

Career Advice

Navy updates face covering rules: What you need to know.

See page 6

Your Mind: Use It or Lose It

Try to crack our crossword puzzle to help keep your brain fit and healthy. Clue of the week: *Gives the nod*

See page 11

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SAN DIEGO COMMUNITY RALLIES AROUND USS BONHOMME RICHARD SAILORS WHO LOST POSSESSIONS IN BLAZE

by Seth Robson,
Stars and Stripes

Donations for displaced Sailors who lost possessions in the fire on USS *Bonhomme Richard* are flowing in from the community, according to relief organizations in San Diego.

Naval Base Point Loma is providing emergency accommodation for 84 Sailors who fled the vessel after a devastating fire broke out July 12, said Senior Chief Petty Officer Jeremy Domagalski, a *Bonhomme Richard* Sailor who is helping care for his displaced crewmates. The fire is believed to have started in the ship's cargo hold.

As of Monday, 34 Sailors and 23 civilians had been treated for minor injuries while firefighters battled the fire aboard the ship for a second day, said Lt. Cmdr. Nicole Schwegman, a spokeswoman with Naval Surface Force. Of the 17 Sailors hospitalized Sunday, five remain there for observation and are in stable condition.

The Sailors who fled the vessel have lost all their possessions, Domagalski told *Stars and Stripes* in a telephone interview Monday.

"All they have are the clothes on their backs," he said.



A helicopter from Helicopter Sea Combat Squadron (HSC) 3 combats a fire aboard USS *Bonhomme Richard*. Naval Base Point Loma is providing emergency accommodation for 84 Sailors who fled the vessel after a devastating fire July 12. Navy photo by Lt. Joseph Pfaff

Despite the trauma, the Sailors are still putting in 12-hour shifts fighting the fire or providing support to the effort, he said.

"I'm right next to [the *Bonhomme Richard*]," he said. "They have helicopters going back and forth with the water

trying to put the fire out."

The community is supporting the stricken Sailors, Domagalski said. "Sailors from other ships have rallied around and even the local community firefighters are helping," he said.

The Fleet and Family Support Center San Diego on its Facebook page Monday warned people to avoid scammers seeking donations for the sailors. It listed USO San Diego, the Navy-Marine Corps Relief Society and the Support the Enlisted Project as legitimate organizations seek-

ing to help them.

USO San Diego executive director Ashley Camay said Monday that people can drop donations off at its Liberty Station location. Donations are already flowing in and there have been many calls from people seeking to donate, she said.

Those who want to help can drop off toiletries, gift cards to replace lost uniforms, food items or monetary donations there seven days a week.

"The USO can be the vetted resource for them to have a positive impact on these service members," Camay said.

On Sunday night the USO delivered six pallets of water bottles for firefighters at the pier. "Today we did a drop to Naval Base Point Loma where the service members displaced from the ship are residing."

People can donate online at <https://sandiego.uso.org> and <https://www.nmcrcs.org>.

Theodore Roosevelt back in homeport after over 6 months deployed

SAN DIEGO - Aircraft carrier USS *Theodore Roosevelt* (CVN 71) returned to San Diego July 9, marking the end of their deployment to the Navy's 7th Fleet. More than 6,000 Sailors from *Theodore Roosevelt* Strike Group and embarked Carrier Air Wing (CVW) 11 deployed Jan. 17 to conduct operations in the Indo-Pacific and maintain security and stability in the region. "I'm incredibly proud of the *Theodore Roosevelt* Strike Group and all they've accomplished over the deployment," said Rear Adm. Doug Verissimo, commander Carrier Strike Group 9. "They operated in a variety of complex environments ranging from how to respond to an international pandemic to operating safely throughout the Indo-Pacific, including the South China Sea." TR sailed over 31,835 nautical miles, deploying dynamically to support dual-carrier operations, expeditionary strike force operations, air defense exercises, and joint-service interoperability exercises. The ship made a historic port visit to Da Nang, Vietnam, only the second time an aircraft carrier has visited the country since the Vietnam War. *Theodore Roosevelt* had an outbreak of coronavirus in early March and pulled into Guam ahead of a scheduled port visit. Support ships USS *Bunker Hill* and USS *Russell* also returned to San Diego. See our homecoming photos on page 9

Marine Raider teammates earn Silver Star, Bronze Stars for heroism in Afghanistan

by Chad Garland,
Stars and Stripes

A special operations Marine was awarded the Silver Star for assaulting a bunker and recovering a wounded Afghan Soldier during a four-hour gun battle with more than a dozen Taliban fighters in Afghanistan last year.

The Marine master sergeant, whose name was withheld, was a team chief with 2nd Marine Raider Battalion during the battle, Marine Forces Special Operations Command said in a statement Tuesday.

Three other team members earned Bronze Stars for valor during the operation, in which three enemy commanders were killed. Four members were awarded Navy and Marine Corps Commendation medals with valor devices.

"The entire team remained calm, concise over the radios," the unnamed team leader was quoted as saying. "They were controlled, efficient, synchronized and ultimately brutally lethal to end that fight."

"During a heliborne raid into

difficult enemy-controlled terrain in southern Afghanistan, he led his team of Marine Raiders and partner nation forces in four hours of close combat with more than a dozen Taliban fighters occupying defensive strongholds," the statement said, citing the award's narrative.

He took fire to lead the assault across 30 meters of open terrain, attacking Taliban fighters in a bunker with his rifle and hand grenades, before again braving accurate enemy fire to climb atop a building and set a roof

charge in order to recover the wounded Afghan.

"With enemy fighters barricaded just a few feet away, he heroically pulled the wounded man to a covered position in a valiant attempt to save his life, while allowing his team to engage the barricaded fighters with fragmentation grenades," the statement said.

Other team members attacked with small arms fire, grenades and shoulder-fired rockets to suppress or destroy the enemy positions, it said.

Another critical skills operator, a special operations capability specialist and a special operations officer each earned Bronze Star Medals with Valor devices.

"The combined efforts of this Marine Raider team resulted in the complete destruction of a determined enemy, including three high-value enemy commanders," MARSOC said.

The statement did not identify the location of the battle. But the Marines have a long history in Helmand province,

the Taliban's heartland and the deadliest province for coalition forces in the history of the war, now in its 19th year.

Thousands served there before the large-scale withdrawal of U.S. combat forces at the end of 2014. Hundreds of Marines returned in early 2017 after a Taliban resurgence.

The U.S. recently completed its latest drawdown from some 13,000 troops to around 8,600 under the terms of a peace agreement signed with the Taliban see **Heroism, page 8**



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No place for racism, discrimination in U.S. military, Milley says

by Jim Garamone,
DoD News

Army Gen. Mark A. Milley condemned systemic racism saying, "There is no place our armed forces for manifestations or symbols of racism, bias or discrimination," during testimony before the House Armed Services Committee July 9.

Milley, chairman of the Joint Chiefs of Staff, and Defense Secretary Dr. Mark T. Esper testified about the military role in wake of the killing of George Floyd at

the hands of Minneapolis policemen in May.

"George Floyd's death amplified the pain, the frustration and the fear that so many of our fellow Americans live with day in and day out," the chairman said. "I have many policemen in my family, and I am personally outraged by George Floyd's brutal and senseless killing. The protests that have ensued not only speak to this injustice, but also to centuries of injustice towards Black Americans. We, as a nation and as a military, are

still struggling with racism, and we have much work to do."

The military is built around teams of service members banding together to accomplish shared missions, Milley said. "We who wear the cloth of our nation understand that cohesion is a force multiplier," he said. "Divisiveness leads to defeat. As one of our famous presidents said, 'a house divided does not stand.'"

Milley said the U.S. military is a cohesive team consisting of people of different races and genders and religious and sexual orientations working to accomplish their mission and peace in the war, all over the globe. "Equality and opportunity are matters of military readiness, not just political correctness."

