from employees and members, the Fleet Science Center has developed a comprehensive plan to welcome employees, volunteers and visitors safely into the building.

California legislators reverse education cuts; SD Unified prepares for reopening in the fall

California legislators passed a budget that reverses \$15 billion in proposed cuts to education. San Diego Unified, the state's second-largest district, said the move clears the way for a reopening of its physical facilities in the fall. However, district leaders said additional action by the federal government will be required in order for schools to operate for the full school year.

"We appreciate the bold action taken by the Legislature to reverse all spending cuts contained in the May Budget Revision," said San Diego Unified Superintendent Cindy Marten. "We urge Governor Newsom to sign this budget and approve a final compromise that gives schools the funds we will need to open in a safe, responsible manner this fall."

Roy's Sudoku

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

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°

'Great Plates' to continue delivering meals to seniors

by José A. Álvarez, County of SD Communications Office
More than 1,400 older adults in the "Great Plates Delivered" program will continue to receive three free and healthy meals a day until July 10, the County Health and Human Services Agency Announced today.

Launched in mid-May, the program was set to expire June 10, but the federal government decided to expand it for 30 days. The initiative is a collaboration between the County and local restaurants to help older adults, who are at a higher risk of developing complications from COVID-19, avoid going out to restaurants or the grocery store to get food. Currently, 31 local restaurants are delivering meals to enrolled seniors throughout San Diego County. The County is reimbursing restaurants for the cost of food, labor and incidentals, using a combination of funding provided by FEMA, the state and the County.

Those currently receiving assistance from other state or federal nutrition assistance programs, such as CalFresh or Meals on Wheels, are not eligible for the Great Plates Delivered program. Participants must also fall within a specific income range. For more details on criteria or to sign up, call the County Aging and Independence Services at (800) 339-4661 or visit www.aging.sandiegocounty.gov/greatplates. You can also call 2-1-1 San Diego.

Free food distribution for military families

Courage to Call

What: Free Food Distribution. First come, first serve. No RSVP required. Must present military/veteran ID at check-in. In partnership with Courage to Call (courage2call.org) and Feeding San Diego. Available to all Active Duty, Veterans, Guard, reservists and their families.

When: Every 2nd and 4th Saturday of every month
Where: Email couragetocall@mhsinc.org for location
For more information please email couragetocall@mhsinc.org or visit courage2call.org/free-food-distribution/

ASYMCA

What: Food is first come, first serve for the first 150 families who come and bring their own bag! Hosted by ASYMCA in partnership with San Diego Food Bank. Available to families who meet Federal Income Requirements in zip codes 92123 and 92124.

When: 10am-noon, 4th Thur of month from Jan-Oct
Where: ASYMCA Paul Hartley Complex, 3293 Santo Rd, SD, 92124
For more information, please visit asymca.org/food-exchange

Highpoint Church

What: Food closet by Highpoint Church! No fee! Items that are gluten free, for baby needs, and even toiletries/cleaning supplies. Donations welcome and additional times available upon appointment! Available to military & low-income families.

When: Thursdays, 4:30-6pm (every Thursday each month)
Where: 6090 Highpoint Church, SD, 92124
Info: Pete Vik at (972) 955-7006 or facebook.com/highpointsd/

USO Mobile Food Pantry

What: Food distribution is open to military families (Active Duty, Active Duty Reservist, National Guard, and dependents).
When: 1st & 3rd Saturday of the month 9-10am
Also 2nd Friday of the month 11am-noon.

Where: 2790 Truxtun Rd, SD 92106. Visit facebook.com/usosandiego
San Diego Food Bank Neighborhood Distribution Programs

What: Monthly food distributions throughout San Diego.
For more information, please visit <https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

San Diego Military Outreach Ministries

What: Monthly food ministries for military families.
sandiegomom.org/index.php?page=schedule-of-services

Jewish Family Service

What: Monthly food distributions hosted by Jewish Family Service! Please bring your active duty military ID and a reusable shopping bag. Open to all military personnel (active-duty, retired, veterans and their dependents). No base access necessary.

Where: **Murphy Canyon Chapel**, 3200 Santo Rd, SD, 92124
When: 7/12/20, 8/9/20, 9/13/20, 10/4/20, 11/8/20, 12/13/20

Where: **Camp Pendleton** Neighborhood Exchange, 10am-noon
Building 200090 Ash Rd, Wire Mountain Rd, Oceanside, 92058
When: 6/26/20, 7/24/20, 8/28/20, 9/25/20, 10/23/20, 11/20/20, 12/18/20

For more information, please visit jfsd.org/handup

Blood drive slated for Mira Mesa cancelled

The San Diego Blood Bank's mobile June 22 blood drive set for O's American Kitchen in Mira Mesa that we ran on page 11 last week has been cancelled.

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Sunscreen 101: How to get the most out of your sun protection products

Summer is heating up, and many states have rolled back stay-at-home orders implemented to stop the spread of COVID-19.

As we're all tempted to spend more time outdoors, The Skin Cancer Foundation would like to remind everyone how to use sunscreen safely and effectively as part of a complete sun protection strategy. Though no single sun protection method is foolproof, research has shown that sunscreen not only reduces skin cancer risk but also helps prevent premature skin aging caused by ultraviolet (UV) rays from the sun.

