

AutoMatters & More

Panels, collectibles, comics, activities,
The Masquerade & more at Comic-Con@
Home 2020.

See page 9

Health & Fitness

Personalized exercise? How biology influ-
ences fitness.

See page 11

Your FREE weekly paper Take one!

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

Serving active duty and retired military personnel, veterans and civil service employees

SIXTIETH YEAR NO. 14
THURSDAY, JULY 30, 2020

PRESIDENT SIGNS PROCLAMATION COMMEMORATING END OF KOREAN WAR (JULY 27, 1953)

“When freedom and democracy were under threat on the Korean Peninsula, ... 2 million Americans left their homes, put on our nation’s uniform, and answered their country’s call to duty.” ~ President Donald J. Trump

by David Vergun,
DOD News

Sixty-seven years ago, the guns fell silent along the Korean demilitarized zone after more than three years of brutal fighting to defeat the expansion of communism on the Korean Peninsula, President Donald J. Trump said in a proclamation July 24.

National Korean War Veterans Armistice Day marks the signing of the Korean Armistice Agreement on July 27, 1953, in Panmunjom, a border village inside the Demilitarized Zone that divides North and South Korea.

“We pause to remember the uncommon courage and sacrifice of ordinary Americans who fought to defend freedom and protect the values we hold dear,” Trump said about the historic day.

This year marks the 70th anniversary of the start of the Korean War. When the conflict began, Americans were still rebuilding their lives in the aftermath of World War II, enjoying the bless-



(left to right) Brig. Gen. Courtney Whitney; Gen. Douglas MacArthur, Commander in Chief of U.N. Forces; and Maj. Gen. Edward M. Almond observe the shelling of Inchon from USS Mt. McKinley Sept. 15, 1950. Army photo

ings of peace and looking toward a future filled with hope and prosperity, Trump noted.

“When freedom and democracy were under threat on the Korean Peninsula, however, 2 million Americans left their homes, put on our nation’s uniform, and answered their country’s call to duty,” he said.

Their resolve was tried and tested in once obscure and unfamiliar places, such as Pork Chop Hill, Heartbreak Ridge, Chipyong-ni, Pusan and the Chosin Reservoir, and in unnamed locations known only by grid coordinates or hilltop elevations, he said.

“Alongside tens of thousands of coalition troops from our allies

around the world, these individuals fought, bled, died, went missing, and suffered brutal captivity to defeat a determined foe amid the harshest of conditions, including sweltering heat, bone-numbing cold, and deep snow that buried valleys and rugged ridgelines,” the president said.

“Their unquestioned valor,

determination, and patriotism halted communist aggression and restored liberty and dignity for the South Korean people,” he said. “In our nation’s capital, the black granite wall of the Korean War Veterans Memorial stands as a testament to their sacrifice, etched with the words ‘Freedom is Not Free.’”

In total, more than 36,000 Americans gave their lives in the Korean War, more than 103,000 were wounded, and nearly 8,000 went missing in action, he said.

Today, South Korea, once decimated in the aftermath of the war, is one of the world’s most vibrant, dynamic and economically prosperous democracies - and one of our strongest allies, he said.

“Our armed forces continue to

proudly serve side-by-side with our Korean military counterparts,” Trump said. “This ironclad alliance, forged in war and reinforced by a shared love of liberty and deep ties of friendship, is vital to peace and stability in both Asia and the world.”

“As we commemorate the 67th anniversary of the Korean War Armistice, we renew our commitment to the principles of liberty for which our Korean War veterans so valiantly fought,” he said. “We are eternally grateful for the families that endured the unimaginable sacrifices and heartache of war, and we are thankful for all the men and women who helped change the fate of a nation. The 38 months of bloody warfare represent the honorable legacy of a selfless and courageous generation of American patriots.”

Assault ship *Tripoli* enroute to new homeport in San Diego

The Navy’s newest amphibious assault ship, USS *Tripoli* (LHA 7), departed Pascagoula, Miss., July 24, for its San Diego homeport. *Tripoli* was administratively commissioned July 15 and is the third ship to bear the name *Tripoli* in commemoration of the U.S. Marines and approximately 370 Soldiers from 11 other nationalities who captured the city of Derna, Libya, during the 1805 Battle of Derna. *Tripoli*’s design features an enlarged hangar deck, and realignment and expansion of the aviation maintenance facilities. The ship is the first LHA replacement ship to depart the shipyard ready to integrate the entire future air combat element of the Marine Corps, to include the Joint Strike Fighter.

What month is August? Golf, goat cheese, mutt-i-grees rescue

American Adventures Month
American Artists
Appreciation
American Indian Heritage
American History Essay
Contest
Arrr-gust: International
Pirate
Black Business
Boomers Making A
Difference Month
Bystander Awareness
Children’s Eye Health &
Safety Month

Child Support Awareness
Children’s Vision & Learning
Get Ready for Kindergarten
Golf Month
Happiness Happens
Motor Sports Awareness
Nat’l Breastfeeding
Nat’l Catfish
Nat’l Crayon Collection
Nat’l Goat Cheese
Nat’l Immunization
Awareness Month
Nat’l Panini Month
Nat’l Political Affiliation Dis-

crimination Awareness
Nat’l Minority Donor
Awareness Month
Nat’l Read A Romance Novel
Nat’l Spinal Muscular
Atrophy Awareness
Nat’l Traffic Awareness
Nat’l Truancy Prevention
National Water Quality
Nat’l Wellness Month
Nat’l Win With Civility
Neurosurgery Outreach
Psoriasis Awareness
Rye Month

Tomboy Tools Month
What Will Be Your Legacy
World Mutt-i-grees Rescue
Days of significance
Campfire Day -
First Saturday in August
In’tl Hangover Day -
First Saturday in August
Nat’l Girlfriends - August 1
Nat’l Raspberry Cream -
August 2
First Sunday in August:
Friendship
Int’l Forgiveness

Nat’l Ice Cream Sandwich
Grab Some Nuts - August 3
Nat’l Watermelon Day -
August 4
August 5:
Coast Guard
Nat’l Underwear
Nat’l Oyster
Work Like a Dog
August 7:
Int’l Beer Day
Nat’l Lighthouse Day
Professional Speakers
August 15:

Feast of the Assumption
Nat’l Honey Bee Awareness
Relaxation Day
August 19:
Aviation
Nat’l Potato
August 20:
Nat’l Radio
World Mosquito
August 21:
Nat’l Spumoni
Senior Citizen’s
August 31:
Nat’l Eat Outside Day

BUY 1 GET 1 PLUS SPECIAL MILITARY DISCOUNT TO SAN DIEGO'S NEWEST ATTRACTION!

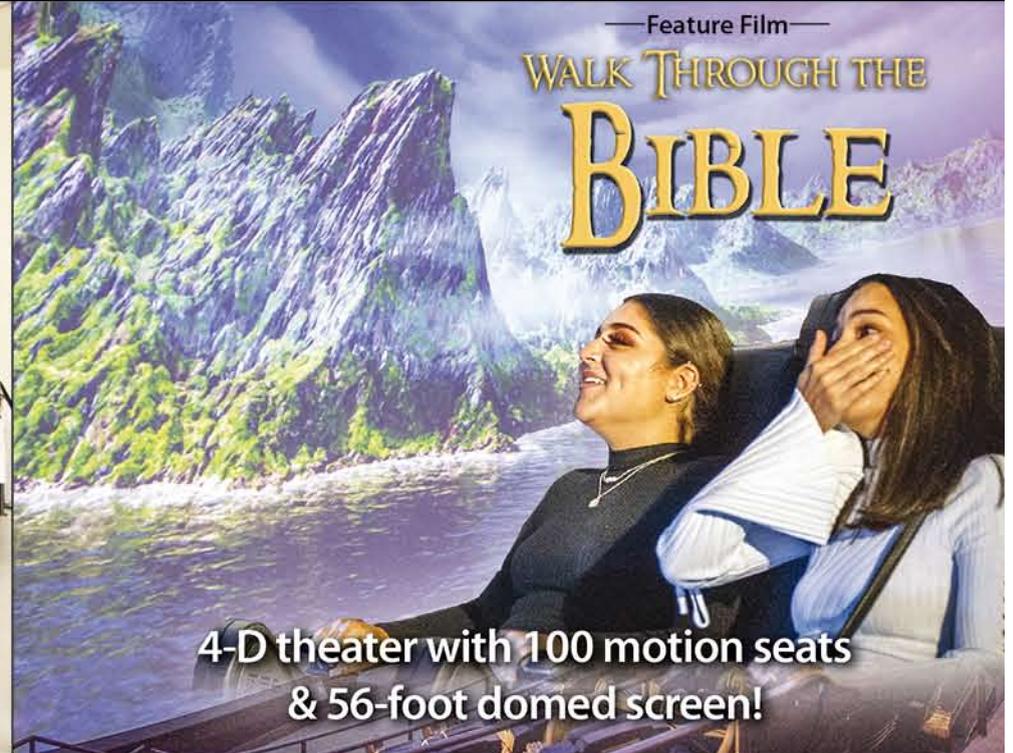
**NOW
OPEN!**



LEGACY CENTER



18-foot high Interactive Globe
puts the world at your fingertips!



4-D theater with 100 motion seats
& 56-foot domed screen!

The Legends of Lightfall Experience • Catacombs • Garden of Peace
Western Wall Replica • Legacy Galleries • International Market • And much more!

This buy one get one offer qualifies for active duty & retired military special pricing!*

JULY 1 - SEPTEMBER 30 ONLY!

For a limited time, purchase your ticket in person or online and receive another of equal or lesser value for a friend.*

Don't miss this special offer to experience the world's cultures, history, and stories through the incredible Legacy Center!

Purchase Your Tickets Now!
thecenteratlegacy.com

*BOGO tickets must be of equal or lesser value. Valid for single-day tickets only. Adult admission is \$17 with special pricing available for military members with valid ID, seniors, students, and children.



LEGACY CENTER

875 Hotel Circle South
San Diego, CA 92108 • 619-782-9183
thecenteratlegacy.com

Hours: Sun, 11am-5pm. Wed, 10am-5pm.
Thurs, Fri, Sat, 10am-8pm. Closed Mon & Tues.

32305

'Harassed' by German tax offices, more U.S. military families face financial threats

by John Vandiver,
Stars and Stripes

STUTTGART, Germany - German towns that house U.S. troops have expanded efforts to impose income tax penalties on some military personnel, say affected families and an attorney warning that an assignment in Germany carries growing financial risk.

Service members who already pay U.S. taxes and do little more than extend their tours in some cases face being charged tens of thousands of dollars in German taxes, military families and German officials have said. Others are being pursued after local tax authorities determine someone is married to a German, owns property, sends a child to a German school or does anything else they say denotes "special ties" to the country.

While authorities had imposed tax penalties on Defense Department civilians in recent years, the first case of trying to collect on an active duty service member, a Ramstein Air Base master sergeant married to a German, came to light in April.

On July 24, the Kusel-Landstuhl office, which oversees an area that includes tens of thousands of Americans assigned to Ramstein and several Army bases, said their office alone was investigating 460 people through it's "NATO office," compared to 387 U.S. military personnel in April.

"The cases are absolutely increasing," said Detlev Albrecht, a Kaiserslautern, Germany-based tax attorney.

Albrecht, who represents 70 military families involved in tax fights, says he has clients assigned to U.S. Africa Command in Stuttgart who have been affected as well as personnel in Kaiserslautern and Wiesbaden, home to U.S. Army Europe headquarters. He's added 20 new clients in the past couple months.