The military helped lead the integration of U.S. society when then-President Harry S. Truman integrated the armed forces in 1948 — 17 years before the 1965 Civil Rights Act. "But we are not perfect," the chairman said. "And we must thoughtfully examine our institution and ensure it is a place where all Americans see themselves represented and have equal opportunity to succeed, especially in leadership positions."

He noted that all members of

the military swear an oath to support and defend the Constitution. "This oath underpins my duties as the chairman of the Joint Chiefs of Staff, and I am deeply committed to fulfilling both the letter and the spirit of my oath regardless of consequences to self," Milley said. "We, the United States military, hold dear the Constitution and the principle of an apolitical military that is so deeply rooted in the very essence of our republic."

Milley clarified June 1 news reports that implied he was in command of the troops protecting Washington, D.C. "My role as the chairman is to be the principal military adviser to the president of the United States, the secretary of defense, the National Security Council and the Homeland Security Council," he said. "Throughout the recent period of civil unrest in our nation, I exercised this role exclusively. At no time was I ever in command of any forces. All of my actions have been consistent with my statutory authority as an adviser, who is explicitly not in the chain of command."

Milley said the vast majority of protests around the nation were peaceful. "Peaceful protests means that American freedom is working," he said.

Still, some turned violent, and

governors felt the need to call-up National Guardsmen to supplement local police efforts.

Violent protests expanded from 13 cities on May 29 to 34 cities two days later. "By the morning of 1 June, 29 states and the District of Columbia had activated the National Guards totaling more than 17,000 National Guardsmen and women," he said.

In the nation's capital, violence escalated. "Our nation's monuments and government buildings were defaced, businesses in D.C. were looted, and some were set ablaze," Milley said.

There were more than 420 arrests, and 150 law enforcement officers and a half-dozen National Guardsmen were injured.

National Guardsmen from 11 different states were called up to assist in Washington.

"Since the protests began, I sought information to help me assess the ability of federal, state and local authorities to handle situations under their responsibility," Milley said. "I continually assessed and advised that it was not necessary to employ active duty troops in response to the civil unrest occurring in our nation."

"It was my view then, and it remains so now, that local, state and federal police backed up by the National Guard under governor control, could, and continually can, effectively handle the security situation in every case across the country," he said.

Flag officer assignments

The secretary of the Navy and chief of naval operations announced July 13 the following assignments:

• Rear Adm. **Kathleen M. Creighton** will be assigned as director, information warfare integration, Office of CNO, Washington, D.C. Creighton is currently serving as Navy Cyber Security Division director.

• Rear Adm. **John V. Fuller** will be assigned as deputy director for force protection, J-8, Joint Staff, Washington, D.C. Fuller is currently serving as director, J-5, U.S. Northern Command, Peterson AFB, Colo..

• Rear Adm. **James E. Pitts** will be assigned as director, warfare integration, N9I, Office of CNO, Washington, D.C. Pitts is currently serving as commander, Submarine Group Seven; commander, Task Force Seven Four; and commander, Task Force Five Four, Yokosuka, Japan.

• Rear Adm. (lower half) **William E. Chase III** will be assigned as senior military advisor for cyber policy to the under secretary of defense for policy, and deputy principal cyber advisor to the secretary of defense, Washington, D.C. Chase is currently serving as deputy director, command, control, communications, and computers/cyber, J-6, Joint Staff, Washington, D.C.

• Rear Adm. (lower half) **Leonard C. Dollaga** will be assigned as commander, Submarine Group Seven; commander, Task Force Seven Four; and commander, Task Force Five Four, Yokosuka, Japan. Dollaga previously served as commander, Undersea Warfighting Development Center, Groton, Conn.

• Rear Adm. (lower half) **Thomas M. Henderschedt** is assigned as senior defense official/defense attaché, China. Henderschedt previously served as naval attaché, U.S. Defense Attaché Office, Beijing, China.

• Rear Adm. (lower half) **Nicholas M. Homan** will be assigned as director of intelligence, J-2, U.S. Special Operations Command, MacDill AFB, Fla. Homan previously served as deputy, deputy chief of staff, intelligence, Resolute Support; and deputy director, J2, U.S. Forces-Afghanistan, Kabul, Afghanistan.

• Rear Adm. (lower half) **Matthew N. Ott III** will be assigned as executive director, operational contract support, Office of the Under Secretary of Defense for Acquisition and Sustainment, Washington, D.C. Ott is currently serving as special assistant for audit readiness, Office of the Assistant SecNav (Financial Management and Comptroller), Washington, D.C.

Dear Editor,
This e-mail is intended to thank you for being a source for information, entertainment and community service, when other periodicals focus on political bias and anger toward one side or another. One thing or another, the {recent} article by Lisa Smith Molinari is one example that everything doesn't always have to be political. There is too

much going on in the world to have be reminded of how bad things are or how much worse things can/probably will be. The Interpersonal Edge is another reference in just one edition that is more inspirational than I was ever able to find in years of thumbing through the papers that littered NAS North Island. Your paper is refreshing, insightful and appreciated. Thank you, Harlan Wood



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Se Habla Espanol

Okinawa Marines go on lockdown after dozens test positive for coronavirus

by Dave Ornauer and Aya Ichihashi, Stars and Stripes

URUMA, Okinawa - Marine bases on Okinawa went on lockdown last weekend in response to "clusters" of coronavirus infections, according to Marine Corps Installations Pacific.

After months with no confirmed cases on the island, "this week the Marine Corps experienced two localized clusters of individuals who tested positive for the virus," the command announced on its Facebook page July 11.

Personnel at Camp Hansen and Marine Corps Air Station Futenma were placed on "soft shelter-in-place" orders, according to the post. Only essential personnel are allowed to come and go from those facilities while authorities work to mitigate the virus' spread.

"All personnel who tested positive for COVID-19 are in isolation," the statement said, using the term for the respiratory disease caused by the virus. Cleaning teams and contact tracers were also put to work.

Lockdowns were initially enforced at MCAS Futenma on July 7 and at Camp Hansen July 8 after an undisclosed number of U.S. personnel tested positive.

Prefectural officials said they could say only that a "few dozen" cases had been found recently because the U.S. military asked that the exact number not be released, according to *The Associated Press*.

The AP reported Sunday that Okinawan officials reported 61 cases - 38 of them at Futenma,

and another 23 at Camp Hansen - since July 7.

The disclosure of the exact figures came only after Okinawa's repeated requests to the U.S. military, the AP reported.

Okinawa Gov. Denny Tamaki, speaking to reporters on July 11, used the term "several dozen."

"It's very regrettable that many new cases happened," he said during the news conference. "I can't stop wondering whether the U.S. military's prevention

measures for the coronavirus were effective."

Marine Forces Japan on July 10 heightened its health protection condition from a moderate to a substantial risk of the virus' spread. In military terms, the level moved from Bravo to Charlie.

U.S. Forces Japan extended a public health emergency through Aug. 13 that had been slated to expire after the weekend.

Late Saturday, Marine Forces Japan issued updated anti-coronavirus restrictions that require O-5 approval for most off-base activities, including doctor visits. Only travel to and from an off-base residence and an installation is allowed. The rules apply to all Marine personnel, including dependents, civilians and contractors, on the island.

Kadena Air Base has restricted travel to MCAS Futenma, Camp Hansen and Camp Kinser to official business only. Trips to other Marine bases on the islands should be minimized to the greatest extent possible, the 18th Wing said Sunday on its Facebook page.



Army

- Teenage dependent was positive for COVID-19 at time of death, Fort Sill says
- As Vindman retires, Army officers demand lawmaker stops holding up their promotions

- Hundreds of Army and Air Force recruits have tested positive for COVID-19 since March

- Womack Army Medical Center clinics resume full operations

Navy

- Sub Group 7, Carrier Strike Group 5 get new COs

- Navy announces new commander for NAVWAR

Air Force

- Commando Crucible: Special operators practice combat in Florida, North Carolina

- Air Force gears up for first flight test of Golden Horde munition swarms

- Air Force lacks 'adequate' plan for next-gen reaper: HAC-D

- He's still out there: Search for missing US airman continues in South Korea

- T-6 fleet sees drop in hypoxia-like events

- First COVID-era recruits sent to Keesler Air Force Base graduate from basic training

Marine Corps

- Did a farewell party lead to a COVID-19 outbreak on a Marine reserve base?
- Family wants military to help a Marine cope with a sex assault. Instead, she's in a Chesapeake brig.

