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SIXTIETH YEAR NO. 17  
THURSDAY, AUGUST 20, 2020

## LEANER, SHORTER RIMPAC 2020 IS ALL ABOUT WARFIGHTING AND CORONAVIRUS SAFEGUARDS

by Wyatt Olson,  
Stars and Stripes

FORT SHAFTER, Hawaii - The Rim of the Pacific maritime exercise that began Aug. 17 in Hawaii has been dramatically downsized during the coronavirus pandemic, but as a result it will be laser focused on warfighting.

"This year we will focus solely on warfighting in the maritime domain, to include anti-surface warfare, anti-submarine warfare and maritime interdiction operations, as well as some robust live-fire events," said Vice Adm. Scott Conn, commander of U.S. Navy 3rd Fleet, in a video message released Monday in lieu of the pierside news conference normally held on opening day of the biennial exercise.

Previous exercises devoted sizeable portions to disaster relief and medical treatment and evacuation.

Navy ships and personnel from nine nations are joining the United States for the two-week exercise, which will be held entirely at sea in waters near the Hawaiian Islands. Participants include



USS Essex arrives in Hawaii on Aug. 10 for participation in the Rim of the Pacific maritime exercise running through the end of the month. Photo by Andrew Jackson/Air National Guard

Australia, Brunei, Canada, France, Japan, South Korea, New Zealand, the Philippines and Singapore.

Twenty-two ships and about 5,300 personnel are involved in the exercise, which will be held entirely at sea due to concerns about the spread of the virus.

That is a substantial decrease from the 26 nations, 47 surface ships and five submarines that joined the drills two years ago.

With seven surface ships and one submarine joining the exercise, the U.S. has the most vessels attending. Among them are USS Lake

Erie, guided-missile cruiser USS Dewey, guided-missile destroyer USS Chung Hoon, an Aegis combat system-equipped destroyer; and USS Essex, an amphibious assault ship.

Australia deployed four ships to the drills, including the destroyer HMAS Ho-

bart, while neighboring New Zealand sent the HMNZS Manawanui, an offshore support vessel.

Japan and South Korea both have a pair of destroyers participating.

Notably absent from participation are any countries to the south of the U.S. Chile, Colombia, Mexico and Peru, all

of which attended RIMPAC in 2018, are not participating.

After joining the drills for the first time two years ago to great fanfare, Vietnam is also a no-show.

Conn spent the first half of his six-minute statement explaining the measures taken to combat the spread of the virus.

RIMPAC, page 6

### USS Champion decommissions

by Lt. j.g. Russell J. Natherson,  
USS Champion Public Affairs

SAN DIEGO - USS Champion (MCM 4) honored nearly three decades of naval service during a decommissioning ceremony at Naval Base San Diego, Aug. 18.

Plankowners and former crew members of the Avenger-class ship virtually celebrated its distinguished history.

Commander, Naval Surface and Mine Warfighting Development Center, Rear Adm. Scott Robertson was the guest speaker, with Capt. Hank Kim, commander, Mine Division Twelve, presiding.

"With more than 90 percent of the world's trade carried by sea, Mine Countermeasures capabilities underwrite freedom of navigation and global commerce that are essential to the world's economy," said Robertson. "USS Champion has provided robust MCM capability over the past three decades to ensure that freedom of navigation is maintained and enabled the UNavy to conduct maritime operations globally."

Commanded by Lt. Matt Yokeley, Champion maintained a crew of eight officers and 76 enlisted Sailors.

"It has been more than an honor to command this ship and this crew over the past two years. It has been a distinct privilege - a privilege to work alongside some of the finest Sailors our Navy and our nation have to offer," said Yokeley. "Their persistence through one adversity after the next is commendable and truly represents the spirit of the Champion motto, 'We Accept the Challenge.'"

Champion will officially decommission Aug. 25.

## 3rd Marine Aircraft Wing's F-35 squadron brings home top honors

by 1st Lt. Charles Allen

MCAS MIRAMAR - Marines with 3rd Marine Aircraft Wing (MAW) were recognized for their performance in Exercise Red Flag 20-3, which took place between Aug. 3-15 in the vicinity of the Nevada Test and Training Range in Southern Nevada.

Red Flag is an annual war game that has continued to evolve since 1975 and provides Joint Forces with realistic training to help them identify and

overcome emerging threats.

Marine Fighter Attack Squadron (VMFA) 211 was given top honors for their superior performance as they showcased the squadron's abilities to provide support and keep aircraft in the fight. VMFA-211 returned to MCAS Yuma, being named the Outstanding Unit of Red Flag 20-3 after their maintenance department was recognized for their outstanding effort, along with their intel unit taking the "Top S-2" award.

The fifth-generation stealth fighter has only participated in Red Flag since 2016. However, VMFA-211 has proven that with the right support, the F-35 is more than capable of engaging multiple threats simultaneously and provides the Marine Corps with a valuable asset against near-peer adversaries.

"'Outstanding Unit' is a huge achievement that was accomplished through the efforts of our maintainers, our intel, and all of our supporting elements," said

Lt. Col. Joseph Freshour, the commanding officer for VMFA-211. "This exercise really gave us the opportunity to see where we stand as a squadron, and highlights our ability to work as a team."

Red Flag offers more than 1,900 possible targets, realistic air-to-air training, surface-to-air training, and the opportunity for continuous day and night operations, which help squadrons successfully prepare to deploy, fight, and win in any environment.

"The exercise offered an opportunity for our squadron to work and overcome complex problems in a scenario as close to combat as possible," Freshour said. "Red Flag offered an opportunity for our experienced leadership to pass on their skills and knowledge to the next generation, while learning and refining skills of their own."

Conducting what is considered one of the largest aerial war games in the world requires lengthy planning and

coordination to ensure that all participants remained safe and healthy. Members of the Air Force's 99th Mission Support Group and 99th Medical Group greatly supported these efforts.

"Our team built a great plan to keep our service members safe without compromising the rigorous training Red Flag is known for," said Air Force Col. William Reese, the commanding officer of the 414th Combat Training Squadron.

# U.S.-Japan alliance increasingly strengthened since end of WWII

by David Vergun,  
DOD News

The United States and Japan share common goals in the Indo-Pacific region such as freedom of navigation, economic prosperity within the rules of international law, and deterrence of aggression from nations such as China, Russia and North Korea, as well as from terrorist organizations.

As an important ally, Japan increasingly has participated with the United States and other partners in a number of bilateral and multilateral military exercises and operations, especially since the fall of the Soviet Union. For example:

- In the early 1990s, Japan participated in a United Nations peace-keeping operation in Cambodia.

- In November 2001, Japan dispatched the Maritime Self-Defense Force to the Indian

Ocean to provide logistical support for U.S. military operations in Afghanistan, marking Japan's first overseas military action during a combat operation.

- In 2003, Japan sent forces to aid in Iraq's postwar reconstruction efforts.

- Since 2007, Japan has actively participated in Exercise

together to respond to a March 11, 2011, earthquake and tsunami, which devastated large areas of the main Japanese island of Honshu.

- At the beginning of October 2018, the new Japanese Mobile Amphibious Forces held joint exercises with U.S. Marines in the Japanese prefecture of Kagoshima, the purpose of which

ed dozens of used and new patrol boats to coast guards in the region, complementing similar U.S. efforts toward building partner capacity and capabilities, such as the Indo-Pacific Maritime Security Initiative foreign military financing, international military education and training and the Asia Reassurance Initiative Act.

The depth of the U.S. commitment to the U.S.-Japan alliance is evidenced by the nearly 55,000 U.S. military personnel stationed in Japan, and the thousands of Defense Department civilians and family members who live and work alongside them.

The United States has also deployed its most capable and advanced military assets to Japan, including the Ronald Reagan carrier strike group, two missile defense radar sites and the F-35 joint strike fighter.

Japan acquires more than 90 percent of its defense imports from the U.S. and has expressed growing interest in interoperable technology with advanced capabilities.