Decoding the Label

Sunscreen options may seem endless, with many different brands, formulas and ingredients to sift through. However, The Skin Cancer Foundation believes everyone can find a sunscreen that works for their skin, budget and lifestyle. Deciphering a sunscreen's label is the first step to finding your perfect match.

The first thing to consider is SPF (sun protection factor). The SPF number tells you how long the sun's UVB radiation would take to redden your skin when using the product exactly as directed versus the amount of time without any sunscreen. Ideally, if you apply an SPF 15 sunscreen it would

The Skin Cancer Foundation shares its top tips for choosing and applying sunscreens

take your skin 15 times longer to burn than if you weren't wearing sunscreen.

A sunscreen with a minimum of SPF 15 is fine for days when you're mostly indoors. For days spent outside, choose a water-resistant formula with an SPF of at least 30. For people who have a history or high risk of skin cancer, genetic diseases such as albinism or xeroderma pigmentosum or certain immune disorders, an even higher SPF may be appropriate.

The second thing to check for on a label is the term "broad spectrum," which means the product protects against both UVA and UVB radiation. Both types of UV rays penetrate the skin and cause skin damage that can lead to skin cancer.

Once you've decided on your SPF and checked that a product is labeled broad spectrum, you can decide on other qualities based on personal preference and lifestyle.

For example, this may include checking the list of active ingredients on the bottle. Look for a mineral-based product containing zinc oxide and/or titanium dioxide if you have sensitive skin — they're less likely to cause skin reactions than some other active ingredients. However, some people prefer the so-called chemical sunscreens, which utilize ingredients like avobenzone and octisalate and can be easier to apply than mineral formulas. Many sunscreens combine both types of active ingredients.

Sunscreens also come in lotion, powder, spray and stick form. There are quality options available in every formulation. See which products The Skin Cancer Foundation recommends for safe and effective use in your sun protection strategy at SkinCancer.org/recommended-products.

How Much, How Often?

Sunscreen won't protect your skin if you don't use it properly, so understanding application is vital. Use one ounce of sunscreen, which is about the amount that would fit into a shot glass, to cover the entire body. For the face, a nickel-sized dollop works. Slathering on sunscreen in the morning isn't enough to protect you all day. The Skin Cancer Foundation recommends applying sunscreen 30 minutes be-

fore going outside, then reapplying every two hours and immediately after swimming or sweating.

No sunscreen is waterproof, only water-resistant, so in these situations, be aware of how long the product claims to protect against moisture and keep an eye on the clock.

Sunscreen Alone is Not

Stay on top of your health: Don't avoid your doctor!

by Dr. Donald Rebhun, Regional Medical Director, Optum in CA

Let's face it: even before the current pandemic, many of us had apprehension about going to the doctor for check-ups and routine care. As a practicing internist with years of experience helping people live healthier lives, I've certainly seen my share of patients who are nervous going to the doctor.

Now, with health authorities and physicians asking people to socially distance and avoid crowded public spaces, the thought of going to a doctor's office and sitting in the waiting room brings an added dimension of anxiety. That's why physicians, like myself, have adapted new technology to provide care and make in-person visits safe.

The fact is routine care shouldn't be put on the backburner. It's vitally important for people, especially those with chronic conditions. A recent survey of primary care physicians revealed a troubling statistic: the majority of phy-

Enough

Studies that examine the effect of sunscreen use on skin cancer risk have consistently delivered encouraging results. One example is a rigorous study spanning the course of a decade that showed daily use of an SPF 15 or higher sunscreen reduces the risk of developing melanoma by 50 per-

cent. However, no single method of sun protection can protect you completely. That's why The Skin Cancer Foundation has always recommended a multipronged approach to sun safety that includes seeking shade and covering up with clothing, wide-brimmed hats and UV-blocking sunglasses, in addition to daily sunscreen use.

sicians surveyed believe that delayed care due to COVID-19 could result in serious and sometimes fatal outcomes.

This is especially true for the six out of ten adults with chronic conditions. These patients face serious risks if their conditions aren't managed appropriately.

There's also growing concern for children. The World Health Organization says that over 80 million children under one year old are at increased risk of diseases such as polio, measles, and diphtheria due to COVID-19 delays of vaccinations. An Optum study also examined data from providers and health systems looking at over 117,000 children who received the MMR (measles, mumps, and rubella) vaccine in the first four months of both 2019 and 2020.

It found a 43 percent drop this year. We can't overstate the importance of parents keeping on top of their children's vaccine schedules to help keep them protected against preventable diseases.

How do we stay on top of our health while keeping safe from COVID-19?

The most important thing you can do is call your doctor and ask for guidance. Your doctor may suggest a remote visit. Many have private, secure video chat and phone visit technology. While a physician can't draw blood or listen to your heart and lungs remotely, sometimes they can diagnose a condition based solely on your description of symptoms. They can also help determine whether you should come in for an in-person visit or if your symptoms suggest you should be seen in an urgent care or emergency room. For those at higher risk during COVID-19, being able to see your doctor from the safety of your own home can be extraordinarily helpful.

Physicians, like myself, want to remind our patients that we are here to be your partner in maintaining good health. So take care of yourself and give us a call.

Claudia Ramirez
Military Spouse



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