DAF awards contract for first lot of F-15EX fighter aircraft

The Department of the Air Force has awarded a nearly \$1.2 billion contract for its first lot of eight F-15EX fighter aircraft. The contract, awarded to Boeing, provides for the design, development, integration, manufacturing, test, verification, certification, delivery, sustainment and modification of F-15EX aircraft, including spares, support equipment, training materials, technical data and technical support. The F-15EX will replace the oldest F-15C/Ds in the service's inventory. Eight F-15EX aircraft were approved in the fiscal year 2020 budget and 12 were requested in the FY21 budget. The Air Force plans to purchase a total of 76 F-15EX aircraft over the five-year Future Years Defense Program. "The F-15EX is the most affordable and immediate way to refresh the capacity and update the capabilities provided by our aging F-15C/D fleets," said Gen. Mike Holmes, commander of Air Combat Command.

Armed Forces DISPATCH

Total Navy Battle Force: 300 Ships Underway

Deployed Ships Underway: 66

Non-deployed Ships Underway: 17

Total Ships Underway: 83

Ships Deployed by Fleet

Fleet Forces: 3

3rd Fleet: 3

4th Fleet: 5

5th Fleet: 19

6th Fleet: 11

7th Fleet: 62

Total: 103

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Based on Navy and public information, shown here are approximate positions of the Navy's deployed carrier strike groups and amphibious ready groups as of July 13.

Places of Worship

Bethany Lutheran Church

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445 C Ave., Coronado, CA 92118 (619) 435-6588
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Pastor: Rev. Steven Duescher

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Pastor: Mark Menacher, PhD.
We thank you for your service!

Were Bennington vessels doomed by name?

by Karen Scanlon

July 21 marks the 115th anniversary of San Diego's naval disaster. It had been business as usual along the waterfront that morning, until two boilers aboard visiting gunboat USS Bennington let loose with fury. Hissing steam rose hundreds of feet into the air, spewing bodies across the deck of the ship and into the bay.

Two days later, a mass funeral was held and 47 bodies were laid in a single, large grave on Point Loma. Another 19 sailors succumbed to injuries in the days following the disaster. (Ultimately, some were removed and sent home by rail to families across the nation.)

Today, 35 dear sailors remain in the burial site at the foot of a tall obelisk erected in 1908 by the Pacific Squadron. (The Post Cemetery was not commissioned Fort Rosecrans National Cemetery until 1934.)

Each July a group of historians places carnations at Bennington head stones, or holds commemorative ceremony, to remember one of the worst peacetime disasters in the history of the U.S. Navy.

But what about successive ships being given the name

Bennington? Is the wrath of Poseidon incurred in a vessel's name? Sea lore and superstition have existed as long as men have wrangled the sea. But it's believed that to name a vessel after one that has experienced tragedy is asking for trouble. So it goes with the name Bennington (derived from the 1777 Battle of Bennington in the American Revolutionary War).

In 1905, the gunboat USS Bennington (PG-4) suffered a boiler explosion, as noted above.

Three years later, a wrecking barge known as Bennington experienced hull failure, foundered in fair weather while under tow, and took her crew of two to the bottom of Lake Superior.

On May 26, 1954, while cruising off Narragansett Bay, a hydraulic catapult exploded setting off a series of explosions aboard aircraft carrier USS Bennington (CVA-20), killing 103 crewmen and injuring 220. She labored

under her own power into Naval Air Station Quonset Point, R.I., past horrified witnesses aboard other naval vessels in the area.

Philip Hinshaw of San Diego was aboard the anchored USS Severn. "This is a scene you



In this historic photo, tanker Bennington's extensive damage on the fuel tanker following the 1946 explosion.

never forget; it's as clear in my mind now as it was in 1954. Bennington came in on fire, smoke and flames pouring from every opening. Helicopters were flying overhead. We knew what they were doing. We felt a sense of dread and empathy. Transporting wounded to hospitals in Newport." Today, Hinshaw is actively involved in Bennington ceremonies at our National Cemetery.

Finally (some believe), on September 25, 1946, tanker Bennington rolled in heavy seas and suffered an explosion and fire about 225 miles off Savannah, Ga. Seven of her crew died.

Adding insult to injury, three weeks after the explosion in San Diego, the crippled warship, flanked by her flagship, limped past Fort Rosecrans and out to sea by tow.

The ships were headed for the only naval yard on the West Coast, at Mare Island, 23 miles northeast of San Francisco. Along the route, Bennington lost her towline in rough seas and slammed into the protected cruiser USS Chicago, causing severe damage to Bennington's bow. Had the ill-tempered god of the sea raised his trident in warning?

Social Security Matters

Ask Rusty - About special extra earnings for military service

by Russell Gloor

Dear Rusty: How do I find out if I get any extra earnings for my military service of 28 years (Navy, 1982-2011), when I begin collecting my full Social Security retirement benefit next year (in July 2021)? Signed: Retired Veteran

Dear Retired Veteran: First, as a fellow veteran, I want to thank you for your 28 years of military service, but I need to clarify what those "special extra earnings" are. That's not an additional amount which will be added to your monthly Social Security benefit as a bonus for serving. Rather it's an additional dollar amount which has already been added to your earnings record for the years you served in the military.

Those receiving active duty military pay have contributed to Social Security since 1957, and that record of your military pay is already on file with Social Security. But a long time ago Congress decided to bump up the recorded earnings of those with earlier military service to make it easier for them to qualify for Social Security, and to possibly provide a slightly higher benefit when the earnings from those years in the military are included in the computation of SS benefits.

To compute your benefit, Social Security uses the 35 highest earning years from your lifetime earnings record (adjusted for inflation). So, if your earnings during the years you were in the military are among the 35 years used to calculate your SS benefit, those military earnings were supplemented with an additional amount to make them up to \$1200 per year higher than you were actually paid. And that higher earnings amount possibly means a higher Social Security benefit because it could make your lifetime Average Indexed Monthly Earnings higher (a see Ask Rusty, page 9

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Navy updates face covering rules: What you need to know

by MC1 Mark D. Faram,
Chief of Naval Personnel
Public Affairs

WASHINGTON - Since April 5, the Navy has required the wearing of cloth face coverings for all military, Navy civilian and contractors as well as family members while on DoD property, installations and facilities when maintaining proper social distancing between people isn't possible.

Those rules, laid out in NAVADMIN message 100/20, remain in effect. Now, the Navy's top uniformed personnel official, Vice Adm. John Nowell has issued further guidance in NAVADMIN 194/20 on face coverings which can be worn in uniform and how to get them.

"Initial face covering guidance facilitated immediate wear and availability of face coverings as one of several COVID-19 protective measures," Nowell wrote. "Procurement, design and wear guidance was less defined pending the availability of more durable and conservative designed government procured face coverings."

This initial flexibility was



by necessity, Nowell said, to quickly put personal protective equipment (PPE) in the hands of Sailors and provided unit commanders flexibility in procuring face coverings through "multiple sources, designs, colors and durability," allowing them to "rapidly field face coverings to their personnel."

Since design type and configuration have been narrowed for wear with the uniform, here's what you need to know about what can be worn and how to get them.

When worn in a Navy uniform, face coverings must still meet the standards set by the

Centers for Disease Control and Prevention and can be purchased by individuals or issued by commands.

Functionally, they must be made of at least two layers of cloth fabric and fit snugly and comfortably, covering the chin and extending over the bridge of the nose. They must not interfere with wearing eyeglasses or cause them to fog. Single-layer face covering already available through Defense Logistics Agency and Navy Exchange are acceptable and meet standards.