The United States has approved some \$20 billion in foreign military sales to Japan, including Japan's purchase of F-35s, E-2D airborne early

warning aircraft, the KC-46 refueling tanker, the Global Hawk unmanned aerial system and MV-22 tilt-rotor aircraft, as well as missiles such as the AIM 120 advanced medium-range air-to-air missile, and UGM-84 Harpoon and SM-3 Block IIA ballistic missile defense interceptor missiles.

The Japanese government provides nearly \$2 billion per year to offset the cost of stationing the 55,000 U.S. forces in 85 facilities across Japan

## History of the U.S.-Japan alliance

After the official surrender of Japan to the Allies on Sept. 2, 1945, the United States began the process of helping to bring Japan back into the international community by strengthening military, political and economic ties, much as it was doing with former foes Italy and Germany.

The American military occupation of Japan lasted from 1945 to 1951. During that time, Japan categorically rejected militarism, embraced democracy, eagerly sought economic prosperity and began to embrace the U.S. as an ally and equal partner.

However, the U.S. still occu-

pled several island chains in the Western Pacific that used to be part of Japan. That occupation ended when the U.S. returned the Bonin Islands, including Iwo Jima, to Japan in 1968 and Okinawa and other Ryukyu Islands in 1972.

A series of treaties followed the occupation of mainland Japan. First was the San Francisco Peace Treaty, signed Sept. 8, 1951, that went into effect April 28, 1952. It marked the end of the Allied occupation of the Japanese mainland. Japan's first security agreements with the United States and with nations other than the Soviet Union also were signed then.

This subcommittee, in turn, drew up the first guidelines for Japanese-U.S. defense cooperation, under which military planners of the two countries have conducted studies relating to joint military action in the event Japan were to be attacked. The guidelines were updated in 1997 following the collapse of the Soviet Union and the beginning of the "post-Cold War" era.

The U.S.-Japan alliance was strengthened further in 2015 through the release of revised guidelines, which provided for new and expanded forms of security-oriented cooperation.



**In this May 7, 2016, file photo, Mount Fuji watches over the Fuji Friendship Festival at Combined Arms Training Center Fuji, Gotemba, Japan. The festival included fun and games for all ages and live music from local artists and the U.S. 7th Fleet Band's Orient Express. Photo by Cpl. Janessa Pon**

Malabar with the United States and India.

- The U.S. and Japanese militaries worked effectively

was to work out the actions in defense of remote territories.

In recent years, Japan donat-

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## Establishment of Unidentified Aerial Phenomena Task Force

Deputy Secretary of Defense David L. Norquist recently approved the establishment of an Unidentified Aerial Phenomena (UAP) Task Force (UAPTF). The Department of the Navy, under the cognizance of the Office of the Under Secretary of Defense for Intelligence and Security, will lead the UAPTF.

DoDestablished the UAPTF to improve its understanding of, and gain insight into, the nature and origins of UAPs. The mission of the task force is to detect, analyze and catalog UAPs that could potentially pose a threat to U.S. national security.

As DOD has stated previously, the safety of our personnel and the security of our operations are of paramount concern. The Department of Defense and the military departments take any incursions by unauthorized aircraft into our training ranges or designated airspace very seriously and examine each report. This includes examinations of incursions that are initially reported as UAP when the observer cannot immediately identify what he or she is observing.

### Army

- Texas man shot Fort Hood Soldier over gun sale dispute and local woman helped afterward, affidavits say
- Sergeant first class arrested for burglaries on and around Fort Carson
- Esports team announces return to streaming
- Mourners gather in Houston to remember slain Fort Hood Soldier
- Army is building zombies. (No, not the brain-eating kind.)
- Army hangs back on future interceptor pursuit but continues research
- In test, Army defense system destroys cruise missiles while under jam attack

### Navy

- Fall E-4 advancement exams called off by Navy amid COVID-19 pandemic
- USS Constitution reopens after COVID hiatus
- Hundreds of reserve Sailors are helping Norfolk Naval Shipyard with virus-prompted maintenance backlog

### Air Force

- Lt. Gen. Allvin nominated to become vice chief of staff, receive fourth star
- 'Hornets went everywhere': Combat controller awarded Silver Star recalls fierce 2013 battle against Taliban (<https://www.airforcetimes.com/news/your-air-force/2020/08/14/hornets-went-everywhere-combat-controller-awarded-silver-star-recalls-fierce-2013-battle-against-taliban/>)
- USAF to create new 15th Air Force

### Marine Corps

- New 'proof of concept' Marine scout sniper course put on hold indefinitely
- For 8 years former Marine Capt. Austin Tice has been held hostage (<https://www.marinecorpstimes.com/news/your-marine-corps/2020/08/14/for-8-years-former-marine-capt-austin-tice-has-been-held-hostage/>)

### National Guard

- Texas Guardsman's death during land navigation course under investigation



## DOD official discusses conditions-based reopenings, future of telework

by Jim Garamone,  
DOD News

Conditions-based reopenings have worked well for the Defense Department to date, and the undersecretary of defense for personnel and readiness anticipates the same stringent requirements will remain in place.

Matthew Donovan, whose Pentagon office is the epicenter of DOD's anti-COVID-19 fight, said he is pleased with the way service members and their families have responded to the pandemic. He put the experience in context during a socially distanced interview in his Pentagon office.

The Defense Health Agency worked closely with the Centers for Disease Control and Prevention beginning in December, when the first reports of the novel coronavirus surfaced in China. In January, Donovan — then the acting undersecretary — talked with Defense Secretary Dr. Mark T. Esper about the virus and the steps DOD had to take.

It was quick.

"My confirmation hearing was March 10, and we were still shaking hands," Donovan said. "On March 23, I was confirmed,

and when I got back over here, the whole world had changed."

Esper was clear from the start about his priorities in a pandemic: protect service members and their families, ensure the mission continues, support civilian agencies as they lead the fight against the pandemic.

DOD acted quickly. Italy and South Korea were two of the first places where the virus appeared after China. Esper put in place a stop-movement order that was to last 60 days and then be reevaluated. In April, the virus had spread to the United States and other countries. Many areas locked down, businesses closed and activities cancelled.

But DOD had to continue. Service members still had missions to conduct. The United States had forces in Iraq, Afghanistan, Syria, Djibouti and many other nations. They had to continue to operate, and DOD personnel worked to ensure they safely could continue their vital missions.

DOD medical personnel and National Guardsmen assisted the areas hardest hit, with Navy hospital ships deploying to New York and Los Angeles and hospital units moving to New Orleans, Dallas, Seattle and other areas.

In May, the White House issued its "Opening Up America Again" guidelines, and DOD went to a conditions-based approach for movement. Areas had to meet certain conditions before the stop-movement order could be eased. That is the situation the department is in today.

"We put out the travel guidance that listed exemptions for moves and ... waiver abilities for the Services for people that absolutely had to move," Donovan said. "All through this process, DOD personnel had to follow the latest CDC guidance, and local commanders had to gauge the situation on bases and in the surrounding communities," he said.

"As we look forward, we have 231 installations that we're tracking around the world, and 99 of them had their travel restrictions lifted," the undersecretary said. "We continually review this. It's been complicated a little bit lately because of the rolling outbreaks the White House COVID Task Force told us might occur. That has caused some of our installations to go from green back to red because of conditions in the local communities."

DOD is working with other government agencies and pri-

vate firms to develop a safe and effective COVID-19 vaccine. Some vaccines are already in large-scale testing, and it is possible that some could be ready by the end of the year. DOD is partnered with the Department of Health and Human Services to produce the approved vaccines to scale. DOD officials are also working with health officials to determine how to vaccinate service members and their families.

"There is, of course, a plan for vaccine distribution for everyone," Donovan said. "Nothing has been finalized, but if you look back at the priority framework that we developed for testing, ... that provides a pretty good framework for who we would want to get the vaccinations to as well."

Vaccination is a national decision, he said, and DOD personnel would get the priority assigned to them by national leaders.

One aspect of the pandemic that has been eye-opening to DOD leaders is how effective telework has been. "There have been several pushes across the decades to increase the use of telework, but it never exceeded 5% of the federal workforce," Donovan said. "There has been a

**Telework, page 4**

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# Report on U.S.-China competition in East, South China Sea

The following is the Aug. 6 Congressional Research Service report *U.S.-China Strategic Competition in South and East China Seas: Background and Issues for Congress*.

