

Your Mind: Use It or Lose It

Try to crack this week's crossword puzzle.
Clue: *Words to click on at sweepstakes web-site.*

See page 5

Veterans News

DAV offering \$250 grants to veterans left unemployed by coronavirus pandemic.

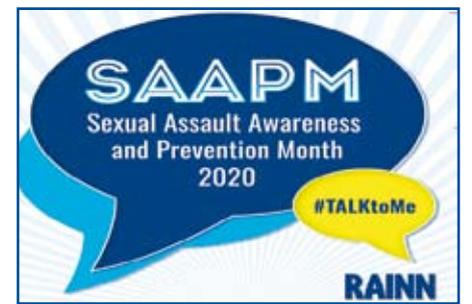
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FIFTY NINTH YEAR NO. 51
THURSDAY, APRIL 16, 2020

NO MORE ZOOM FOR OFFICIAL DOD USE

MILITARY CONFIRMS ZOOM IS OFF LIMITS DUE TO SECURITY CONCERNS

from Stars and Stripes

The Defense Department is banning the use of a popular videoconferencing application for official business due to questions about its security, a Pentagon spokesman told a military news site.

Zoom is no longer an option for teleconferencing sessions involving service members and DOD civilians, according to a Monday report in Military.com. The site attributed the statement to Air Force Lt. Col. Robert Carver.

The order applies to use of government devices such as computers and cellphones for official business, the report said. An approved option called Zoom for Government is still available for DOD use.

The FBI on March 30 warned about an increase in "Zoom-bombing" incidents in which uninvited participants infiltrate teleconferencing sessions on the application.

Zoom has gained popularity as a telework platform thanks to stay-at-home orders and increased teleworking. The New York Times on April 3 called it "a de facto social platform for the coronavirus era." In a news release, the FBI in Boston said it received "multiple reports of conferences being disrupted by



Lt. Cmdr. Adam Cowan, administration officer for the Gray Wolves of Electronic Attack Squadron (VAQ) 142, manages the movement of Sailors assigned to the aircraft carrier USS Theodore Roosevelt across Guam from the ship's Emergency Command Center (ECC) April 10. Navy photo by MC1 Chris Liagha.

pornographic and/or hate images and threatening language."

In one incident, a Massachusetts high school teacher conducting an online class was interrupted in mid-session by an individual who yelled profanity and the teacher's home address, according to the FBI.

The Times reported an incident March 29 in which an infiltrator drew a racial slur across a slide during a call involving a global network of Muslim leaders, followed by a screen-shared pornographic video.

Friday, the Voice of America, quoting an unnamed Pentagon

spokesman, reported the DOD had issued similar guidance, a ban on "Zoom's free or commercial offerings."

However, Zoom for Government is still an option for DOD videoconferencing, according to the VOA report and Carver in Military.com.

Zoom for Government is a paid tier service, hosted in a separate cloud authorized by the Federal Risk and Authorization Management Program. Seven government agencies, including three Cabinet-level departments, the Centers for Disease Control and Prevention and Customs and

Border Protection are listed as users on the program website.

The program, FedRAMP, enables government agencies "to rapidly adapt from old, insecure legacy IT to mission-enabling, secure, and cost effective cloud-based IT," according to its website.

NCIS: Sailors, Marines, civilians beware of card-cracking scams

QUANTICO, Va. - NCIS has recently observed increased reporting from service members facing severe financial losses after falling victims to card-cracking scams initiated via social media with promises of getting out of debt and making extra money. There are two primary methods used to establish contact with potential victims. One version involves a social media post or message sent by a purported debt consolidator or business owner to lure service members into responding; the other involves the service member receiving a friend request from a person who presumably shares many friends in common. After establishing contact, the service member receives a message from the scammer offering grant money as a "thank you" for their service or offering to pay money for their "debt relief." Both methods involve requesting the service member provide online bank account login information; service members may also be asked to answer security questions established through their online bank account. Victims have reported that after the money is deposited directly into their accounts, the scammer then asks the victim to send a portion of the money via wire or cash to a third party. Victims then discover that loans have been opened in their name with the same financial institution. Any attempts to further contact the scammer are unsuccessful, leaving the victim to pay off the loan. NCIS urges service members to never provide bank account login information or personally identifiable details to anyone. Reputable financial institutions and organizations will not contact you and request personally identifiable information. If you suspect you've been targeted with this scam, notify your respective command, NCIS office, and/or respective law enforcement authorities. You may submit tips to NCIS using the NCIS Tips app or at www.ncis.navy.mil.

Native San Diegan James McPherson assumes role of acting SECNAV

by James E. McPherson,
Acting Secretary of the Navy

WASHINGTON- To all of our Sailors, Marines, Civilians, and Military Families;

I am honored to return to the Navy-Marine Corps Team as your Acting Secretary.

From my years as an officer in the United States Navy, and my prior service as an enlisted Soldier in the United States Army, I am keenly aware of the sacrifices you make, and

the dedication you show, every day in service to our Nation. Thank you for your dedicated service. I look forward to serving alongside you.

Today, with the extraordinary challenges posed by COVID-19, and the continual threats we face in a changing global security environment, our Nation needs you more than ever. Throughout this crisis, Sailors, Marines, and Civilians have stepped forward to protect the

American people and our force. From New York to New Orleans, Los Angeles to Dallas, Maine to Guam, you have responded to the medical, logistics, engineering, and security requirements of our homeland during this time of need. And through it all, you have maintained the watch around the world.

Alongside Adm. Gilday and Gen. Berger, we will maximize the resources and capability of the Department of the Navy to

faithfully execute the priorities established by Secretary Esper in response to the COVID-19 crisis: Protect our people, maintain warfighting readiness, and fully support the whole of government/whole of nation response to protect the American people.

You are the reason I am extremely confident that we will make mission. Many of you - our active and reserve shipmates - are closing the

margin and saving lives through countless and selfless acts of individual initiative and collective teamwork. I am proud of you - our Nation is proud of you. For as long as I have the privilege of serving as your Acting Secretary, I will do everything in my power to support your efforts and safety, and the safety and well-being of your families.

Working together and remaining ever vigilant of the

rocks and shoals before us, I know we will help bring our Nation through the present challenge and all that may follow. It is what the Navy and Marine Corps have always done, and will always do, as long as there are people like you maintaining the watch.

Sincerely,
James E. McPherson (Rear Adm.-Ret.)
Secretary of the Navy (Acting)

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USS Harry S. Truman will remain at sea in bid to keep Sailors safe from coronavirus



ATLANTIC OCEAN (April 11, 2020) - Nimitz-class aircraft carrier **USS Harry S. Truman** (CVN 75) transits the Atlantic Ocean. **Truman** has spent at least one day underway for 30 of the last 34 months, in direct support of global security around the world. Navy photo by MC3 Maxwell Higgins

by Caitlin M. Kenney,
Stars and Stripes

WASHINGTON - **USS Harry S. Truman** will remain at sea in the Atlantic Ocean in an attempt to protect its Sailors from the coronavirus, the Navy announced April 13.

The aircraft carrier, and the ships accompanying it as part of its carrier strike group, will remain at sea to be ready to deploy if called upon, according to the 2nd Fleet in Norfolk, Va.