Fastening devices must be neutral in color and made of elastic, cord, string and loop. They must tie around the back of the ears or back of the head. It's ok to use face coverings with barrel lock devices but only in areas where safety and Foreign Object Debris restrictions aren't an issue.

Face coverings worn in uniform must overall be conservative in appearance, non-offensive and exhibit nothing that will bring discredit upon the wearer or the Navy.

Only face coverings made of

plain neutral colors -- specifically black, brown, tan, white, grey, green, blue can be worn. No lettering/wording, logos, symbols, prints or patterns are authorized.

The only exception is the option to wear coverings with camouflage patterns that match the Navy's existing camouflage pattern uniforms.

Commands have the option of buying face coverings through Defense Logistics Agency or through open purchase if those available through the supply system "do not meet mission requirements," Nowell wrote. Purchase through the Navy Exchange is also available.

For further details, see NAVADMIN 194/20 which contains stock numbers for face coverings in all seven authorized colors. In addition, the message contains contact information for both uniform and supply points of contact in this issue.

The latest DoD policies can be found at: <https://www.defense.gov/explore/spotlight/coronavirus>.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>.

Get more information about the Navy from US Navy Facebook or Twitter.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

Get more information about the Navy from US Navy Facebook or Twitter.

High tech and high touch

by Dr. Daneen Skube,
Tribune Content Agency

Q: I fought for years to work from home and now I have to work from home. I'm glad remote work is acceptable but struggling with how to do the interpersonal stuff when home alone. Do you have ideas you're teaching clients on working remotely?

A: Technology can complicate or facilitate relationships. Interpersonal skills are critical now because our remote work uses technology with low human interaction. The idea of high touch/high tech means we work harder at human connections when using remote technology.

INTERPERSONAL EDGE:

Practical suggestions are:

1) Make time to connect with people that matter to you. Set up phone dates where you do more than dash to meet a deadline. Ask how they're doing and actually listen. The stress we're under can connect or divide us.

2) During phone calls pay attention to the music in voices. Research tells us only 7 percent conversational meaning is carried by words, 38 percent is in vocal tone, and the rest in body language. When you only have words and tone of voice if you don't listen attentively to tone you'll miss 38 percent of what's happening.

3) During video meetings, watch facial expressions, hand movements, and body postures with interest. Words can lie but our bodies always tell the truth. If you're confused about nonverbal meanings, ask yourself how you feel when you use the posture you don't understand in another.

Everyone is a lot more emotional right now. We're facing many unknowns in our finances, employment, families, health and society. Work hard right now to consider that however people are responding to you there's a good chance it has nothing to do with you.

The less personally you take people's reactions, the greater your chance to have influence. People that can maintain a tranquil head and heart in the middle of crisis inspire trust and model leadership.

In so many places socially there's an emphasis on tearing down. There's less emphasis on creating something better. We need our diversity, our respect for each other, and collaboration to find solutions.

Our country is on a precipice of vast, transformative and needed changes. The way we work, worship, live are all liquefying with the chance to be poured into better forms. The more we trust ourselves to be resilient, others to learn through suffering, and the process of life itself the better we'll fare.

There's a bigger process afoot on planet earth than just COVID-19, or just racism. We're slowly (given that our species is darn stubborn) realizing we have to work together or we will die separately. We can't afford to judge each other, destroy each other, and refuse to accept the help we all need.

We've transformed as individuals before, and even as countries but never had the challenge of transforming so profoundly as a species. Ancient cultures often installed figures of guardian gods at crossroads. These cultures believed crossroads were dangerous places for travelers. So here we are on this journey together facing multiple crossroads with the potent combination of both danger and opportunity.

Take the challenges day by day, work to trust the process unfolding within you and without, and appreciate you have the privilege of being alive witnessing a potential global shift in how we work with each other to create a better future!

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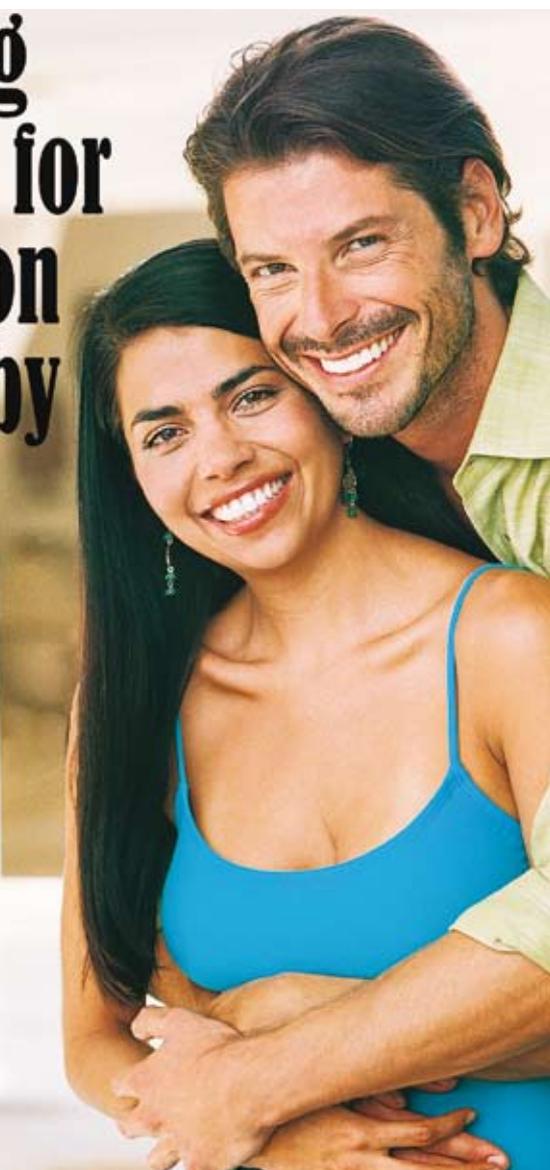
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Schrum takes command of New Orleans

by MC2 Kelby Sanders

SASEBO, Japan - Capt. P. Scott Miller relinquished command of amphibious transport dock ship USS *New Orleans* (LPD 18) to Capt. Brian Schrum during a ceremony July 14.

Miller departed after leading *New Orleans* from 3rd Fleet in San Diego to join 7th Fleet here, where the ship later embarked on their first voyage supporting operations as part of Forward-Deployed Naval Force-Japan.

"We were welcomed with open arms and immediately folded into Amphibious Squadron 11 and Expeditionary Strike Group 7. The Sasebo family is one of, if not the best, in the Navy - a hidden gem," said Miller.

"I couldn't be more proud of our crew as *New Orleans* proved her worth through sustained superior performance at sea, blazing a path through the most challenging environments we have in the Navy."

Capt. Rich LeBron, Amphibious 11 Commodore provided words of insight to the crew.

"Everything is changing all around us, but what remains constant is you, the Sailor," said LeBron. "No matter the danger or the circumstance, I'm confident you will fight and deliver."

As Schrum assumed command, he expressed his eagerness and enthusiasm. "I'm honored to take command today and lead this outstanding *New Orleans* team," he said. "We will build upon the remarkable work accomplished by our crew through Capt. Miller's leadership and continue to excel in this challenging and dynamic operational environment."

Rear Adm. Fred Kacher, commander of Expeditionary Strike Group Seven, praised Miller



for his work aboard *New Orleans* and welcomed Schrum.

"USS *New Orleans*' performance forward deployed at sea has been outstanding in an environment where performance matters most," said Kacher. "Capt. Miller's steady hand and leadership have been integral to this ship's successes in theater."

"Capt. Schrum arrives at an important time for the region and I have full faith that he will ensure *New Orleans* remains ready for whatever challenges lie ahead," Kacher said.

New Orleans, part of the America Expeditionary Strike Group, is operating in the 7th Fleet area of operations.

