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FIFTY NINTH YEAR NO. 50
THURSDAY, APRIL 9, 2020

'NO SKULL AND CROSSBONES'

HERE'S HOW THE SIX BRANCHES ARE IMPLEMENTING FACE MASK GUIDANCE

by Chad Garland

Stars and Stripes

Balaclavas may be OK, but ski masks may not be, depending on which uniform a service member wears, under service-specific guidance on the Pentagon's new facial covering requirements.

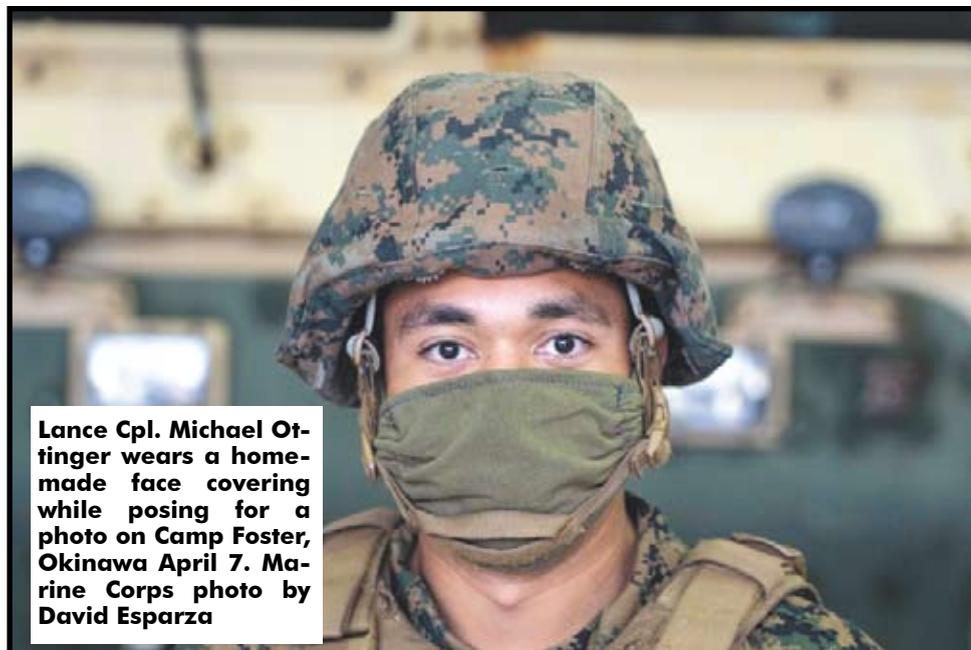
On April 5, the Defense Department began requiring everyone on DOD property to wear face coverings in public or work settings, "to the extent practical," when six feet of physical distance can't be maintained. In command-level guidance, U.S. European Command has noted that includes inside government vehicles, and U.S. Central Command said it includes hallways inside buildings.

The Army, Air Force and Navy have all indicated they would be providing official uniform masks. Until then, they and the other services have outlined options that meet some basic requirements.

Here's how the guidance breaks down:

CDC compliance

All the services agree that the face coverings should comply with Centers for Disease Control and Prevention guidance - that they fit snugly and comfortably against the side of the face, be secured with ties or ear loops,



Lance Cpl. Michael Ottinger wears a homemade face covering while posing for a photo on Camp Foster, Okinawa April 7. Marine Corps photo by David Esparza

allow unrestricted breathing, include more than one layer of cloth and be machine washable without being damaged or losing shape.

Limited use of surgical masks & respirators

Most branches prefer masks fashioned from bandanas or T-shirts to the use of surgical masks or N95 respirators, except for those working in medical environments. In an apparent exception, the Navy allows "medical or construction type masks" without caveat in its

formal guidance.

The Marine Corps, which relies on Navy medical workers, forbids the purchase or use of N95 or surgical masks to meet the new DOD requirement. The Coast Guard guidance states that surgical masks should be used only as a "last resort and only with command concurrence" when local supplies are adequate, but N95 respirators are forbidden for broader use.

Interim options

All the services mentioned use

of items such as scarves and bandanas or, in the case of the Army, Air Force and Marine Corps, government-issued neck gaiters or balaclavas. The Marine Corps forbids the use of full masks, such as field protective masks and ski masks.

Homemade masks should "present a neat and professional military appearance," the Marine Corps states, and can't include "demeaning or derogatory logos, profanity, racist, sexist, printed wording, eccentric designs, offensive script, wrongful drug

abuse, dissident or protest activity, or imagery."

Similarly, the Navy and Air Force state that masks should be "conservative" in appearance, professional and inoffensive. The Coast Guard prefers solid colors such as navy blue, black, gray or white.

Though it didn't specifically bar any colors or patterns, Army guidance warned Monday that

soldiers should not make homemade face coverings out of Army Combat Uniforms or other materials that have been chemically treated. No "skull and crossbones," but maybe brown or something "somewhat professional," said Sgt. Maj. of the Army Michael Grinston in a Facebook live event April 7.

Additional warnings

While not required to wear see **Masks, page 9**

He kept his distance

The hardships endured during the coronavirus crisis has put the old adage, "Necessity is the mother of invention," to the test in many ways, says the Association of Mature American Citizens. Take Charley Adams of Youngstown, Ohio. His mother, 80 year old Julie Adams, resides in the Windsor Estates Assisted Living facility and her doting son was anxious to visit her. But, alas, the pandemic had caused the residence to "lock down" due to the threat of contagion. So, Charley - used his ingenuity - and received an okay to use a bucket truck to lift himself up to her third-floor window for a visit with Julie. Talk about social distancing.

Man's best friend comes to the rescue

A Maryland winery has found a unique way of adhering to social distancing protocols during the coronavirus outbreak, reports the Association of Mature American Citizens. The Stone House Urban Winery, located in Hagerstown, Md., is providing curbside delivery of wine using a delivery dog. It allows patrons and Stone House employees to avoid getting dangerously close. The boxer's name is Soda Pup and the canine not only helps ensure safety, he's attracting new customers, as well. "We've had people call in just specifically to have Soda Pup bring wine out to them - people who have never even been here before," said Lori Yata, co-owner of the winery. And, in case you worry that Soda Pup is being exposed to infection, fear not - the American Kennel Association says that "COVID-19, is believed to not be a health threat to dogs."

What month is it? Arab-American Heritage, Celebrate Diversity, Holy Humor

Adopt A Ferret Month
Adopt A Greyhound
Atlanta Food & Wine
Arab American
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ASPCA Month
Alcohol Awareness
Amateur Radio Month
Autism Awareness
Cancer Control

Car Care Month
Celebrate Diversity
Child Abuse Prevention
Cesarean Awareness
Community Spirit Days
Confederate History
Couple Appreciation
Defeat Diabetes
Distracted Driving
Awareness Month

Emotional Overeating
Awareness Month
Fair Housing Month
Financial Literacy
Fresh Florida
Tomatoes Month
Frog Month
Genocide & Human
Rights Awareness
Global Astronomy

Global Child Nutrition
Grange Month
Holy Humor Month
Honor Society
Awareness Month
Informed Women
Int'l Black Women's
History Month
Int'l Customer
Loyalty Month

Int'l Guitar Month
Int'l Twit Award
Irritable Bowel
Syndrome Month
Jazz Appreciation
Library Snapshot
Mathematics &
Statistics Awareness
Medical Cannabis
Education & Awareness

Month of the Military
Child
Nat'l 9-1-1 Education
Nat'l Card &
Letter Writing Month
Nat'l Decorating Month
Nat'l Donate Life
Nat'l Facial
Protection Month

see April, page 10

Army's top chaplain: more social distancing, less disconnection

by Thomas Brading,

Army News Service

WASHINGTON - While officials have relied on "social distancing" to curb the spread of COVID-19, the Army's top chaplain says the term doesn't mean stopping all contact with friends and family.

Social distancing, a term used by the Center for Disease Control and Prevention, aims to head off the COVID-19 pandemic by advising people to stay at least six feet apart with no large gatherings and as many staying home as possible to slow the spread of the airborne virus.

Maj. Gen. Thomas L. Solhjem, the Army's 25th chief of chaplains, is concerned some details of the phrase may get lost in the fog. If taken the wrong way, the term could negatively impact a Soldier's mental health, he said, especially for those who live and work alone.

"It's lonely here," the two-star chaplain confessed, during an interview from his Pentagon office. His staff - who used to fill the workplace with conversation and camaraderie - were told to go home last month, and have since teleworked to minimize contact.

These days, the Pentagon hallways - like much of the world - grows quieter and quieter, and

the chaplain's conversations are now in short supply.

The defense building, where more than 23,000 federal officials and service members work, has operated on minimal manning since March 16. However, the mission goes on, including that of the U.S. Army Chaplain Corps, whose mission is "to care for the Army's soul, and the dignity and worth of each person," he said.