## From the report

In an international security environment described as one of renewed great power competition, the South China Sea has emerged as an arena of U.S.-China strategic competition. U.S.-China strategic competition in the SCS forms an element of the Trump Administration's more confrontational overall approach toward China, and of the Administration's efforts for promoting its construct for the Indo-Pacific region, called the Free and Open Indo-Pacific (FOIP).

China's actions in the SCS in recent years - including extensive island-building and base-construction activities at sites that it occupies in the Spratly Islands, as well as actions by its maritime forces to assert China's claims against competing claims by regional neighbors such as the Philippines and Vietnam - have heightened concerns among U.S.

observers that China is gaining effective control of the SCS, an area of strategic, political, and economic importance to the United States and its allies and partners.

Actions by China's maritime forces at the Japan-administered Senkaku Islands in the East China Sea are another concern for U.S. observers. Chinese domination of China's near-seas region - meaning the SCS and ECS, along with the Yellow Sea - could substantially affect U.S. strategic, political, and economic interests in the Indo-Pacific region and elsewhere.

Potential general U.S. goals for U.S.-China strategic competition in the SCS and ECS include but aren't necessarily limited to the following:

- 1) Fulfilling U.S. security commitments in the Western Pacific, including treaty commitments to Japan and the Philippines;
- 2) maintaining and enhancing the U.S.-led security architecture in the Western Pacific, including U.S. security relationships with treaty allies and partner states;

- 3) maintaining a regional balance of power favorable to the United States and its allies and partners;
- 4) defending the principle of peaceful resolution of disputes and resisting the emergence of an alternative "might-makes-right" approach to international affairs;
- 5) defending the principle of freedom of the seas, also sometimes called freedom of navigation;
- 6) preventing China from becoming a regional hegemon in East Asia; and
- 7) pursuing these goals as part of a larger U.S. strategy for competing strategically and managing relations with China.



Potential specific U.S. goals for U.S.-China strategic competition in the SCS and ECS include but aren't necessarily limited to the following:

- 1) dissuading China from carrying out additional base-construction activities in the SCS, moving additional military personnel, equipment, and supplies to bases at sites that it occupies in the SCS, initiating island-building or base-construction activities at Scarborough Shoal in the SCS, declaring straight baselines around land features it claims in the SCS, or declaring an air defense identification zone

(ADIZ) over the SCS; and

- 2) encouraging China to reduce or end operations by its maritime forces at the Senkaku Islands in the ECS, halt actions intended to put pressure against Philippine-occupied sites in the Spratly Islands, provide greater access by Philippine fisherman to waters surrounding Scarborough Shoal or in the Spratly Islands, adopt the U.S./Western definition regarding freedom of the seas, and accept and abide by

the July 2016 tribunal award in the SCS arbitration case involving the Philippines and China.

The Trump Administration has taken various actions for competing strategically with China in the SCS and ECS. The issue for Congress is whether the Administration's strategy for competing strategically with China in the SCS and ECS is appropriate and correctly resourced, and whether Congress should approve, reject, or modify the strategy, the level of resources for implementing it, or both.

## Telework

continued from page 3

lot of skepticism about teleworking on the part of supervisors: How do I ensure that [my workers] are actually doing their work?"

Then the pandemic struck. "We had the impetus to drive to about 95 percent [teleworking] in Personnel and Readiness," Donovan said. "We're still at around the high 70s for teleworking. And guess what? The work got done. And that was even with a tripling of the workload because of COVID."

Donovan noted that productivity in some areas actually increased thanks to teleworking. He said he tips his hat to the Defense Information Systems Agency and DOD's chief information officer for building the network for teleworking.

The success has officials thinking of the way forward, as telework could cut the demand for office space and ease crowding in DOD buildings, he said.

Finally, Donovan said, he is concerned with readiness. He said the services have done an excellent job keeping the "throughput" for recruits during the pandemic.

A short pause allowed the services to develop procedures to continue training safely, and it's back on track. "We think there will be minimal effect on service end strength," he said.

The pandemic has had some effect on unit readiness. Some exercises and training events were cancelled due to the virus, but commanders have tried to make up those training events. Still, fewer flight hours, steaming hours and the like can affect readiness, Donovan said. But DOD and service officials did not let that impact crucial missions, he added, and they will watch this readiness issue carefully.

## UAE, U.S. forces conduct aviation live fire exercise

ARABIAN GULF - The United Arab Emirates Joint Aviation Command (JAC), U.S. Naval Forces Central Command (NAVCENT), U.S. Air Forces Central Command (AFCENT) and U.S. Special Operations Central Command (SOCCENT) conducted an air operations in support of maritime surface warfare exercise in the Arabian Gulf last week. The exercise included Joint Terminal Attack Controllers (JTACs) directing live fires at simulated targets from an AC-130W gunship attached to SOCCENT and rotary and fixed wing aircraft attached to the JAC. It gave Emirati and U.S. pilots a chance to hone strike capabilities together against surface targets such as maritime infrastructure and fast attack craft.



**Total Navy Battle Force: 298**

**Ships Underway**

Deployed Ships Underway: 54

Non-deployed Ships Underway: 19

Total Ships Underway: 73

**Ships Deployed by Fleet**

Fleet Forces: 1

3rd Fleet: 1

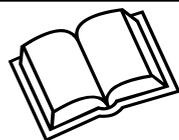
4th Fleet: 3

5th Fleet: 21

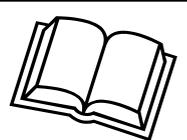
6th Fleet: 15

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Total: 100



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## Significant events of World War II

by David Vergun,  
DOD News

World War II involved combatants from most of the world's nations and was considered the deadliest war in history. Around 85 million military and civilians died as a result. The end finally came on Sept. 2, 1945, when Japanese officials signed the surrender documents aboard battleship USS Missouri at Tokyo Bay, Japan.

### Significant events of World War II

SEPT. 1, 1939: Germany invades Poland, marking what many regard as the start of the war, though Japan invaded China on July 7, 1937.

SEPT. 3, 1939: France and the United Kingdom declare war on

Germany. April 9 to June 22, 1940: Germany takes control of much of Western Europe, including France.

July 10, 1940: Germany launches an air war, known as the Battle of Britain, against the United Kingdom.

Sept. 22, 1940: Germany, Italy and Japan sign the Tripartite Pact.

June 22, 1941: Germany invades the Soviet Union.

Dec. 7, 1941: Japan's naval air force attacks military bases on Oahu, Hawaii.

Dec. 8, 1941: The United States declares war against Japan.

Dec. 11, 1941: The United

States declares war on Germany and Italy.

June 4 to 7, 1942: The U.S. Navy defeats the Japanese navy at the Battle of Midway.

July 9, 1942: Allied forces invade Sicily.

Sept. 8, 1943: Italy surrenders to the Allies, but German forces occupy northern Italy.

June 6, 1944: Allied forces land on the beaches of Normandy,



The crew of the Enola Gay B-29 Superfortress poses for a photo in front of the bomber in the Mariana Islands in 1945. The pilot, Army Air Forces Col. Paul W. Tibbets, is in the center of the group. Photo courtesy of the Air Force

France, marking D-Day.

Aug. 25, 1944: Allies take control of Paris.

Dec. 16, 1944: Germans coun-

terattack in northern France, Belgium and Luxembourg, known as the Battle of the Bulge.

Feb. 19, 1945: U.S. Marines land on the Japanese island of Iwo Jima.

March 22, 1945: The U.S. 3rd Army crosses the Rhine River in Germany.

April 1, 1945: U.S. soldiers and Marines invade Okinawa, Japan.

April 25, 1945: The Soviet army encircles Berlin and links

up with the Americans on the Elbe River.

May 8, 1945: Germany surrenders to the Allies, marking V-E Day.

Aug. 6, 1945: The U.S. drops an atomic bomb on Hiroshima, Japan.

Aug. 9, 1945: The U.S. drops an atomic bomb on Nagasaki, Japan.

Sept. 2, 1945: Japan formally surrenders to the Allies, marking V-J Day, although the initial announcement of surrender was made Aug. 15, 1945.