Capt. P. Scott Miller, commanding officer of amphibious transport dock ship USS *New Orleans*, delivers remarks during a change of command ceremony. Navy photo by MC3 Walter Estrada

Air detachment brings extended combat capability to rotationally deployed LCS

by Lt. Lauren Chatmas, DESRON 7 Public Affairs

U.S. 7th FLEET - With advanced technology, the air detachment aboard littoral combat ship *Gabrielle Giffords* (LCS 10) is an integral part of crew complement, delivering situational awareness and combat capability well beyond ship-based sensors during their rotational deployment to the Indo-Pacific region.

A part of the "Wildcards" of Helicopter Sea Combat Squadron (HSC) 23, Air Detachment (Det.) 8 adds an MH-60S Sea Hawk helicopter and two MQ-8B Fire Scout unmanned aerial vehicles, all part of a vital warfighting component providing

surveillance and lethal over-the-horizon capability in a critical region.

"The MH-60S serves as a logistics, search and rescue, and anti-surface warfare platform while the MQ-8B is designed to increase the ship's lethality, contributing to the global presence of Naval power," said Lt. Cmdr. Matt Keeley, "Wildcards" Det. 8 officer-in-charge. "They're very capable machines, however, our most important assets are the hard-working Sailors of Det. 8. Without them, these aircraft wouldn't fly."

A Coronado-based expeditionary squadron under Commander, Helicopter Sea Combat

Wing Pacific, HSC-23 was the first squadron to deploy a composite MH-60S and radar-capable MQ-8B detachment aboard USS *Coronado* (LCS 4) during her maiden deployment in 2014. HSC-23 continues to sustain deployed detachment rotations onboard Independence-variant LCS, to include the entirety of USS *Montgomery*'s recent maiden deployment. Currently embarked on *Gabrielle Giffords*, Det. 8 continues to demonstrate the dynamic and integral roles between traditional Navy-manned helicopters and unmanned assets.

Onboard *Gabrielle Giffords*, Det. 8 and its preceding detachments bring UAV operations to the fleet on a greater scale than ever before. The MQ-8B provides situational awareness and precision targeting support in distributed maritime operations through a manned/unmanned "system of systems" concept.

Continue reading at https://www.navy.mil/submit/display.asp?story_id=113504.

Flag officer assignment

The secretary of the Navy and chief of naval operations announced July 13 that Rear Adm. (lower half) Douglas W. Small, selected for promotion to rear admiral, will be assigned as commander, Naval Information Warfare Systems Command, San Diego. Small is currently serving as program executive officer for integrated warfare systems, Washington, D.C.



CAMP PENDLETON (July 10, 2020) - Gunnery Sgt. Tory Hunck (left) and Sgt. Vilmory Hunck pin Marine Corps second lieutenant bars on the collar of their daughter, Ashley Hunck, during her commissioning ceremony here. Instagram courtesy photo

UPDATE: Bonhomme Richard fire

As of July 15, firefighting teams continue operations on board USS *Bonhomme Richard* (LHD 6), 63 personnel, 40 Sailors and 23



Sailors line up firefighting gear for incoming fire on board *Bonhomme Richard*. Photo by Lt. Cmdr. Patricia Krueberger

civilians have been treated for minor injuries including heat exhaustion and smoke inhalation. Currently, there are no personnel hospitalized. Helicopter Sea Combat Squadron Three has conducted more than 1,500 helicopter water bucket drops, which is cooling the super structure and flight deck enabling fire crews to get onboard internally to fight the fire, which broke out Sunday morning. In a statement Wednesday, *Bonhomme Richard* Sailors, firefighters from waterfront commands throughout the region, and Federal Fire Department San Diego appreciate the incredible support and generosity shown by San Diego and the strong Navy family. At this time, the Navy is assisting *Bonhomme Richard* Sailors affected by the fire with all essential items. If you're considering making a donation, be aware of scams and unofficial sites. NCIS urges the DON family and community members to remain vigilant of fraudulent GoFundMe pages and other fraudulent charities soliciting for donations in response to the *Bonhomme Richard* fire. Report tips to NCIS using the NCIS Tips app or at your local NCIS office. Contact information for local NCIS offices may be found at www.ncis.navy.mil.

Heroism

continued from page 1

on Feb. 29. The militants have since largely avoided attacking U.S. forces.

A full withdrawal of U.S.-led coalition forces could come as soon as the middle of next year if the Taliban meet certain conditions, such as cutting ties with al-Qaida and other terrorist organizations.

For the Marine Raiders, how-

ever, the grueling 2019 raid was "not an isolated incident," the team leader said.

"This is the incident we are recognizing these guys for, but this happened multiple times with the same, if not very similar circumstances, and many of the Marines being honored today did the exact same actions and performed just as well multiple times," he said. "You guys humbled me throughout the entire deployment."

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SAN DIEGO (JULY 8, 2020) - Electronics Technician 1st Class Vincent Testagrossa, assigned to destroyer Russell, hugs his family following Russell's return from deployment. Photo by MC3 Kevin C. Leitner



SAN DIEGO (July 8, 2020) - Sonar Technician (Surface) 1st Class Richard Bias kisses his wife after cruiser Bunker Hill returned to Naval Base San Diego after a six-month deployment. Photo by MC2 Alex Millar



SAN DIEGO (July 9, 2020) - Aviation Ordnanceman Airman Juan Sanchez holds his son at Naval Air Station North Island after the return of aircraft carrier Theodore Roosevelt. Navy photo by MCSN Erik Melgar



SAN DIEGO (July 9, 2020) - Aviation Boatswain's Mate (Handling) Airman Alex Tate kisses his wife while holding his newborn after USS Theodore Roosevelt returns to NAS North Island. Navy photo by MC2 Alex Corona

“During the course of our six-month deployment, we supported multiple freedom of navigation operations directly enhancing maritime security in the Indo-Pacific. I couldn't be more proud of this high-powered team.”

Capt. Shea Thompson, skipper of Bunker Hill

Amphibious Assault Ship USS Tripoli joins the Fleet

The Navy commissioned USS Tripoli (LHA 7) July 15. Although the Navy canceled the traditional public commissioning ceremony due to public health and safety restrictions on large public gatherings, the Navy commissioned Tripoli administratively and the ship transitioned to normal operations. Meanwhile, the Navy is looking at a future opportunity to commemorate the special event with the USS Tripoli's sponsor, crew and commissioning committee.



USS Tripoli transits the Gulf of Mexico during builder's trials. Navy photo courtesy of HII by Derek Fountain

“USS Tripoli is proof of what the teamwork of all of our people – civilian, contractor and military – can accomplish together,” said Secretary of the Navy Kenneth J. Braithwaite. “This ship will extend the maneuverability and lethality of our fleet to confront the many challenges of a complex world, from maintaining the sea lanes to countering instability to maintaining our edge in this era of renewed great power competition.”

Rear Adm. Philip Sobeck, commander, Expeditionary Strike Group Three, welcomes the Navy's newest amphibious assault ship, and crew, to the amphibious force. “Tripoli is an example of the continued investment in our Navy, to increase and maintain our edge on the battlefield,” said Sobeck.

“Congratulations to Tripoli's crew for all of your hard work, amidst these challenging times, to reach this milestone. We welcome you to the amphibious force, of combat ready ships and battle-minded crews to go to sea and support sustained combat operations.”

LHA 7 incorporates key components to provide the fleet with a more aviation-centric platform. Tripoli's design features an enlarged hangar deck, realignment and expansion of the aviation maintenance facilities, a significant increase in available stowage for parts and support equipment, and increased aviation fuel capacity. The ship is the first LHA replacement ship to depart the shipyard ready to integrate the entire future air combat element of the Marine

Corps, to include the Joint Strike Fighter.

Along with its pioneering aviation element, LHA 7 incorporates gas turbine propulsion plant, zonal electrical distribution, and fuel-efficient electric auxiliary propulsion systems first installed on USS *Makin Island*.

Tripoli's commanding officer, Capt. Kevin Myers, highlighted Tripoli's accomplishments over the past several months getting

through initial sea trials. The hard work and dedication of the entire team during the past few years was evident in the successful execution of at-sea testing.