"The ship is entering a period in which it needs to be ready to respond and deploy at any time," Vice Adm. Andrew Lewis, commander of the 2nd Fleet, said in a prepared statement. "Normally we can do that pierside, but in the face of [the coronavirus pandemic], we need to protect our most valuable asset, our people, by keeping the ship out to sea."

The Navy said it will continue to evaluate the carrier strike group's situation and will update the group's Sailors and their families in about three weeks.

The Navy has the highest number of coronavirus cases of the military services at 1,056. **USS Theodore Roosevelt** was diverted to Guam in late March due to an outbreak of the virus aboard the aircraft carrier, which has since infected 585 Sailors. The death of one **Roosevelt** Sailor from the virus was announced April 13.

The former commander of **Roosevelt**, Capt. Brett Crozier, wrote a letter asking naval officers for help with the outbreak aboard the ship. The ship's environment with its narrow corridors and shared bedrooms makes it easy for the virus to spread and impossible for the crew to follow Centers for Disease Control and Prevention health guidance, he wrote.

Roosevelt remains docked on Guam as the Navy attempts to control the outbreak. About 4,021 Sailors have been transferred from the ship to the island.

The Navy also has two other aircraft carriers dealing with the coronavirus.

USS Nimitz, now in port in Bremerton, Wash., has had one Sailor placed in isolation off the ship after showing symptoms but having an "inconclusive" test for the virus. Another Sailor was on leave in early March when that person tested positive and has not returned to the **Nimitz**.

USS Ronald Reagan is preparing for deployment from Yokosuka NB Japan, where it has been undergoing maintenance. More than 1,000 Sailors from **Reagan** and its strike group were bused to Yokota Air Base and NAF Atsugi last week to complete a 14-day isolation before they deploy. Navy spokesman Lt. Samuel Boyle said there is a "small number of cases" aboard **Reagan**, but he could not say specifically how many.

The 2nd Fleet is responsible for **Truman** and the carrier strike group when it is in the Atlantic Ocean. The carrier strike group has a total of 6,000 Sailors, with **Truman** alone at about 5,000. The strike group is made up of **Truman**, one guided-missile cruiser, three guided-missile destroyers as well as eight squadrons in the carrier air wing aboard the aircraft carrier, according to Cmdr. Ashley Hockycko, a spokeswoman with the 2nd Fleet.

Truman is heading back to the U.S. after a deployment to the 5th Fleet in the Middle East and the 6th Fleet in the Mediterranean, according to the Navy. The ship left Norfolk in November after the rest of the strike group had already deployed in September due to repairs for an electrical malfunction.

"After completing a successful deployment we would love nothing more than to be reunited with our friends and families," Rear Adm. Andrew Lo-iselle, commander of Carrier Strike Group 8, said in the statement. "We recognize that these are unique circumstances and the responsible thing to do is to ensure we are able to answer our nation's call while ensuring the health and safety of our Sailors."

Army

First candidate for US Army's future tactical drone gets first soldier-operated flight

Pandemic not slowing down Army plans to field enduring indirect fires protection capability

Army medical teams dispatched to four states, with more planned

Navy

SECDEF discusses possibility of reinstatement for fired Theodore Roosevelt captain

Naval Academy cancels Class of 2020 commissioning events over COVID-19 concerns

Report: Investigators say fired Decatur captain lied about ship's position

Air Force

Air Force weighs in on stop-loss policy: 'We're not at that point yet'

Eight airmen recognized for Mideast raids, including one that killed 'top Al Qaeda leader'

Exceptional family member program launching online portal for travel screening

Marine Corps

Lawsuit filed by families of 4 Marines killed in 2018 CH-53 crash

Marine drill instructors and recruits now training with skivvy shirt face masks



CMV-22 ferry flight demonstrates fusion of developmental, operational test

PATUXENT RIVER, Md. - The recent cross-country flight of the Navy's new CMV-22B Carrier Onboard Delivery (COD) variant of the Osprey tilt-rotor aircraft was not only a milestone for the program, but also proved to be a perfect opportunity to demonstrate the effective fusion of development and operational test in a real-world environment.

Over a two-day flight totaling just over 6.5 hours in the air, pilots Lt. Cmdr. Steve "Sanchez" Tschanz of Air Test and Evaluation Squadron (HX) 21 "Blackjacks" and Cmdr. Christopher "Junk" Carter of Air Test and Evaluation Squadron (VX) 1 "Pioneers" and crew chief Naval Aircrewman (Mechanical) 1st Class Devon Heard flew the first CMV-22B from the Bell Military Aircraft Assembly & Delivery Center in Amarillo, Texas, to Pax River in early February.

It was the first flight of the aircraft outside of the manufacturer's test area, and it mirrored many of the conditions that the aircraft will encounter when operational.

"It was a great opportunity for operational and developmental testers to work together on the same flight," said Tschanz.

Carter agreed with Tschanz' assessment. "The biggest litmus test I have when we start out on operational tests is to find a mission that is representative of what we're going to do with the aircraft once it is in the fleet," Carter said. "With this flight, we got an early look at operational testing while we're also doing developmental tests."

"From a crew chief's perspective, on this trip I was able to see both the developmental test side and the operational side integrated in one," said Heard, who was a Naval Aircrewman (Mechanical) 2nd Class at the time of the flight and has since been promoted. "As a developmental test crew chief, I was involved in testing the software, loading and strapping down cargo, and things like that. And then having the chance to get our feet wet on the operational side, to see how we are going to use what the CMV-22 provides for logistical purposes on the ferry flight, was really important."

The role of developmental testing, which is the mission of HX-21, is to identify whether an aircraft or system meets the promised specifications. Operational testing, which is what VX-1 does, focuses on the ability of an aircraft or system



DoD's artist rendition of CMV-22B

to operate in the environments that it will encounter once it is deployed to the fleet. Prior to the flight, Tschanz, Heard, Bell test pilot Andrew Bankston, and Naval Air Crewman (Mechanical) 2nd Class Trenton Olsheski conducted a series of developmental test flights to ensure the aircraft met its specifications. Following those test flights, it was time to deliver the aircraft to its new home here.

Or, more accurately, almost time - the crew ended up waiting nearly a week for a hole in the weather to open up between Texas and Maryland. Because the aircraft was fitted with extensive test equipment, the flight was limited to clear weather and daylight hours, which narrowed their options.

On Feb. 1, the weather finally cooperated and Tschanz, Carter and Heard decided to fly first to Millington, Tenn., for a refueling stop before continuing on to Patuxent River. Having flown together before, the three men quickly fell into a routine: while Tschanz was flying the aircraft, for example, Carter would be busy monitoring communications and Heard kept his eye on the weather.

The Osprey's high-visibility paint scheme, which the Navy uses to help make it easier to identify noncombatant aircraft - and which, Tschanz joked, was more flattering than the usual matte blue-gray paint on the aircraft's bulkier profile - certainly was part of the attraction when the aircraft landed

in Millington, where the Naval Support Activity Mid-South base is located.

"There's usually a certain amount of interest when a unique aircraft flies into any airport where that type normally doesn't operate," Tschanz said. "But in this case it was even more fun because we landed and people said, 'Oh, that's a V-22,' and then immediately you can see the gears start turning in their heads as they start to realize that something is different about it."