As more and more Soldiers are isolated in their homes, they are finding new ways to sustain their mission. Army chaplains are no different.

"Self-isolated chaplains are still virtually connecting with Soldiers in their units," Solhjem said. "Troops have been reaching out to chaplains on social media, with FaceTime, Skype, phones - whatever capabilities their chaplains have. Soldiers know we're here for them, no matter what."

The virtual turnout has been unprecedented, he said. Since the COVID-19 outbreak, chaplains have noticed an "off the charts" increase of social media activity. For example, virtual services that would normally receive a few hundred views at best, are ranging



Army photo

in the multiple thousands.

"The religious communities across the Army will come out of this stronger," Solhjem said. "We're connected to each other and more connected to God than we were when we went into it. It's because of the creativity and initiative of our unit chaplains who are just out there getting it done."

"People are looking for hope during uncertain times," he added. "We're investing in people, and connecting them in spirit, community, and now virtually. Physical distance has never limited us from connecting with people, whether it is carrier pigeons, radios, or handwritten letters from deployed locations."

"Chaplains have great resources, and they are here to care

for your soul," Solhjem said. "Whether you're a person of faith or not. Every Soldier, every family member, every civilian, every veteran, and retiree - they're all in the Army family."

"We protect each other," he added. "We're valuable. Each of us is precious, and we must protect each other in this because there are things that will destroy us - and it's not just a virus."

"This is a rough time, and Soldiers need to know what social distancing means," Solhjem explained. "Troops understand physical numbers - like no groups larger than 10 people, or always maintain at least six feet of separation."

It's the numbers that matter in the lexicon of social distancing, he said, which means Soldiers

need to keep a physical distance from others. It doesn't mean stop socializing. As troops stay apart, they should still be connected.

But certain vulnerabilities can be exposed when troops get the wrong idea, he said, especially when they feel increasingly lonesome and withdrawn. If those feelings are coupled with things like substance abuse, it can lead to risk-taking behaviors.

For example, Solhjem recently spotted young Soldiers leaving a store with multiple bags of alcohol in tote. Although the troops assured him they would practice moderation, the chaplain feared the risk they invited with excessive alcohol.

"Although this is not what civil society needs to hear... it's the realities of the environment," he said. "What's important is how people respond to the pandemic."

With medical masks and prayer books in hand, ministry teams from the National Guard have stretched far beyond their chapels, to COVID-19 hotspots around the country.

"The military is trained to deal with fear, anxiety, uncertainty," Solhjem said. "That's all part of the training in our DNA. I think there are things that civil

society can learn from, how we do things."

Lt. Col. Scott Ehler, New York National Guard state chaplain, has ministry teams on the ground all over New York to support activated troops on the frontlines of the COVID-19 outbreak.

"We're here to remind them that during these trying times, we're a beacon of hope," Ehler said. "We're there to take care of our service members and to make sure their spiritual needs are being met."

Although a concentration of support has been provided in New York City, chaplains are working all over the state, he said.

"One of the great things I'm seeing and hearing from our service members on the ground is they are working in and helping communities," he said. We have service members preparing food that's going to be delivered to people in need. We have service members cleaning so when restrictions are lifted, people can continue to safely go back to their community center, synagogue, church, wherever.

"There is a sense of accomplishment [in New York,] Ehler said. "A lot of our service members are feeling that way because they are helping people."



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Acting Navy Secretary Modly resigns amid USS Theodore Roosevelt controversy

by Caitlin M. Kenney
Stars and Stripes

WASHINGTON - Acting Navy Secretary Thomas Modly resigned April 7 amid mounting criticism for his disparaging comments about the commander of USS *Theodore Roosevelt* who he fired over a leaked letter requesting aid for the coronavirus outbreak aboard the ship.

Defense Secretary Mark Esper said April 7 in a statement that he had accepted Modly's resignation.

"He resigned on his own accord, putting the Navy and the Sailors above self so that USS *Theodore Roosevelt*, and the Navy as an institution, can move forward," Esper said.

Acting Army Undersecretary James McPherson has been appointed as the acting Navy secretary.

During President Donald Trump's daily coronavirus news briefing at the White House, he said he played no role in Modly's resignation, despite telling reporters a day before that he might intervene in the dispute regarding Crozier's removal.

Esper is now considering "what to do" with Crozier and looking for a solution within regular Navy channels, Trump said.

Modly's resignation comes after calls from several Democrat lawmakers asking Esper to fire the Navy secretary for comments that he made about Capt. Brett Crozier to the *Roosevelt* crew, saying Crozier was "too naïve or too stupid to be the commanding officer of a ship like this."

"Acting Secretary of the Navy Thomas Modly's remarks to the crew show that he is in no way

fit to lead our Navy through this trying time. [Defense] Secretary [Mark] Esper should immediately fire him," Rep. Elaine Luria, D-Va., a Navy veteran, said in a statement.

Modly announced Crozier's firing last Thursday at the Pentagon after the letter that the captain emailed requesting immediate assistance for the aircraft carrier's virus outbreak was published two days earlier in the *San Francisco Chronicle*.

The *Roosevelt* has 230 positive cases of the coronavirus as of April 7, according to the Navy.

Modly traveled to *Roosevelt* now in port in Guam where he disparaged the fired captain in a speech to the crew of nearly 5,000 Sailors, according to a recording of his remarks leaked April 6.

Sen. Jack Reed, D-R.I., ranking member of the Senate Armed Services Committee, supported Modly's resignation.

"It is my understanding that acting Secretary Modly removed Capt. Crozier against the advice of senior Navy uniformed leadership and without completion of a proper investigation," he said Tuesday in a prepared statement. "Also troubling was the manner in which [he] addressed the crew of USS *Theodore Roosevelt* and made disparaging comments about their former commander, Capt. Crozier."

McPherson, a retired admiral who served for 26 years, is a "smart, capable, and professional leader who will restore confidence and stability in the Navy during these challenging times," Esper said in his statement.

Navy initiates temporary changes for ID card offices

MILLINGTON, Tenn. - If you lose your Common Access Card or it's set to expire during the next two months, you'll have to make an appointment to get a new one; no walk-ins will be allowed.

It's another shift of Navy policy, designed to protect Sailors, families, civilian employees, contractors, and retirees during the ongoing COVID-19 global pandemic.

NAVADMIN 097/20 directs all Navy Real-time Automated Personnel Identification System offices, known as RAPIDS sites, to only issue or reissue Common Access Cards to those with scheduled appointments. While the policy is in place, no walk-in customers will be allowed for any card issue.

Each Navy RAPIDS site will screen arriving customers by asking basic health screening questions prior to entry. Also, Centers for Disease Control and Prevention safe-distance guidelines will be maintained for the safety and health of staff and customers.

Appointments are made through the online RAPIDS appointment scheduler at <https://rapids-appointments.dmdc.osd.mil>. For the nearest RAPIDS center, visit www.dmdc.osd.mil/rsl.

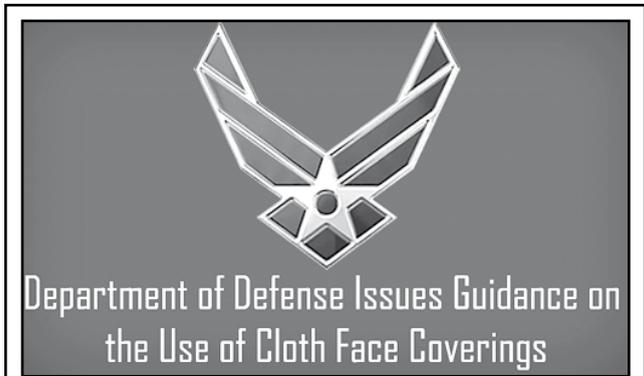
Priority for appointments will be given those with time sensitive situations, the message said. This includes active duty members whose CAC has been lost, stolen or is expiring within

the next 60 days as well as newly retired members and dependents with cards expiring within the next 30 days.

For those unable to schedule an appointment online for CAC PIN resets, a controlled walk-in process for will be available for this service only.

Modly initially defended his words Monday, but hours later issued an apology saying he did not think Crozier is naïve or stupid.

"I believe, precisely because he is not naïve and stupid, that he sent his alarming email with the intention of getting it into the public domain in an effort to draw public attention to the situation on his ship. I apologize for any confusion this choice of words may have caused," he said in his apology statement.



DOD guidance on the use of cloth face coverings

DoD issued guidance to the workforce April 5 on the use of cloth face coverings. Effective immediately, all individuals on DoD property, installations, and facilities will wear cloth face coverings when they can't maintain six feet of social distance in public areas or work centers. This guidance applies to all service members, DOD civilians, contractors, families (apart from residences on installations) and all other individuals on DOD property. The Centers for Disease Control and Prevention (CDC) recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, especially in areas of significant community-based transmission.