Germany is the only known

U.S. treaty ally where certain U.S. troops and Defense Department civilians stationed overseas are in danger of having their military income taxed by local finance offices. The NATO Status of Forces Agreement has historically protected military and civilian employees in Germany



The tax office in the Kusel-Landstuhl area of Germany has ramped up efforts to collect taxes from some members of the U.S. military community. Photo by Brian Ferguson/Stars and Stripes

from such taxes. But in recent years, some German authorities have asserted that the agreement doesn't apply in all cases.

Tax bills have ranged from thousands of dollars all the way up to six figures, the German government in the state of Rheinland-Pfalz, which includes Ramstein, has acknowledged.

"You don't want to be chased and harassed by a government office. It's scary," said Melissa Howell, the spouse of a U.S.

Soldier who is being targeted by a tax office in Germany's Landstuhl area. "I don't know how they expect people to come up with that money."

Howell, a German who lives with her American husband and children, said she ran into trouble in June when she went to file her taxes at the local finance office.

She said she was interrogated about her husband and told to fill out a questionnaire that probed information about his employment.

She then received a letter ordering her to hand over her husband's W-2 and other tax forms.

"I did it because I didn't know. I found out that was a mistake," she said.

After that, she got a phone call from the tax office, saying that their case was getting handed over to a case manager who handles "American-German couples."

The Howells then retained Albrecht to prepare for a court fight.

Albrecht's advice to people snared by tax authorities: never hand over any tax documents belonging to U.S. personnel and retain an attorney to resist the government's attempts to compel their turnover.

"Once they have those documents they are going to try and hang you," Albrecht said.

A German spouse of a Defense Department civilian in the Kaiserslautern area said her husband was recently hit with a \$50,000 tax bill from the Kusel-Landstuhl tax office. Like Howell, she said she was pressured to provide her husband's income tax material.

"I've always wanted to be transparent. Then it snowballed," said the spouse, who spoke on condition of anonymity for security reasons.

"Basically, they concluded that my husband has to pay \$50,000 because they think we don't show any intent to return to the U.S., which couldn't be further from the truth. We have to go back to the U.S. at some point," she said, noting they are looking to buy a house in the U.S. and that their children attend base schools.

"But they didn't accept any of that," she said.

Tax consultants in Germany have told *Stars and Stripes* that leaving the country - the ultimate proof of intent to leave - doesn't necessarily offer protection from regional finance offices, which have sought taxes dating back 10 years and pursued U.S. personnel after they return home.

U.S. military commands that oversee SOFA matters in other allied countries that host large numbers of forces - Japan, South Korea, the U.K, Italy and Spain - all told *Stars and Stripes* that service members and DOD civilians aren't at risk of having their military income taxed.

German lawmakers investigate whether double taxation of US troops, civilians violates SOFA

U.S. Air Forces in Europe, which oversees SOFA matters in the U.K, said in a statement that there is "no movement or initiative to collect income tax on income derived from duty with the US Force."

Germany stands apart at a time when leaders from all states that host troops have appealed to U.S. lawmakers to block an effort by President Donald Trump to cut force levels in the country.

Trump has said that Germany doesn't spend enough on its own defense.

U.S. Army Europe, which oversees SOFA issues in Germany, says it has no plans to intervene in ongoing individual tax court disputes. But the Army said it is coordinating with U.S. European Command and six other NATO states to elevate the issue within U.S. and allied governments.

"Our intent is to ask the national German government to issue overarching guidance on their interpretation of the treaty that will guide local and state interpretations," USAREUR

spokesman Col. Joe Scrocca recently told Stars and Stripes.

A point of frustration for families is that U.S. military leadership hasn't taken a more assertive position in defense of its personnel.

"I hope this loophole is looked over soon," Howell said. "I am surprised it hasn't been fixed yet. It's discriminating."

Germany plays host to small numbers of forces from other NATO countries, which could account for some of the 460 total reported by the Kusel office.

Still, the issue extends well beyond that area.

In Rheinland-Pfalz, state lawmakers Marlies Kohnle-Gros and Marcus Klein have called for a higher-level examination into why so many Americans are getting targeted for taxes.

The state government, in a recent response to the lawmakers' questions about the scope of the tax problem, offered no sign that it was ready to intervene. It acknowledged there has been an increase in tax cases against American military personnel, a statement to the lawmakers that was provided to *Stars and Stripes* said.

Total Navy Battle Force: 301 Ships Underway

Deployed Ships Underway: 64
Non-deployed Ships Underway: 36
Total Ships Underway: 100
Ships Deployed by Fleet

Fleet Forces: 4 3rd Fleet: 3
4th Fleet: 5 5th Fleet: 22
6th Fleet: 14 7th Fleet: 59

Total: 107



Armed Forces Dispatch (619) 280-2985

Published by Western States Weeklies, Inc.
2604 B-280 El Camino Real, Carlsbad, CA 92008
E-mail: editor@navydispatch.com

Publisher.....Sarah Hagerty

The Dispatch is published weekly on Thursdays, by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. It does not necessarily reflect the opinion of the Department of the Navy and is in no way associated with the Department of the Navy. The editorial objective of the Dispatch, however, is to promote support for a strong military presence. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Dispatch or Western States Weeklies, Inc. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$70 per year to CONUS or FPO address.

Soto's

TRANSMISSION

Family owned & operated since 1991

2278 Palm Ave. • San Diego, Ca. 92154

619-425-5341

- Specializing in differential repairs
- Manual & Automatic Transmissions
- Same Day Service Available
- FREE Towing within area for major jobs

DIFFERENTIAL
REPAIR
SPECIALISTS

- Extended Warranty Accepted
- FREE Leak Inspection
- FREE Professional Estimates
- FREE Computer Diagnostic with our repair

TRANSMISSION
REBUILD
10% OFF

Labor costs.
Offer expires 7/31/20

CLUTCH
REPLACEMENT

\$150 Labor

Some RWD small cars. Call for specials on imports, RWD, & on all trucks. Fluid extra. Offer expires 7/31/20

TRANSMISSION
TUNE-UP

\$69⁹⁹

Labor only - Parts extra
Offer expires 7/31/20

Se Habla Espanol

Army
 •At 88, this Army veteran is a historical rarity — the living son of a slave (<https://www.stripes.com/news/us/at-88-this-army-veteran-is-a-historical-rarity-the-living-son-of-a-slave-1.638984>)
 •7th Army prepares for 'Saber Junction 20' exercise

Navy
 •P-8A Poseidon makes emergency landing in Japan
 •Senior chief facing court-martial for sexual assault and other charges
 •Navy Reserve surgeon back from month of COVID-19 work in New York
 •Navy ships begin returning to Oahu after Hawaii's near miss by Hurricane Douglas
 •How a U.S. Navy base in the Gulf tackles coronavirus (<https://www.reuters.com/article/us-health-coronavirus-us-navy/how-a-u-s-navy-base-in-the-gulf-tackles-coronavirus-idUSKCN24S1IF>)
 •Blue Angels have officially received their first F/A-18E Super Hornet
 •Navy memo to shipbuilders, maintainers on fire safety after USS *Bonhomme Richard* blaze

Air Force
 •Shooter dead, airman wounded in domestic violence incident at Hurlburt
 •AF sees spike in COVID-19 cases as bases increase restrictions
 •AF creating KC-46 weapons instructor course

Marine Corps
 •It's 'probable' that Corps birthday balls will be limited by COVID-19, top enlisted Marine says
 •No new coronavirus cases for Okinawa Marines; service relaxes some off-base restrictions
 •Grateful Marine veteran helping Afghan translator stymied by travel disruption get to America

National Guard
 •Commander says police suddenly moved on Lafayette Square protesters, used 'excessive force' before Trump visit



OIR follows in predecessors' footsteps in defeating ISIS, official says

by Terri Moon Cronk,
 DOD News

The Combined Joint Task Force-Operation Inherent Resolve coalition has achieved great success in its mission to defeat the Islamic State of Iraq and Syria, the deputy commander of CTJF-OIR said in a live satellite feed from Baghdad.

In an update on the coalition's operations, Air Force Maj. Gen. Kenneth P. Ekman emphasized that the success in defeating ISIS is built on the triumphs of predecessors and Iraqi and Syria partners.

With ISIS no longer in control of physical territory, Ekman said the organization struggles to conduct coordinated activities, because Iraqi security forces find and destroy their hideouts and weapons caches. ISF efforts are enabled by coalition support, including advising, intelligence planning and precision airstrikes, he added.

"The ISF continues to prove their capabilities as a cohesive force, even in complex operations," he said, citing how the

Iraqi Joint Operations Command recently wrapped up the fourth phase of the Heroes of Iraq Campaign. They showed outstanding cooperation among the Iraqi army, Federal Police intelligence service and anti-terrorism troops in clearing ISIS hideouts in remote areas.

"Wherever [ISIS] seeks sanctuary, the ISF will find them," Ekman said.

Progress also is evident in coalition reposturing, he said.

"We are getting smaller. In the early days of the coalition, a broad network of bases was essential. We were battling ISIS in Mosul, Anbar and Abu Kamal," he said, noting that the bases were used to foster U.S. relationships with the ISF and stage training and tactical capabilities.

Now, more than six years later, the coalition has trained in excess of 250,000 ISF and has built strong relationships based on trust and mutual interests, the general said, adding, "The ISF is doing things for itself - training forces and even developing training cadre that we used to do for them."

On July 25, he added, "we will take another step by handing over control of the base Besmaya



Members of the Iraq Federal Police practice urban squad movements at Besmaya Range Complex, Iraq, Aug. 1, 2018. A coalition created from a diverse international community will continue its support to the people of Iraq to enhance the capabilities of the nation to ensure security and stability. Photo by Army Spc. Eric Cerami

to the Iraqis. Spain led the coalition effort in their training of 50,000 ISF since 2015. Their work is done there."

So the coalition in Spain can depart - divesting equipment and facilities to include enhanced weapons ranges and mock-urban villages, valued at almost \$5 million to the Iraqi government.

Base transfers to include Besmaya reflect a shift to providing high-end advice and support at the operational command level. Because the Iraqis still need coalition help with planning, intelligence and surveillance capabilities and coalition airpower, OIR activated a military advisory group July 2 in Baghdad, Ekman said.

The centralized location allows military advisors from 13 coalition nations to work alongside senior Iraqi officers to plan and execute operations against ISIS across all provinces in the country, he said.

"This approach has already proven its value in recent large-scale operations, to clear [ISIS] remnants," Ekman said. "The ISF is already stronger than

ISIS. Our high-level advising approach is moving our Iraqi partners to improve self-reliance. Together, we remain united and resolved to achieve the enduring defeat of [ISIS] and regional stability."

After recently traveling to northeast Syria, the deputy commander highlighted the coalition's close partnership with the Syrian Democratic Forces and their success against ISIS.

"They are capturing ISIS lieutenants, busting smuggling networks and denying [ISIS] territory, critical infrastructure and revenues. Overall, the SDF is a strong, capable force, and we are committed to partnership with them," Ekman said.

The general reminded reporters of the selfless service of U.S. troops. "Yesterday, we lost one of our young warriors, who was conducting a security patrol in northeastern Syria," he said. "On behalf of our commander, [Army] Lt. Gen. Pat White and the entire 82-member coalition, we send our condolences and prayers to the families of our fallen comrade."