After lunch and a refueling at Millington, the crew departed in the afternoon, expecting to arrive at NAS Patuxent River in the late afternoon. But approximately nine-tenths of the way home, the weather started closing in over their destination, and the crew elected to divert to Lynchburg, Va., to wait out the rain overnight. And once again, like in Millington, Tschanz, Carter, and Heard found themselves instant celebrities as pilots and aviation enthusiasts descended on them to ask questions about their unique Osprey.

The following morning, Tschanz, Carter, and Heard flew through clear skies to land at NAS Patuxent River to the welcome of their families and squadron mates, bringing to a successful close the aircraft's first cross-country flight.

"We have a lot of tests to do before we know everything about the airplane, but this ini-

tial look was great," Carter said of the flight.

"There was a lot of excitement, eagerness, and anxiousness to be able to fly the first CMV-22B back to HX-21," Heard said. "Now we own it and we're ready to move forward."

The CMV-22B is designed to carry up to 6,000 pounds of cargo and/or personnel and operate up to a range of 1,150 nautical miles. One of the reasons the Navy selected the V-22 airframe to serve in the COD role is because of its ability to carry the Pratt & Whitney F135 engine power module used by the F-35C Lightning II Joint Strike Fighter.

Other features of the CMV-22 include a beyond-line-of-sight, high-frequency radio system, and internal public-address system to communicate with passengers, and an improved lighting system to assist with cargo loading.

The Navy's program of record is to acquire 48 aircraft across all VRM squadrons to serve as replacements for the venerable C-2A Greyhound, which has been fulfilling the COD role since 1966. Fleet Logistics Multi-Mission Squadron (VRM) 30 "Titans," based at Naval Air Station North, will take possession of its first CMV-22B this summer, and is scheduled to field the Ospreys on its first operational detachment aboard aircraft carrier USS *Carl Vinson* later next year.

A new squadron, Fleet Logistics Multi-Mission Squadron (VRM) 40, will be established on the East Coast, will take possession of its aircraft beginning in FY2022. The Navy also plans to stand up a training squadron, Fleet Logistics Multi-Mission Squadron (VRM) 50, in California adjacent to VRM-30.

CNO message to the Fleet

by Adm. Mike Gilday,
Chief of Naval Operations

WASHINGTON (April 8, 2020) - The events of the past week have been difficult for our Navy and our nation. We will learn from them. But make no mistake, we are moving forward. The Navy has our orders and we are executing them.

As I write, we have thousands of Sailors on mission, above, under, and on the seas as well as here at home on the front lines of the coronavirus crisis. We're operating far forward on 90 ships, including three aircraft carriers and two big deck amphibious ships. Navy Cyber teams are defending our networks. Seabees are converting commercial buildings into medical facilities across six states. Three thousand Navy doctors, nurses and corpsmen, including hundreds of reservists, are caring for our fellow Americans on USNS *Mercy*, *Comfort*, in New York City's Javits Center, and in civilian hospitals. Hundreds more deployed to treat the sick in Dallas and New Orleans. The *Nimitz* Carrier Strike Group and her air wing at Lemoore are in 14 day Restriction of Movement (ROM) as they ramp up to deploy. Same for our SBBN crews. Countless more Sailors are leaning in to support them - across our fleet staffs, intelligence centers, training facilities, and supply depots. More than six thousand recruits at Great lakes are preparing to head to the fleet.

Given this, I have three priorities for us right now. First, our health and safety. Second, ongoing fleet operations and our support to the coronavirus effort. Third, continuing to generate the enormous amount of support required to keep #1 and #2 on track. I know much of that effort is behind the scenes and out of the limelight - but every bit of it is critical.

We must ensure the health of the force. And we must be laser-focused on the Fleet - from manning to maintenance, and from training to warfighting. Operational readiness is our job... and every one of us has a role. Nobody sits the bench.

Everyone must pull together. And in this new environment of coronavirus, we're all learning, adapting, and improving by the hour. There is no better example of this than USS *Theodore Roosevelt* - staring down an invisible enemy - dedicated in their efforts - making phenomenal progress, and providing lessons for the Navy and beyond.

America. Has. A. Great. Navy. Our nation counts on you and so do I. Never more proud to be your CNO.



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DOD continues global military operations even as it battles COVID-19

by David Vergun,
DOD News

Even as the Defense Department supports the whole-of-government response to the COVID-19 pandemic, it continues its vital national security missions, Defense Secretary Dr. Mark T. Esper said.

Esper and Gen. Mark A. Milley, chairman of the Joint Chiefs of Staff, held a Pentagon news conference April 14 on DOD's support for the nation's COVID-19 response. Esper also gave

examples of some of the security missions DOD has undertaken, including:

- Conducting counterterrorism missions in Africa, the Middle East and Afghanistan;



Air Force F-16 Fighting Falcons fly over Afghanistan, March 17. Photo by Air Force Tech. Sgt. Matthew Lotz

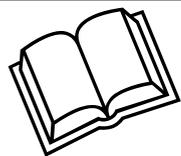
- Conducting freedom of navigation operations around the world;
- Monitoring North Korean weapons tests;
- Improving the U.S. defensive posture in Iraq;
- Escorting Russian bombers out of U.S. airspace;
- Deterring Iran's aggressive behavior;
- Working with Afghan security forces and Operation Resolute Support partners in Afghanistan;
- Continuing enhanced counter-narcotics operations in the U.S. Southern Command area of responsibility;
- Working with NATO allies in Europe; and, last month, the Space Force launched its first satellite into orbit, Esper noted.

Regarding North Korean weapons tests, Milley said the intelligence analysis of their recent missile launches would take a few days, but the tests were short-range and

not particularly provocative or threatening.

Regarding COVID-19, Milley said there are going to be a lot of lessons learned, and a comprehensive after-action review will follow. It won't be business as usual after the pandemic, the chairman said.

"There are countries out there in states that are very fragile that are in various states of civil war and have violence internal to their societies," he said. "There's significant stress as a result of the COVID-19 virus on the internal politics of other countries. There's a significant stress on their economies, on resources. There's risk of instability. So, no, it's not going to be business as usual. We've got to take a hard look at how we, the Department of Defense, conduct operations in the future."



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Ask Rusty - About working overseas and earning U.S Social Security

by Russell Gloor

Dear Rusty: My daughter had menial jobs - part time - here in the USA during high school and college but shortly after college moved to South Korea to teach English. After 8 years there she will be going to Belgium and getting married. She will be living there and working there. Will she ever have access to any Social Security benefits? Signed: Interested Father



Dear Interested Father: It will depend upon how many U.S. quarter-credits your daughter has from her work here in the U.S. The U.S. has bilateral agreements (known as "Totalization Agreements") with both South Korea and Belgium (and 24 other countries) and these agreements allow someone who has worked in both the U.S. and another country to aggregate their credits from both to qualify for U.S. benefits (and vice versa). But your daughter will need to have earned at least 6 U.S. credits from working in the U.S. in order for her credits from either South Korea or Belgium (or both) to be counted under the Totalization Agreement, thus entitling her to U.S. Social Security benefits.