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NAVCO launching SHIP2SHORE virtual outreach program

MILLINGTON, Tenn.- To help Americans stay connected to their Navy while staying safe at home, the Navy Office of Community Outreach (NAVCO) is developing an array of outreach content and harnessing the power of social media to deliver it.

The program, "SHIP2SHORE: From the sea while you're safe at home," is organized primarily along three lines of effort.

The first is the reconstitution of three Navy Weeks that had to be canceled as part of the nation's ongoing Coronavirus mitigation efforts. Virtual Navy Weeks in Tri Cities, Tennessee; Abilene, Texas; and Trenton, New Jersey, will seek to re-create as much of the engagement planned for those cities as possible in the virtual domain. If successful, future virtual Navy Weeks could be planned for other cities, said Lt. Cmdr. Ben Anderson, NAVCO's event-planning department head.

"While public health and safety will always be our number one priority, we made deep connections in those cities prior to canceling," Anderson said. "It was tough to make those calls to our community partners who had invested so much of their time and energy into having the Navy come to their towns. Our hope is that we can use virtual means to have safe and meaningful conversations and build lasting relationships in these communities."

For the Navy's afloat units, NAVCO is standing by to help ships and submarines around the Fleet stay connected with their namesake cities and states. Since 2005, NAVCO has relied on ship and submarine namesake crewmembers as a key element of the Navy Week program. Live virtual tours, on-board demonstrations and general mission presentations are among options being explored.

Finally, NAVCO is working with its network of Fleet outreach partners to make educational content available in both live/interactive and archived formats, said Cmdr. Karin Burzynski, NAVCO's director.

"With schools closed across the country, America has millions of homebound children and parents who have been pressed into service as ad hoc teachers," Burzynski said. "The Navy by nature is a very STEM-focused organization, so this seems a natural fit. If we can help fill the education void even a little, it will be worth it."

Explosive Ordnance Disposal robotics demonstrations, lectures by Navy historians, Naval Meteorology and Oceanography exhibitions, Navy Band music clinics and Naval Aviation presentations are examples of outreach tactics NAVCO has employed with success with in-person audiences. "These events are always well received face-to-face. And, our goal is to replicate those events virtually using social media," Burzynski said.

Commands and personnel wishing to participate in the SHIP2SHORE program should contact Lt. Cmdr. Ben Anderson at Benjamin.t.anderson1@navy.mil.

Taliban says it's walking away from talks with government over prisoner release

by Phillip Walter Wellman, Stars and Stripes

KABUL, Afghanistan - Afghanistan's fragile peace process suffered a major blow April 7 as the Taliban said it was breaking off talks with the government about a prisoner exchange, which is a key part of a deal the insurgents signed with the United States.

The release of prisoners by the insurgents and Kabul is one of several conditions spelled out in the U.S.-Taliban deal signed in late February, which must be met if all international forces are to withdraw from Afghanistan by next spring.

But after a week of face-to-face discussions with government negotiators, the Taliban said Tuesday they were walking away from the dialogue.

"Unfortunately, their release has been delayed under one pretext or another till now," Taliban spokesman Suhail Shaheen said on Twitter, where he also said his side was pulling out.

The talks on the prisoner release faltered because the Taliban had insisted that 15 "high-level and dangerous commanders" be among those who would be freed, said Abdul Matin Bek, a member of the government's negotiating team. Although Kabul refused that condition, it was prepared to release hundreds of other detainees with ties to the Taliban, he said.

Taliban, blamed for kidnappings, say they will attack Afghans despite U.S. peace deal.

The Taliban were demonstrating a "lack of seriousness about peace" by quitting the talks, which had reached an "important phase ahead of the release," said Javid Faisal, a spokesman for Afghanistan's National Security Council, without providing details. The government, on the other hand, remained committed to the peace process, he said in a tweet.

The announcement by the Taliban that it was quitting the talks came two days after the group said repeated U.S. raids and "brutal drone attacks" across Afghanistan violated the deal the insurgents signed with the Americans on Feb. 29.

That deal, which spells out the conditions that must be met if international forces are to com-

pletely withdraw from Afghanistan within 14 months, could be in jeopardy if the attacks continue, the Taliban said in a statement. One of the conditions was the release of up to 5,000 Taliban prisoners in exchange for up to 1,000 prisoners held by the insurgents; another was the convening of intra-Afghan talks immediately after the release.

United States Forces - Afghanistan described the Taliban's accusations as "baseless."

But, USFOR-A spokesman Col. Sonny Leggett said in a tweet, "We will defend our ANDSF partners if attacked, in compliance with the agreement," using an acronym for Afghanistan's security forces.

Also causing the Afghan peace process to stumble is the failure of incumbent president Ashraf Ghani and his political

rival Abdullah Abdullah to agree on which of the two of them won September's presidential election.

Secretary of State Mike Pompeo said last month, after failing to resolve the impasse during a lightning visit to Afghanistan, that the U.S. would withhold at least \$1 billion in aid to Afghanistan unless a solution is found.

The long row between the two men was eating away at international goodwill toward Afghanistan, the top American diplomat for South and Central Asia, Alice Wells, said this week.

"As the world gets slammed by COVID-19, with devastating economic consequences for all, donors are frustrated and fed up by personal agendas being advanced ahead of the welfare of the Afghan people," Wells tweeted April 6.



Places of Worship

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<p>Bayview Church <i>Attract... Assimilate... Activate</i> 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 <i>"Supporting all families, all people, at all times"</i> 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>
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Ask Rusty - Retiring from work; when should I claim Social Security?

by Russell Gloor

Dear Rusty: I turned 63 Aug. 12, 2019. I'll be retiring June 30, 2020, from my current job. I will have made approximately



\$35,000 by then and am receiving severance pay of \$19,000 on June 30. Will the pay I receive through June 30th affect what I can draw from Social Security? Also, how much of a difference would it be if I wait until Aug. 12, 2020 to officially start drawing Social

Security? Is there any other information I should be aware of before I start drawing Social Security? Signed: Anxious to Retire

Dear Anxious: First, let me assure you that the money you earned this year before your benefits start aren't counted as part of Social Security's "earnings test" which could affect your payment after your benefits start. When you claim, your Social Security benefit amount will depend upon two things - your "primary insurance amount" (or "PIA") which is determined from your highest earning 35 years (adjusted for inflation) over your lifetime, and the age at which you claim your SS benefit. By claiming at age 64 in August, your benefit will be cut by about 15.6 percent from what it would be if you wait to claim at your full retirement age (66 plus 4 months). Your earnings for 2020 won't be applied to your SS record until after you file your 2020 taxes in 2021, so won't affect your benefits (if appropriate) until after that. If your 2020 earnings are more than any of those in the 35 years used to initially compute your benefit, your benefit will increase at that time. The day of the month you were born isn't significant, only the month. So, if you apply to start benefits in August of 2020, your benefit cut will be as stated above because you're claiming exactly 2 years and 4 months early. But if you wait longer you'll gain another 5/9ths of 1 percent (.556 percent) for each additional month you delay up until your full retirement age (FRA).

Although you plan to retire from work, be aware that if you decide to return you'll be subject to Social Security's earnings limit once you are collecting benefits before your FRA, and that will be the case until you reach your full retirement age. If you go back to work after you start your SS and earn more than \$1,520 in any remaining month of 2020, you'll not be entitled to benefits for that month. Starting in 2021, you'll be subject to an annual earnings limit of at least \$18,240 (that's the 2020 limit - limits for future years aren't yet known but will be higher). Exceeding the annual limit will cause SS to withhold half of anything you earn over the limit. The limit is more, and the penalty is less in the year you reach your FRA and goes away once you have reached your full retirement age.

Finally, to be sure you're aware, you can actually defer claiming SS until age 70 if you wish. After you reach your full retirement age you'll earn delayed retirement credits (DRCs) of 8 percent per year of delay, which are added to your benefit when you finally claim it. That would give you a benefit which is 29 percent more at age 70 than it would be at your full retirement age.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association, the governmental entity. Submit a question at amacfoundation.org/programs/social-security-advisory.

VA extends financial, benefits and claims relief to vets

WASHINGTON - The Department of Veterans Affairs (VA) announced, April 3, a number of actions to provide Veterans with financial, benefits and claims help amid VA's COVID-19 response.

"As all Americans come together to fight the COVID-19 pandemic, we want veterans to be focused on their health and safety," said VA Secretary Robert Wilkie. "That's why we're taking action to give those with pending debts, claims and ap-

peals greater flexibility during these challenging times."

The financial relief actions include the following until further notice:

- Suspending all actions on veteran debts under the jurisdiction of the Treasury Department.
- Suspending collection action or extending repayment terms on preexisting VA debts, as the veteran prefers.