MAIN AUTO REPAIR

"ALL WORK GUARANTEED"

FREE ESTIMATES - Serving Military for Over 23 years

BRAKE SERVICE SPECIAL from \$99.95 <small>Per Axle, Parts & Labor included. Most Cars Standard Brake Packages Don't Wait Until You Have a Problem!</small>	A/C Service and Repair	Body Work and Paint	CLUTCH \$219.95 <small>Most Cars. Parts & Labor included. Includes: Pressure plate and disc. Adjustment, New throw out bearing. Pilot bearing. Inspect flywheel</small>
TIMING BELT SPECIAL from \$129.95 <small>Most Cars. Parts & Labor included</small>	CV JOINT AXLE from \$119.95 <small>Most Cars. Parts & Labor included</small>	FUEL INJECTION SERVICE from \$39.95 <small>Most Cars. Parts & Labor included</small>	

3714 Main Street, San Diego • 619-238-4385

Places of Worship

<p>Bethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd, Ocean Beach 92107 (Parking off the Alley - North of the building) Worship 10:30am Sundays Bible Class, Wednesdays 10am (619)222-7291 LivingWaterSD7@gmail.com</p>	<p>First Baptist Church "Reach Up, Reach Out, Reach the World" Interim Pastor Jim Baize www.fbcoronado.com Sunday Bible Study 8:45am, Sunday Worship Service 10am Friday's Women's Bible Study 9:30-11:30am 445 C Ave., Coronado, CA 92118 (619) 435-6588 ariel@fbcoronado.com FB: First Baptist Church of Coronado</p>	<p>Mesa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) Seeking Sinners; Saving Souls, Strengthening Saints Sunday Church School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd., Poway CA 92064 www.mesaview.org (858) 485-6110</p>
<p>Bayview Church Attract... Assimilate... Activate 6134 Pastor Timothy J Winters St., San Diego 92114 (619) 262-8384 Sunday 6:45am, 8:30am, 11am Worship Service Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am www.bayviewbc.org info@bayviewbc.org</p>	<p>La Jolla Lutheran Church "We Follow Jesus" Sunday 9:30am Worship and Sunday School Wednesday 6:30pm Bible Study 7111 La Jolla Blvd., La Jolla, CA 92037 (858) 454-6459 LaJollaLutheranChurch.com</p>	<p>Military Outreach International Church "Supporting all families, all people, at all times" Pastor Dennis Eley, Jr, MBA Sunday Worship Service 12:30pm to 2:30pm Thirsty Thursday Bible Study 7pm to 8:30pm 7997 Paradise Valley Rd, San Diego, CA 92139 • 619-773-6023 www.militaryoutreachministries.org Download APP "MoMinistries"</p>
<p>Canyon View Church of Christ "Love God, Love People, Serve the World" Sunday Bible Classes for all ages 9am Sunday Worship 10am, 6pm Wednesday nights 6pm Fellowship & Pizza! 6:30pm Bible Classes for all ages 4292 Balboa Ave., San Diego, CA 92117 Email:cvoffice@canyonview.org (Near corner of Balboa Ave & Clairemont Dr) (858) 273-5140 www.canyonview.org @gotochrist facebook.com/cccsd</p>	<p style="text-align: center;">New military families are moving to San Diego every day. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985</p>	<p>Mt. Moriah Christian Church "Purpose Driven" Gospel Church" Multi-Cultural, Non-Denominational Services on Sunday at 9am and 11am Near Miramar Base 7055 Carroll Rd., San Diego CA 92121 (858) 695-9692 www.mtroriahcc.org</p>
<p>Christ Community Church Helping people love God and each other! Saturdays at 6pm & Sundays at 8:45am & 10:30am Children's Ministries for All Kids! Small Groups for Teens & Adults of All Ages! 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15 www.gotoChrist.com or (858) 549-2479</p>	<p>Living Water Lutheran Church Meeting at Green Flash Brewery Gathering Room 6550 Mira Mesa Blvd. (Entrance Directly in back - off Sequence Dr.) Worship 8:45am (858)792-7691 LivingWaterSD7@gmail.com Pastor: Rev. Steven Duescher</p>	<p>St. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. We thank you for your service!</p>

Equal opportunity for all: The 72-Year legacy of Executive Orders 9980 and 9981

by MC1 Mark D. Faram,
WASHINGTON - With two strokes of his pen, President Harry S. Truman ended racial segregation in the U.S. Government on July 26, 1948 -- both the federal workforce and in the armed services -- changing the racial landscape across the

nation.

By signing those two documents 72-years ago, Executive Orders 8890 and 8891 respectively, Truman bypassed Congress -- which had blocked his efforts to bring about racial equity in the government -- and



Official Navy file photo of USS Harry S. Truman (CVN 75) the namesake of President Harry S. Truman, who ended racial segregation in the U.S. Government on July 26, 1948. Navy photo

used his executive powers to make segregation illegal across the federal workforce.

"This is an anniversary worth noting because it was the first domino to fall, putting our military on a path towards ensuring that we reflect and are inclusive of the American people we have sworn to protect and defend," said Vice Adm. John B. Nowell, Jr., the Navy's top uniformed personnel official. "Our armed forces have often led on these issues throughout history, and we need to celebrate that."

Today, the Navy is still working to eliminate lingering racial bias in the Navy. With the advent of Task Force One Navy, Vice Adm. Nowell said the service would "continue our efforts to identify barriers that may negatively affect equal opportunity, diversity, and inclusion at all levels in our Navy."

Like the previous executive orders, the task force's mandate spans the Navy's total force of both military and civilians.

"Decades from now," he said, "I'm confident its recommendations will be considered the next

milestone in creating equal opportunity for all."

Today, Black Americans make up 17 percent of the Navy. That's a significant number given the fact that in 2019, the Census Bureau estimated that Black Americans made up only 13.4 percent of the country's population.

Except for the years from the end of World War I through the end of World War II, for the most part, black and white Sailors have always lived, worked, fought and died together at sea. There was no segregation or limiting of black Sailors to specific career fields or ratings, according to Lt. Dennis Nelson - one of the first black officers commissioned in the Navy.

Nelson wrote in-depth on the topic in his doctoral thesis, 'The Integration of the Negro into the United States Navy, 1776-1947', a work that was widely acclaimed when the Navy officially published it in 1948, just months before Truman signed his executive orders.

During the Revolutionary War, according to Dr. John Sherwood, author of "Black Sailor, White Navy" and historian at the Navy History and Heritage Command, black Sailors made up roughly 10 percent of the service. That percentage rose during the Civil War to between 17 and 20 percent.

It wasn't until World War I and through the early years of World War II that the Navy actively engaged in racial segregation policies among crews. The Navy limited Black Americans and other racial minorities to serving only in the ratings that involved mess duty, according to Nelson.

"From Revolutionary War

days and until the latter years of World War I, the United States Navy had no definite policy of separation and segregation as had the Army," Nelson wrote. "Negros, though in a slave status -- up and through the Civil War period -- served in all ratings. This practice held until the early 20th Century."

The change, Nelson wrote, was brought on by "rabid racialism of Southern whites in the services and the influence and attitudes of white supremacy and intolerance exerted by rabble-rousing civilians."

At the beginning of World War II, and as the numbers of Black Americans in the service increased, the Navy at first maintained segregated units ashore and even experimented

with several ships crewed by all black enlisted led by white officers. None of these proved to be workable solutions.

Gradually during the war, Nelson wrote, the Navy started slowly to move progressively towards "development of the Negro into full Naval service participation" and began training Black Americans in all career fields.

"Through a series of directives," Nelson wrote, the Navy "gravitated into a definite and stated policy of complete integration -- from a policy of complete segregation and discrimination." Though the change started, he noted, "with all the earmarks of the usual ideological platitudes," it turned into "a practical and

see EO, page 9

Ask Rusty - Widow unsure about her Social Security benefits

by Russell Gloor

Dear Rusty: I am looking for information on my Social Security survivor benefits from my husband. I just turned 65 and have been collecting my Social Security widow's benefit since I was 60. Someone told me that I should take my own Social Security and half of my deceased husband's. I am not sure if that's what I should do. Should I stay as I am until age 70 and then look into this option? Is it even an option? I'm just not sure. I work part time because the widow's benefit just isn't enough to pay my bills. I know there must be others out there as unsure as I am. Signed: Unsure Widow



Dear Unsure Widow: It appears that you have been given some inconsistent information. If you are currently collecting a widow's benefit from your deceased husband and have been since you were 60 years old, you cannot "take my own Social Security and half of my husband's." You only have two options now - to continue your current surviving widow's benefit (which was reduced because you claimed it before your full retirement age), or to claim your own SS retirement benefit if that is more.

If you are now collecting your survivor benefit (only), your benefit from your own work record is still growing. The key question is whether your own benefit from your own work record will ever be more than you are now collecting from your deceased husband as his widow. If your own SS retirement benefit will be more, you can switch to it whenever it has grown to be more than your current widow's benefit. Your own benefit will reach maximum at age 70, so never wait beyond that to claim it. But if your current survivor benefit as a widow is more than your own benefit will be at any age, you should simply stay on that widow's benefit.

The easiest way to find this information out is to request a Statement of Estimated Benefits from Social Security. That statement will show you the amounts you are due on your own at your full retirement age and also at age 70 (if you were born in 1955 your FRA is 66 plus 2 months). If either or both of those amounts are more than your widow's benefit, you can continue to collect your widow's benefit until it makes financial sense to switch to your own. To request your Benefits Statement, contact Social Security directly at 1.800.772.1213, or your local office (find it at www.ssa.gov/locator). You can also get this online if you have a "my Social Security" account, and which you can create at www.ssa.gov/myaccount.

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.

VETERANS NEWS HEADLINES

- Better-fitting prosthetics for female veterans funded in \$241 billion VA proposal
- Sick K2 veterans left out of Senate NDAA bill
- Vietnam vet gets pepper-sprayed in face by fed officer during Portland protests: 'He did not like what I was saying'

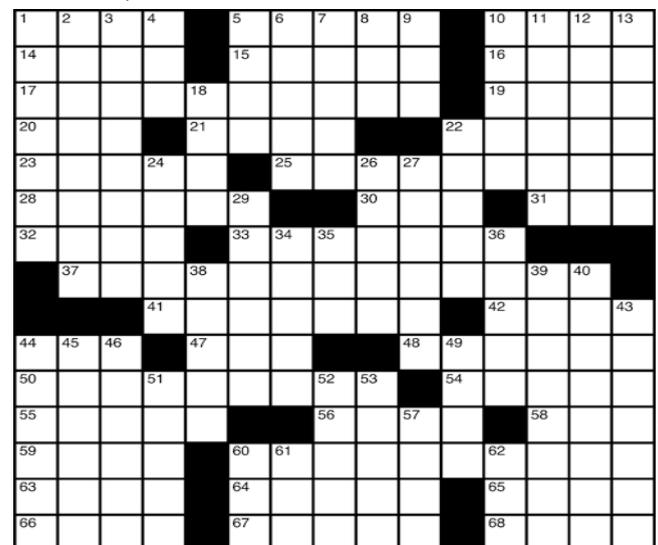
Crossword Puzzle

Across

- 1 Unlike this clue, obviously
- 5 Driving force?
- 10 Bar regulars, and then some
- 14 Bible book before Romans
- 15 One-named singer with 10 Grammys
- 16 William of "Broadcast News"
- 17 Does well at the casino?
- 19 On
- 20 URL ending
- 21 Bridge call
- 22 Hang loosely
- 23 Star's statuette
- 25 Cereal box factoid
- 28 Mushroom cloud makers
- 30 Pale
- 31 ___ shadow
- 32 Tip to one side
- 33 Etiquette expert Baldrige who was Jackie Kennedy's social secretary
- 37 Concert finale ... and what 17-, 25-, 50- and 60-Across have in common
- 41 Comes back with
- 42 Hardly scads
- 44 Beer choice, briefly
- 47 Part of un mes
- 48 Ready for the piano recital
- 50 Opera house level
- 54 "Ugh!"
- 55 Climbed aboard
- 56 Some Neruda poems
- 58 Hawaiian tuna
- 59 Snack since 1912
- 60 Bullied
- 63 MusZe Marc Chagall city
- 64 Ancient Greek region
- 65 Conversation piece?
- 66 ___ chair
- 67 Minute
- 68 Archer of myth