The U.S. requires a minimum of 40 total quarter-credits to be eligible for Social Security benefits. If your daughter has at least 6 U.S. credits now and can get enough additional credits via the Totalization Agreements to achieve minimum 40 required, then she may be eligible for at least a small U.S. Social Security benefit when she is 62.

Since you say your daughter had only "menial part time" jobs here in the U.S., key for her to eventually get benefits will be if she has worked enough in the U.S. to earn at least the 6 credits which will allow her to take advantage of the Totalization Agreements and meet basic eligibility for Social Security. FYI, Social Security credits are based upon how much is earned each year, and the amount required for a credit varies annually. A maximum of 4 credits can be earned each year - for example, in 2020 a credit is given for each \$1410 earned, up to a maximum of 4 credits per year (\$5,640 in annual earnings). Essentially, if your daughter had at least the minimum earnings for 1 1/2 years of U.S. employment to earn 6 credits, she could eventually use the Totalization Agreements to become eligible for U.S. Social Security benefits.

I suggest that your daughter contact Social Security and ask how many quarters of credit she now has under the U.S. Social Security system. If she already has the minimum 6 needed to eventually qualify under the Totalization Agreements, she may be entitled to a small SS benefit when she becomes age-eligible (62). But remember, even if she qualifies for a U.S. Social Security benefit, it will be based upon her minimal U.S. earnings; her foreign earnings won't be used when computing her U.S. benefits. Be aware also that if she also earns a pension from either South Korea or Belgium (or both), any U.S. Social Security benefit she may eventually get would be affected by the Windfall Elimination Provision (WEP) which reduces the SS benefit of anyone with a pension from work which did not contribute to U.S. Social Security.

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

DAV offering \$250 grants to vets left unemployed by coronavirus pandemic

by Rose L Thayer,
Stars and Stripes

Service-connected disabled veterans who lost employment because of the coronavirus pandemic can apply for \$250 grants from Disabled American Veterans, the veterans service organization announced April 13.

"People are anxious, they're worried about being able to take care of their families," said Dan Clare, a Marine Corps veteran and DAV outreach officer. "We want to provide a little bit of assistance for as many as we can."

DAV aims to raise \$2.5 million toward the unemployment relief program and to give that to veterans facing a loss in wages though the end of April.

-Dan Clare

The grants - made possible through donations from the American public and corporate sponsors - are intended to help veterans pay bills, obtain food and provide for their families.

"On top of the additional health risks our wounded, ill and injured veterans face with this virus, thousands of disabled veterans are being laid off or have had to close their small businesses due to the pandemic," DAV National Commander Stephen "Butch" Whitehead said in a statement. "DAV remains dedicated - as we have for 100 years - to assisting our heroes who are desperately struggling and no longer able to make ends meet during this unprecedented time."

Any veteran with a service-connected disability can apply online for the grants.

Applicants do not have to be a member of DAV, but is required to verify their job loss, and DAV service officers will verify their service-connected disability with the Department of Veterans Affairs before funds are released.

"We are incredibly grateful for all of the generous donors

who have made this relief possible," Whitehead said. "While we don't know when this crisis will end, we do know that we can make a lifesaving difference for our fellow veterans and their families with these grants."

Veterans can receive one grant per household and are encouraged to also consider taking part in one of DAV's virtual job fairs, which are still taking place during the pandemic. Many of the opportunities allow veterans to work from home, Clare said.

Like everyone during this pandemic, DAV is adapting to changes and preparing for a difficult road to recovery. They anticipate the programs and future donations to take a hit, Clare said.

While the nonprofit is still helping veterans file claims with the VA - though not in person - their transportation program that helps veterans get to VA medical appointments has nearly come to a halt.

"It's scary for us to think of this program that's a lifeline for veterans to get the care that they earned and they deserve suffering a shortfall," Clare said. "We are worried about the fallout that this is going to have for veterans."

Last year the program provided 615,000 rides nationwide, and Clare fears a number of those appointments could be missed without the program. Though some appointments have moved to online, not all care can be provided through video chat.

The unemployment grants, Clare said, are just one way DAV can remind veterans that Americans are still here for one another.

"We have to communicate and take care of each other in different ways," he said. "Everyone needs to have some hope in their lives right now."

Veterans can apply for a DAV unemployment grant, which will be issued on a first-come first-serve basis, at DAV.org/COVIDrelief.

Vets who want to learn more about the benefits available to them can visit benefitsquestions.org.

To donate to the emergency campaign, go to DAV.org/relief or text RELIEF to 484848.

Portal video calling devices for veterans, caregivers and families

The Department of Veterans Affairs began making Portal from Facebook devices available April 15 to veterans and their caregivers and families to reduce isolation and improve social connectedness at home. In support of veterans' mental health and social connection, more than 7,400 devices are provided to vets, while the American Red Cross Military Veteran Caregiver Network will store and ship them to qualifying veterans in pairs. "Veterans, families and caregivers will benefit through an increased support system," said VA Secretary Robert Wilkie. "Our goal is for Veterans to feel less isolated through more communication. We believe this technology will help Veterans who might otherwise be unreachable." Those participating in one of VA's Caregiver Support Programs (General Caregiver Support Services or Program of Comprehensive Assistance for Family Caregivers) or in any of VA's Geriatric and Extended Care Services programs may qualify to receive a free Portal device.

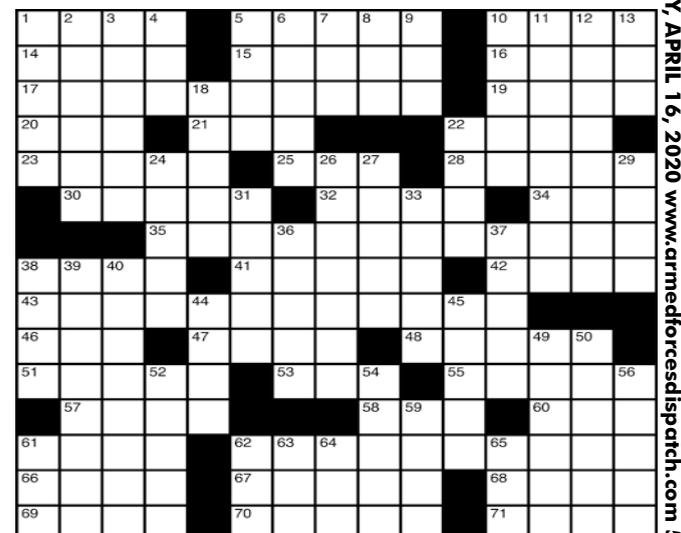
Crossword Puzzle

Across

- 1 "And another thing ..."
- 5 Up on the latest info
- 10 Not yet paid
- 14 California wine valley
- 15 Gathered, as autumn leaves
- 16 Tree fruit
- 17 Of the poorest quality
- 19 The "I" in MIT: Abbr.
- 20 Long stretch
- 21 Comm. syst. for the hearing-impaired
- 22 Jury ___
- 23 Southern speech quality
- 25 Heart exam: Abbr.
- 28 One of the five basic tastes
- 30 Inventor Howe
- 32 River through southern Russia
- 34 Armed conflict
- 35 Novel or short story, say
- 38 "If I may cut in ..."
- 41 Typically reddish-brown ape
- 42 Varieties
- 43 Fashionable dude
- 46 "The A-Team" muscleman
- 47 Pet food brand
- 48 Bottle parts
- 51 "Waiting for Lefty" playwright Clifford
- 53 Capote nickname
- 55 Calendar periods
- 57 Canadian tribe
- 58 Sgt., e.g.
- 60 Zero
- 61 Dog treat
- 62 Well-hit line drive, in baseball jargon
- 66 Choice on the fairway
- 67 Ruined
- 68 Big Apple stage award
- 69 Like morning grass
- 70 Well-practiced
- 71 Politician Romney