For benefit debts, veterans can

contact the VA Debt Management Center at 1-800-827-0648 to make arrangements.

For health care debts, veterans can contact the Health Resource Center at 1-888-827-4817 to make arrangements.

The benefits and claims relief actions include giving veterans the option to submit their paperwork late for the following actions:

- perfecting claims
- challenging adverse decisions
- submitting Notices of Disagreement
- submitting Substantive Appeals
- responding to Supplemental Statements of the Case

Veterans requesting claim extensions can simply submit them with any late-filed paperwork and veterans do not have to proactively request an extension in advance. For added convenience, VA will also accept typed/digital signatures instead of wet signatures on its forms. Those with questions can call 1-800-827-1000.

For veterans who have been diagnosed with COVID-19 and need immediate action on their appeals, as opposed to a filing extension, the Board of Veterans' Appeals will Advance their appeal on Docket (AOD). Click here to find out how to file for AOD and what documentation is required.

Student veteran housing bill enacted

FLEET RESERVE ASSOCIATION - President Trump signed into law (P.L.116-128) legislation (S.3503), sponsored by Senate Veterans Affairs Committee Chairman Jerry Moran (Kan.).

This bill will make sure student veterans impacted by the COVID-19-related school closings would not get their monthly housing stipends reduced. Since many classes are switching to online instruction, the VA determined those students should receive the "online only" housing rate, which is significantly less money each month.

Moran quickly stepped in to make sure students using distance learning due to the outbreak would not be affected. The bipartisan, bicameral bill quickly passed the House and Senate before being signed into law by the president.

Veterans Homes of California

The California Department of Veterans Affairs (CalVet) offers long-term care to California veterans who are aged or disabled and, under certain circumstances, to spouses and domestic partners of veterans.

These services are provided at eight Veterans Homes throughout the state, as far north as Redding and as far south as Chula Vista. CalVet's oldest home, built in 1884, is in Yountville in the Napa Valley. Its newest homes opened in 2013 in Fresno and Redding.

Veterans Homes of California offer seven types of care - Independent Living, Intermediate Nursing Care, Memory Care, Outpatient Clinic, Residential Care-Assisted Living and Skilled Nursing Care.

With highly skilled and dedicated leadership and staff, these Veterans Homes provide premier care, a compassionate and close-knit atmosphere, activities and amenities that enhance residents' quality of life, and home-like environments. They range in size from 60 beds to nearly 1,000 beds. System-wide, the Homes offer four levels of care (although not all levels are offered at all Homes):

- Domiciliary - This independent living setting is for residents able to perform activities of daily living with, at most, minimal assistance. Non-nursing employees provide limited supervision.
- Residential Care Facility for the Elderly - Also commonly referred to as Assisted Living, Residential Care Facilities for the Elderly are available for residents who require minimal assistance and supervision with some activities of daily living.
- Intermediate Care Facility - Residents in this care level often require licensed nursing assistance with medications and treatments, and generally require unlicensed nursing assistance with several daily living activities. Residents have access to all medical services provided by CalVet.
- Skilled Nursing Facility - Skilled nursing care provides 24-hour services of licensed nurses and certified nursing assistants. It is more comprehensive than intermediate care. Skilled nursing residents have greater access to rehabilitation therapies, nursing care, pharmacy management, structured activities, and clinical dietary services.

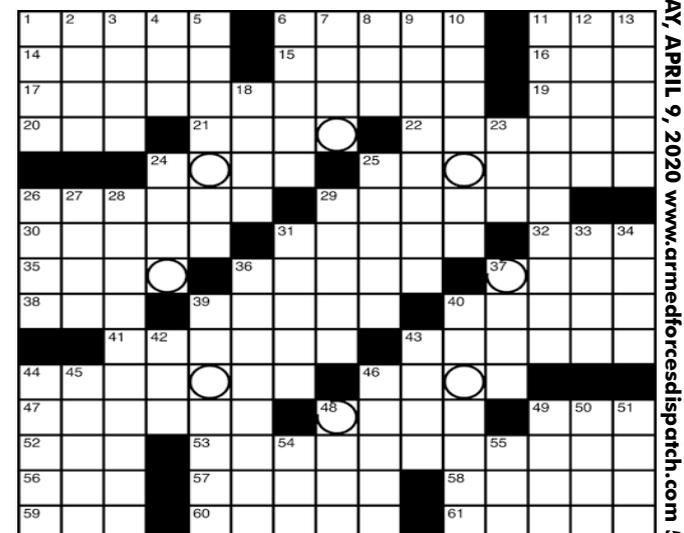
Crossword Puzzle

Across

- Asset for Sherlock
- Fast
- Additional information?
- Important period
- Eat into
- What makes a deal ideal?
- Elaborate costume parties
- Pickle
- "Zip it!"
- Prosperity
- "Blah, blah, blah," for short
- Golden ___
- "I used to be Snow White, but I ___": Mae West
- Part of the pelvis
- In essence
- "Bor-r-ring"
- LPGA great Lopez
- Green shade
- Rare blood type, briefly
- Shakespearean barmaid
- Picky details
- "But ___ got high hopes ...": song lyric
- Neutral tone
- Prefix with -gram
- Like angel food cake
- Curry favor with, with "to"
- Ill-mannered
- Veers suddenly
- Distance runners
- First name in folk
- How it's always done, initially
- Heat meas.
- Places for seeing stars?
- CSA soldier
- Green shade
- Fragrances
- Pack animal
- Snooped (around)
- "Check"

Down

- NASA vehicles
- Fish with vermilion fins
- "Jeepers!"
- "Ugh!"
- Enjoy Orbit
- Masonry-reinforcing rod
- Inland Asian sea
- D.C. player
- Set-for-life set
- Lot
- What can help you avoid getting stuck changing diapers?
- Form a coalition
- Personalized collection of love songs, say
- Consider
- Toronto Argonauts' org.
- "... bug in ___"
- Hustle or shuffle
- Former Mideast ruler
- Tops
- Groups with a piece-keeping strategy?
- Like many a stray dog
- Bay sound
- Incredulous dying words
- "Hurry!" letters
- Tried to make it on one's own
- Storied loch
- New Orleans' ___ Street
- Crude smelting product
- "Once upon a midnight dreary" poet
- Two-checker piece
- Eclipse shadow
- Times in ads
- Daydreamed, with "out"
- Nonsense talk, whose circled letter is the start of what might be done with items in the four longest puzzle answers
- Stuffed shirt
- British one
- "You there!"
- Ones following the nus?
- Court promise



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Telework increased for Reserve Sailors; some admin requirements waived

NORFOLK (NNS) -- As part of the ongoing efforts to minimize COVID-19 Coronavirus transmission, Commander, Navy Reserve

Force (CNRF) is waiving several telework administrative requirements and increasing telework options for Reserve Sailors.

Per ALNAVRESFOR 009/20, the changes are to encourage liberal telework arrangements at all Reserve command levels to the

maximum extent possible in order to provide Reserve Sailors opportunities to continue to complete annual drill point requirements.

NAVPERs 1070/613, Administrative Remarks (Page 13)

medical check-ups can be done over the phone. Is your passport application complete? Look at your upcoming security clearance needs or maybe you can work on reenlistment, awards or high-year tenure documents. At a minimum, all Selected Reservists should be able to update their Page 2's and update their civilian skills-set, or their family emergency data, in the Navy Family Accountability and Assessment System (NFASS)."

Several tasks and training opportunities available for Reservists to complete while on telework include preparing for unit training, accomplishing unit administrative tasks such as writing

evaluation and fitness reports, completing online General Military Training requirements, and other tasks as directed by unit leadership.

While many remote tasks are routine in nature for Reservists, Schommer wants Navy Reserve leaders to think outside the box to be able to complete drills away from Navy Reserve Activities.

"Of course, completing GMTs is second nature to us, and even doable over mobile devices through the R2S application, but be creative," Schommer said. "Some

As Reserve Sailors complete and record drills through the Navy Standard Integrated Personnel System Electronic Drill Management (EDM), members are reminded to select the 'telework' dropdown option from the IDT menu.

Special instructions for unit telework mustering have been provided via the CNRF GovDelivery services. If unit leadership has not received the instructions, they should reach out to their higher echelon for instructions.

For the latest news and updates on the Navy Reserve COVID-19 response, visit the Navy Reserve Homeport at www.mynrh.navy.mil.



"In order to help ensure our Reservists maintain readiness and get credit towards their 'good year,' we are making it significantly easier to telework," said CNRF Deputy Commander Rear Adm. John Schommer. "Our intent is to provide maximum flexibility for our Selected Reserve (SELRES) Sailors and set them up for success during these challenging times."