## Crossword Puzzle

### Across

- 1 Play with strings
- 6 Blubber
- 10 \_\_ buco
- 14 Want in the worst way
- 15 Lounge around
- 16 Place to talk shop?
- 17 Tackled the job
- 19 Passionate
- 20 Second sequel's number
- 21 Sacred chests
- 22 Thrash
- 23 Winter coat?
- 25 Range for a manhunt
- 28 Arizona landforms
- 30 TourBook-issuing org.
- 31 Designer monogram
- 32 "Hasta la vista"
- 33 Comic strip frames
- 36 Tot's plaything ... and a feature of 17-, 25-, 48- and 59-Across
- 40 Forklift load
- 41 Stuffy-sounding
- 43 Many AARP mems.
- 46 Issa of "The Hate U Give"
- 47 Dire
- 48 Intercepting, as at the pass
- 53 Christmas poem opener
- 54 "Hasta la vista"
- 55 "The Daily Show" host
- 57 Nos. on driver's licenses
- 58 Sharp turns
- 59 Ready to start the day
- 62 Succulent plant genus
- 63 Gumption
- 64 \_\_ toast
- 65 Sew a patch on, perhaps
- 66 Possessive pronoun
- 67 Roundup critter

### Down

- 1 Deep rifts
- 2 New recruits
- 3 Hobbyist's contraption
- 4 Sch. founded by Jefferson
- 5 Prefix with bytes or bucks
- 6 Oddball
- 7 Tons o'
- 8 "The Rookie" actress Larter
- 9 Club alternative
- 10 Home of Minor League Baseball's Storm Chasers
- 11 Cooking show adjective
- 12 Covers with goop
- 13 Bud from way back
- 18 "Grey's Anatomy" settings, for short
- 22 33-Down's purview
- 24 Path to the top
- 26 Charged
- 27 Normandy city
- 29 Trips where big cats are spotted
- 33 Ship owner who described Ahab as "ungodly, god-like"
- 34 Stand buy
- 35 "Good thinking!"
- 37 Custard dessert
- 38 Considering everything
- 39 Conduit created by volcanic activity
- 42 Cigarette ad claim
- 43 Superhero acronym involving Hercules, Zeus, Achilles and three others
- 44 Killian's, originally
- 45 Former Southeast Asian capital
- 49 Gave a shot, say
- 50 Studio sign
- 51 Formatting menu list
- 52 It's not hot long
- 56 Ones acting badly
- 59 "So gross!"
- 60 Ante-
- 61 Exacta or trifecta

## Ask Rusty - Can my mother get benefits from common law marriage?

by Russell Gloor

Dear Rusty: My 71-year-old mother has a very small Social Security income. It's not enough to find her housing. I'm working to file for increased VA benefits, as she's a veteran. Her partner of 21 years (common law spouse) has passed away, and we have an appointment to apply for spousal benefits. First question: We have the option of applying for her partner's SS benefits, and we're completing the form SSA-753 statement regarding marriage. Is there anything else I should have to be prepared for the appointment? Second question: My mother and father were married for 27 years before they divorced. I was going to request filing for his benefits as it's easier to prove than a common law relationship. Is there anything else you could recommend being prepared for the appointment? Signed: Concerned Daughter

Dear Concerned Daughter: Whether your mother will be able to collect a survivor benefit from her "common law" spouse will depend upon the state in which their relationship was

established. Social Security's rules specify that for their relationship to be recognized as a "marriage" for Social Security benefit purposes, it must have been established in a U.S. state which recognizes "common law" marriage. And only a small number of states currently do.

For clarity, it's only required that the relationship be established in a State which recognizes "common law" marriage. If their relationship started in a state which recognizes it, and they subsequently moved to and resided in another state which doesn't, SS will recognize that relationship as a valid marriage and your mother will be entitled to survivor benefits based upon the deceased's SS record (100 percent of the deceased's benefit amount).

States which currently recognize "common law" marriage are Colorado, Iowa, Kansas, Montana, New Hampshire, South Carolina, Texas, and Utah, plus the District of Columbia. A number of other States previously recognized

common law marriage but have since stopped doing so. If the relationship was established in a state which, at the time, recognized common law marriage, Social Security will also recognize the marriage. Various U.S. states have, over the years, changed their laws regarding common law marriage, and Social Security will evaluate

your mother's eligibility for survivor benefits based upon where and when the common law relationship was established. They will be looking for proof of the marriage relationship, such as joint bank account statements, joint asset ownership records (a car registered in both names, joint home ownership, etc.) and it would be good to have multiple forms of such proof available. They may also require a copy of the death certificate for her common law spouse and, obviously, his Social Security number.

Regarding your mother's other alternative for benefits from her marriage to your father, if your mother and father were married for 27 years, she may be eligible for a spousal benefit from your

father as his ex-spouse. If your father is still living, and if she isn't eligible for an SS survivor benefit from her common law relationship (SS doesn't recognize her common law marriage), your mother may still be eligible for as much as 50 percent of what your father's SS benefit was at his full retirement age (FRA), plus any COLA increases given since his benefits started. Spouse benefits from a living ex-spouse are not as much as the survivor benefit from a current spouse - the survivor benefit is up to 100 percent of what the deceased spouse was receiving at death; the benefit from a living ex-spouse is up to 50 percent of the ex-spouse's FRA benefit amount (if that is more than your mother is eligible for on her own SS record). Of course, if your father is deceased, your mother would be eligible for a survivor benefit on his record, which would be equal to 100 percent of the benefit amount your father was receiving at his death.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens.



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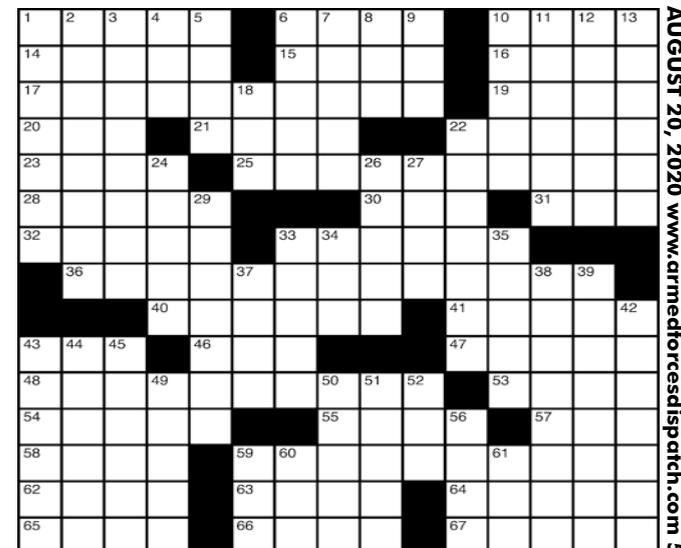
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## The Tour - Special Warfare Combatant-craft Crewmen 'hell week'

by Petty Officer 1st Class  
Sean Weir

SAN DIEGO - Special Warfare Combatant-craft Crewmen (SWCC) operators complete demanding tactical training throughout their careers, but before becoming a SWCC operator they must first pass a 72-hour crucible during the fifth week of the SWCC Basic Crewman Selection (BCS) course called the Tour.

On Time, On Target, Never

### RIMPAC

continued from page 1

RIMPAC had been carefully and deliberately planned to ensure everyone's safety," Conn said. "This construct was developed to ensure the safety of the citizens of Hawaii and all the sailors embarked on the ships participating this year."

Hawaii has experienced an upsurge in new daily coronavirus cases since mid-July, which has led state and local governments to partially reinstate bans on public gatherings. The state has had 5,215 confirmed cases of the virus and 40 deaths as of Monday, according to the Hawaii Department of Health.

Quit is the SWCC motto, a valuable maxim the men and women learn at Basic Crewman Selection, take to heart when they embark on the Tour during Basic Crewman Training, and they take with them throughout their careers.

"The Tour is 72 hours of physically and mentally demanding training evolutions designed to replicate harsh environments that SWCC operators may encounter in their carrier

Some Hawaiians had earlier this year urged Gov. David Ige to request the Navy cancel the exercise, which normally brings thousands of visitors and millions of extra dollars to Oahu's hotels, restaurants and bars.