Down

- 1 Fed the pot
- 2 Pakistani city
- 3 Kind of column or cord
- 4 Dinghy blade
- 5 Fly ball paths
- 6 2008 Pixar robot
- 7 Letters before an alias
- 8 Hi-___ graphics
- 9 Magazine VIPs
- 10 Poppy narcotic
- 11 Left the 44-Down sans permission
- 12 Patsy
- 13 Richard Gere title role
- 18 ___ Lama
- 22 Fittingly
- 24 The name Fred yells at the end of "The Flintstones" closing theme song
- 26 Museum manager
- 27 Research funding
- 29 Bugs
- 31 Happy hour perch
- 33 Noble gas
- 36 Blow up
- 37 Pained reaction
- 38 Rifle range rounds
- 39 Dyed-in-the-wool
- 40 Words to click on at sweepstakes website
- 44 Army outpost
- 45 Cry of victory
- 49 Jedi Master Obi-Wan ___
- 50 "Never mind" ... or what one might do with the last word of 17-, 35-, 43- and 62-Across
- 52 Itsy-bitsy
- 54 Open, as a parka
- 56 Icy precipitation
- 59 Small change
- 61 eBay action
- 62 Big Pharma watchdog: Abbr.
- 63 Cleared (of)
- 64 Poem of praise
- 65 CD-___



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Want to stay in? Navy authorizes retiring officers to stay until December

by MC1 Mark D. Faram,
Chief of Naval Personnel

WASHINGTON - The Navy is offering active-duty and full-time support officers, currently on active duty who are slated to retire on or before Dec. 1, 2020, to remain on active duty but in a retired status until the end of the year.

The offer is part of the Navy's

plans to mitigate the effects of the COVID-19 pandemic, while helping the service maintain operational, Sailor and family readiness.

According to NAVADMIN 105/20, released April 9, officers in the rank of captain or below, who must retire due to statutory requirements between now and Dec. 1, can submit a request to

serve longer under a provision known as "retire/retain."

Those who are required by law to retire because of statutory age limits, years of commissioned or active service or for failures of selection to the next rank may be eligible, if already retirement eligible.

The officer would still retire



on their scheduled date but would then continue to serve with active-duty pay and entitlements until Dec. 31, unless they request an earlier date.

Officers approved for reten-

tion under this program will remain in their current rank and stay at their current command. They'll not be eligible for a Permanent Change of Station move.

To allow for the necessary processing and review, requests must be received at Navy Personnel Command prior to the officer's retirement date and in all cases no later than July 1.

Due to the need to ensure health of the force, there are no limits on the number of retired

officers authorized to be retained in an active status and the time requirements for submitting a request have been waived.

Complete details are available in NAVADMIN 105/20 and MILPERSMAN 1811-010 Retention on or recall to Active-Duty in a Retired Status.

The latest DoD policies can be found at <https://www.defense.gov/explore/spotlight/coronavirus>, or more news from CNP on Facebook at <https://www.facebook.com/mynavyhr>.

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Am I eligible for Post-9/11 GI Bill (Chapter 33) benefits?

You can get these education benefits if you meet at least one of the requirements listed below.

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- Served at least 90 days on active duty (either all at once or

with breaks in service) on or after September 11, 2001, or

- Received a Purple Heart on or after September 11, 2001, and were honorably discharged after any amount of service, or
- Served for at least 30 continuous days (all at once, without a break in service) on or after September 11, 2001, and were honorably discharged with a service-connected disability, or
- Are a dependent child using benefits transferred by a qualifying Veteran or service member

Note: If you're a member of

the Reserves who lost education benefits when the Reserve Educational Assistance Program (REAP) ended in November 2015, you may qualify to receive restored benefits under the Post-9/11 GI Bill.

What if I qualify for other VA education benefits too?

You'll have to pick which benefit you'd like to use. This is an irrevocable decision, meaning you can't change your mind.

What benefits can I get through the Post-9/11 GI Bill (Chapter 33)?

See **EDUCATION** page 11

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Navy Old Town Campus (OTC) revitalization scoping summary report now available on project website

SAN DIEGO -The Navy continues to move forward with preparing a report concerning environmental issues for revitalization of Naval Information Warfare Systems Command, or NVAWAR, facilities at Old Town Campus.

Revitalization of NAVWAR's facilities in San Diego is critical to supporting the Navy's mission and is urgently needed. NAVWAR needs new mission-capable and modern facilities to support its cyber security mission.

The Navy plans to maximize the value of approximately 70.5 acres of Navy-owned underutilized property at the Old Town Campus. NAVWAR provides \$3.2 billion annually to the San Diego regional economy. The potential redevelopment would bring additional economic benefits to the region through the construction and operation of new commercial, residential, and transportation facilities.

The scoping summary report summarizes key topics included

in scoping comments from the public, organizations, and agencies. The scoping summary presents the Navy's approach for addressing these topics in the draft environmental impact statement. The scoping summary report describes the Navy's notification and outreach activities during the public scoping period. Earlier this year, the Navy held a public scoping period to receive public input on issues to be considered for analysis in the EIS.

A public scoping summary report is now available on the project website at <https://www.NAVWAR-Revitalization.com/documents/>.

The next opportunity for public participation will occur in summer 2020 when the draft EIS is released for public review and comment. The Navy is exploring options for virtual public engagement and for receiving public comment remotely should COVID-19 public meeting guidance still be in place. The Navy will continue to engage with the public through e-mail notices and regular updates to the project

website. Once stay at home guidelines are lifted, the Navy will resume attendance at community planning group meetings and other events.

Pursuant to the National Environmental Policy Act (NEPA),

Naval Base San Diego mission ready while fighting COVID-19

SAN DIEGO - Naval Base San Diego has implemented DoD requirements for all personnel to wear face coverings on military installations and other properties following the release of U.S. Navy administrative message, NAVADMIN 100/20, April 5.

This action is in addition to already in place force health protection conditions mandated by DoD.

"We're at HPCON Charlie with many force health mitigation measures in place and now we're supporting the CDC's [Centers for Disease Control and Prevention] most recent guidelines that everyone should wear face coverings when in public

the Navy is preparing an EIS to evaluate the potential environmental effects associated with revitalization of the OTC to support NAVWAR's current and future operational readiness. The EIS will also address the provisions of the California

Environmental Quality Act as it relates to non-federal development within the proposed alternatives.

The Navy is proposing to demolish existing facilities and construct new buildings, utili-

ties, and infrastructure at the OTC. Specific proposed actions could include Navy recapitalization of the site or redevelopment through a public-private development, including the consideration of a potential transit center.

to slow the spread of the virus," said NBSD Commanding Officer Capt. Mark Nieswiadomy.