According to Schommer, unit leadership, coordinating with Navy Reserve Activity leadership, is directed to work with drilling Reservists to accommodate liberal completion of Inactive Duty Training via telework.

To allow for drill points to still be accrued, the following telework administrative requirements listed under COMNAVRESFOR Instruction 1000.9A have been waived, effective immediately, through May 11 for all Reserve Force active duty, Full-Time Support and drilling Reserve Sailors.

Telework Fundamentals - Employee Training & Telework Fundamentals - Manager Training
DD Form 2946, Telework Agreement
NAVRES 1000/7, Telework Eligibility Checklist
NAVRES 1000/8, Telework Request Form



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Working together, staying calm are what's needed right now

by Dr. Daneen Skube
Tribune Content Agency

Q: People in my workplace seem paralyzed by virus fear. Many are telecommuting, but online meetings center on virus conversations. I'm glad we're taking the threat seriously but concerned about how this will play out. What are you telling clients and how are you personally thinking about the virus?

A: What I'm telling clients and thinking is that the three emotions human beings find hardest are powerlessness, fear and vulnerability. All three are going on. Within the next 30-60 days we'll have a lot more data. Right now there's no crystal ball that can comfort us with certainty.

I read an article on the psychology of panic toilet paper buying. The article pointed out how frightened people desperately seek power over anything. Stocking up on toilet paper and hand sanitizer is something we can do. Preventing a microbe from disrupting our lives isn't something we can do.

There's no doubt the world will not be doing business as usual. The good news is we're demonstrating we can cooperate globally. Anyone who ever wanted to get telecommuting approved will be getting excellent data. We'll also wake up from ordinary habits and unconsciousness and pay attention to problem solving in new ways.

These changes aren't bad despite the fact our rapid change is being forced by a bad event. A wise adult learns there are burdens during times of blessings, and importantly right now, there are blessings during times of burden.

I suggest to clients that thinking too far ahead right now is futile and overwhelming. Obviously this isn't an ideal time to retire, go to a rock concert or take that big international trip. Obviously daily life for most people is going to have little or no community engagement.

Instead of attempting to predict where you and we will be in 60 days, give experts, scientists and government a chance to catch up with the challenge. Follow prudent advice and don't make dramatic decisions assuming we are now in viral Armageddon - we aren't.

Life and work will go on with necessary changes. An adversity from a novel virus will not be the last or only new threat we face. Our ability to find solutions on a problem of this magnitude is good practice for the other difficulties. There is international clarity that we cannot solve the complicated problems of the modern world without everyone working together.

If there was ever a time to come together, it is now. If there was ever a time to use every interpersonal skill in your repertoire, it is now, and if there was ever a time to take hope in the reality that working cooperatively we can solve even large problems, it's now.

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As featured



Data system from USS Enterprise to be installed on future USS JFK

SAN DIEGO - Salvaging from the old for the new recently occurred here.

Naval Undersea Warfare Center Division, Keyport Detachment San Diego's Fleet Test and Evaluation Center, supplied the Pre-Commissioning Unit John F. Kennedy (CVN-79) with a repurposed AN/USQ-167 Common Data Link System (CDLS) that was salvaged from the decommissioned USS Enterprise (CVN-65).

The carrier-based CDLS provides an undersea warfare capability that allows aircraft carriers to receive, process, and evaluate sonobuoy data from multiple land-based and shipboard-based USW aircraft.

Dave McKae, FTEC engineering technician with the detachment here, said the CDLS was refurbished by Naval Information Warfare Center Pacific and installed at San Diego's test and evaluation center. Once it was installed, a technical refresh was conducted, linking the system with multiple USW aircraft while in flight. The system was then used to conduct testing

that will help bring the next generation data link into fleet operation.

"Operational testing and evaluation was performed at the site, utilizing multiple aircraft from Naval Air Station North Island," said McKae. "Live testing, consisting of both on-deck and in-flight operations, were successfully conducted, proving the next generation common data link system increased capabilities were operationally sound. This proven upgrade is now slated to be retrofitted on all U.S. aircraft carriers."

NUWC Keyport's role as the Aircraft Carrier Tactical Support System In Service Engineering Agent enables Det. San Diego to support Multiple Link Common Data Link System development. The use of Enterprise's equipment was arranged by an agreement between multiple commands. Part of the agreement specified the unit would be

returned to active service in the fleet if it was needed after being upgraded.

FTEC San Diego was the ideal site due to its proximity to NIWC Pacific and its connections to local anti-submarine squadrons on NAS North Island.

The CDLS unit would have been disposed of if it had not been repurposed for testing. FTEC's reuse of it brought multiple benefits to the Navy, including speedier development of the next generation system and a savings of \$1.8M by not purchasing a brand new unit. The system is scheduled for installment next year. "This is a great example of collaboration between Naval Warfare Centers in both supporting test and evaluation, and Fleet requirements as part of the overall Navy's mission and readiness," said Jack Smith, division head of NUWC Division, Keyport Detachment San Diego.

U.S., Japan operate together in Andaman Sea

by Lt. Lauren Chatmas

ANDAMAN SEA - San Diego-based USS *Gabrielle Giffords* (LCS 10) and the Japan Maritime Self-Defense Force (JMSDF) Akizuki-class destroyer JS Teruzuki (DD 116) conducted operations together, while sailing through the Andaman Sea, April 2. While transiting, *Gabrielle Giffords* and Teruzuki conducted bilateral communications exercises, division tactics, and photo exercise, all designed to enhance interoperability between the two navies and emphasize the importance of communications and coordination while operating underway together. "When the U.S. Navy and JMSDF ships meet at sea and are

able to quickly develop plans and operate together, it reflects the strong friendship and maritime professionalism that our nations share," said Rear Adm. Fred Kacher, commander, Expeditionary Strike Group (ESG) 7. "Exercises like these strengthen our mutual commitment to the security, stability and prosperity of this vital region, as we work together to protect a free and open Indo-Pacific." Coming together with partners and allies at sea allows the U.S. Navy to operate closely with other navies and in ways shore exercises don't allow. It further provides the crews with real-life situations to practice their everyday watchstanding and communication skills with foreign vessels.

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Camp Pendleton implements changes to combat COVID-19

by 2nd Lt. Charlotte Dennis

Camp Pendleton has seen a variety of changes over the past few weeks in response to COVID-19. The installation has always put the health and well-being of all personnel and their families as its top priority, which is why each change has been carefully and quickly made to adapt to the surrounding environment while continuing to provide critical services key to mission success.

Camp Pendleton continues to employ and stress responsible social distancing practices of six feet or more. The base has also issued guidance in line with MARADMIN 218/20 on the proper use of cloth face coverings, which must be worn to gain entrance into and use of several base facilities such as the Marine Corps Exchange, Marine Marts, commissaries, dining facilities, and barber shops.

MCIWEST-MCB CAMPEN Order 1050 addresses leave and liberty guidelines Marines aboard Camp Pendleton and the region must follow. This order underscores CA Executive Order N-33-20, which directs all individuals to remain at home or place of residence, except as needed in limited circumstances.

Order 1050 states CA Executive Order N-33-20 does not restrict federal employees from conducting mission essential activities, therefore all MCIWEST personnel will continue to report



Lance Cpl. Austin Sawyer, a military police officer with Provost Marshal's Office, Security and Emergency Services Battalion, scans an ID card at the San Luis Rey gate on Camp Pendleton April 2. The security services and first responders on Camp Pendleton are taking precautions to prevent the spread of COVID-19. The gate guards are no longer touching ID cards and are wearing gloves to keep the community on Camp Pendleton safe. Photo by Lance Cpl. Andrew Cortez

to duty as directed. However, personnel residing in California, not in a duty status, must adhere to N-33-20. This is to ensure Camp Pendleton continues to support all of its residents and personnel.

For those coming on base and not teleworking, entering base is slightly different than it was before. Base security personnel are wearing gloves while conducting 100 percent ID checks at the gates, no longer physically touching ID cards.

"Our mission has not changed, and how we operate has not

changed as well," said Jonathan Gibbs, a civilian police officer with the Provost Marshal's Office. "What has changed is the proper gear we wear to handle situations."

Paramedics and firefighters are also taking precautions to handle situations with people who possibly have COVID-19 or flu-like symptoms by wearing N95 surgical masks, goggles and gowns.

Those shopping at the base commissary are also subject to 100 percent ID card checks, and special hours are granted to specified groups before regular shopping hours. Pregnant women and Exceptional Family Member Program families have access Tuesday mornings from 9-10 a.m. with Seniors age 60 and above having early access on Thursday at the same designated times. Special commissary hours have been implemented to minimize large groups of people within the commissary. Social distancing is taken seriously with tape marking stopping points for checkout lines ensuring six feet distance between shoppers.

