

Your Mind: Use It or Lose It
Crack this week's crossword puzzle. Clue of the week: *She walked into Rick's gin joint.*

See page 4



AutoMatters & More
ClipperCreek electric vehicle charging stations.

See page 9

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SIXTIETH YEAR NO. 22
THURSDAY, SEPTEMBER 24, 2020

MILITARY WILDLAND FIRE GROUND RESPONSE OPERATIONS IN CALIFORNIA INCLUDE LOCAL SAILORS AND MARINES

At the request of the National Interagency Fire Center and in support of the U.S. Department of Agriculture's Forest Service, approximately 250 Marines and Sailors will assist wildland fire fighting response efforts in central California.

At the request of the National Interagency Fire Center and in support of the U.S. Department of Agriculture's Forest Service, approximately 250 Marines and Sailors will assist wildland fire fighting response efforts in Central California. U.S. Army North (Fifth Army), U.S. Northern Command's Joint Force Land Component Command, will oversee the military support effort, the second undertaken in the state this month.

Approximately 250 Marines and Sailors are training to assist the Forest Service with the Creek Fire in Central California.

"Given the unprecedented fire season and the magnitude of the loss the people of California are experiencing, we stand ready to support the National Interagency Fire Center in their effort to help protect people, property and land in California," said Lt. Gen. Laura J. Richardson, ARNORTH and JFLCC commander. "Just like the Soldiers supporting fire suppression efforts in Northern California, the Marines and



Marine Corps Cpl. Robert Rosa, center, conducts practical application of a practice fire shelter at Camp Pendleton. Photo by Lance Cpl. Ulises Salgado

Sailors who will assist in this mission in Central California are trained and equipped with all of the necessary gear to keep them safe, to include in a COVID-19 environment."

The Marine unit, the 7th Engineer Support Battalion, 1st Marine Logistics Group, I Marine Expeditionary Force, from Camp Pendleton, will assist with wildland fire response efforts on the Creek Fire in the Sierra National Forest.

Marines and Sailors will be fitted for personal protective equipment, including fire retardant clothing, boots, gloves and hard hats, and began training on fire behavior and fireline safety at Camp Pendleton. They are scheduled to deploy to Central California, Sept. 19, to receive hands-on training in fire suppression methods and procedures, including Watch-Out Situations and Standard Firefighting Orders, prior to employment in the national forest.

"The 1st Marine Logistics Group is ready to assist our community during the California wildfire crisis," said Brig. Gen. Bobbi Shea, 1st MLG commanding general. "Alongside federal agencies, and state and local partners, 1st MLG will provide highly capable Marines and Sailors to assist in wildland fire suppression efforts."

In Northern California, the 14th Brigade Engineer Battalion from Joint Base Lewis-Mc-

Chord, Wash., has assisted with wildland fire response efforts at the August Complex in the Mendocino National Forest since Sept. 3.

Lt. Gen. Richardson and Command Sgt. Maj. Phil K. Barretto, ARNORTH and JFLCC senior enlisted leader, visited Northern California Sept. 14-16 to meet with Soldiers from the battalion, and with state and federal partners.

"Fire activity at the August Complex remains high, but our Soldiers continue support activities as firefighting crews work to suppress what has become the largest complex fire in California history," said Lt. Gen. Richardson about her visit. "Our thoughts remain with communities affected here and elsewhere by the fires, while our actions, part of a joint effort, provide much needed relief."

USS TRIPOLI



WELCOME TO YOUR NEW HOMEPORT.

See story, page 6

Defense Department anticipates significant troop reduction in Afghanistan

by C. Todd Lopez,
DOD News

Based on the current conditions in Afghanistan, the Defense Department expects there will be fewer than 5,000 U.S. military service members in that country by the end of November, said David F. Helvey, who is currently performing the duties of assistant secretary of defense for Indo-Pacific Security Affairs.

"We've long maintained that our force presence in Afghanistan is conditions-based," said

Helvey during testimony today before the House Committee on Oversight and Reform, national security subcommittee. "This August, the president [decided] that the conditions of Afghanistan were sufficient to reduce our force presence to between 4,000 and 5,000 by the end of November 2020."

At that force level, Helvey said, the U.S. maintains an ability to conduct the core aspects of its existing missions in Afghanistan. One of those

missions is to participate in the NATO-led Resolute Support Mission, which is focused on training, advising and assisting the Afghan National Defense and Security Forces. The U.S. also conducts a counterterrorism mission in Afghanistan that works with partners to mitigate terrorist threats there.

Right now, there are no orders to reduce the force presence any further, Helvey said, though there is planning to draw down to zero troops in Afghanistan

by May 2021. But those plans can't be implemented unless the conditions of an agreement with the Taliban are met, he said.

"As [Secretary of State Mike Pompeo] said in Doha, the Taliban must uphold their counterterrorism guarantees to the United States," Helvey said. "We also expect the Taliban to meaningfully participate in Afghan peace negotiations, and to do their part in preventing outside actors from negatively impacting the peace process."