25,000 Sailors work alongside more than 25,000 government civilians and contractors. With

COVID-19, while at the same time supporting fleet readiness.

"The pre-COVID-19 21st century was already proving challenging, but this pandemic has added a new level of uncertainty to an already dynamic global landscape," said Nieswiadomy. "The effect could have potentially unforeseen consequences, which could threaten U.S. interests and our allies abroad. The Navy must remain ready to defend our nation and its interests," he said.

Nieswiadomy provides daily briefs to fellow leaders on the base about impacts to operations and shares information provided by DoD, senior Navy leadership and the CDC to help them better prepare for mission impacts and to support the readiness of their Sailors, civilians and families.

see NBSD, page 9



Sailors wear face coverings while standing in line at Naval Base San Diego. Military installations are operating under an increase in force health protection conditions Photo by MC2 Austin Haist

NBSD reported its first positive COVID-19 case March 14, with a number of cases reported Navy-wide since then. To slow the spread of the virus, the Navy has been implementing mitigation measures while maintaining fleet readiness. Chief of Naval Operations Adm. Michael Gilday and Master Chief Petty Officer of the Navy Russell Smith addressed the fleet last week about the challenges that face the Navy.

"We have to think, act, and operate differently right now to both protect Sailors and to remain mission ready," said Gilday. "This is not business as usual. That is why many commanders have implemented a 14-day fast cruise for units preparing to get underway, which will conduct important training evolutions, exercises, or deployments," he said during a March 30 video message.

NBSD is homeport to 58 ships and more than 200 shore tenant commands where about

almost 50,000 people on the installation a day during normal operations, the commanding officer recognizes the need to implement measures to protect Sailors and their families from



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PHILIPPINE SEA (April 3, 2020) - Fireman Alexis Clarice is briefed on a simulated fire during a damage control training drill aboard cruiser USS Bunker Hill. Navy photo by MC3 Nicholas V. Huynh



LOS ANGELES (April 7, 2020) - Hospitalman Luis Li-brando prepares to take a patient's temperature aboard hospital ship Mercy. Mercy is deployed here in support of the nation's COVID-19 response efforts. Navy photo by MC3 Jake Greenberg



PACIFIC OCEAN (April 7, 2020) - Sailors assigned to USS Makin Island review charts in the Combat Information Center. Photo by MC3 Jacob D. Bergh

NBSD continued from page 8

“My priority from day one has been to minimize the spread of the virus among those living, working and visiting my base, whether mission critical or not,” said Nieswiadomy. “But our most important mission right now is keeping the fleet as operationally ready as possible despite the impact this pandemic is having on everyone,” he said.

Nieswiadomy understands the stress placed on his Sailors, the workforce and their families, especially when for some, duty comes first.

“Fighting the spread of COVID-19 is important because

Naval Base San Diego is one of the largest military bases with many different missions within,” said Culinary Specialist 1st Class Juan Nieto, NBSD base watch captain. I’m very proud to be a part of the base watch team with everything going on. Everyone is so professional and dedicated,” he said of his team.

“There are Sailors living on base under the Homeport Ashore program. If these Sailors get sick they need a place where they won’t come in contact with other Sailors, so we have set aside a number of rooms that can meet that requirement,” said Brandon Workman of the Fleet and Family Readiness program.

SECDEF discusses possibility of reinstatement for fired Theodore Roosevelt captain

by Diana Stancy Correll

NAVY TIMES - Secretary of Defense Mark Esper left the door open for reinstating former aircraft carrier commanding officer Capt. Brett Crozier, who was recently relieved of duty last week after he urged the Navy to step up its response to a COVID-19 outbreak on the 4,800-person ship.

“When I replaced the acting Navy secretary three days ago, I called him and the chief of Naval operations into my office I gave them some guidance,” Esper said in an interview with *CBS This Morning* April 10.

“One of the things I told them is this: No further action will be taken against Capt. Crozier until the investigation is completed. And once that’s completed, we’ll see where that takes us. And so we’ve taken nothing off the table.”

Chief of Naval Operations Michael Gilday voiced similar sentiments April 9 to reporters, the *Wall Street Journal* reports.

Esper said that in the next several days he expects Crozier’s chain of command will share with him their findings and recommendations from the investigation conducted by Vice CNO Adm. Richard Burke.

“My inclination is always to support the chain of command, and to take their recommendations seriously,” Esper said.

Crozier’s letter, first obtained by the San Francisco Chronicle, implored the Navy to remove the majority of the ship’s crew and provide individualized isolation for them on shore in Guam — where the ship pulled into port - to prevent the spread of COVID-19.

He noted that a small portion of the crew had been removed from the ship into group quarantine sites, but only one of the locations complied with NAVADMIN guidance.

AutoMatters™ & More



by Jan Wagner

A road trip in my Miata led to the Monterey Zoo

Even if you have never been the Monterey Zoo before, you might have seen one of its big cats. Josef, a majestic African lion, starred in “The Lion King” and in a television commercial for the Dryfus Fund, filmed in the Grand Canyon. Josef is immortalized in silhouette on the Monterey Zoo’s logo. The zoo is also home to the Bengal Tiger and African Spotted Leopard.

Like people, animals have distinct personalities. For instance, Martha the bear is “very shy and reserved,” whereas “Stuart is pushy and rambunctious.”

Birds of prey include hawks, eagles, owls, vultures and parrots. “They are all meat eaters, with hooked beaks, talons and keen eyesight.” All of the birds of prey at the Monterey Zoo are “non-releasable birds that have suffered injuries in life.” Did you know that parrots are a “broad order of more than 350 birds” that include macaws, Amazons, lovebirds and cockatoos?

Primates at the Monterey Zoo include Guido and Pierre - lemurs that are two of the zoo’s most senior citizens. Also represented are the intelligent and especially vocal Capuchin monkey, baboons and the Common Marmoset.

Many of the zoo’s reptiles were turned in by pet owners who could no longer care for the animals, or who did not fully appreciate that their “cute baby” would grow into something large and difficult to handle.

The zoo is also home to a collection of hoofed animals, including the zebras, camels, alpacas, warthogs and donkeys.

The Monterey Zoo has been undergoing an extensive modernization program, “with exhibits that give our animals maximum space in the

most natural, humane and mentally stimulating environments possible.” This is in support of the zoo’s stated mission: “to provide an entertaining, intimate educational experience that fosters respect and admiration for all wildlife.”

The Monterey Zoo provides exceptional, hands-on animal tours. For example, the Pachyderm Package is a two-hour experience that includes a one-hour guided walking tour of the animals and an hour of hands-on with the African Elephant, where you can help the keepers bathe one of the elephants and learn about how they take care of them. Their elephants came to the zoo in retirement from the entertainment industry.

In addition to welcoming guests for daily visits, private tours and interactive animal encounters, the Monterey Zoo also offers Safari Bed & Breakfast accommodations, where you can spend the night on an African safari at Vision Quest Ranch.

Unfortunately, the Monterey Zoo is struggling to stay in operation. It was ordered to close temporarily due to the Coronavirus Pandemic, yet it still has ongoing and very significant expenses for the care of its animals. You can help to insure their health and well-being through a donation, or by the purchase of gift certificates at <https://app.arts-people.com/index.php?retail=wildt>.