The mess halls aboard the installation have removed self-

serve options, and all employees are donning masks and gloves. Employees are dispensing reusable forks, knives, spoons, etc. There has been an increased frequency of cleaning and sanitizing tables, chairs, restrooms, and major contact points such as door handles, card readers, and handrails. All mess halls are equipped with hand washing stations outside entryways, with informational posters providing an emphasis on washing hands for at least 20 seconds. Normal serving hours continue and the mess halls are prepared to extend those hours as needed to ensure Marines and Sailors are properly fed.

Base restaurants have transitioned to take-out only and fitness facilities have closed. Individual commands have been guided to have only mission essential personnel continue to work while teleworking as much as possible.

Camp Pendleton isn't under complete lockdown with mission essential personnel continuing to

Sailors graduate Afloat Signals Analysis Training

by Lt. Patrick C. Rumsey,

IWTC San Diego Public Affairs

SAN DIEGO - Information Warfare Training Command (IWTC) San Diego graduated 10 students, concluding another Afloat Signals Analysis Training (ASAT) course, April 3.

ASAT provides foundational education in signal recognition and analysis, and is tailored to operations in the U.S. 5th, 6th and 7th Fleets' areas of responsibility.

"This course allows leadership to learn some of the more technical work their Sailors are doing in the Ship's Signals Exploitation Space, or SSES," offered Chief Cryptologic Technician (Collection) Michael Huguley. "I can take information back to the ship to help us operate during deployments. Getting into the weeds with the analysis portion of the course was very useful and probably my favorite part."

Chief Cryptologic Technician (Collection) Matthew Jefferson seconded Huguley's sentiments and added, "We are given signal information as part of our collection plans, but this course fills in knowledge gaps and provides more detailed information."

ASAT was designed to provide cryptologic technician collection (CTR) personnel with knowledge and practical application in signals analysis operations using signals analysis tools installed in tactical cryptologic systems and cryptologic carry-on program equipment. Students learn to develop signal descriptor files, optimize signal collection equipment, identify recording

techniques, identify modulation and transmission methods, recognize signals of interest (SOIs), classify SOIs, perform traffic analysis, identify SOIs to contacts of interest and fuse intelligence to perform time sensitive reporting.

Sailors augment classroom education with on-the-job training throughout their careers, but there are times when the resources a schoolhouse can provide are essential to nurturing vital skillsets.

"ASAT allowed me to better my understanding of signal analysis and to get hands on training that I would not normally be able to get on my ship," shared Cryptologic Technician (Collection) 1st Class Nicholas Halpin.

Utility provided by the course is not exclusive to more senior Sailors like Huguley, Jefferson, and Halpin. Cryptologic Technician (Collection) 3rd Class Cody Neal remarked, "Taking this course, I was taught more about applications and software that we use as cryptologists than I had been exposed to in entry level training". Cryptologic Technician (Collection) 3rd Class Augustine Wilson added, "I enjoyed this course for the hands-on training that we accomplished using our job sheets."

IWTC San Diego, as part of the Center for Information Warfare Training, provides a continuum of training to Navy and joint service personnel that prepares them to conduct information warfare across the full spectrum of military operations.

report to work ensuring the base continues supporting Marines, Sailors, employees, families, and vets aboard the base, all while safely and responsibly mitigat-

ing the spread of the virus.

By working together, everyone can help flatten the curve of COVID-19.

Whats going on this month at the Fleet & Family Support Center San Diego

April is Month of the Military Child - Do you want to recognize the sacrifices that military children make in support of our nation? April is designated as the Month of the Military Child, a time to honor the unconditional love and support our military children give so freely • There are currently 1.2 million military children of active duty members worldwide; • From kindergarten through 12th grade, the average military child will attend from 6 to 9 different schools; and • Military children are resilient! Are you looking for a way to recognize your hero? Fleet and Family Support Center has digital Military Child appreciation certificates available. Call for a certificate today.

Sexual Assault Awareness Prevention Month - Sailors and families, at the current time we realize that most of our focus is pointed toward keeping our families and our community safe from COVID 19. This month, remember that Sexual Assault Prevention and awareness is all about taking care of our community. DoD has declared that our theme will be, "Protecting Our People, Protects Our Mission." With that said, the Navy stands by this with a call to focus on, "Respect. Protect. Empower." Your NBSD Fleet and Family SAPR teams want to encourage the community now, more than ever, to stay committed in treating others with respect, protecting one another from harm through active intervention and empowering those around you to speak up or intervene. Reach us to report a sexual assault or if you have questions we are available 24/7 on our hotline at (619) 279-2904 or you can also get assistance and even get self-care help and ideas by calling Safe helpline at 877-995-5247.

National Volunteer Month - FFSC San Diego programs and services are designed to enhance fleet and family readiness and resiliency in order to meet the unique challenges of military life. One of these programs is the FFSC Volunteer Program through which service members, family members, and retirees have an opportunity to help support the mission and vision statements set forth by Fleet and Family Support Programs. The program allows FFSC Volunteers to develop their professional expertise and gain new skills and gives them an opportunity to network with other professionals. National Volunteer Week is April 19-25.

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PHILIPPINE SEA (April 3, 2020) Chief Damage Controlman Gregory O'Brien, left, trains Sailors on the Naval Firefighter Thermal Imager aboard cruiser Bunker Hill. Navy photo by MC3 Nicholas V. Huynh



SAN DIEGO (April 1, 2020) - The Chiefs Mess aboard amphibious assault ship Makin Island, shown on the flight deck in honor of the 127th chief petty officer birthday. Photo by MC3 Jacob D. Bergh

MCRD San Diego: Graduation and COVID-19 guidance

EDITOR'S NOTE: This guidance was issued on March 16, and remains in effect until further notice.

In accordance with the direction from the Commandant of the Marine Corps, the standard 10 day leave period granted to new Marines after graduation has been suspended to limit the new Marines exposure to COVID-19.

This order is to protect Marines, their families, civilian Marines, and families from further exposure to COVID-19. Following graduation at MCRD San Diego, all new Marines will immediately report to the School of Infantry at Camp Pendleton where they will begin the next phase of their training.

Upon completion of that training they will continue onto their next unit or additional formal schooling as required. This suspension of leave will continue for the foreseeable future, and could be extended past May 11. Marines currently on leave will report to the School of Infantry

on schedule.

We must all understand the importance of protecting the force and, as a Marine Corps, continue to be the "most ready



when the nation is the least ready."

Please be aware of the following:

- There are zero confirmed cases of COVID-19 at MCRD San Diego
- Graduation events remain closed to the public.
- Graduating Marines will go directly to School of Infantry without leave.
- Graduation photos and video will be posted at <https://www.facebook.com/mcrdsd/>.

Masks

continued from page 1

the masks in their residences, Marines and their families were encouraged to do so, but children under age 2 and others who can't remove the mask without assistance should not wear them, the Marine Corps said.

Face coverings should not be shared and users should avoid touching the areas near their noses and mouths when removing the covering, the Coast Guard warned. When not being worn, the covering should be stored somewhere only the user will touch it, to avoid contaminating surfaces. And users should wash their

hands before and after handling the mask.

The masks are part of an overall approach to preventing the spread of the COVID-19 disease, including social distancing and limiting movement, the Coast Guard said in its guidance.

"Members should not assume that face covering is an effective, stand-alone method of protection," said the memo signed by Rear Adm. Dana Thomas, the service's chief medical officer. "Be vigilant and work to avoid large groups, maintain social distancing, and don't let your guard down."

Most recent result of General Courts-Martial

WASHINGTON - The following reports the result of a General Court-Martial convened within Navy Region Southwest.

General Court-Martial

At a General Court-Martial in San Diego, AOAN Cortlyn D. Harris pled guilty pursuant to a pretrial agreement to three specifications of false official statement, one specification of obstructing justice, and one specification of wrongful impersonation. The military judge sentenced him to be discharged with a Bad Conduct Discharge and confinement for 120 days. The pretrial agreement had no effect on his sentence.

AutoMatters™ & More



by Jan Wagner

The Toyota Woven City – a living laboratory

the Woven City is Bjarke Ingels, founder and Creative Partner of the Bjarke Ingels Group (BIG) - designers of "some of the most exciting and groundbreaking new architecture currently being built around the world" (including Two World Trade Center and Google's new headquarters).

Bjarke shared details of BIG's master plan. "The typical street is a mess." In the Toyota Woven City, the street will be split into "three separate forms of mobility. The first type is for rapid transportation. Every vehicle is autonomous with zero emissions. Street trees create the necessary distinction between people and vehicles. The second type will be an urban promenade, shared by pedestrians and slow personal mobility. The final type of street will be a linear park, with paths for pedestrians only, so imagine walking from one part of town to the other, moving only through a park. These three types of streets will then weave together into a woven grid of three by three city blocks, each framing a local park or courtyard. This not only creates a more serene living environment, but it also provides a wide variety of intersections between various kinds of users: humans, animals, vehicles and even robots. This also helps accelerate Toyota's testing of autonomy and smart city infrastructure."