In late February of this year, the U.S. and the Taliban signed an agreement that includes, eventually, the complete withdrawal of U.S. forces from Afghanistan. Since the signing of that agreement, the U.S. has reduced forces to 8,600. Part of that agreement also requires the Taliban to agree to no longer allow its members, or other groups, to use Afghanistan as a location from which to threaten the security of the U.S. or its allies.

Since the signing of that

agreement on February 29, Helvey said, no U.S. military personnel have been killed in Afghanistan.

"Ultimately, what we want to be able to see in Afghanistan, is an enduring peace," Helvey said. "In that type of environment ... the terrorist organizations, terrorist groups, will not be able to operate, will not be able to plan, will not be present. That's the focus, and we're looking to get the Taliban to adhere to its commitments."

Esper: 'We continue to stand shoulder-to-shoulder with our allies and partners to counter Iran's destabilizing behavior'

by David Vergun

President Donald J. Trump signed an executive order Sept. 21 imposing new sanctions on Iran as well as triggering a "snap back," or resumption, of U.N. sanctions on Tehran.

Defense Secretary Dr. Mark T. Esper said that the executive order will further disrupt Iranian efforts to import and proliferate conventional weapons, helping protect U.S. forces, allies and partners and civilian populations until Iran complies with international norms.

Esper spoke to the media Monday from the State Department, along with Secretary of

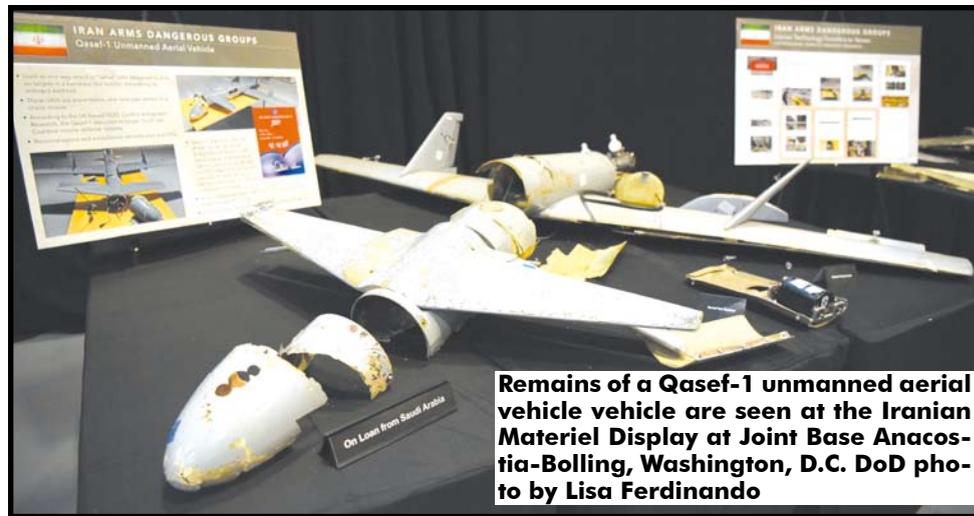
State Mike Pompeo, Treasury Secretary Steven Mnuchin, Commerce Department Secretary Wilbur Ross, U.S. Representative to the U.N. Kelly Craft and National Security Advisor Robert O'Brien.

"We encourage Tehran to cease its malign activities throughout the region and to act like a normal country," Esper said. "But we are also prepared to respond

to Iranian aggression."

"Our commanders have the authorities and resources they need to protect their troops and to prepare for any contingencies," he said. "We continue to stand shoulder-to-shoulder with our allies and partners to counter Iran's destabilizing behavior."

The secretary noted that over the past two years, Iran has car-



Remains of a Qasf-1 unmanned aerial vehicle are seen at the Iranian Materiel Display at Joint Base Anacostia-Bolling, Washington, D.C. DoD photo by Lisa Ferdinando

ried out attacks on international shipping, regional infrastructure and U.S. and partner nation forces, including missile strikes by Iranian-backed proxy militias against U.S. bases and personnel in Iraq.

Iran has violated U.N. Security Council resolutions for years by proliferating advanced, conventional weapons to non-state actors such as Hezbollah and the Houthis, who use them

to threaten civilian population centers, he said.

That is why the Defense Department has taken decisive action to safeguard service members, restore deterrence and safeguard international rules and norms when it comes to issues such as freedom of navigation and commerce, he explained.

"We stand ready to respond to future Iranian aggression and we remain committed to doing our part in the administration's maximum pressure campaign," Esper said, noting that the U.S. military maintains a high state of alert, makes continual adjustments to its operational forces in the region as needed and works closely with intelligence agencies, allies and partners.