Down

- 1 Researcher's garb
- 2 Puzzle with a quote
- 3 Recent medical research subject
- 4 Org. operating full-body scanners
- 5 Prepare, as avocados for guacamole
- 6 Ancient theater
- 7 "Tradition" singer
- 8 "Bravo!"
- 9 "You eediot!" speaker of cartoons
- 10 Ventriloquist Lewis
- 11 Delighted state?
- 12 Prize in a case
- 13 Fla. city
- 18 Go-__
- 22 Overalls material
- 24 Financier aboard the Titanic
- 26 Strong string
- 27 1960s dance
- 29 Add sneakily
- 34 China's Zhou ___
- 35 "In Here, It's Always Friday" letters
- 36 Diminish
- 38 Enterprise choice
- 39 Academic figure
- 40 Southwestern farm owner
- 43 Rear ends
- 44 "See ya!"
- 45 Everycity, USA
- 46 Tenochtitlan natives
- 49 Where to see IBM and JNJ
- 51 Deschanel of the musical duo She & Him
- 52 Whom to trust, in "The X-Files"
- 53 Astronomer Hubble
- 57 PayPal's former parent
- 60 Morsel
- 61 Salmon eggs
- 62 More than impress



THURSDAY, JULY 30, 2020 www.armedforcesdispatch.com 5

VA Disability Claim Denied?

Know Your Rights and Don't Take "No" for an Answer!

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

760-585-4665

www.VetDisabilityAid.com

StorageWest
Here for you®

Toll Free

877-917-7990

www.StorageWest.com

Tolerating the intolerable - 'how do I keep going'

by Dr. Daneen Skube,
Tribune Content Agency

Q: I'm depressed with the situation in my workplace and the world. I'm putting one foot in front of the other but can't see any light at the end of this tunnel. How do I keep going with the idea it is only going to get worse?

A: You can keep going with the idea that it's only going to get worse understanding that nothing absolutely nothing lasts forever. If we like our current moment...it will change. If we don't like our current moment...it will change.

Currently our business environment is constricting. Businesses aren't expanding, organizations aren't hiring, and money is tight. Business and everything else in nature goes in cycles.

My kids and I received cherries from a neighbor's tree. We decided to try planting them. A trick to seed planting is to put the seeds first in the freezer simulating winter. After suffering through the cold the seeds burst forth when planted and so will our economy after this winter.

Seeing both cycles of contraction and expansion means we rest during contractions and work hard riding the waves of

subsequent expansion. Believing that bad times last forever means we are ill prepared for the eventual surge of activity.

Yes, we'll have more adversity. No this may not be our last pandemic and certainly we can guarantee it's not our last crisis.

INTERPERSONAL EDGE:

However permanent pessimism is not an effective strategy.

If we chase the outgoing tide during expansion, we're too tired to work when that tide comes in. Intense adversity introduces us to dark places inside ourselves. If we avoid these uncomfortable feelings we make decisions that worsen our circumstances.

If you can tolerate the dark places inside yourself you'll find your soul resides there. There's an irony that we only find the angels of our best selves during our most hellish moments.

The Bible has a quote about experiencing our soul in places we fear will kill us, "Even though I walk through the valley of the shadow of death, I fear no evil, for You (the divine) are with me." We often only meet our soul, and discover our resilience when there is no alternative.

I've had clients say, "I'd rather die than feel those feelings." My response is, "Then you'll never truly live because all your decisions will be based around avoiding those feelings!" The bottom line truth is what we resist persists. The fear we face loses power.

Many situations in life can throw us into intolerable emotions. If we can lean into what we fear that hell loses all power over us. If we love ourselves enough we'll be willing to walk through that hell to obtain permanent freedom and a rich life.

Obviously I'm not advocating that you seek hell out. However, when hell seeks you out walk through the intolerable feelings. If not hell will continue to stalk you and you'll have to keep running. The older we get the slower we run from hell.

After over 30 years as a therapist and executive coach I've learned everything we really want is on the other side of our internal hell. The difference between those who will and those who won't walk through hell is a question of whether you believe you're worth getting to know.

If we cannot grow and learn while we are suffering then we will never transform anything about ourselves. The way we learn to suffer and change at the same time is to turn and face the feelings we believe will kill us. Otherwise, we can change our geography, change our circumstances, or change our jobs but we never change the one thing we cannot escape...ourselves.

The last word(s)

Q: I'm losing my mind with my kids at home and trying to work. Am I a bad mother?

A: Nope you are a human being that is learning that multi-tasking is an illusion. Until childcare and school resumes lower your bar for parenting and work.

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

(C) 2020 INTERPERSONAL EDGE

Navy introduces new mid-career officer graduate education opportunity

by MC1 Mark D. Faram

The Navy is now calling for applications to a new graduate education program to be piloted this fall, with 80 officers expected to start low-residency opportunities offered by up to eight partner schools.

The Low-Residency Graduate Education Program (LGEP) is designed to provide due-course naval officers in paygrades O-2 to O-5 the chance to get a Navy-funded graduate degree in one of three disciplines - strategy, management or international relations.

The pilot program was announced last week in Naval Administrative Message 204/20, which requests that applications be submitted by August 2.

"This initiative is the product of close collaboration between the Chief Learning Officer (CLO), N7, and the warfare communities," said Vice Adm. Stuart Munsch, former Deputy CNO for Warfighting Development and service-lead for naval education, whose office helped to champion the new program. "Once implemented, LGEP will give officers with compressed career paths an opportunity to pursue a graduate degree that fulfills education requirements for promotion and milestone screening and contributes directly to Navy warfighting advantage."

The idea is to give officers on compressed career paths a flexible, Navy-funded option to earn graduate degrees which meet the O-7 promotion eligibility education requirement.

Each program is designed to be completed during a shore-duty tour. This means that selected officers will remain at their duty stations and complete most course work online or via telephone. Residency requirements are met through funded, monthly trips to campus.

The lineup of degree programs range in length from 10 to 24 months. Current partner institutions are Old Dominion University, William and Mary University, American University, Johns Hopkins University, UCLA, UCSD, University of Washington, and the Naval Postgraduate School.

In return for the service-funded education, selected officers agree to a continued service obligation of three years, which is served concurrently with any other service obligations they have.

We've got some big boots to fill.

Schwab is proud to be the exclusive provider of wealth management and investment brokerage services for USAA members. To the men and women who have served our country—and their families—it's our honor to be part of your lives and your financial future.

Because we share the guiding principle of putting clients first, you can still expect to receive the service, value, and integrity you deserve. And you can be assured of our unwavering commitment to you, your family, and the military community.

Together, we stand ready to serve you.



Charles R. Schwab
Chairman & Founder
The Charles Schwab Corporation




Thomas B. Fargo
Admiral, U.S. Navy (Ret.)
Chairman of the Board, USAA



USAA means United Services Automobile Association and its affiliates.

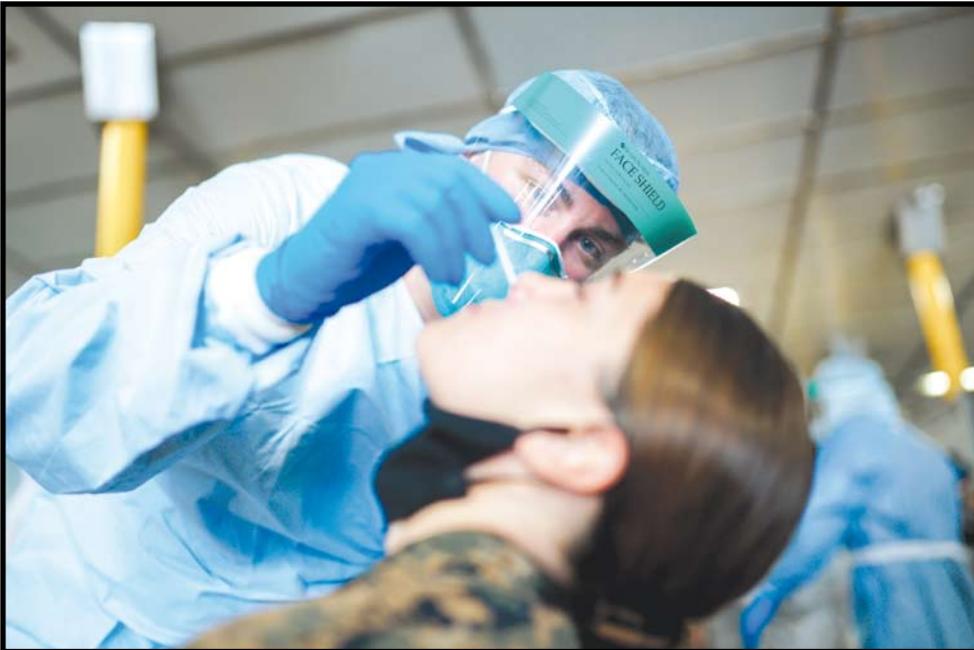
Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change.

USAA Investment Services Company (ISCO), a registered broker-dealer and a registered investment adviser, provides referral and marketing services on behalf of Charles Schwab & Co., Inc. (Schwab), a dually registered investment adviser and broker-dealer. Schwab compensates ISCO for these services.

© 2020 USAA. 271566 - 0620



Local Military



Hospital Corpsman 3rd Class Zachery Bigus, with Task Force Koa Moana conducts a COVID-19 test on Staff Sgt. Destany Weatherwax aboard expeditionary fast transport ship USNS City of Bismarck (EPF 9) at the port of Malakal, Republic of Palau. Marine Corps photo by 1st Lt. Oscar R. Castro

Task Force Koa Moana 20 deploys to strengthen relationships in Indo-Pacific

CAMP PENDLETON - Task Force Koa Moana 20, comprised of Marines and Sailors from I Marine Expeditionary Force (MEF), deployed to the Indo-Pacific to conduct theater security cooperation activities in the Republic of Palau from July to September 2020.

Task Force Koa Moana 20 is embarked aboard the expeditionary fast ship United States Naval Ship City of Bismarck (EPF 9), composed of approximately 100 Marines and Sailors from 1st Marine Division, 1st Marine Logistics Group, 3rd Marine Aircraft Wing, and I MEF Information Group. The Task Force is task-organized into multiple detachments with expertise in medical, engineering,

law enforcement, and explosives ordnance disposal.

Koa Moana 20 provides a unique opportunity to enhance relationships with the Republic of Palau. The Task Force is prepared to conduct projects and exchanges on the island of Peleliu and the capitol island, Koror, in order to affirm the U.S. commitment to the Compact of Free Association (COFA) and to enhance interoperability when responding to Humanitarian Assistance and Disaster Relief (HA/DR) operations. Additionally, the Task Force stands ready to conduct key leader engagements and provide subject matter expert exchanges as required.