“These Sailors and Marines will pave the way for those still to come,” said Myers. “What's remarkable is seeing the dedication and resilience these new plank owners have shown since day one, through uncertain times as the Navy and nation work through a pandemic.”

USS Pinckney freedom of navigation operation challenges Venezuela's excessive maritime claim

CARIBBEAN SEA - Destroyer USS *Pinckney* (DDG 91) challenged Venezuela's excessive maritime claim in international waters July 15 during a successful freedom of navigation operation in the Caribbean Sea.

The Navy previously contested Venezuela's excessive claim June 23, when USS *Nitze* lawfully and peacefully completed a similar operation in international waters outside of Venezuela's 12 nautical-mile territorial sea.

The illegitimate Maduro regime improperly claims excessive controls over those international waters, which extend three miles beyond the 12-mile territorial sea, a claim that's inconsistent with international law.

The Navy conducts freedom of navigation operations worldwide to demonstrate the United States' commitment to uphold the rights, freedoms, access and lawful uses of international waters and airspace guaranteed to all nations.

Freedom of navigation operations help preserve the maritime navigation and access rights guaranteed to all nations.

Global access to international waters protects U.S. national interests, promotes a just international order, and ensures the Navy can accomplish key missions, including humanitarian assistance deployments, disaster relief operations, support to international counter-narcotics efforts, and multinational exercises that strengthen regional partnerships.

USS *Pinckney*, as well as other U.S. Navy and Coast Guard ships, are currently operating in the Caribbean as part of the President's enhanced counter narcotics operation.

“We'll exercise our lawful right to freely navigate international waters without acquiescing to unlawful claims,” said Adm. Craig Faller, Commander of U.S. Southern Command. “The guaranteed right of nations to access, transit and navigate international waters is not subject to impositions or restrictions that blatantly violate international law.”

Ask Rusty continued from page 5

higher AIME translates to a higher benefit amount).

In your case, an extra \$100 for every \$300 in your actual military pay should have been added to your earnings record for each year you served between 1982 and 2001 (maximum of \$1200 for each year).

For service years after 2001, no additional “special credits” are awarded. To verify this, you may wish to obtain a copy of your lifetime Earnings Statement from Social Security and verify that your recorded earnings for 1982 – 2001 are \$1200 more than you were actually paid while serving. And if not, you should supply a copy of your DD-214 when applying for your Social Security benefits. You can obtain a copy of your lifetime Earnings Statement online if you have a personal “my Social Security” account at www.ssa.gov/myaccount; otherwise you'll need to request a copy directly from Social Security.

For general information applicable to those who served prior to 1978, computation of their “special extra earnings” were computed a little differently. For those veterans, the maximum annual “special extra earnings” supplement was still \$1,200, but the method for computing their extra earnings was to give an extra \$300 for each calendar quarter of active duty military service. But in any case, the special extra earnings are an addition to your military pay record on file with Social Security, not an additional dollar amount added to your Social Security benefit.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance.

USS Bonhomme Richard Facebook posts

Much love to our shipmates from USS *Decatur*.

#OneTeamOneFight #USSBHR

John Johnson I perish the thought of our great Navy without a *Bonhomme Richard*. Save our ship. CVA31 63-66.

Darren J Smith Stay safe fellow sailors from Royal Australian Navy

Richard Poleski You have thousands of prayers going out to all of your Fire Teams. “I have Not yet Begun to Fight.” Stay safe, Shipmates.

Sean P. Lenahan You guys have fought a good fight. But, it might be time to let go. She was a great vessel with great people at her helm.

Lisa M Norris My son's ship. Sad to see this. Blessed to know my son is ok and he fought the fires all night. Pray for all to be safe and no lives be lost.

Tom Murphy Many of you have been asking how you might be able to donate. Until we receive further guidance, Navy-Marine Corps Relief Society San Diego is the only way you will be able to help your BHR Sailors.

Alan Vonderhaar I'm grateful to the Navy Marine Corps Relief Society for the contributions they make for the welfare of the Sailors. God save America and her good Navy.

Ronald Marsoff Prayers to the seaman and families.

Eileen Gery How awful. Prayers for everyone involved.

Cathy A. Mathews Praise God my grandson wasn't on the ship when this happened. He volunteered to help in any way he can. Saying a prayer for all his ship brothers.

Theodore Essinfeld Please, please, please ... beware of the scammers taking advantage of this situation already. Only donate through official channels. The ship, the Ombudsman, NBSD, NMCRS, etc. are good places to donate and get information.

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HON DAYCAMP LEG
OPIE USED OWETO
OVATE ELPASO
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FLIRTS BONO STE
LITES WORDCHAIN
AKITA HOE KENNY
TESTS OKS SEEY

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

MWR/FFSC events

Pre-Separation Transition Counseling

Commander, Navy Installations Command (CNIC) is now offering virtual sessions of Pre-Separation/Transition Counseling. Training is provided by Command Career Counselors and Fleet and Family Support Center transition staff.

This two hour training is mandatory for transitioning Service Members who are voluntarily or involuntarily separated. Topics include:

- Special entitlements & benefits associated by Federal/DoD programs
- Information on Service Member's Individual Transition Plan (ITP) during and after separation, retirement, or release from active duty.

DATES:

Tuesdays in July: 21, 28 : 8-10am
Monday, July 27: Noon-2pm

To receive a Certificate of Completion, members must be logged into the session under their own LMS account and attend for the full length of the training.

TO PARTICIPATE:

Go to: mynavyfamily.com to create a LMS account. Once logged in, access LIVE webinars to register for a session. For NMCI use <https://learning.zeiders.refineddata.com>

FFSC Virtual Learning:

Winning Interview Techniques

FFSC Webinar Series helps you bump up your interview skills
Wednesday, July 22 • 1-3pm
Work on Virtual Interviewing Techniques
Tuesday, July 28 • 6-8am

Thriving in Times of Uncertainty

FFSC Webinar Series presents Live your best life!
Thursday, July 23, • 11am-1pm

Emergency Organization

FFSC Webinar Series presents Life Skills: Yikes! Emergency Organization
Friday, July 24, • 19-11am

TO PARTICIPATE IN THESE FFSC VIRTUAL LEARNING SEMINARS:

Go to: mynavyfamily.com to create a LMS account. Once logged in, access LIVE webinars to register for a session. For NMCI use <https://learning.zeiders.refineddata.com>

Roy's Sudoku

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

Gain an understanding of faith, culture, and the world at Morris Cerullo Legacy International Center

San Diego, CA — Dr. Morris Cerullo, world-renowned evangelist and founder of Morris Cerullo World Evangelism in San Diego, went home to be with the Lord on July 10, 2020 at the age of 88.

Dr. Cerullo, affectionately known as "Papa" to millions across the globe who were touched by his decades of personal ministry, is known for his outreaches to people in more than 400 cities, 150 nations, on 6 continents, in over 74 years of ministry.

Dr. Cerullo was born in Passaic, New Jersey, and was orphaned at the age of two. He and his four siblings were placed at the Daughters of Miriam Jewish orphanage in Clifton, New Jersey, where he lived until the age of 15.

While at the orphanage, Morris learned the Gospel of Jesus Christ from a nurse, and after heavy persecution from the staff and other students, Morris left. Almost immediately he began ministering in local churches, and at the age of 17, he received a scholarship to a Bible college in New York. By age 23, he was holding his first overseas outreach in Greece.

By the 1960s, Morris was conducting overseas meetings with hundreds of thousands in attendance. Miracles would break out as the power of God would sweep over the crowd, and thousands would give their lives to Jesus.

By the age of 30, he had one of the most successful ministries in the world, and soon began conducting Schools of Ministry to teach others how to reach their own nations with the Good News of Jesus Christ.

By the time of his passing, Dr. Cerullo had personally trained more than 5 million Christian ministers face to face.