Conn briefly explained why the Navy went ahead with a shorter, smaller exercise.

"RIMPAC represents a unique opportunity to strengthen relationships and build trust," Conn said. "The time to forge key relationships and the capability of working together is not in the time of crisis, whether those are manmade or natural disasters"

as a Special Warfare Combatant-craft Crewmen," said Chief Warrant Officer Four Joshua Hummel, SWCC school officer in charge.

During 23 hours of running and five miles swimming, the candidates complete grueling team building activities that develop unity, teamwork, character and humility. Pushed by a team of experienced SWCC instructors under demanding environmental conditions, candidates

"We want to have those personal relationships and trust already well established," he said. "That is why we made the calculated decision to proceed with RIMPAC 2020 - to demonstrate to ourselves and the world that our navies and our nations have the resolve to come together in times of crisis."

Before the pandemic hit this spring, the Navy had expected 30 countries, 50 ships and submarines and 200 aircraft to participate in RIMPAC 2020. Twenty-six nations and 25,000 personnel participated in 2018, the largest group to ever attend the exercise since it began in 1971.



Photo courtesy of Naval Special Warfare Command -Europe

learn to work as a boat team and also to help the person next to them during life threatening situations.

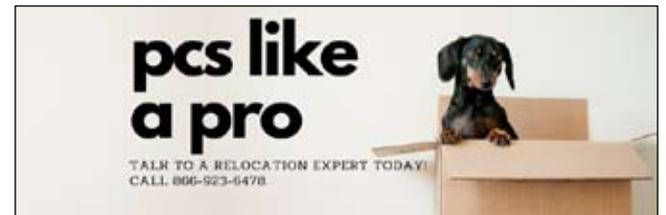
"The hardest part for a student is changing their mentality and habits," said Hummel. "Anyone can show up to SWCC school for a day. It takes someone with self-discipline and mental perseverance to do it every day. From day one until they graduate the students have to realize becoming an elite operator isn't something you do one day a

week or two weeks a month, it's something you do every day, it's a lifestyle."

SWCC operators work closely with Navy SEALs by providing clandestine insertion capabili-

ties in coastal areas while operating specialized craft used to deliver operators and provide heavy weapons and other critical support. They conduct special reconnaissance, patrol, as well as Visit, Board, Search and Seizure on suspected maritime craft. The Tour is the end of the initial training and where candidates get selected to become SWCC operators, and proceeds the 14-week long Crewman Qualification Training which is just a portion of the six-month A-school.

BCS is administered by Basic Training Command, a component of Navy Special Warfare (NSW) Center, in Coronado, CA. NSW Center provides initial and advanced training to the Sailors who make-up the Navy's SEAL and Special Boat Teams. For more information on SWCC and how to become part of it, visit [www.SEALSWCC.com](http://www.SEALSWCC.com).



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# Pendleton Game Warden's Office adopts online hunting check-in, enhancing hunter safety

by Lance Cpl. Broc Story  
Marine Corps Base Camp Pendleton has always welcomed outdoorsmen to hunt and fish across the installation. In the face of the COVID-19 pandemic, the game wardens aboard base have adopted a new method to ensure hunters can still participate in their passion while being as safe as possible.

"There will be no more standing in line, no more coming to the warden's office for a safety brief, no more showing up early at the warden's office to check-in physically," said Michael Tucker, chief game

warden, Game Warden's Office, Marine Corps Installation West, Marine Corps Base Camp Pendleton "Everyone will get more of their time back."

Through the iSportsman site, which goes live on Sept. 5, 2020, hunters can check-in and out with the wardens remotely to provide a contact-free hunting experience, allowing on-base residents to take part in the great outdoors and correctly social distance.

"This site is offered on multiple military bases as it meets the cyber security requirements

for the military," said Tucker. "Most of the programming was already done on other bases, so the vendor gives us a lot of capability for a good value."

Hunting is vital to maintain the proper environmental balance of the ecosystem across Camp Pendleton. Without these outdoorsmen, the balance would be tipped, causing hardship for the wildlife that call the base home. With iSportsman, hunters can access a wide array of features while maximizing safety.

"Hunters and wardens will

have more real-time information," said Tucker. "Hunters will save a lot of driving time as they currently have to come to the Game Warden Office to check-in to hunt."

iSportsman provides wardens and hunters the ability to check-in and out of various areas without the in-person contact standard that was the norm before COVID-19.

The wardens can then know where hunter's locations are, which provides safer hunting opportunities while keeping the tradition alive and maintaining the ecosystem.

"It was going to happen without COVID, but it is a very COVID-friendly way to manage hunting," said Tucker.

Using this site, the wardens can maximize the efficiency of the department. Administrative efforts are now automated due to iSportsman, which allows wardens more time to enforce necessary wildlife management regulations.

"Game Wardens spent a large chunk of their time completing clerical duties," said Tucker. "iSportsman will allow our wardens to be in the field more to ensure our hunting program

is safe and sustainable." making hunting and fishing on base more convenient than ever before.

Through using this site, hunters will eventually be able to purchase their on-base permit remotely, removing the obstacle of going to the MCX, making hunting and fishing on base more convenient than ever before.

If you an on-base hunter or would like more information visit <https://pendleton.isportsman.net> or contact the Game Warden's Office at (760) 725-3360.

## NAVWAR names new executive director

by Elisha Gamboa,

Naval Information Warfare Systems Command (NAVWAR) welcomed John Pope as the command's new executive director Aug. 3. Pope succeeded Pat Sullivan, who retired July 31, after 29 years of civil service.

"I can't think of a better leader to take over as my replacement," said Sullivan. "The price of greatness is a responsibility, and John Pope has demonstrated excellence from the beginning of his career, and with that comes the opportunity and responsibility to lead this extraordinary command.

In his new role as executive director, Pope will share responsibility of more than 11,000 civilian and military personnel and a budget of

more than \$7 billion, dedicated to the acquisition, delivery and sustainment of major command, control, communications, computers, intelligence, surveillance, reconnaissance, enterprise information and space systems for the Navy.

"Selected from a very competitive field of candidates, Pope has been part of the NAVWAR team since 1998 as both an active duty officer and a civilian," said NAVWAR Commander Rear Adm. Christian Becker. "With his breadth of knowledge and experience in leading Information Warfare acquisition, modernization, maintenance, engineering and logistics, he will undoubtedly lead the NAVWAR Team to success in the rapid delivery of information warfare capabilities from seabed to space."

## USS Pinckney interdicts \$4.5 million in cocaine

Destroyer USS *Pinckney* with embarked Coast Guard (USCG) Law Enforcement Detachment (LEDET) team seized over 120 kilograms of suspected cocaine July 24.

While on routine patrol, approximately 200 nautical miles southwest of Jamaica a helicopter assigned to the "Wolf Pack" of Helicopter Maritime Strike Squadron (HSM) 75 located the vessel and *Pinckney* soon arrived on scene. After coordination with the government of Colombia and Colombian Navy, the vessel was searched and six suspected drug smugglers detained. The mariners are now in government of Colombia custody.

Upon examination, *Pinckney* personnel determined one detainee required medical assistance

and a medical evacuation was necessary for patient survival and transported the patient for further medical treatment.

*Pinckney* and the embarked LEDET recovered an estimated 120 kilograms of suspected cocaine worth an estimated wholesale value worth over \$4.5 million.

On April 1, U.S. Southern Command began enhanced counter-narcotics operations in the Western Hemisphere to disrupt the flow of drugs in support of Presidential National Security Objectives.

Numerous U.S. agencies from the Departments of Defense, Justice and Homeland Security cooperated in the effort to combat transnational organized crime.

## Career and Education

### 'How can I manage myself to make it to the end of this challenging period?'

by Dr. Daneen Skube,  
Tribune Content Agency

Q: When I look around at work and home there are more things wrong than ever. I anxiously figure more things are going to go wrong. I feel like I'm already scrapping the bottom of my bucket and we are not out of this pandemic yet. How can I manage myself to make it to the end of this challenging period?

A: There are two steps you can take to make it through the end of this challenging period:

1) Use this time to fix anything about your work and life that you have the power to change.