For more information, visit the Monterey Zoo online at www.montereyzoo.org. To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select “POSTS” and enter “AutoMatters & More #638” 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

“Mom! We’re out of avocados!” my 22-year-old daughter, Anna, bellowed. “And where are the goat cheese crumbles?!”

People all over the globe are covering their faces and hands before entering grocery stores to buy life-sustaining food staples for their families sheltering at home, only to find them sparsely stocked. But in Anna’s world, being out of avocados is an emergency.

A month ago, I picked Anna up from Syracuse University, where she is a senior fashion design major, because the school had shut down due to the coronavirus crisis. I was looking forward to the five-hour drive home with her, catching up and joking around.

But she was in a mood. I listened to my audio book. She texted friends, ate trail mix, and slept.

At home, the rest of the family and I tiptoed around Anna and her mood. Previous history had taught us that normally playful, entertaining, vivacious and talented Anna, could turn into a selfish, entitled, narcissistic, prima donna at a moment’s notice. As a kid, she had milked her victimhood as the middle child, so we knew global pandemic had given her a new reason to feel sorry for herself.

Admittedly, she was getting daily e-mails from her school containing very bad news, so we kept our distance.

Tiptoeing around the Class of COVID-19

“My Senior Fashion Show was canceled! I’ve been working on my collection for two years! I won’t have photos for my portfolio!” she wailed. “My friends had so many fun things planned for our senior spring! Now we’ll never see each other again!” she moaned. “Graduation is postponed! It won’t be the same! I wanted a party!” she barked. “Fashion industry sales are predicted to drop 30 percent! Internships and jobs openings are being canceled! What am I gonna do?!” she bellyached. “Who ate my turmeric quinoa bowl! You know gluten gives me inflammation! And how many times do I have to ask - can someone please buy oat milk?! Ugh!” she blared.

When we weren’t hiding, we cautiously teased Anna, nicknaming her “Pandanna” to signal that our otherwise lovable family member was temporarily under the influence of her own inflated sense of importance during the pandemic.

Our tiptoeing continued for three weeks while we sheltered at home, until the tension finally reached its peak. While delivering folded stacks of laundry to bedrooms, I found Anna and her sister, Lilly, locked in a circular argument. Something about “never want to hang out” and “always on your phone” and “literally a thousand times” and “so selfish” and a lot of that adjective that rhymes with “itchy.”

“Lilly, Anna is under a lot of pressure and needs her space. Anna, even though you are stressed about graduation and your future, it doesn’t give you the right to be [that adjective that rhymes with

“itchy”] to your family,” I said.

The next day, Anna was in the kitchen making a salad for our family dinner. This rare act - preparing food for more than just herself - showed that she was making an effort to be nice. As the rest of the family sidled past each other between the sink, refrigerator, and cabinets to set the table, Anna sliced radishes and cucumbers in silence.

Then, I realized that she was crying.

“What is it, honey?” I asked, setting the forks on the island and reaching for her arms.

Fat, glossy tears tumbled down Anna’s cheeks. “It all happened so fast. If I had known what I was going to miss, I would have made the best of my senior year before the virus outbreak. But it’s too late, we’re never going back to school. I might not find a job. It’s all so hard to accept.”

I hugged my daughter, said it would be okay, and told her she would have to use her unique imagination to create alternative experiences.

Pandanna wasn’t throwing another selfish tantrum. This was Anna, overwhelmed with the genuine sense of loss that has been earned by every 2020 graduate - the Class of COVID-19. Certainly, these young men and women are talented enough, resourceful enough, and strong enough to overcome this challenge. But there’s no tiptoeing around it - they’ve all earned the right to cry.

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

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.**

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

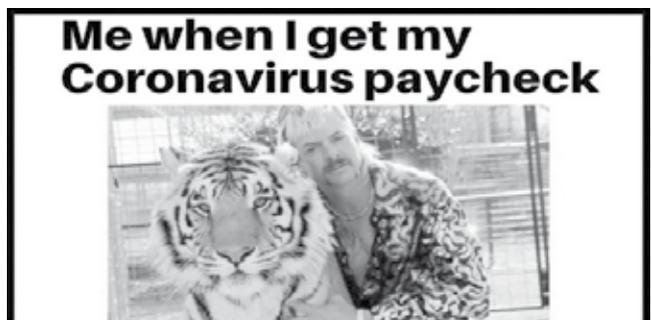
See DOD's Coronavirus response webpage

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/>.



Education

Continued from page 6

You can receive up to 36 months of benefits, including:

- Tuition and fees. If you qualify for the maximum benefit, we'll cover the full cost of public, in-state tuition and fees. We cap the rates for private and foreign schools, and update those rates each year.

View current rates <https://www.benefits.va.gov/GIBILL/resources/benefits_resources/rates/ch33/ch33rates080118.asp>

- Money for housing (if you're in school more than half time). We'll base your monthly housing allowance on the cost of living where your school is located.

- Money for books and supplies. You can receive up to \$1,000 per school year.

- Money to help you move from a rural area to go to school. You may qualify for this one-time payment of \$500 if you live in a county with 6 or fewer people per square mile and you're either moving at least 500 miles to go to school or have no other option but to fly by plane to get to your school.

Here's how we'll determine how much of the benefit you'll qualify for:

The specific amount you'll receive will depend on how much active service you've had since September 10, 2001. We'll calculate this amount based on a percentage of the maximum benefit.

For example: If you had 90 days of active service since September 10, 2001, you would qualify for 40% of the maximum amount. If you served for 3 years, you would qualify for 100% of the benefit. So if your school charges \$22,000 for in-state tuition and fees, you would receive \$8,800 if you had 90 days of active service and the full \$22,000 if you had 3 years of active service.

Note that this will change August 1, 2020. In this example, 90 days of active service would qualify you for 50% of the maximum amount as of August 1, 2020.

Do these benefits expire?

This depends on when you were discharged from active duty.

- If your service ended before January 1, 2013, your Post-9/11 GI Bill (Chapter 33) benefits will expire 15 years after your last separation date from active service. You must use all of your

benefits by that time or you'll lose whatever's left.

- If your service ended on or after January 1, 2013, your benefits won't expire thanks to a new law called the Forever GI Bill - Harry W. Colmery Veterans Educational Assistance Act. Some letters you receive from us may not yet reflect this change. Thank you for your patience as we work to update our systems.

Learn more about this new law <<https://www.benefits.va.gov/GIBILL/ForeverGIBill.asp>>

How do I get these benefits?

You'll need to apply. Apply for education benefits <<https://www.va.gov/education/how-to-apply/>>

The benefit amount depends on which school you go to, how much active-duty service you've had since September 10, 2001, and how many credits or training hours you're taking.

How do I know how much of my Post-9/11 GI Bill benefits are left?

If you already applied for and were awarded Post-9/11 GI Bill education benefits, your GI Bill Statement of Benefits will show you how much of your benefits you've used and how much you have left to use.

View your GI Bill Statement of Benefits <<https://www.va.gov/education/gi-bill/post-9-11/ch-33-benefit/>>

Can my family members or I get any additional benefits through the Post-9/11 GI Bill (Chapter 33)?