Koa Moana, which means "Ocean Warrior," is designed to

strengthen and enhance relationships between the U.S. and partner nations in the Indo-Pacific region, improve interoperability with local security establishments, and serve as a Humanitarian Assistance Survey Team (HAST) afloat in support of U.S. Indo-Pacific Command strategic and operational objectives.

Task Force Koa Moana 20 diligently planned and adhered to strict COVID-19 mitigation measures to include pre-deployment quarantine, screening, and testing. On June 23, before embarkation, all Marines and Sailors tested negative for COVID-19. During the transit, the Task Force implemented strict mitigation measures as well. Upon arrival to Palau, Task Force personnel were retested by the Ministry of Health. All Marines and Sailors tested negative for COVID-19. Task Force Koa Moana 20 extends their gratitude to the Palau Ministry of Health for their professionalism and service in this joint effort to keep Palau healthy.

As an extra precaution, the Task Force will work on Peleliu to repair the airfield for 14 days and will have no close contact with residents. This will serve as a quarantine period, and at the conclusion of the 14-day period the Task Force will be retested for a third time before having contact with Palau's residents. Additionally, the Task Force will continuously monitor the health of all assigned service members throughout the deployment. The health and safety of U.S. service members and Palauan citizens is our priority.

Largest-ever unmanned & robotics systems research contract awarded for postgraduate school

MONTEREY - Military students at the Naval Postgraduate School have firsthand experience with complex challenges in the fleet and the field. They come to NPS to work alongside expert faculty researchers to develop solutions to key operational problems. Combining the art and science of their NPS education, students engage in solutions-focused experimentation, invention and innovation to realize the full potential of emerging technologies, many of which are in the growing arena of intelligent autonomous systems. Defense Technical Information Center awarded a contract to Adams Communication and Engineering Technology, Inc., to support NPS' largest-ever task order contract to expand partnerships in the development and fielding of autonomous systems and robotics - a whopping \$42.4 million. ACET and its exclusive subcontractor, Arizona State University Research Enterprise, will provide NPS coordination and management for the contract's deliverables as defined in the Government's Performance Work Statement. "NPS provides the interdisciplinary, defense-focused environment needed for the right mix of development and exploratory innovation," said Dr. Ray Buettner, NPS director of the Sea Land Air Military Research initiative, who oversaw development of the new contract.



PERRY

CHRYSLER DODGE Jeep RAM

NEW 2020 JEEP GRAND CHEROKEE LAREDO

SUMMER CLEARANCE EVENT

NO MONTHLY PAYMENTS! 90 DAYS

\$248 Mo.

Plus tax, title, license, acquisition fee & first payment



MSRP \$35,585. 24 month lease. \$4995 down 10,000 miles per year. Residual \$16,724. 2 at this offer #202573, #296164. Offer ends 8/16/20.

NEW 2020 DODGE CHALLENGER SXT

NO MONTHLY PAYMENTS! 90 DAYS

\$278 Mo.

Plus tax, title, license, acquisition fee & first payment



MSRP \$32,060. 42 month lease. \$4995 down 10,000 miles per year. Residual \$16,724. 5 at this offer. Offer ends 8/16/20.

NEW 2020 DODGE RAM 1500 BIGHORN

NO MONTHLY PAYMENTS! 90 DAYS

\$278 Mo.

Plus tax, title, license, acquisition fee & first payment



MSRP \$42,585. 42 month lease. \$4995 down 10,000 miles per year. Residual \$21,718. 5 at this offer. Offer ends 8/16/20.

www.PerryChrysler.com
2340 National City Blvd (877) 325-8099

PERRY Certified Pre-owned CHRYSLER DODGE JEEP RAM FIAT

<p>2011 CHRYSLER TOWN & COUNTRY \$7,995 #71402</p>	<p>2011 JEEP PATRIOT 4x4 \$7,995 #287238</p>	<p>2015 JEEP GRAND CHEROKEE \$21,995 #792877</p>
<p>2016 DODGE CHARGER SXT \$22,995 #328136</p>	<p>2017 DODGE DURANGO \$22,995 #923803</p>	<p>2018 JEEP GRAND CHEROKEE \$28,995 #153206</p>
<p>2018 JEEP GRAND CHEROKEE LIMITED \$35,995 #514505</p>	<p>2017 DODGE CHALLENGER R/T \$36,995 #509562</p>	<p>2017 JEEP GRAND CHEROKEE \$38,995 #689231</p>

MON-SAT: 8:30am - 9:00pm • SUN 9:00am - 8pm • www.PerryChrysler.com
All advertised prices exclude government fees & taxes, and finance charges, any dealer document processing charge, any electronic filing charge and any emission testing charge. Offers end close of business 8/16/20.

THURSDAY, JULY 30, 2020 www.armyforresdispatch.com 7

SOUTH CHINA SEA
(July 15, 2020) - Cruiser USS Princeton (CG 59) steams through the night in the South China Sea. Princeton is part of the Nimitz Carrier Strike Group. Navy photo by MC2 Logan C. Kellums



PACIFIC OCEAN
(July 26, 2020) - Sailors assigned to USS Makin Island present colors during a burial at sea. Makin Island is conducting routine operations. Photo by MC3 Aaron Sperle



SAN DIEGO
(July 25, 2020) - Marines and Sailors with 15th Marine Expeditionary Unit, embark aboard USS San Diego (LPD 22). Marine Corps photo by Cpl. Britany Rowlett



'Holy Helo' touches down on USS Sterett

by MCSN Drace Wilson,
USS Sterett Public Affairs

As the sole Catholic priest in Carrier Strike Group 11, Lt. Matthew Benjamin often leaves aircraft carrier USS Nimitz to provide religious services to Sailors on the other ships in the strike group via a helicopter known as a "holy helo."

"There's only 47 priests in the fleet," said Benjamin who brings Catholic services to those who seek it across the strike group. "I also provide counsel to all Sailors and Marines who want it, regardless of their faith. I'm humbled in this position. It's a great gift to do this."

Most small ships typically have only one chaplain, and lay leaders of faiths differing from the chaplain can lead prayer or religious study groups. Carrier strike groups and destroyer squadrons can augment chaplains through holy helos. Throughout Carrier Strike Group 11 there are seven chaplains from multiple faith backgrounds, including Judaism, protestant Christianity and Catholicism.

On July 17, Benjamin climbed aboard the holy helo from the "Battlecats" of Helicopter Maritime Strike Squadron (HSM) 73 bound for USS Sterett (DDG 104).

Despite only recently becoming a Navy chaplain, Benjamin isn't new to the military. After graduating high school, the Madison, Ala., native enlisted in the Marines in 1988 as a radio operator. He served until 1994, when he was discharged as a sergeant.

It wasn't until much later in life that Benjamin discovered his true calling of becoming a Chaplain.

"From my youth I always thought I had a vocation," said Benjamin. "It was after a year in Iraq as a contractor where I was in touch with my morality and through the intercession of the Holy Mother that I committed to priesthood."

Benjamin graduated from Kenrick-Glennon Seminary in St. Louis in 2010. He became a Navy Chaplain in 2017.

"It's surreal being back in the military after all these years," said Benjamin. "A lot has changed since I enlisted in 1988, but the mission and dedication of the men and women who serve is the same. I'm happy to be back."

A Navy Chaplain is hardly ever seen without an "assistant," typically a religious program specialist by his or her side, and the same can be said for Benjamin. RPI Sennen Agorchukwu accompanied Benjamin when he made his visit to Sterett.



Navy Chaplain (Lt.) Matthew Benjamin administers to Sailors aboard destroyer Sterett during a Catholic service. Navy photo by MCSN Drace Wilson

"My role is to make sure our mission is accomplished by assisting the Chaplain in any capacity," said Agorchukwu, from San Diego. "I make sure that we have all of the necessary religious materials and resources, like Holy Bibles, rosaries, Scapulars and Catholic Handbooks for Military Personnel. I also have to rig and unrig the altar for the celebration of Holy Mass."

teachings were greatly appreciated by service attendees.

"You can have as many prayer services as you want, but having a full service with the readings, the singing and the Eucharist, it just made us feel complete," said Lt. j.g. Cori Ruby, from Tiverton, R.I.

While the "holy helo" departed Sterett later that day, Sailors can count on it returning again soon.

Benjamin's presence and

Princeton, Indian Navy cooperative deployment

by MC2 Logan C. Kellums,
USS Princeton Public Affairs

INDIAN OCEAN - The Ticonderoga-class guided-missile cruiser USS Princeton (CG 59), as part of the Nimitz Carrier Strike Group (CSG), conducted a cooperative deployment with ships and aircraft from the Indian Navy July 20 and 21.

The two navies conducted multiple exercises while operating together, including a live-fire exercise, an air defense exercise (ADEX), flight operations and a farewell passing exercise.

"This was a unique opportunity to train and strengthen ties with the Indian Navy," said Capt. Peter Kim, Princeton's commanding officer. "We were able to achieve a high level of integration and cooperation while conducting many events to include gunnery and air defense exercises."

Continue reading this story at www.navy.mil.

I'M YOUR LOCAL VA HOME LOAN SPECIALIST!

VETERANS LENDING GROUP

STEPHEN MYERS
Loan Officer
U.S. Navy Veteran
NMLS 1612654
smyers@vnlending.com
C: 714.883.6630

CALL TODAY!

VETERANS LENDING GROUP
2400 East Katella
Suite 800, Office 865
Anaheim, CA 92806
O: 888.685.8654

Veterans Lending Group is a registered trademark of CrossCountry Mortgage, LLC. NMLS 3029, NMLS 1924227 (www.nmlsconsumerscoex.org). All loans subject to underwriting approval. Certain restrictions apply. Call for details. Certificate of Eligibility required for VA Loans. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act.

VA HOME LOAN PROGRAM BENEFITS

- CAN HAVE MULTIPLE VA HOME LOANS AT ONE TIME—0% DOWN
- SELLER PAID CLOSING COSTS & DEBT PAYOFF OPTIONS
- NO MINIMUM CREDIT SCORE REQUIREMENT FOR VA LOANS
- FOUND A HOME THAT NEEDS A LITTLE WORK? USE OUR VA RENOVATION LOAN
- BUILD YOUR DREAM HOME WITH OUR VA CUSTOM CONSTRUCTION LOAN
- LOWER YOUR INTEREST RATE WITH OUR VA INTEREST RATE REDUCTION REFINANCE LOAN

**VISIT US AT:
WWW.VETERANSLENDINGGROUP.COM**

TOP QUALITY FIBERGLASS TONNEAU COVERS & TRUCK CAPS

- Improved gas mileage
- Improved security
- Weather protection
- Low profile design
- Smooth, clean lines
- High-strength honeycombed reinforced
- New SL Model has Patented Hinge System

SoCalTruck.com
ACCESSORIES & EQUIPMENT

10460 Mission Gorge Rd • Santee • 92071
619-749-0742

SNUGTOP
THE PERFECT FIT



SoCalTruck.com
ACCESSORIES & EQUIPMENT

10460 Mission Gorge Rd.
Santee, CA 92071

619-749-0742

Work Smarter, Play Harder!

- Truck Bed Covers • Camper Shells
- Side Steps • Truck Racks
- Tool Boxes • Fuel Tanks
- Carpet Kits • Tow Hitches

MILITARY DISCOUNT
Get \$25 off \$300 or more with this ad



Spray on Bedliners

EO continued from page 5

workable plan for the present and future treatment” of Black Americans in the Navy.