2) Use the power of gratitude to pay keen attention to what is actually working while things are breaking down.

Many of my clients are cleaning, upgrading technology, taking smart interpersonal risks, saving money and streamlining daily habits. They're taking the opportunity to add more exer-

cise, more family time, better nutrition and healthy habits.

They're also highlighting what is working and experiencing gratitude for things they usually take for granted. If no one you care about has been sick, if you still have an income, and if you have a roof over your head... luxuriate in this.

At the end of the day, work and life predictably send problems over our net like a tennis ball practice machine. If we focus on hitting one ball at a time, we can make it through most challenges. If we sit on the tennis court in despair we end up overwhelmed and surrounded by the balls we failed to even try hitting.

I'm also advising to avoid gazing too far into the future. Not only is it impossible with any certainty to know what December will look like it's frustrating to juggle all the variables. You'll be more effective if you plan instead for today, this week, or longest term this month.

Unless worry motivates you to create solutions, worry simply takes energy away from today's tasks and directs it into future

fears that may never materialize. We end up mortgaging our present contentment for a worry that may never occur.

What is going on in most people's heads right now probably feels like too many planes circling and not enough landing pads. Take paper and on one side write down worries/problems and on the other side write what is working. For each worry write down anything you can do to fix the problem. If there is nothing you can do draw a line through it. Pay attention to which list is longer...what is working or what is broken.

Unfortunately when we go through tough times we have a tendency to obsess over problems. Gratitude forces us to look at the bigger picture. Appreciation of what is working reminds us we know how to get good things. Gratitude also reminds us that no matter how empty our buckets seems there is usually something we can draw on that is working already for us.

There's a joke that circulates around the internet that quips, "People who argue about whether the glass is half-full or half-empty are missing the point.

The glass is refillable." As we hunker down for the rest of the year keep in mind your glass may feel half-full or half-empty in any given day but the reality is it is always refillable.

The last word(s)

Q: I would like to get some good advice and love what I read in your column. Is there any quick way to know if the counselor or executive coach I find would be helpful?

A: Yes, if you are planning a trip you would not seek advice from people that have never traveled. Ask your potential counselor or coach how many years of weekly intensive therapy they have done and if less than 10 years keep searching.

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

### Navy announces flexibility for FY20 SAPR, suicide prevention training requirements

The Navy announced command flexibility in completing Fiscal Year (FY) 2020 Sexual Assault Prevention and Response (SAPR) and Suicide Prevention General Military Training (GMT) Aug. 14.

Naval Administrative Message 231/20 described SAPR and Suicide Prevention training as "critical to the overall health of the fleet."

"[The Navy's] goal is to promote a culture of dignity and respect for every member of the Navy and to prevent sexual assault from occurring," said Andrea Verdino, social science program specialist and policy analyst (OPNAV N172).

"Annual training gives us the opportunity to educate members of the Navy team on a wide variety of SAPR and suicide prevention related topics."

According to Department of Defense Instruction 6495.02, SAPR Program Procedures, "the SAPR training, at a minimum, shall incorporate adult learning theory, which includes interaction and group participation."

"Click-through presentations provide little to no opportunity for students to engage in dialogue and deepen learning," said Verdino. "Face-to-face adult learning theory provides the opportunity for students to engage in discussions by sharing stories, experiences, and/or knowledge/skills."

Verdino added that training based on adult learning theory is more impactful, encourages the audience to think, and is ultimately a better method for maintaining the audience's attention and increasing the chances of them retaining the information.

Although face-to-face, small-group-facilitated discussions are the preferred method of delivery, the COVID-19 pandemic has limited the ability of Navy commands to gather in groups for training.

To combat this, the Navy has authorized its commanding officers "to adapt or modify FY20 SAPR and Suicide Prevention GMT delivery methods consistent with coronavirus mitigation procedures and operational commitments to meet these training requirements."

Questions or feedback may be directed to [gmt.distribution@navy.mil](mailto:gmt.distribution@navy.mil).





MIRAMAR  
Aug. 12, 2020

Caskets of troops killed in training accident are loaded inside an Air Force C-17 Globemaster III. Marine Corps photo by Lance Cpl. Brendan Mullin



CORONADO  
Aug. 17, 2020

Aviation Boatswain's Mate (Handling) 3rd Class Naajee Tymes, assigned to USS Theodore Roosevelt (CVN 71), fires an M4 carbine during a small arms qualification. Theodore Roosevelt is homeported in San Diego. Navy photo by Airman D.J. Schwartz



CAMP PENDLETON  
Aug. 11, 2020

A Marine observes aircraft coming onto the flight line with a precision approach radar system. Marine Corps photo by Lance Cpl. Andrew Cortez



SAN DIEGO  
Aug. 12, 2020

Staff assigned to Naval Medical Center San Diego's (NMCS) Radiology department prepare a patient for a brain MRI. Navy photo by MCSN Luke Cunningham



MCAS MIRAMAR (Oct. 4, 2019) - An F-35B Lightning II assigned to VMFA 211 refuels in flight while conducting flight operations. Marine Corps photo by Lance Cpl. Becky Calhoun

Rear Adm. Scott Robertson, Commander, Naval Surface and Mine Warfighting Development Center, delivers remarks



SAN DIEGO  
Aug. 18, 2020

during the decommissioning ceremony of the Mine Countermeasure ship USS Champion (MCM 4). Champion was decommissioned after nearly 30 years of distinguished service. Commissioned Feb. 8, 1991, Champion served in the U.S. Atlantic Fleet, U.S. Seventh Fleet and U.S. Pacific Fleet. Navy photo by MC3 Kevin C. Leitner

## AutoMatters™ & More



by Jan Wagner

Hot Wheels is synonymous around the world with scale model, die-cast cars, trucks and all sorts of vehicles. Back in 1968, working out of his garage, Elliot handler revolutionized the way that kids played with toy cars, when he introduced toy cars that rolled faster and further than any before them. He also introduced exciting new designs, inspired in part by the emerging hot-rod culture in Southern California. 50 years later Hot Wheels had become the world's best-selling toy, with 20,000 designs and six billion vehicles produced!

Likewise, IWC is a global brand renowned as a manufacturer of precision instruments and innovative engineering. IWC began as International Watch Company, combining Swiss craftsmanship and American industrial technology to manufacture the best mechanical watches money could buy, including the "Big Pilot" watch – a professional pilot's watch and true cultural icon that has become one of the most recognized designs in the watch industry.

IWC is also familiar to many for its presence in international motorsports. Its IWC Schaffhausen Classic Racing Team presented a perfect opportunity for collaboration between IWC and Hot Wheels, and a great way to bring IWC and their mechanical watches to the attention of younger consumers.

The IWC Schaffhausen Classic Racing Team competes with the iconic Mercedes-Benz 300SL Gullwing, raced by F1 legend David Coulthard. That and its Euro Hauler have been combined into a stunning, 1:64 scale Hot Wheels Pre-

## Hot Wheels Premium transport set for IWC Schaffhausen Classic Racing Team

mium set ("Real Riders" Metal/Metal) – one of four in its Hot Wheels Car Culture Team Transport series.

The Merc race car is faithful to the original, life-sized car on IWC's racing team, in great detail – from its bucket seat interior to its racing rims. IWC's lead graphics designer worked closely with the Hot Wheels graphics team "to create a striking livery reminiscent of the heyday of the 'Silver Arrows.'" These exquisite graphics details are particularly evident on the accompanying Euro Hauler transporter, in the 2020 livery of the IWC racing team. The car's number – 68 – is also the year that Hot Wheels began.

The packaging art includes a subtle image of the "Goodwood Motor Circuit, the iconic UK racetrack where David Coulthard won the Tony Gaze trophy in 2019 piloting the IWC Racing 300SL."

The enthusiasm for the creation of this special racing set came right from the top. Speaking about the Hot Wheels and IWC collaboration, IWC's CEO Christoph Grainger-Herr said: "This partnership celebrates the merging of these two beloved brands by highlighting the detail and performance of both Swiss luxury and American automotive excellence, all in the palm of your hand." Richard Dickson, President and COO of Mattel, added: "IWC Schaffhausen and Hot Wheels have become industry leaders through generations of craftsmanship and design to create a premium product for our fans."