You may qualify for these additional benefits:

If you need more money to cover higher private-school or out-of-state tuition, you can apply for the Yellow Ribbon Program.

Learn about the Yellow Ribbon Program <<https://www.va.gov/education/about-gi-bill-benefits/post-9-11/yellow-ribbon-program/>>

If you're a qualified service member, you can transfer all 36 months or a portion of your Post-9/11 GI Bill benefits to a spouse or child. The Department of Defense approves a transfer of benefits.

Learn about transferring Post-9/11 GI Bill benefits <<https://www.va.gov/education/transfer-post-9-11-gi-bill-benefits/>>

Roy's Sudoku

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

Help your children focus better at home for better academic performance

Governor Newsom declared that all California schools will be closed for the remainder of the academic year in response to the COVID-19 outbreak.

Schools and school districts are turning to online learning to keep academic activities going with mixed results <<https://www.latimes.com/california/story/2020-03-22/school-closure-learning-disparities>>.

One teacher reported that only three or four of her 28 students accessed their schoolwork last week. Parents everywhere are struggling with the new normal: playing the role of parent and teacher.

So, what can parents do to help their children focus better at home? Are there activities folks at home can use to improve their students' academic performance for the remainder of the virtual school year?

According to Educational Psychologist, Author and Founder of BrainMatterZ, Dr. Tere Linzey, there are FIVE things every parent can do to help their child perform better at home. Plus, educational games you can use at home, activities to improve your child's cognitive abilities and more.

1. Provide Structure/Create a schedule

- Have an undistracted place

to where they can read, study, write daily

- Make a chart for each day with daily activities & assignments for each day

- Set goals with your children in the mornings and write them down

2. Stay Active

- Physical fitness is very important for the brain

- Staying active will help with children who are experiencing anxiety surrounding this time

- Walk around the neighborhood daily, walk the dog, backyard Frisbie, play tag in the yard, kickball, etc

- If you don't have access to a yard or must stay inside only - online games that involve movement, youtube some quick exercises, jump rope -the parents should join the children in the exercises as it is equally important for parents to stay active.

3. Mental Fitness

- *Reading Practice*: Set daily reading time to encourage children to read more versus being glued to the TV or computer. Ensure that reading assignments are a topic the child is interested in (tailor to suit each individual child in the house).

- *Writing Practice*: For example: if the family watches a movie, encourage the whole family to do a report on it and have everyone

present their movie report as you would a • *Math Practice*: For extra math practice asides from assignments, have your child help measure out cooking recipes, measuring out ingredients, etc.

- *Real Life Skills*: Have the kids practice life skills, helping in the kitchen, garden, organizing.

4. Limit Electronics

- Assign a set amount of time for kids to be using electronics during free time - We still want children to be using electronics in a healthy way.

- Print out assignments, so the children are hardwiring the information by writing and not just typing on the computer. The brain retains information better if it is written.

5. Fun Educational Games

- There are a ton of board games, card games that actually help improve the brain and the whole family can get involved. My top recommendations are:

- BrainMatterZ Brain Cards & Eye Q cards: Help with visual processing speed, focus, eye-hand coordination, (*Dr. Tere can actually bring these to the studio*)

- UNO: helps improve logic, reasoning

- Scrabble: helps improve vocabulary, spelling

- Pictionary: helps improve fine motor skills, creativity

San Diego Humane Society encourages COVID-19 pet preparedness plan

With the expected peak in COVID-19 cases still ahead of us, San Diego Humane Society is encouraging pet owners to be ready in the event of an emergency. While there is currently no evidence you can contract COVID-19 from your pet, it's important to plan ahead to protect your furry friends in case your own health is compromised.

1. Prepare an emergency kit: Keep at least a 2-week supply of pet food and water for your pets, as well as any medications they may need and a travel crate.

2. Identify people who can care for your pets: Have at least three options lined up in case they become sick or hospitalized. Create a care tree for how your pets will be cared for if your backup options are no longer able to care for them.

3. Create a written emergency plan for each pet: Include your name and contact information, your pet's feeding schedule, any medical conditions and treatment instructions. Document whether your pet is up-to-date on vaccinations, and list the contact information for your veterinarian.

Unless you are hospitalized and live alone, keep your pets with you. It's the best place for them to be, and it will bring comfort in these turbulent times. Even if you have to self-quarantine, the best place for your pets is at home with you. Take precautions – your pet should be social distancing as well. You can take them on walks, but

keep 6 feet of distance from other people and pets.

San Diego Humane Society recommends staying diligent in preparations, but not overreacting to COVID-19 concerns. By creating a preparedness plan for the unlikely event it becomes necessary to put into motion, as a pet owner, you can do your part to ensure our resources as an emergency service provider do not become overwhelmed and your pets are spared unnecessary stress.

About San Diego Humane Society

San Diego Humane Society's scope of social responsibility goes beyond adopting animals. We offer programs that strengthen the human-animal bond, prevent cruelty and neglect, provide medical care, educate the community and serve as a safety net for all pet families. Serving San Diego County since 1880, San Diego Humane Society has campuses located in Escondido, Oceanside and San Diego.

www.sdhumane.org

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.



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Armed Services YMCA hosts weekly food distribution for military families; Pre-register @ASYSanDiego Fridays at 6pm

On Monday, April 13, 2020, the Armed Services YMCA San Diego distributed 350 food boxes to military families via "drive through" pick-up to support social distancing. Pre-registration for the event is **required** which ensures every participant receives a food package.

Prior to the Coronavirus the Armed Services YMCA San Diego hosted two food distributions monthly at Murphy Canyon, 210 families, and Bay View, 210 families, for a total of 410 military families served. Our new process provides an average of 400 food boxes weekly for a total of 1600 military families served per month, an increase of 281%

The food is provided by the San Diego Food Bank and the Smart Food Foundation. Lowes donated boxes which are packed by only 10 active duty military members in support of social distancing. A special thank you to Lowes, Starbucks, Kroger, Wells Fargo, and COX Communications for supporting the program.

"We ask all participants to preregister for the event to ensure that everyone receives a food box with 25 pounds of food with less than a 10 minute wait time." said Tim Ney, Executive Director of the Armed Services YMCA San Diego.

About the San Diego Armed Services YMCA

The Armed Services YMCA San Diego, (ASY) strives to give military members and their families the support and resources

they need to be resilient, confident, connected, and secure. Founded in 1920 as a national affiliate of the Armed Services of the YMCA of the USA, its mission is to enhance the lives of military members and their families in spirit, mind and body through programs relevant to the unique challenges of military life. The Armed Services YMCA San Diego is, and always will be, dedicated to strengthening our military family.

Register for Armed Services YMCA meals for kids program

Armed Services YMCA San Diego will be distributing one week's worth (5 meals) of grab-and-go meals to anyone 17 years of age or younger at no cost on a weekly basis.

When: Every Wednesday from 12:30-1:30pm

Where: 3293 Santo Rd, San Diego, 92124

Please note:

1) Pre-registration through Amilia is **REQUIRED** ahead of time to participate

2) Please register **ALL** kids that would like to receive a meal.

3) The registration link will be posted to their Facebook page (@ASYSanDiego) every Monday at 6pm

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-\$500 MILITARY or
1st RESPONDERS

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FRONT BRAKE SPECIAL
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