Known as a Christian statesman, Dr. Cerullo has been presented with the key to San Diego and other cities in America, as well as having received letters of recognition for the work he has done in foreign countries, from mayors, presidents, and other governmental leaders.

Dr. Cerullo is also known for his humanitarian support. He has provided aid to Ethiopia, medical assistance in East Africa, and helped build multiple orphanages in Mexico. Morris and his wife, Theresa Cerullo, partnered with Tommy and Matthew Barnett to build several floors of the Los Angeles Dream Center which houses 200 women who have come out of drugs, human trafficking and prostitution.

Dr. Cerullo was awarded the Lifetime Global Impact Award at the Empower21 World Confer-

City of San Diego to continue with warning citations through July; Fines begin Aug. 1

Starting Saturday, Aug. 1, the City of San Diego will resume full enforcement of all parking regulations, part of an effort to support local businesses and continue essential operations during the COVID-19 pandemic. Identified as one small step toward restoring San Diego's economy, restarting parking enforcement will allow for increased turnover of customers in businesses districts and ensure accessibility for patrons. Parking enforcement resumed on July 1 with a warning period, during which violators received written warnings. Initially a two week warning period, enforcement will now begin on Saturday, Aug. 1.



Dr. Morris Cerullo
Oct. 2, 1931-July 10, 2020

ence, a gathering of over 4,000 world ministry leaders and pastors in Jerusalem, Israel.

Few people have put as much effort, over such a long period of time, into helping those in need, as Dr. Cerullo. The fruit of his efforts has circulated the globe and will forever be cherished by the millions of lives he has touched.

In 2011, Morris purchased 18 prime acres on Hotel Circle South in Mission Valley, San Diego. After several years of EPA reports, architectural design changes, demolition, and city council meetings, construction began on Dr. Cerullo's crowning jewel, the \$200-million Morris Cerullo Legacy International Center.

Completed in December of 2019, Legacy is open to visitors. The presidential library contains Dr. Cerullo's teaching materials, which are available to enrolled students. Thousands of visitors are drawn deeper into a relationship with God through this legacy of Dr. Cerullo's life and ministry.

Located within the Legacy Center are many inspiring attractions such as the award-winning, interactive world globe and the 4-D motion seat dome theater playing the films, Walk Through The Bible, and Wings Over Israel. Children discover a world of adventure in The Legends of Lightfall area.

Visitors gain an understanding of faith, culture, and the world through the Legacy of Nations, movie Galleries, the Catacombs, and numerous ancient Bibles and artifacts. All of these movies, exhibits and displays were dear to Morris's heart in his desire to draw others closer to his Lord and Savior Jesus Christ.

He is survived by his precious wife of 68 years, Theresa, his children, David Cerullo and Susan Peterson, 7 grandchildren, and 9 great grandchildren.

Dr. Cerullo's life can be summed up in the words of the apostle Paul, "I have fought a good fight, I have finished my course, I have kept the faith."

Hiking, exploring, learning, fun; Lots of free stuff to do in July!

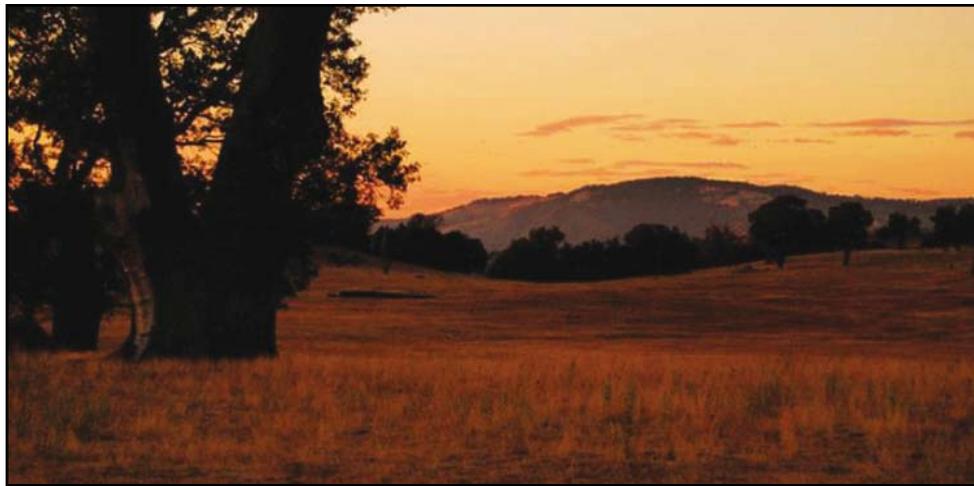
by Gig Conaughton,
County of San Diego
Communications Office

Editors note: With the new regulations introduced by the governor on Monday 7/13/20, please verify activity is available.

It's the summer of coronavirus — and to keep it from spreading we're staying home more, foregoing big vacations and looking for new ways to entertain and educate kids who have been home for months.

Well, here's some good news. There are still some great, fun, free/or inexpensive things that kids, families and adults can do in July. And we've got a list!

For example, you can swap out those big vacations for some shorter, nearby, get-outside, socially distanced adventures at County parks and trails! Or join the County Library's Summer learning challenge, check out great e-books — or call to check out actual books and material and pick them up at your library's front door. Virtually



Volcan Mountain Wilderness

read books and sing songs. We've got dozens of them!

• **Book Shorts:** Love to read but not sure which book, novel, kids' or young adult's books to turn to next? Listen as our librarians give you short synopses of books and novels they recommend!

and Recreation Department

• **Become a Track Trail-er at seven County Parks:** Track trails lets kids and their families take self-guided tours on trails at seven County parks and earn rewards for "tracking" their progress in a brochure then reporting them online by smartphone, laptop or computer. Reach certain milestones and win nature-related prizes, including magnifying glasses, backpacks and bandanas.

Track Trails can be found at Felicitia County Park, Guajome Regional Park, Lake Morena County Park, Lindo Lake County Park, San Dieguito County Park, San Elijo Lagoon Ecological Reserve, and Stelzer County Park.

• **Hit the splash pads or fountains:** You don't have to go to the beach to enjoy the water. You can cool off at the splash pads at Hilton Head County Park in El Cajon and Sweetwater Summit Regional Park in Bonita. Or visit our fantastic fountains at the Waterfront Park in downtown San Diego!

• **See the birds and butterflies:** Meander through our bird and butterfly gardens at Lindo Lake County Park in Lakeside, San Dieguito County Park in Solana Beach and Tijuana River Valley.

• **Hike the Loop Trail at the Santa Ysabel Nature Center:** While the nature center is closed, you can still hike the loop trail at the new, LEED-certified nature center!

• **Go Fish:** Cast your fishing pole from shore or by boat at Lake Morena County Park in Campo. You'll be hooked! (Note: Check the webpage for fishing and boating fees.)

• **Bike:** the 22.5-mile Bayshore Bikeway that travels on roads, trails and paths from the Waterfront Park in downtown San Diego to Coronado and back! Check out the video to see the ride.

• **Wander:** among the trees and grassy meadows of Oakoasis County Park in Lakeside.

• **Picnic and climb (if you're hardy):** to the top of Volcan Mountain in the Volcan Mountain Wilderness Preserve in Julian — a scenic and somewhat tough 5.5-mile roundtrip hike.

• **Don't Paws, just do it:** Yeah! Take your favorite furry friend out for an adventure along the trail! Our friendly video will show you how to keep your pet safe when you're on the trail.

• **SD Nights Returns — Virtually!** SD Nights (Safe Destination

Nights) has been giving teens safe places to play and interact after school and during hours they may be unsupervised. Starting Friday July 17, SD Nights will give them a safe place on the Internet with a series of Facetime live and Zoom events. Check the website for details!

• **Summer Movies in the Park — comes to your home!** The County's popular Summer Movies in the Park is turning into Summer Movies at Home, starting Saturday July 11 with the "Trolls World Tour" movie. You can stream the movie (available on Amazon Prime, On-Demand and Redbox) and download our interactive activity kit for Trolls-themed activities, including a DIY rubber band guitar, a musical scavenger hunt, and a rainbow popcorn recipe. To see the rest of the Summer Movies series, check out the Parks website, or its Facebook page.