"The global release of the Hot Wheels IWC Racing Team Transport set coincides with the opening of IWC's new immersive flagship store in Zurich, Switzerland. Themed as "IWC Racing Works" – home of the IWC classic racing team, the store concept will feature the full-sized 300SL Gullwing as its centerpiece."

IWC recently announced their "TIME WELL SHARED" initiative, which encompasses online lectures, speeches and webinars that are intended to entertain and support people in these coronavirus-challenged times. Their initiative, in support of "Save the Children" and a volunteering program for schoolchildren and their parents on "Good Tutors Finder," includes contributions from IWC brand ambassadors and partners including Tom Brady, Mercedes-AMG Petronas Motorsport, Mercedes-AMG, Tottenham Hotspur, German racing driver Maro Engel, the Laureus Sport for Good Foundation and Solaris Yachts.

The other sets in this through-the-decades, 2020 Hot Wheels Premium Car Culture Team Transport series are the 2016 Ford GT Race car and Ford C-800 transporter, the Volkswagen "Classic Bug" and Volkswagen Transporter T1 Pickup, and the 1969 Ford Mustang Boss 302 and its "Retro Rig" transporter. I was sent one of each to review.

Complete with their packaging's beautiful artwork, these are highly detailed, premium sets, intended for serious Hot Wheels collectors. For more information about this 2020, four-team set visit: <https://hotwheelscollectors.mattel.com/shop/en-us/hwc/collector-sets-cases/2020-hot-wheels-team-transport-mix-2-hjff56>.

As I have found repeatedly — as recently as at Comic-Con@Home, the Hot Wheels collectors' market is quite competitive. Certain products are especially in-demand and sell out very quickly. At least there's always eBay (sigh).

To see photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #655" in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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## The agony of da feet

I've been planning to be a grandmother since my own children were babies. I didn't sell their outgrown baby things at garage sales. I squirreled everything away "for our grandchildren, someday." During multiple military PCS moves, our poor moving crews lugged boxes of blankets, books, bonnets and booties from house to house, only to be stored in the attic.

I just can't help myself—I envision bouncing a grand baby on my lap, blowing raspberries on his or her perfect little feet. Adorable!

Admittedly, I have a starry-eyed vision of my perfect future grandchildren, but I wasn't always enamored with my own children's lower extremities. Our three kids' formerly kissable baby tootsies eventually became purely functional body parts, requiring good personal hygiene to ward off potent foot odor, locker room fungus, planter's warts, and a most foul substance known as "toe jam."

That repulsive combination of sock fuzz, sweat, and dead skin cells brings to mind one summer, when our family packed into our mid-sized SUV for a twelve-hour car trip from Florida to Maryland.

"What's that smell?" I asked about a half hour into the trip. My keen olfactory nerves were picking up a repugnant aroma that might only be recreated by locking a bowl of beet pickled eggs in the back seat of a 1974 Galaxie 500 over a long hot weekend in August.

The smell grew in strength, and soon our daughters, Anna and Lilly, were pinching their noses shut. We pulled over to locate the source of the odor. We searched for a carton of curdled milk in the trunk. We looked for a rancid tuna sub under the seats. We opened the glove box half expecting to find a dirty diaper. We looked to see if a stowaway squirrel was decomposing under the hood.

Finally, our noses guided us to the third row of seats, where our then teenage son, Hayden, sat obliviously listening to his iPod, his huge flip-flopped feet tapping to the beat of the music.

Hovering my nostrils carefully over his hairy toe knuckles, I took a big sniff.

"Found it!" I yelled, and stumbled faintly back to the trunk to find a fresh pair of socks and some emergency talcum powder so we could survive the rest of the trip.

Now that our kids are all in their twenties, we have become experts at "sniff and tell" during family holidays and movie nights. The culprit of phantom foot odor knows full well what to do — skedaddle off to freshen up lest you ruin the family fun.

What I'm too afraid to tell our children is that foot odor and toe jam are child's play. The real trouble happens about two decades after raging teenage hormones quiet down. Middle-aged feet are a veritable Three Ringed Circus, featuring cracked calloused heels, curled thickened nails, burgeoning bunions and their dwarfed sidekicks, "bunionettes." Add a painful corn or two, and you've got a real freak show.

How does one go from playing "This Little Piggy" with smooth perfect baby toes, to middle age, when the Five Piggies are old, knobbed and hardened? After 40 or 50 years of going to Market, big toe Piggy decided to take a detour and is pointing in the wrong direction. The Piggies Who Stayed Home and Ate Roast Beef fared relatively well in their snug sedentary routine, but the Piggy Who Had None collapsed from severe starvation. The Little Piggy on the end isn't crying "Wee! Wee! Wee!" anymore. Years of being last in line left him curled in a fetal position, hiding under the adjacent toes.

We middle-aged folks make a vane attempt to stave off the aging of our feet, investing hundreds of dollars annually in pedicures, polish and exfoliating devices such as "The Pedi Egg," (which, by the way, doubles as a nifty parmesan cheese grater.)

Unfortunately, nature dictates that our feet get kinda ugly no matter what we do. So while I dream of the perfect padded soles of my future grand babies, I will keep my tootsies clean and trimmed without getting too carried away.

After all, there's no sense in putting lipstick on your Piggies.



The Meat & Potatoes of Life  
by Lisa Smith Molinari

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ADIOS NOAH HTS  
ZAGS UPANDABOUT  
ALOE GRIT MELBA  
MENO HERS STEER

### SUDOKU SOLUTION

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

## MWR/FFSC events

### FFSC Virtual Learning:

We are all more organized in different areas of our life, but luckily FFSC has subject matter experts that can provide you more tips and tricks to help tackle the areas that need improving.

**TO PARTICIPATE IN THESE FFSC VIRTUAL LEARNING SEMINARS:**  
Go to: mynavyfamily.com to create a free account. Be sure to enter your time zone. Recommended to establish account at least one day before the webinar.

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You will receive an email and link for the webinar one week, one day and one hour prior to the webinar.

Please feel free to message learning@zeiders.com if you have any questions.

For NMCI use https://learning.zeiders.refineddata.com

### Employment & Transition

Interview Skills: Friday, Aug 21, 9am

Virtual Interviewing Techniques: Tue, Aug 25, 6am

Resume Writing: Wed, Aug 26, 1pm

Stay at Home Business with Direct Sales: Thur, Aug 27, 10am

### Finances

Understanding Your Thrift Savings Plan (TSP): Mon, Aug 31, 7:30am

### Life Skills

Five Love Languages: Fri, Aug 21, 11am

Healthy Relationship Habits: Tue, Aug 25, 6am

Taking Care of Common Signs of Stress: Tue, Aug 25, 10am

Personal Communications: Wed, Aug 26, 7am

### Ombudsman

Ombudsman Assembly: Tue, Aug 15, 3pm

### Parenting

Parenting Tips: Wed, Aug 26, 11am

Times listed above are local San Diego time.

### Roy's Sudoku

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

## You can help clear the shelters!

The annual Clear the Shelters adoption drive, held in partnership with NBC and Telemundo, is Aug. 1-31.

As individuals and communities continue to practice safe social distancing, this year's Clear the Shelters event is a monthlong "Adopt & Donate" effort instead of the usual one-day event. It features virtual pet adoptions through many of our San Diego Animal Welfare Coalition partners and makes it easy for friends like you to give online to participating animal shelters. Last year during Clear the Shelters, San Diego Humane Society adopted out 483 animals — more than any other shelter in the country — and we're looking to continue that trend this year!

We use the phrase "clear the shelters" endearingly to express our desire for every shelter pet to have a new home and loving family of their own. Here are three ways you can participate in Clear the Shelters to help make this wish a reality:

### Adopt

If you're looking to add a furry friend to your family during this stay-at-home time, we have many wonderful animals in need of good homes. Just schedule a virtual adoption consultation! The available animals on our website are updated daily, so check back regularly.