"The roofs are clad in photovoltaic tiles to power the city. All the buildings are made primarily out of carbon-neutral wood, and they combine the traditional craft of Japanese wood joinery with robotic production methods."

"Each block is home to a mix of spaces for living and working and playing."

"Below ground we find the entire infrastructure of the city, including it hydrogen for power storage and

water for filtration systems. A network for the autonomous delivery of goods also takes place underground, and connects directly to the buildings above."

"Homes in the Woven City will serve as test sites for new technology, such as in-home robotics to assist with daily life. These smart homes will take advantage of full connectivity, using sensor-based AI to do things automatically, like restocking your fridge or taking out the trash, or even taking care of how healthy you are." "These homes will have spectacular views of Mount Fuji."

"A major piece of the puzzle in the whole city is the Toyota e-Palette - an autonomous vehicle that will serve for shared transportation and mobile retail. It is also going to make deliveries to the research and development labs, which rise above the central plaza. The e-Palette will also help create flexible programming in the central plaza, making the plaza the rebirth of the marketplace, the town square." "In an age where technology, social media and online retail is replacing and eliminating our natural meeting places, the Woven City will explore ways to stimulate human interaction in the urban space." "Human connectivity is the kind of connectivity that triggers well-being and happiness, productivity and innovation."

Groundbreaking for the first phase of Woven City is planned for 2021. Goals include initial move-in within five years and having English as its official language. To see additional photos and video, visit www.drive-tribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #637" in their search bar. Please send your comments to AutoMatters@gmail.com.

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The Meat & Potatoes of Life



by Lisa Smith Molinari

Recently, a television jingle got stuck in my head. It's from a PBS kid's show I used to watch in the 1970s. My brain's recesses are imprinted with hazy flashes of the program's ethnically diverse cast of pre-teens dressed in matching striped shirts and bell bottoms, singing the opening sequence's jazzy theme song.

I don't recall much about the show's content, other than lessons on how to speak "Ubbi Dubbi," Zoom's secret Pig Latin language. But two memories are clear as a bell 45 years later: An image of Bernadette, an Asian-American cast member who performed a swirling arm trick that many kids in the 1970s (myself included) tried to imitate - and the jazzy theme song, of course.

"Come on and zooma-zooma-zooma-zoom. You've gotta zooma-zooma-zooma-zoom," the song implored. "Everybody's doin' it, everybody's movin' it, everybody's havin' a ball, Yeah!" it went on.

Why is this silly tune stuck in my head now? Because ever since the coronavirus confined us to our homes, the use of the word "zoom" has multiplied as exponentially as the virus itself. Every time I hear it, the old jingle overtakes my psyche and I have the urge to do Bernadette's swirling arm trick.

Today's frequent utterances of

The Zoom Boom

"zoom" have nothing to do with the seventies kid's show. Zoom, which is the brand name of a modern day video communications company founded in 2011 that offers web conferencing, has become a household term across the world.

Some prominent company names like "Zerox," "Kleenex," and "Google," took years to morph into common terms used in every-day language. But thanks to the global pandemic, "zoom" has become a verb meaning "to meet online via computer video that resembles an episode of 'Hollywood Squares'" in a matter of weeks.

For example, "My book club is going to zoom on Thursday night." Or, "Jim in accounting is zooming into the staff meeting at two-thirty today." Or, "I'll zoom with you after I check to see if the grocery store restocked the frozen peas and wipe the house down with bleach for the fifth time this week."

This is our new normal.

On one hand, I see the value in this new form of communication. "Zooming" brings exciting potential to military families enduring separations from loved ones. But on the other hand, my instincts tell me that the novelty of video conferencing will wear off quickly. Frankly, I'm already annoyed.

Prior to the pandemic, I was already spending too much of my day looking at screens. As a writer who works primarily from home, I stare at my laptop for hours typing, searching for interesting topics, googling relevant

words, answering emails, and submitting articles. It's actually a treat for me to do yard work, run errands, or take long walks so I can focus on things that are more than 15 inches from my face.

After the pandemic hit, I thought my job wouldn't change much. But then, everyone started saying "zoom," and I was suddenly spending more time on the computer than ever before.

Via Zoom, I've shared cocktails with hometown friends while binge-watching Season 3 of "Ozark." I've caught up with Navy friends from the comforts of our respective couches. I've attended an impromptu family reunion with my husband's siblings. I've participated in Zoom staff meetings for my part-time library job, pets and babies included.

Tonight, when I would normally be prone with a glass of wine watching a movie with my husband after a long day of computer work, I'll be clicking into a 9:00 pm Zoom meeting with about a dozen military spouses I met during our tour in Stuttgart, Germany twelve years ago.

"We're gonna zoom-zoom-zooma-zoom, c'mon and zooma-zooma-zoom. C'mon give it a try, we're gonna show you just why, we're-a gonna teach you to fly - High!" they've been prodding me all week ... or at least that what I'm hearing in my head. How can I refuse?

It's the new classroom, boardroom, playroom, wardroom. Pour a beverage to consume, turn up the volume, and wear a costume. Because during this pandemic, it's assumed. We're all doomed to zoom.

CLASSIFIEDS

CNO talks to the fleet about Coronavirus measures

CNO Gilday speaks to the fleet on how the Navy is currently implementing measures to combat the spread of the coronavirus:

Links:

Official Navy COVID19 Page
<http://nns.navy.mil/lists/lt.php?tid=BIKonVZIHA2LL70AzyJ5cw0D6RPdyIn1pqW+bDgpGNYwD9SJe1SrC4ehBMW+cx5t>

Video 3/19/20

<http://nns.navy.mil/lists/lt.php?tid=CNcUXwwI9D2+IBXxyJ0vLg0D6RPdyPn1pqW+bDgpGNYwD9SJe1QLC4ehBMW+cx5t>

Video 3/20/30

<https://navylive.dodlive.mil/2020/03/30/covid-19-navy-update-cno-and-mcpon-message-to-the-fleet/>

Resources

<http://nns.navy.mil/lists/lt.php?tid=LITvnUvRQyVwW067L3vAhug0D6RPdyGn1pqW+bDgpGNYwD9SJe1RLC4ehBMW+cx5t>

“Our focus right now is threefold: We must protect our people, maintain mission readiness, and support the whole-of-government effort. That is why we’ve enacted additional policies designed to combat the spread of coronavirus.

We’ve done a number of things, including moving to shift work, reducing our manning, and increasing our telework. We have closed DoD schools and many MWR facilities, as well as curtailed some child and youth programs. We have postponed our E-4 advancement exam, we’ve suspended the spring physical readiness test, and we’ve postponed drill weekends for reserves until May 11. We’ve also suspended recruit graduation ceremonies until further notice. Additionally, we will pause administrative and statutory promotion boards for the time being.

But many things remain open too, including our commissaries, our exchanges, our military treatment facilities, as well as our

Military Health System Nurse Advice Line

<http://nns.navy.mil/lists/lt.php?tid=gOX77KLBWJ6cfiNrhupGg0D6RPdyJn1pqW+bDgpGNYwD9SJe1R7C4ehBMW+cx5t>

and our My Navy Career Center

<http://nns.navy.mil/lists/lt.php?tid=MffnSLEJSt2K7z+ahourkA0D6RPdyHn1pqW+bDgpGNYwD9SJe1RbC4ehBMW+cx5t>
 —all available 24/7 to answer your questions.

While 30 percent of our fleet is underway today—including four carrier strike groups and four amphibious ready groups—we must, to the greatest extent possible, practice social distancing, as well as good hygiene and cleanliness aboard our ships, in our offices, and in our homes.

America continues to depend on us to provide security and stability to this nation, and we will do just that.

April monthly observances

continued from page 1

- | | |
|---|--------------------------------------|
| Nat'l Garden Month | Nat'l Social Security Month |
| Nat'l Heartworm Awareness | Nat'l Youth Sports Safety Mo. |
| Nat'l Humor Month | Pharmacists War on Diabetes |
| Nat'l Kite Month | Pet First Aid Awareness Month |
| Nat'l Landscape Architecture | Physical Wellness Month |
| Nat'l Lawn Care Month | Prevent Lyme in Dogs Month |
| Nat'l Licorice Month | Prevention of Animal Cruelty |
| Nat'l Minority Health Month | Rosacea Awareness Month |
| Nat'l Multiple Birth Awareness | School Library Media Month |
| Nat'l Occupational Therapy | Soy Foods Month |
| Nat'l Parkinson's Awareness | Straw Hat Month |
| Nat'l Pecan Month | Stress Awareness Month |
| Nat'l Pest Management Month | Testicular Cancer Awareness |
| Nat'l Pet Month | Nat'l Toddler Immunization |
| Nat'l Poetry Month | Women's Eye Health & Safety |
| Nat'l Rebuilding Month | Women Helping Women Heal |
| Nat'l Safe Digging Month | Workplace Conflict Awareness |
| Nat'l Sarcoidosis Awareness | World Habitat Awareness |
| Nat'lly STDs Month | Worldwide Bereaved Spouses Awareness |
| Nat'l Sexual Assault Awareness & Prevention | |

Hi Roy, hope you're doing well!