From our Live Well San Diego Partners

Check out the Live Well Virtual Events Calendar: There's tons of events listed here. <https://www.livewellsd.org/> click on the 'Live Well Every Day' tab at the top of the page.

• **Run (or walk) the Live Well 5K — virtually** — and/or take part in the Live Well 5K Fitness Challenge: Register to walk or run a 5K on Sunday, Aug. 16, submit your time to be added to the virtual race and pick up a free, limited edition Live Well 10th Anniversary cap. The 5k Fitness Challenge starts July 13 and finishes Aug. 16 with the virtual run/walk. Exercise can boost your immune system, so join in and maintain a good defense against the coronavirus with Live Well!

So, join in and take part! It's July and there's lots to do.

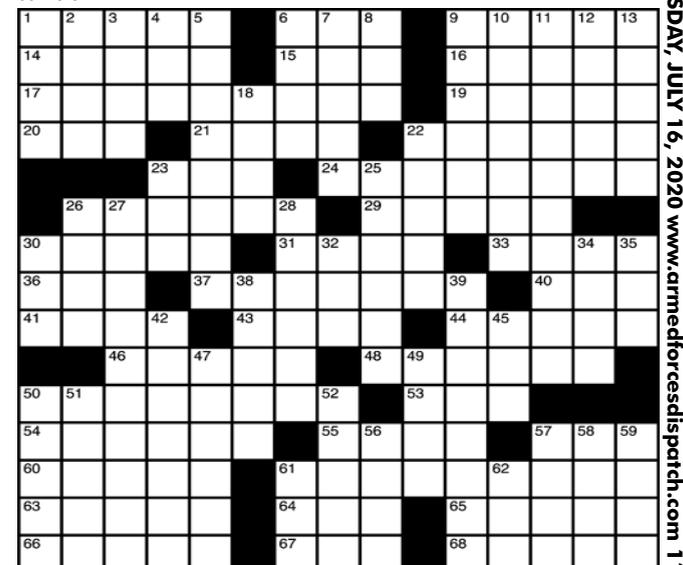
Crossword Puzzle

Across

- 1 Host who says, "Solve or spin"
- 6 Possibilities
- 9 Apple remains
- 14 The Quakers of the Ivy League, briefly
- 15 __-mo replay
- 16 Hairbrush target
- 17 *TV screen film format
- 19 Biology dish eponym
- 20 __ Enterprise
- 21 Very long periods
- 22 It may be carried in a boardroom
- 23 Sit-up targets
- 24 *At-your-desk assignment
- 26 Out
- 29 Any'lizers Boneless Chicken Wyzngz maker
- 30 Ben who plays an economics teacher in "Ferris Bueller's Day Off"
- 31 Mata __
- 33 Put on the cloud, say
- 36 Luv
- 37 *Summertime destination for kids
- 40 Cut of lamb
- 41 Redheaded sitcom kid
- 43 Pre-owned
- 44 Have credit from
- 46 Shaped like a kiwi
- 48 Sun Bowl city
- 50 *Building inspector's concern
- 53 Braz. neighbor
- 54 Says "Hi, sailor" to, say
- 55 One-named Irish singer
- 57 Canonized Fr. female
- 60 Lo-cal brews
- 61 *As sequenced in this grid, what the answers to starred clues form
- 63 Japanese dog
- 64 Plot device?
- 65 Hard-to-understand "South Park" character
- 66 Exams
- 67 Gives the nod
- 68 "Later!"

Down

- 1 "Star Trek" role for Cho
- 2 Mirrors
- 3 New York team that plays home games in New Jersey
- 4 Carpenter __
- 5 PiZ, for one
- 6 Card catalog ID
- 7 Oral-B Glide, e.g.
- 8 Name on a Chicago cap
- 9 Big bills, slangily
- 10 Boxing combos
- 11 Bases
- 12 "Oops!" inciter
- 13 Sneak (away), as in shame
- 18 Wine choice
- 22 Actress __ Bialik of "The Big Bang Theory"
- 23 "Aladdin" hero
- 25 Online investment service
- 26 At the summit
- 27 Ailment similar to spring fever
- 28 Course of action?
- 30 "Shameless" airer, briefly
- 32 Versatile blackjack card
- 34 Presidential no
- 35 Swelled head
- 38 VW and BMW
- 39 Fizzy candy
- 42 '50s-'60s Illinois senator Dirksen
- 45 Tail movement
- 47 Steps in for
- 49 Touch down
- 50 E equivalent, in music
- 51 "Looking good!"
- 52 Reader's download
- 56 Mined finds
- 57 Of sound mind
- 58 Teensy-weensy
- 59 One-named Irish singer
- 61 "__ cares?"
- 62 Half a giggle



THURSDAY, JULY 16, 2020 www.armeditorresdispatch.com 11



Waterfront Park's south fountain

tour cool museums, watch science experiments, or learn how to grow stuff, or make stuff.

Here's just some of the cool things you can still do in July:

From the County Library

• **Take the Library's Summer Learning Challenge** at www.sdccl.org/summer: Register and track your reading progress; write book reviews for the community to enjoy; and complete learning challenges that will bring local art, culture, and recreation opportunities directly to you online. There are nine challenge tracks in English and six in Spanish, with something special for each age group. Challenges include virtual hikes, poetry writing, online tours of local museums, and much more.

• **Physically pick up books, movies and CDs by appointment right at your library's front door:** Door-side pickup is now available by appointment at all 33 County library branches. Customers can check out available materials and set up a time to come pick them up. Call your branch library for more information. Visit the Library's door-side service webpage for more information. exterior of library

• **Go digital:** eBooks and audiobooks are available 24/7 with special collections curated for various ages, genres, and hot topics.

• **Storytime Shorts:** Watch and listen as your favorite library staff

• **Learn something new on Lynda.com:** Use your County library card to tap into Lynda.com, which brings the best in online learning directly to you.

• **Take a Virtual Program:** The library offers video learning opportunities like science experiments, "Feeling Fit," gardening, crafts and more. Check weekly for new content.

• **Get active with our Activity books:** Check out our activity books with information for numerous subjects for all ages that you can download and print.

From the County's Parks

City of SD seeks public input on long-awaited Sports Arena area redevelopment

San Diegans can play an important role in transforming the San Diego Sports Arena area into a vibrant pedestrian and transit-oriented entertainment space for everyone to enjoy. To capture public input, a virtual open house running through Monday, July 20, 2020. Go to <http://www.sandiego.gov/SportsArenaOpenHouse> to participate.

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36 MONTHS



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2020 Toyota Camry LE

4 Cyl Auto.

Lease for
\$249
PER MONTH
PLUS TAX
36 MONTHS



*1 at this payment. Stk#: 59501, VIN#: LU958508, Model#: 2532. Net capitalized cost \$23,137.03. \$249 plus tax monthly for 36 months with \$4,250 due at lease signing. Includes \$600 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 7/31/2020.

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-\$500 MILITARY or
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-\$500 MILITARY or
1st RESPONDERS

NET PRICE
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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 7/20/20. 2 at this price #37539 & #37631

2020 HYUNDAI VENUE SE

\$15,777 FRANK'S PRICE
-\$1500 RETAIL BONUS CASH
-\$500 MILITARY or
1st RESPONDERS

NET PRICE
\$13,777



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2020 SUBARU CROSSTREK

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\$315 PER MONTH
PLUS TAX
36 MONTHS

ZERO
DOWN!



*1 at this payment. STK# 23123, VIN# L8251125, Model # LRD 14. \$315 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 7/31/20.

2020 SUBARU FORESTER LIMITED

LEASE FOR
\$349 PER MONTH
PLUS TAX
36 MONTHS

ZERO
DOWN!



*1 at this payment, STK# 22718, VIN# LH472125, Model # LFI 32. \$349 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 7/31/20.

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