Please also check out available animals through our San Diego Animal Welfare Coalition partners that are participating:

- El Cajon Animal Shelter
- Friends of Cats
- Rancho Coastal Humane Society
- San Diego County Department of Animal Services

And here are some other participating rescue organizations in the San Diego area:

- Chihuahua Rescue of San Diego County
- The Cat Lounge Rescue and Adoption Center
- Perrito Munguia Rescue
- Woofs and Wags Dog Rescue

While animals provide wonderful companionship, we understand that it's not always a good time to add to your family. If that's the case for you, there are other ways you can help "clear the shelters."

### Donate

Your support means we're able to provide animals in need with safe shelter, lifesaving medical care, behavior training, rescue from emergency situations and so much more. And this year, as we work to "clear the shelters," we're also deepening our commitment to keeping them clear by reducing the number of animals who ever have to enter shelters in the first place. We're doing this by expanding the pet food, services and resources we provide to pet families in need — and your donation today will help make that work possible.

### Share

You can help spread the word about Clear the Shelters by sharing on your social media pages!

Your participation in this important nationwide campaign will give tens of thousands of animal throughout San Diego County a second chance. Make a lifesaving difference by adopting or donating today!



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SUN > SAT - 0900-1700 (TAKE-A-NUMBER)

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## NMCS D's operating rooms get \$27M upgrade

by PO3 Jacob L Greenberg  
 Naval Medical Center San Diego  
 SAN DIEGO – A ribbon cutting ceremony was held to celebrate the completion of a \$27 million upgrade project in Naval Medical Center San Diego's (NMCS D) Main Operating Room (MOR) complex July 30.

NMCS D's command triad, MOR leadership and Sailors and civilians assigned to the complex attended the event to commemorate the updated facility.

"All 18 operating rooms were standardized with top-of-the-line, integrated technologies which allow for the equipment interfacing," said Cmdr. Julie Conrardy, NMCS D's Directorate for Surgical Services' (DSS) senior nurse. "[The renovations consisted of] a complete overhaul of the heating, ventilation and air conditioning (HVAC) and electrical systems, which brought the MOR suite up to current regulations."

Initial planning for the MOR's upgrades began in 2014 and were completed July 2020.

We needed to upgrade our facility to meet community standards and regulations for HVAC and electrical systems and ultimately, patient care, said Conrardy.

The MOR's upgrades will benefit both the Sailors and staff that work there, as well as the patients



**SAN DIEGO (July 30, 2020) Capt. Bradford Smith, Naval Medical Center San Diego's (NMCS D) commanding officer, and NMCS D staff celebrate a ribbon cutting ceremony in NMCS D's main operating room (MOR) July 30. The ceremony signifies a completion of a \$27 million upgrade to the MOR's facilities. NMCS D's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services, and shape the future of military medicine through education, training and research. NMCS D employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere. U.S. Navy photo by MC2 Erwin Jacob V. Miciano.**

that they treat.  
 "Staff are being trained on the

most up-to-date technology and instrumentations, and patients are safer because of it," said Conrardy. "For example, our new camera systems allow for better visualization [during procedures]. All of the equipment in the operating rooms can be centrally located to decrease trip hazards and electrical overloads of circuits."

Patient safety is at the forefront of every provider's mind at the hospital.

"These upgrades will allow

for us to provide the safety possible surgical experience with cutting-edge technology at our fingertips," said Conrardy.

Cmdr. Paulo Hernandez, a perioperative nurse assigned to NMCS D's DSS MOR, said the changes will positively impact the quality and safety of patient care. He said the new endoscopic systems will allow for optimal visualization of surgical areas.

"Now we have a state-of-the-art MOR to go with our state-of-the-art staff," said Capt. Bradford

Smith, NMCS D's commanding officer. "We continue to deliver world-class patient care every day and keep our Sailors ready to deploy. I couldn't be more proud to be a part of this organization."

NMCS D is dedicated to keeping its Sailors, staff and patients safe.

NMCS D's mission is to pre-

pare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training, and research. NMCS D employs more than 6,000 active duty military personnel, civilians, and contractors in Southern California to provide patients with world-class care anytime, anywhere.

From NMCS D Facebook page

### COVID-19 asymptomatic testing: Did you know?

TRICARE does not cover asymptomatic beneficiaries seeking testing for personal travel, school admittance, wedding ceremonies, extracurricular or similar activities. For additional information on COVID-19 testing covered under each TRICARE benefit plan, please visit TRICARE.mil or call 1-800-444-5445.

## NAVAL HOSPITAL CAMP PENDLETON NEWS

### Give the gift of life: Donate blood on Aug. 24 at Naval Hospital Camp Pendleton

Naval Hospital Camp Pendleton needs your help with mission critical blood donations. They will be hosting a blood drive on Monday, August 24 from 10am-2pm. The blood mobile will be located near the galley outdoor patio located on the south side of NHCP.

Donors will receive a \$25 e-gift card for donating! Schedule your appointment at [www.militarydonor.com](http://www.militarydonor.com) and use code NHCP.

### Walk-In Covid/Flu tent for suspected cases

If you are feeling sick with suspected COVID-19 symptoms, help limit potential exposure of the COVID-19 virus by coming to NHCP's Walk-In COVID/Flu tent. This area will accommodate those who are experiencing COVID-19 symptoms. You will find the tent on the south side of the hospital by the Emergency Department.

### Optimize wellness success with support from NCHP to reach your goals

Support and accountability are key factors to success with wellness goals. Start reaching your goals today with virtual support from the caring and knowledgeable team in NHCP's Health Promotion and Wellness department. Call (760) 719-4137 for info & to get started!

### Let us know if you can't make your appointment

Not able to make an appointment? Please let us know so we can continue to provide exceptional care to all beneficiaries. To reschedule in-person or virtual appointments please visit [Tricareonline.com](http://Tricareonline.com) and click on "appointments" to make changes.



**SAN DIEGO (Aug. 14, 2020) Medical Service Corps (MSC) officers assigned to Naval Medical Center San Diego (NMCS D) pose for a photo celebrating the MSC's 73rd birthday Aug. 14. NMCS D's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMCS D employs more than 6,000 active duty military personnel, civilians, and contractors in Southern California to provide patients with world-class care anytime, anywhere. U.S. Navy photo by MCSN Luke Cunningham.**

## COVID-19 Convalescent Plasma Collection

### All donors must:

- Be at least 17 years old.
- Weigh at least 110 lbs.
- Be in good health.
- Must have a prior diagnosis of coronavirus AND meet specific laboratory criteria.
- Documented evidence of COVID-19 by a laboratory test either by: o A diagnostic test (e.g., nasopharyngeal swab) at the time of illness; or a positive serological test for SARS-CoV-2 antibodies after recovery, if prior diagnostic testing was not performed at the time COVID-19 was suspected.
- Complete resolution of symptoms at least 14 days before the donation. A negative result for COVID-19 by a diagnostic test is not necessary to qualify the donor.
- For women who have ever been pregnant, additional testing may be required if human leukocyte antigen (HLA) antibodies were developed since last pregnancy.

**\*\*If a donor believes they meet these requirements, they must first contact the local blood donor center to make an appointment.\*\***

Armed Services Blood Donor Centers are collecting CCP:

- Naval Medical Center San Diego Blood Donor Center
- Naval Medical Center Camp Lejeune Blood Donor Center

For more information, including how you can register to donate, visit [www.health.mil/ConvalescentPlasma](http://www.health.mil/ConvalescentPlasma)

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PER MONTH PLUS TAX  
36 MONTHS



1 at this payment. Stk# 59583, VIN# LU964173, Model# 2532. Net capitalized cost \$23,042.52. \$246 plus tax monthly for 36 months with \$3,999 due at lease signing. Includes \$950 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 8/31/2020.

## 2020 Toyota Prius LE

4 Cyl Hybrid

Lease for

**\$249**  
PER MONTH PLUS TAX  
36 MONTHS



1 this payment. Stk# 59370, VIN# L3122208, Model# 1223. Net capitalized cost \$24,216.31. \$249 plus tax monthly for 36 months with \$4,299 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 8/31/2020.

## 2020 Toyota Highlander L

Lease for V6 Auto.

**\$394**  
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LEASE FOR

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PER MONTH PLUS TAX  
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FRONT BRAKE SPECIAL

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