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 Helensdrealtor@gmail.com

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

DOD creates Coronavirus response webpage

(April 6, 2020) The Department of Defense has created the Coronavirus Spotlight web page providing easy access to the latest information on DOD's efforts to combat COVID-19. The Spotlight also provides important information separating facts from myths and how DOD supports the whole-of-government COVID-19 response.

Topics found on the spotlight include:

- DOD Guidance and Publications
- News Releases and Briefing Transcripts
- DOD Response Timeline -- NEW!
- News stories from around the globe on DOD's actions in the fight against COVID-19
- Videos and Photos
- Essential Links to Additional Resources

The spotlight is updated as events take place and it can be found at <https://www.defense.gov/Explore/Spotlight/Coronavirus/>.

MOVIES AT THE BASES

BASE MOVIE THEATRES ARE CLOSED!

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

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

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

Check back regularly as the page will be continuously updated as information becomes available. For a list of food resources and other helpful information visit <https://www.sandiegohungercoalition.org/covid19>

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

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)
suicidepreventionlifeline.org

200 new doctors, advanced-practice nurses join military medical ranks early

More than 200 military medical students and graduate nursing students from the Uniformed Services University of the Health Sciences, known as USU, will be graduating early to support their colleagues in the U.S. military health system amid the global coronavirus pandemic.

USU President Dr. Richard Thomas made the decision when the Nat'l emergency was declared, officials said.

"Our curriculum has a specific focus on threats like emerging infectious diseases and disasters that our military and Public Health Service forces are likely to encounter in the course of their careers," Thomas said.

"This instruction is based on real-life lessons learned, is woven throughout the curriculum and incorporated into our medical field exercises."

USU's students are uniquely prepared to meet and address the readiness needs of the Defense Department and the nation the moment they step out of the university's doors, Thomas said.

"This is exactly what they were educated and trained to do," he added. The surgeon generals of the Army, Navy, Air Force and Public Health Service will receive a competent cadre of health care professionals who can augment current resources available to them."

The students, who are all active duty uniformed officers in the Army, Navy, Air Force or Public Health Service, will have completed all of their requirements to be awarded a degree and will be available for reassignment by their respective services, officials said. The officers include physicians; family health, mental health and women's health nurse practitioners; clinical nurse specialists and certified registered nurse anesthetists.

USU is the nation's only federal health sciences university. (Courtesy of the Uniformed Services University of the Health Sciences.)



Service members stand at their seats in an auditorium and raise their right hands.

Latest advice from San Diego Humane Society on COVID-19 and your pets

Recently, a tiger at the Bronx Zoo tested positive for COVID-19. As our knowledge of this virus evolves, keeping up with the changing news about the coronavirus can be challenging. Now, more than ever, it's important to let science and facts guide our decision making. Despite this case receiving a lot of attention, it doesn't change

what we already know about communicability of the virus by or from our pets:

While both cats and dogs can test positive from what we've seen in Hong Kong and now the Bronx, it is not believed that either can give us COVID-19.

We, on the other hand, may be able to give it to them. If you're

infected with COVID-19, don't cuddle with your pets. There's a risk they could get COVID-19 from you.

Also, be sure your pet is practicing social distancing from other people and pets right now. For their health, don't let anyone outside of your own household pet your dog or cat.

The USDA and the CDC have indicated that "Anyone sick with COVID-19 should restrict contact with animals, including pets, out of an abundance of caution — just as they would with other people. Although there have not been reports of pets becoming sick with COVID-19 in the United States, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. If a sick person must care for a pet or be around animals, they should wash their hands before and after the interaction."

See more information from the USDA regarding COVID-19 and pets at <https://content.govdelivery.com/accounts/US-DAAPHIS/bulletins/285036f>.

Our advice has not changed: Keep your pets at home with you — even if you're self-quarantined — because it's the best place for them to be. And be sure to take precautions as outlined by the CDC. For more information about protecting your pets

and ensuring their safety during the COVID-19 pandemic, visit our website at <https://www.sdhumanesociety.org/about-us/news-center/emergency-updates/emergency-plan.html>.

Guidance on the use of face coverings

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

Annual 'Military Saves' month kicks off its April campaign

Military Saves, a component of America Saves, seeks to motivate, support, and encourage military families to save money, reduce debt, and build wealth. The research-based campaign coordinated by the non-profit Consumer Federation of America (CFA) uses the principles of behavioral economics and social marketing to change behavior.

Military Saves encourages the entire military community to take the Military Saves Pledge and for organizations to promote savings year-round, and especially during Military Saves Month in April.

Military Saves also works with government agencies, defense credit unions, military banks, and other non-profit organizations to promote savings and debt reduction.

Who is "Military Saves"

Military Saves is a part of America Saves, the larger nationwide campaign for all Americans. Military Saves has partnered with the Department of Defense's Financial Readiness Campaign and has been a partner with the DoD since 2003.

The Military Saves Pledge



Military Saves encourages all service members, their families, and civilian employees to "Take the Military Saves Pledge." The military saves pledge is a commitment to help yourself and your family to save money, reduce debt and build wealth over time. Service members who take the pledge can also receive a monthly e-newsletter or opt into savings text messages by texting MilitarySaves to 877877.

Military Saves Encourages the Following

- Saving a portion of each paycheck

- Saving a portion of each paycheck
- Developing a personal financial plan
- Establishing good credit
- Enrolling in programs such as:
 - Thrift Savings Plan
 - Savings Deposit Program (when eligible)
 - Servicemembers Group Life Insurance

The Military Saves campaign is also a year-long effort, and with many resources available year-round. For more information visit militarysaves.org.

April is MONTH OF THE MILITARY CHILD

Also

- April 9: Nat'l Former Prisoner of War Recognition Day**
- April 14: Air Force Reserve Birthday**
- April 23: Army Reserve Birthday**
- April 27: Mantanzas Mule Day**
- April 30: Nat'l Military Brats Day**

DoD totals for COVID-19 Cases, 0500, April 8, 2020

	Current Cases*	Hospitalized	Recovered*	Deaths*
Military	1,975 (+178)	61 (+5)	144 (+22)	1
Civilian	422 (+16)	45 (+1)	34 (+3)	5
Dependent	347 (+4)	15	35 (+2)	0
Contractor	184 (+5)	15	11 (+1)	2 (+1)

*Total DoD Cases (Current, Recovered and Deaths) is 3,160

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Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find **AT LEAST SEVEN CHEMICAL ELEMENTS FROM THE PERIODIC TABLE** in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:
CARP SOLE TUNA PIKE SHARK PERCH SMELT TROUT MARLIN

7-28-19
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4 Cyl Automatic

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*1 at this payment. Stk#: 59177, VIN#: LJ095542, Model#: 1852. Net capitalized cost \$18,746.71. \$209 plus tax monthly for 36 months with \$3,550 due at lease signing. Security deposit not required. Includes \$600 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 4/30/20.

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2020 Tacoma Doublecab SR5 4x2

Lease for
\$349
PER MONTH PLUS TAX
36 MONTHS



*1 at this payment. Stk#: 58857, VIN: LLM126873, Model#: 7146. Net capitalized cost \$32,895.90. \$349 plus tax monthly for 36 months with \$3,850 due at lease signing. Includes \$1,500 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 4/30/20

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\$279 PER MONTH PLUS TAX
36 MONTHS



*1 at this payment, STK# 22708, VIN# LH476649, Model # LFB 02. \$279 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 4/30/20.

2020 SUBARU ASCENT PREMIUM 7-PASSENGER



LEASE FOR
\$369 PER MONTH PLUS TAX
36 MONTHS

ZERO DOWN!

*1 at this payment, STK# 22683, VIN# L3443926, Model # LCC 12. \$369 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 4/30/20.

4-WHEEL ALIGNMENT

\$89⁹⁵ + tax

~~WAS \$119⁸⁵~~



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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 4/30/20.

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

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

Military Special Only

OIL & FILTER CHANGE

\$39⁹⁵ + tax

~~WAS \$49⁸⁵~~

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

Synthetic, V6 & V8 additional Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 4/30/20.

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 4/30/20.

PLUS **10% OFF**

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

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