Nelson’s favorable appraisal of that Navy policy in his thesis was written a year before Truman’s edict. The work was endorsed by then Chief of Naval Personnel Vice Adm. Thomas L. Sprague as being a “fair and valid” appraisal of the Navy’s policies in the publication’s forward.

Even the New York Times chimed in on Feb. 8, 1948, in a review of Nelson’s work that, “the fact that the Navy Department has published a critical analysis of its segregation policies by its only Negro officer is an indication of a changing attitude in that tight-knit officer corps.”

Segregation policies in all the military branches, the Times wrote, deprived them of “the services of men they cannot afford, in time of crisis, to get along without.” Prejudice, the Times concluded, has no place in the military.

“A man’s courage and capabilities cannot be, and should not be, judged on the color of

his skin,” the review said. “It is encouraging to see a growing realization of this truth.”

Despite this fantastic start, the numbers of Black Americans in the Navy decreased during the Cold War that followed World War II.

“One would have thought that the Navy would have rapidly integrated its force,” Navy historian Sherwood said. By 1962 -- sort of the middle of the Cold War -- only 5 percent of the Navy was black and just .2 percent of the officer corps.

For comparison, he said, by this time, the Army’s Black American population had become 12.2 percent of its force and 3.2 percent of the officer corps. The Navy’s low numbers throughout the 1960s and into the early 1970s were because of the draft.

“When you have a draft, the Navy becomes very, very desirable for all races,” Sherwood noted.

Because many wanted to avoid serving as ground forces in Vietnam, the Navy decided to up its enlistment standards, taking only those who scored the highest on military entrance exams. This practice disadvantaged

many Americans who didn’t have the academic backgrounds to score well.

With the end of the draft in the early 1970s, so did the Navy’s recruiting hey-day. With recruiters struggling to make their quotas, the Navy started enlisting lower-scoring Sailors into the ranks. Though this opened up the door for more Black Americans, they qualified for fewer career fields in the Navy. As a result, the number of black Sailors in shipboard deck departments, foodservice and laundry divisions swelled.

“If you score low on the tests, regardless of race, not only do you end up in a certain assignment, but you cannot get into A-Schools, either,” Sherwood said. “Therefore, you cannot get promoted in many cases.”

This dynamic led to unrest in the ranks and, in some cases, riots on a few Navy ships, Sherwood said. At the root was this de-facto discrimination in job selection. Also, black Sailors had few role models and advocates from their race in their chain of command. They saw white Sailors getting the “good jobs,” Sherwood said.

Also, there were few, if any, “African-Americans in middle

management roles,” these Sailors could “share their problems with,” Sherwood said.

Again, the Navy needed to change. The watershed moment was the appointment of Adm. Elmo “Bud” Zumwalt as the Chief of Naval Operations. Just 49 years old at his selection, he became the youngest CNO in Navy history. A three-star at the time of his appointment in 1970, he was selected over many officer’s senior to him.

Zumwalt hit the Navy like a ton of bricks, working to reform and rebuild the service as it came out of the Vietnam War. He was known for issuing “Z-Grams,” his version of NAVADMIN messages of today, in his attempt to fix what he saw wrong in the Navy.

Five months into his tour as CNO, Zumwalt put the Navy back on the path to equal opportunity with “Z-Gram #66” entitled “Equal Opportunity in the Navy.”

The message came shortly after meeting with both black officers and enlisted Sailors.

“Before these meetings, I was convinced that compared with the civilian community, we had relatively few racial

problems in the Navy,” Zumwalt wrote. “I have discovered that I was wrong--we do have problems.”

What struck Zumwalt the most, he wrote, was the “depth of feeling of our black personnel that there is significant discrimination in the Navy” and that he “did not realize the extent and deep significance of many of these matters.”

Zumwalt sought to open up communications. He created command minority affairs teams to “learn what and where the areas of friction are” and to help the Navy “develop a far greater sensitivity to the problems of all our minority groups so that we may more effectively go about solving them.” However, he admitted that “much remains to be done.”

The Navy has done much to level the playing field for those entering the Navy. Starting in the 1970s, the Navy has offered academic skills classes to help all Sailors raise their entry test scores to qualify for more career fields.

With his efforts, racial tensions declined gradually in the Navy for the rest of the 1970s and ‘80s. However, because the Navy is a reflection of society, it remains with us today.

“We’re headed in the right direction, but I think it’s okay, and even healthy, to take a brief moment to look in the rearview mirror, mark this important event in history, and reflect on how far we have come over the past 72 years,” Nowell said. “In my view, that also helps us tackle the challenges of today and the future.”

NMCB-3 completes turnover in Okinawa

OKINAWA, Japan - Naval Mobile Construction Battalion (NMCB) 3 assumed execution of Naval Construction Force (NCF) missions from NMCB-5 in the Indo-Pacific Region during a Relief in Place/Transfer of Authority (RIP/TOA) ceremony here July 20. A RIP/TOA marks the official completion of one unit’s deployment and the beginning of the other’s. NMCB-3 is assuming charge after NMCB-5 completed an extended deployment due to the Coronavirus 2019 (COVID-19) pandemic, which created a delay in efforts to return home due to stringent local, national, and international travel restrictions starting in late March.

Panels, collectibles, comics, activities, The Masquerade & more at Comic-Con@Home 2020

San Diego Comic-Con was held online this year, due to the coronavirus pandemic. Comic-Con@Home was a success, thanks to the tremendous group efforts by the organizers, workers, presenters, vendors and visitors.

There was certainly plenty to see and do. In some significant respects, it was actually better than the in-person version. This year’s Comic-Con was free for all, and accessible world-wide at <https://comic-con.org/cci/2020/athome>.

Categories included Programming, Exhibit Hall, Art Show, Eisner Awards, and more.

The many free downloads included: Comic-Con@Home name badges (I put mine in my badge holder from last year), Comic-Con signs, the 260-page Comic-Con 2020 Souvenir Book and Comic-Con audio announcements. In lieu of the complimentary snacks ordinarily found in the Comic-Con hospitality suite, there were favorite Comic-Con recipes so that we could make our own snacks!

Since much was available on-demand after its initial release, we were pretty much free to enjoy Comic-Con@Home at our own convenience, day or night. Travel was unnecessary, since everything was accessible online, from wherever we were. Much still remains available.

There were many, many interesting and informative panels to watch, and unlike at the physical Comic-Con, where they were limited by the size of the ballrooms and meeting rooms, this year there was no limit whatsoever on attendance – and everyone got a front row seat!

I watched many panels as on-

demand YouTube videos. The Star Trek Universe panel included: cast members of “Star Trek: Discovery,” who performed an illustrated table read from the season two finale; a preview of the new animated comedy series entitled “Star Trek: Lower Decks” (premiering Aug. 6 on CBS All Access); and a lively discussion about “Star Trek: Picard,” which included panelists Sir Patrick Stewart (Captain Jean Luc Picard, nicknamed “S.P.S.”), Brent Spiner (Data), Jeri Ryan (Seven of Nine), Marina Sirtis (Counselor Deanna Troi) and Jonathan Frakes (William Riker).

Another panel, entitled “Back to the Moon and Beyond with NASA,” was enthusiastically moderated by Star Trek’s William Shatner (Captain Kirk). Panelists discussed our plans to return humans to the Moon in 2024 and hopefully to travel to Mars in 2028 (see [NASA.gov/Artemis](https://www.nasa.gov/artemis)).

Mattel was co-founded by Elliot and Ruth Handler in 1945. 75 years later, Mattel’s Hot Wheels produces about 500,000,000 (half a billion) diecast vehicles per year, including basics, premiums, monster trucks, and character cars.

In their panel entitled: “Hot Wheels: Designing Fans’ Exclusives,” Bryan Benedict (Senior Manager, Product Design) and several of his associates shared insights into this year’s Hot Wheels Comic-Con@Home exclusives, including the mechanically operated Star Wars X-wing Fighter that Yoda lifts out of the Dagobah Swamp; and sharing “sneaks” of upcoming Hot Wheels.

I met Bryan at Comic-Con in 2014, where Hot Wheels displayed a life-size version of their Darth Vader car (see *AutoMatters & More* #344).

Later, in the “Mattel Creations: Designing Pop Culture” panel, we learned about the Mattel replica of the Barbasol shaving cream can/cryogenics cannister that was used to try to smuggle dinosaur embryos out of Jurassic Park.

As of today, the panels are still available for viewing. Click on the “PROGRAMMING” link at: <https://comic-con.org/cci/2020/athome>.

Free swag and giveaways were available, just like at the physical Comic-Con - either by digital download or to be mailed free of charge. We could have our picture taken with “The Child” from “The Mandalorian,” courtesy of longtime San Diego Comic-Con exhibitors “Sideshow Collectables” and Lucasfilm.

In the virtual Exhibit Hall of the San Diego Convention Center, collectibles were on sale - many of them exclusive to Comic-Con@Home. Some sold out within seconds, since people from all over the world were trying to buy them. I missed out on the Hot Wheels that I wanted, so instead I ordered a 60s Star Trek automobile sunshade from vendor TOYNK’s website. It shows Captain Kirk behind the steering wheel, with Mr. Spock riding shotgun!

On Saturday, I checked out the competitors in the annual Masquerade costume competition. For a change, all views from the audience were unobstructed and up-close. Many entrants were pictured outdoors in videos, and still photos showed details of their costume-making process. Fan favorites Phil Foglio and his son were the co-masters of ceremonies.

Hopefully Comic-Con will return to downtown San Diego next year, along with innovations learned at this year’s Comic-Con@Home.

Copyright © 2020 by Jan Wagner – *AutoMatters & More* #652

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

I used to have a good grasp on parenting. From the time our three children were infants, all the way through toddlerhood, the primary school years, and even the dreaded teenage years, I used a fairly successful combination of expert-recommended techniques, mother’s intuition, and common sense to raise our children.

But now that they are adults, I am dumbfounded.

No one ever told me that my job as a mother would become immensely more difficult once my offspring turned into adults. In the last few years, my husband and I have discovered that, although parenting individuals over the age of majority is absolutely essential to their safety and well-being, it seems frustratingly fruitless.

To complicate matters, the global pandemic brought young adults back to their parents’ homes for the foreseeable future. College students have been forced to take classes remotely, summer jobs have been cancelled, and hiring has been suspended. With two of our three adult children back at home, we can no longer take comfort in “out of site out of mind.” We face the daunting task of trying to enforce rules and standards of conduct for two financially dependent legal adults.

Put a screaming infant having a diaper blow-out on my lap while

The impossible task of parenting young adults

strapped into coach seating between two grumpy business men on a turbulent nine-hour flight. Challenge me to negotiate the check out line at the commissary with a premenstrual migraine, a cartload of groceries, and a toddler having an epic tantrum over Goldfish crackers. Force me to give a lecture on why one should not wear booty shorts and a crop top to school to a smirking, gum-chewing teenager who won’t stop watching TikTok videos long enough to acknowledge me.

Pardon the pun, but that’s child’s play.

But present me with a resident 22-year-old - who wakes up at one in the afternoon, eats all the deli meat, takes a 30-minute shower, packs a duffel full of bikinis and spiked seltzers, announces that she is taking Dad’s car to visit sorority friends in Vermont for a few days, and can someone please do the laundry while she’s gone because she’s completely out of bras?—and I’m paralyzed with fear. After two and a half decades of tackling the full spectrum of child-rearing challenges, I find the task of parenting our three grown children about as easy as winning a chess match against Bobby Fischer.

When the clock struck midnight on each of their 18th birthdays, Hayden (25), Anna (22) and Lilly (19) passed that invisible threshold into adulthood and assumed legal control over their persons, actions, and decisions, thus terminating our legal guardianship over them.

In other words, my husband and I no longer have the right to parent

our own children.

And here’s the worst part: They know it.

Since our kids moved back home, we’ve discovered that our interests are not aligned. In fact, the only thing lined up together are our toothbrushes beside the bathroom sink.

What they want:

1. Privacy
2. Independence
3. Food
4. Shelter
5. Unlimited use of a car full of gas

6. The latest iPhone
7. Insurance (auto, home/renters, medical, dental, and phone in case it is dropped in a toilet or left in an Uber on the way home from the clubs)
8. Bail money

What we want:

1. Respect
2. A little help around the house
3. A reasonable curfew
4. To reenact prohibition
5. For someone to close the damned refrigerator door
6. A pair of scissors to cut that ridiculous beard
7. To administer an oath of celibacy
8. To have one, glorious, worry-free night’s sleep

Despite it all, my husband and I will continue our attempts to parent, guide and advise our three grown children, and hope that someday, they’ll understand why. Their status as legal as adults may keep the king and queen of this castle in check. But our love as parents ensures that we’ll eventually win the game.

CLASSIFIEDS

Marines donate plasma in fight against COVID-19

by Navy Petty Officer 3rd Class **Jacob L. Greenberg**
Marines assigned to Marine Corps Recruit Depot San Diego in California who have tested positive for COVID-19 donated plasma at Naval Medical Center San Diego.

In support of the development of an effective treatment, The Defense Department launched a campaign in late May to collect 8,000 units of plasma from patients who have recovered from COVID-19.

"The hope is that these Marines who have tested positive and recovered from COVID-19 will have developed antibodies," said Ellyn Alcantara, a clinical nurse assigned to the medical center's blood donor center. "These antibodies could lead to developments in a treatment for COVID-19."

All of the Marines volunteered to donate their plasma with the hope that their antibodies will help others.

"It makes me feel good to be a part of the solution to this pandemic," said Marine Corps Pfc. Xavier Flores, a recent donor.

Upon arriving at the donor center, the Marines were given a medical health screening to determine their donor eligibility. Once they are cleared to donate plasma, a complete blood count and hematocrit test ensures the proportion of red blood cells in the body is optimal for donation and would have no adverse effects on the donor.

"A transfusion transmissible

infection test will be performed on all donors as a part of their screening process," said Navy Lt. Therica Reynolds, the officer in charge of the medical center's Blood Donor Center. "We're trying to maximize our plasma collection and do our part for patient care."

Reynolds said apheresis — the plasma donation process — takes about an hour from the beginning of the screening process to the end of the collection. Convalescent COVID-19 plasma, or CCP, from recovered COVID-19-positive patients has been used at the medical center to help symptomatic patients recover.

"A qualified donor is eligible to donate every 28 days, and one person can potentially donate four doses, or bags, of CCP per visit," Reynolds said. "We highly encourage potential donors to make an appointment for one of our five apheresis machines. Anyone who has tested positive for COVID-19 and has recovered is encouraged to come into our [donation center] and get screened to donate."

NMCS's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. It employs more than 6,000 active duty military personnel, civilians and contractors.

(Navy Petty Officer 3rd Class **Jacob L. Greenberg** is assigned to Naval Medical Center San Diego.)

Wounded Warrior Project announces new partnerships with veteran service organizations for 2020

Wounded Warrior Project® (WWP) announced its first round of investments and partnerships for 2020. These 22 veteran and military service organizations will assist with meeting the many needs of our nation's wounded, injured, and ill veterans and their families.

WWP is granting more than \$4.4 million to these best-in-class organizations for their demonstrated abilities to supplement WWP's existing programs and services.

Grant recipients include: Bastion Community of Resilience Boulder Crest Canine Companions for Independence Dog Tag Inc. Eisenhower Center Elizabeth Dole Foundation Hiring Our Heroes Homes for Our Troops Institute for Veterans and Military Families Military Child Education Coalition Military Family Advisory Network Our Military Kids Quality of Life Plus SAFE Project (Stop the Addiction Fatality Epidemic) Team Red, White & Blue Tragedy Assistance Program for Survivors Travis Manion Foundation

Vail Veterans Program Veterans of Foreign Wars Warrior Canine Connection Warrior Reunion Foundation Yellow Ribbon Fund

In addition to these new grants for 2020, WWP is also continuing its support for

- National Military Family Association
- Combined Arms
- America's Warrior Partnership
- Veterans Village of San Diego
- The Mission Continues
- Five Star Veterans Center

"Through these partnerships, we will expand the resources available to America's injured veterans and help ensure they and their families are thriving long-term," said WWP CEO Lt. Gen. (Ret.) Mike Linnington. "It takes a united effort; no single organization can meet all the needs of wounded, injured, and ill veterans. We're proud to support other veteran and military service organizations assisting wounded veterans both at the local and national level, connecting them with the resources they need to thrive in civilian life."

Since 2012, WWP has granted more than \$260 million to 184 veteran and military service organizations.

ARMED FORCES DISPATCH CLASSIFIEDS

To place your ad, please call the Classified Advertising Department at (619) 280-2985.

Deadline to place an ad is Tuesday at noon. See your ads in print, and on the web, on Thursday!

ATTORNEYS

LOW COST DIVORCE

Recordon & Recordon, Attorneys

- SUPPORT •
- CUSTODY •
- VISITATION •
- MEDIATION •
- ADOPTION •

PAYMENT PLANS

Free Consultation
(619) 232-1717

Mission Valley ... 283-7777
El Cajon 442-6999
Chula Vista 427-3404

LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys

STOP
Creditor Calls
Home Foreclosure
Repossessions
PAYMENT PLANS

Free Consultation
(619) 232-1717

Mission Valley ... 283-7777
El Cajon 442-6999
Chula Vista 427-3404

AUTO FOR SALE

'93 CHEVY CAPRICE CLASSIC - 1 owner, all orig. fully loaded, full leather, 48k orig miles, clean as a whistle. \$8000. Firm. 619-674-8513.

'92 FORD F150 PU - Xcab, 1 owner, 6 cyl, 5 spd. Clean, PW, PDL, AM/FM/CD, cruise, AC. 105k orig mi. \$7000. 619-217-0020. Calls only, no text.

HELP WANTED

Customer Service Rep. Part time, M-F, 9-1. Near trolley stop. La Mesa. Must have clear speaking voice for telephone. Hours could be flexible for military spouse. Call Brenda 619-280-2985. Computer experience with Microsoft Access is a plus.

HORSE BOARDING

HORSE BOARDING CARLSBAD
\$400/month
Western casual, family-oriented ranch.
We have roomy 12x48 or 12x24 corals and provide a veterinarian recommended diet twice daily.
760.840.0187

LANDSCAPING

Landscaping/Tree Service
Free estimates, 25 years experience.
Any day. 760-685-7585.

MASSAGE

New Energy Massage

3817 University Ave. • SD, Ca. 92105
1 Block West of I-15

619.795.0955

\$10 Discount on any Massage

Open 7 Days a Week • 9am-10pm
NO APPOINTMENT NECESSARY

MORTGAGE LOANS

100% VA Loans to \$1.5 million
FHA & VA Streamline & Cash Out
Apply Online, Paperless, Fast Close
Rick Tobin CA DRE Bkr 00964253,
NMLS 1934868 & 1883108
Call (760) 485-2422
www.realloans.com email: info@realloans.com

RENTALS APARTMENTS

SEA BREEZE

LARGE ONE & TWO BEDROOMS

One block from the beach
Most utilities included

CONTACT US FOR MOVE-IN SPECIAL

619-424-8153

Imperial Palm Apartments

Large Studio with Walk in closet
Across St. from the beach

CONTACT US FOR MOVE-IN SPECIAL

619-424-3119

AVAILABLE NOW!!!

1, 2 or 3 BR's Apartments,
Townhouse & Houses

MOVE-IN SPECIAL!
LEADINGHAM REALTY

1062 Palm Ave., Imperial Beach
619-424-8600

RENTALS HOUSES

CORONADO - 3BR/2BA + 2 bonus rooms, refin floors, new paint inside & out. All new appli. Fenced yard & gardner. Historic homes. \$6150/mo. Avail 8/1. 619-301-6808.

CROSSWORD ANSWERS

LAST MOTOR SOTS
ACTS ADELE HURT
BREAKSEVEN ATOP
COM AHOY DRAPE
OSCAR NETWEIGHT
ATESTS WAN EYE
TILT LETITIA
CLOSINGNUMBER
REPLIES ADAB
IPA DIA INTUNE
MEZZANINE YECCH
GOTON ODES AHI
OREO BROWBEATEN
NICE IONIA WORD
EASYTEENY EROS

RENTALS CONDOS

DOWNTOWN-2BR/2.5BA Beautiful! 1460sf w/2 side-by-side prkg. 12-ft cell, 24-hr sec guard, gated gar. Marina district-across from Seaport Village/Hyatt. \$3400/mo. No pets. No smkg. Avail Now. redenv7705@gmail.com: (619) 994-7874

Advertise in our classifieds. Call today!
619-280-2985.

WANTED TO BUY

I BUY OLD THINGS

Military & Medals, Man Cave, Toys, Costume Jewelry, Watches, Photo Albums, Postcards, Antiques, Collectibles, Souvenirs, Historical, Aviation, Nautical, Automotive.
Neat Stuff from Grandma's Attic & Grandpa's Garage
1800s - 1970s

CALL NICK: 917-406-0533

WANTED TO BUY

WANTED TO BUY

GI Military Uniforms and Gear.
Must be legitimate. Do not bring anything that will cause trouble.

SUNDAYS ONLY 10am-3pm

Call Jerry 760-525-0053

GI Joe's Army-Navy Surplus
799 El Cajon Blvd., El Cajon, CA 92020

SUDOKU SOLUTION

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

How many friends do you have?

by Dr. Glenn Mollette

How many friends do you have? Thousands? If you are on Facebook you may have close to 5000 friends and tens of thousands of more "friends" via Twitter, Instagram, Snapchat or various other social media connections. Are you really connected? Can you really call these social media friends, "friends?"

How many of these people do you talk to or have ever had a verbal conversation, in person or on the telephone? How many of them have you met or would like to meet?

In most cases if your social media "friends" wanted to meet you and visit you it would scare you to death. Although, I know a little bit about most of mine and in most cases I think I would probably enjoy it. If I wouldn't enjoy it then why have that person in my circle of "friends?" The larger the number of people you have in your social media circle the less likely you are to know much if anything about them and then you have to ask yourself "why?" Most people would never have that much time to talk on the phone with all their social media friends.

I receive friend requests everyday but seldom accept many because often they are from people who I'm clueless about. Why do I want to know what they are doing or what I'm doing if I don't even know anything at all about the person?

There is a verse from scripture that says "A friend sticks closer than a brother." Often in life you discover your friends aren't who you thought they were but often are the people you might never imagined. A true friend steps in when the others have walked away. All you need to do is fall on your face, make some mistakes in life and you'll lose the majority of your "friends." They'll disappear. The handful of people who stay with you or show up to help you will become the greatest people in your life.

I once heard someone say, "The person who loves God most is at his post when all the others have walked away." It's true with a friend. A real friend will be there regardless. How many people do you have in your life who will come to you if you are 200 miles away and your car is broke down? Who will try to wire \$500 to you if you are in a distant town and lose your wallet?

What if your business fails, you file bankruptcy, divorce, get a terminal illness or do some stupid things in your life? You may have already found out how people shy away from you during life upheaval. Often, they don't know what to say or do and so they walk away or become distant. They aren't real friends. A real friend doesn't walk away. A real friend doesn't tell you what you want to hear but may tell you their thoughts without trying to wound you. They talk to you in love and in friendship. How many friends do you really have?
Learn more at www.glennmollette.com

Roy's Sudoku

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

Personalized exercise? How biology influences fitness

Getting enough physical activity can make both your body and mind feel better. It can also help prevent or delay health problems. Now, researchers are looking for ways to find out which exercises may best suit your body.

Different types of exercise can bring different health benefits. You can strengthen your bones with weights. Increase your flexibility with stretching. Or, improve your heart health with aerobic activity.

But people's bodies are built differently. Some people have more of the type of muscle that provides strength. Others have more of the type that provides endurance, which keeps you moving for a long period of time. This is one reason why people may be naturally suited to different sports.

But this idea doesn't just apply to athletes. It affects people getting physical activity for fitness, too.

"There are a variety of reasons why different people might adapt better to different types of exercise training," says Dr. Marcos Bamman, an exercise researcher at the University of Alabama at Birmingham. "And an important factor that we're starting to learn more about is our genes."

Researchers are studying how genes influence our bodies' responses to physical activity. They're also looking at how exercise affects people's bodies differently. They're even exploring how it affects your microbes.

"The end goal is to be able to provide an exercise "prescription" that is optimal for each person, so they can gain the most benefit," Bamman says.

Influenced by Genes

Scientists know that different types of exercise have different effects on health, explains Dr. William Kraus, who studies heart disease prevention at Duke University. "The benefits vary by type, intensity, and amount of exercise," he says.

Researchers are studying how genes influence our bodies' responses to physical activity. They're also looking at how exercise affects people's bodies differently. They're even exploring how it affects your microbes.

For example, his lab has observed that long bouts of moderate-intensity exercise, like brisk walking, may be especially good at lowering blood sugar levels. This can be important for people trying to prevent diabetes.

But maybe you want to reduce the levels of "bad" cholesterol in your blood to help prevent a heart attack. For that, a lot of high-intensity exercise to get your heart pounding may help the most, Kraus adds.

His team has observed these effects across ages and for both men and women. But when you look at individuals within those groups, he says, not everyone gets the same benefit from the same workout.

"We want to understand how your genetic background determines your response to exercise," he says. His research team has identified a set of genes that predict who will get the biggest improvements in heart health from aerobic exercise, like jogging or cycling.

Bamman's team has found a set of genes that may help predict who would gain the most muscle from a strength training program. But, he explains, just because you may not get the same benefits as someone else from one type of exercise doesn't mean you don't get any.

"Everybody responds to exercise in a positive way," Bamman says. "For example, people who couldn't gain muscle as well as other people still gained strength in our study. They still improved walking ability and a lot of other important aspects of health."

Researchers are looking for

other genes that may predict how exercise affects different aspects of health, like blood sugar control. In one study, Kraus and his team tested an exercise program to reduce the risk of diabetes in a large group of people.

"Some people got a great improvement controlling their blood sugar, and some people got none, even though they did all the exercise," he says.

Knowing who's most likely to benefit from specific exercises may help health care providers better tailor their recommendations for people, says Kraus.

But these studies are still in the early stages. If you have a health condition, talk with your provider about the types and amounts of physical activity that are safe for you.

Learning From Athletes

"There really is almost no health intervention as potent and as broad in its benefit as physical activity," says Dr. Euan Ashley, who studies exercise and the heart at Stanford University.

Ashley, Bamman, and Kraus are involved in a large NIH-funded program (link is external) looking at how exercise affects different molecules in the body. They're also exploring how this differs between people. The team is studying both people who have previously not exercised regularly and active athletes.

Studying the abilities of elite athletes has the potential to help us understand the upper limits of the human body, Ashley explains.

"For an athlete to perform at

the absolutely highest level, everything has to work perfectly," he says. This includes the muscles, heart, blood cells, and more. Studies of athletes, such as runners and skiers, have found genetic differences that have positive effects on their bodies' performance, Ashley says.

"By studying athletes, we can learn more about the extremes of each of these body systems. And by understanding the extremes, we can understand fundamental aspects of those systems. That could help us treat people with diseases in those systems," explains Ashley.

The Role of Microbes

It's not only your biology that can influence how exercise affects your body. Scientists are discovering more and more about the role of your microbiome. That's the collection of microbes that live in and on your body.

In a recent study, researchers found changes in a certain type of gut bacteria in marathon runners. They transferred those bacteria into mice. The mice given the bacteria were able to run longer.

Scientists are only beginning to study the microbiome's role in fitness. Such studies are difficult, because things like diet, sleep, and even the people you live with can affect your microbiome, Kraus says.

Researchers continue to learn more about biology and physical activity. But no matter who you are, how much activity you get can make a difference for your health. Experts recommend getting at least 150 minutes of moderate to vigorous physical activity a week. And at least two days a week, do strength training exercises.

"There are huge benefits from exercise for both mental and

5 Measures to Protect Your Health While Moving in a COVID-19 Environment

- Work with your chain of command and transportation office to reschedule your pack-out or delivery if you are not comfortable with movers entering your home.**
 - Visit <https://www.move.mil/customer-service> to find the contact info for your local shipping office.
- Discuss health related concerns before any work begins in your residence. Use the following questions to frame this discussion. If any party (including family members present at the residence) answers 'Yes' to any one of these questions, the pack-out or delivery should not proceed:**
 - Have you (or anyone in your party) had a fever of 100.4 or greater in the last 72-hrs?
 - Do you (or anyone in your party) have a cough?
 - Are you (or anyone in your party) experiencing shortness of breath or difficulty breathing?
 - Have you (or anyone in your party) had any EXPOSURE to or CONTACT with a POSITIVE or SUSPECTED COVID-19 person?
- Limit the number of family members in the residence to those needed to supervise your move.**
 - If this is not possible, prepare a dedicated room where family members can stay while personnel are working.
 - Moving companies have also been directed to bring the minimum number of personnel required to handle the shipment.
- Wear cloth face coverings. Anyone in your home during your move, whether on or off a military installation, should follow CDC guidelines on the use of face coverings.**
 - A cloth face covering shall extend above the nose without interfering with eyewear, and below the chin to cover the mouth and nostrils completely.
 - CDC guidance on use and instructions for homemade face coverings can be found at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- Routinely clean frequently touched surfaces.**
 - Visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html> for cleaning guidance.

Dog Park Safety PET talk

Monday, Aug. 10, 6-7:30 p.m.

The dog park can be a TON of fun, but it can also be pretty stressful and can occasionally get dangerous. Join trainer Juliette Nash as she discusses the pros and cons of dog parks, both dog and owner etiquette, and appropriate versus inappropriate play.

Register at <http://support.sdhumane.org/site/Calendar/> and navigate to Aug. 10. See other offerings on the calendar as well!

Severe Traumatic Brain Injury Research Study

UC San Diego is conducting a research study to find the best way to deliver high dose oxygen under pressure so that patients with severe traumatic brain injury (TBI) may recover with less disability. Because TBI is a life threatening condition requiring immediate treatment, some patients will be enrolled without consent if a family member is not rapidly available. For more information or to decline participation please visit: hobitrial.org or contact our study staff at (619) 543-7218.

We invite you to complete a brief survey https://umich.qualtrics.com/jfe/form/SV_eMbgRQh0vko8w3r

Staying in this Summer?
Quarantine With Some **New Sexy Lingerie!**
We Welcome You Back Into Our Store!
Check our website www.dejavuloveboutique.com for our product selection
We Are Now Offering Curbside Pick Up For Your Convenience

DÉJÀ VU LOVE BOUTIQUE

2130 Industrial Ct., Vista, CA 92081 • 866-711-0425
Shop online at www.dejavuloveboutique.com
Mon.-Sat. 9am-Midnight | Sun. 11am-11pm

Military Discount 20% Off
With valid military ID. Some restrictions may apply. Not valid on any sale items. Not valid with other offers or prior purchases. Exp. 8/14/20

Kansas City BARBEQUE SAN DIEGO

Kansas City Barbeque is a proud supporter of our Military troops!

35 Years of Free Thanksgiving Dinner to all active military

TOP GUN

Serving Full Food Menu until 1am

TOP GUN FILMING LOCATION

600 West Harbor Dr. Downtown San Diego
2 Blocks from the USS Midway

kcbbq.net (619) 231-9680
Open 7 days a week

FRANK TOYOTA

2400 NATIONAL CITY BLVD.
866.217.1866
www.franktoyota.com

2020 Toyota Camry LE

Lease for 4 Cyl Auto.

\$249
PER MONTH PLUS TAX
36 MONTHS



1 at this payment. Stk#: 59501, VIN#: LU958508, Model#: 2532. Net capitalized cost \$23,137.03. \$249 plus tax monthly for 36 months with \$4,250 due at lease signing. Includes \$600 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 8/3/2020.

2020 Toyota Prius LE

Lease for

\$269
PER MONTH PLUS TAX
36 MONTHS



1 this payment. Stk#: 59370, VIN#: L3122208, Model#: 1223 Net capitalized cost \$24,979.03. \$269 plus tax monthly for 36 months with \$3,500 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 8/3/2020.

2021 Toyota Corolla Hybrid LE

Lease for

\$294
PER MONTH PLUS TAX
36 MONTHS



1 this payment. Stk#: 59436, VIN#: MJ001172, Model#: 1882 Net capitalized cost \$22,806.99. \$294 plus tax monthly for 36 months with \$3,500 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 8/3/2020.

FRANK HYUNDAI

3150 NATIONAL CITY BLVD.
866.542.8238
www.frankhyundai.com

2020 HYUNDAI ACCENT SE

\$12,277 FRANK'S PRICE
-\$1000 RETAIL BONUS CASH
-\$500 MILITARY

NET PRICE
\$10,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 8/3/20. 1 at this price. #090952

2020 HYUNDAI ELANTRA SE

\$15,277 FRANK'S PRICE
-\$2000 RETAIL BONUS CASH
-\$500 MILITARY

NET PRICE
\$12,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 8/3/20. 2 at this price #600850, #106471.

2020 HYUNDAI SONATA SE

\$20,777 FRANK'S PRICE
-\$2000 RETAIL BONUS CASH
-\$500 VALUE OWNER
-\$500 MILITARY

NET PRICE
\$17,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 8/3/20. 5 at this price.

FRANK SUBARU

2829 NATIONAL CITY BLVD.
888.207.1891
www.franksubaru.com



2020 SUBARU FORESTER LIMITED

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

ZERO DOWN!



*1 at this payment, STK# 22718, VIN# LH472125, Model # LFI 32. \$349 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 8/3/20.

4-WHEEL ALIGNMENT

\$89.95 + tax

~~WAS \$119.85~~



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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 8/31/20.

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

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

Military Special Only

OIL & FILTER CHANGE

\$39.95 + tax

~~WAS \$49.95~~

- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE Check & set tire pressure to vehicle specifications
- FREE Multipoint inspection
- FREE Car Wash
- FREE Battery Test

Synthetic, V6 & V8 additional Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 8/31/20.

FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL
\$50 OFF

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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 8/31/20.

Plus **10% OFF**

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

WE HONOR OUR MILITARY!!