Total Navy Battle Force: 296	
Ships Underway	
Deployed Ships Underway: 66	
Non-deployed Ships Underway: 9	
Total Ships Underway: 75	
Ships Deployed by Fleet	
Fleet Forces: 2	3rd Fleet: 7
4th Fleet: 4	5th Fleet: 20
6th Fleet: 14	7th Fleet: 55
Total: 102	

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Sept. 27 honors Gold Star Mother's and families

From militarybenefits.info

Gold Star Mother's Day is observed on the last Sunday in September which will be Sept. 27 this year. Gold Star Mother's Day is intended to recognize and honor those mothers who have lost a son or daughter in the service of the U.S. Armed Forces.

Each year there are events and meetings to publicly express love, sorrow and reverence toward Gold Star Mothers and their families. Flags are also mandated to be displayed on government buildings on this day. *Army.mil* says Gold Star Mother's Day is intended "to recognize and honor those who have lost a son or daughter in the service of the U.S. Armed Forces."

Why the Gold Star?

The Gold Star is a symbol of a loved one lost in combat.

According to an *L.A. Times* article, "During World War I, a practice developed across the country: Families displayed flags featuring a blue star, a sign that a family member was fighting in the war. Some flags would display more than one star."

The exact origins of this tradition aren't fully known, but at some point, Gold Star flags would go up to signify the family member had died on duty. The term "Gold Star Family" went into the national vocabulary thanks to the sacrifices of men and women serving in uniform.

Who are the American Gold Star Mothers?

Based on the above, this might seem like an obvious question to some, but Gold Star families have had a non-profit organization working on their behalf since 1928 with the establishment of an organization called American Gold Star Mothers,

Inc., found at <https://www.goldstarmoms.com>.

Their mission includes education, remembrance, inspiring "true allegiance to the United States of America", and most importantly for many, offering "needful assistance to all Gold Star Mothers and, when possible, to their descendants."

The Gold Star Mother's non-profit organization holds an annual convention and have events centered around Gold Star Mother's Day and Veterans Day. They also partner with Wreath's Across America where each December they work together to coordinate wreath-laying ceremonies at Arlington National Cemetery, as well as over 1,200 locations in the U.S. and abroad.

The Gold Star Manor

Located in Long Beach, on a 23-acre, park-like setting, The Gold Star Manor provides a home for members of the American Gold Star Mothers, Inc. Features include several apartment buildings plus a library, therapeutic pool, arts and crafts building and many outdoor activities.

The National Gold Star Family Registry

The National Gold Star Family Registry is a program which honors those who have laid down their lives for freedom during all of America's past conflicts. The use of a name "Gold Star Family" is commonly used to describe a family whose immediate family member was killed in action.

Is Gold Star Mother's Day an official holiday?

Gold Star Mother's Day isn't observed in quite the same manner as federal holidays such as Labor Day, Memorial Day, or President's Day, but that does n't mean it hasn't been given official recognition.

U.S. deploys Bradleys, mechanized infantry to Syria to ensure 'freedom of movement' for coalition forces

by Chad Garland,
Stars and Stripes

The U.S. is positioning M2A3 Bradley Infantry Fighting Vehicles in eastern Syria to bolster security for troops there nearly four weeks after seven American troops were injured in a crash with a Russian military vehicle there.

The combat vehicles will "ensure the protection of Coalition forces and preserve their freedom of movement" in the fight against the Islamic State, said Col. Wayne Marotto, a spokesman for the U.S.-led Operation Inherent Resolve, in a statement last Friday.

"Despite the territorial defeat of ISIS, the degradation of its leadership, and the widespread refutation of its ideology, this violent Islamist extremist group still poses a threat," Marotto said in the statement, posted on Twitter.

Several Pentagon photos showed the Bradleys being offloaded from a C-17 on Friday night in northeastern Syria.

The mechanized forces are from the 2nd Brigade Combat Team, 1st Armored Division, deployed to Kuwait from Fort Bliss, Texas, Inherent Resolve

said in a separate statement.

U.S. Central Command has also deployed Sentinel radar and increased the frequency of fighter patrols over U.S. and allied forces in the area, command spokesman Capt. Bill Urban said in an e-mail.

"These actions are a clear demonstration of U.S. resolve to defend Coalition forces in the [Eastern Syria Security Area], and to ensure that they are able to continue their Defeat-ISIS mission without interference," Urban said.

The U.S. statements made no mention of encounters between U.S. and Russian soldiers.

About 500 U.S. troops are serving at austere bases in an area in the country's northeast to aid Syrian Democratic Forces battling ISIS. That's the area where a Russian vehicle hit a coalition vehicle that was on a joint patrol with the SDF on Aug. 25, injuring the American crew. A Russian helicopter also reportedly buzzed low and fast over the area.

Russian officials blamed the Americans for last month's crash, saying the U.S.-led coalition had been notified in advance that a Russian convoy would be

passing through the area and that the Americans attempted to block their path.

The incident led to a call between Gen. Mark Milley, the chairman of the Joint Chiefs of Staff, and his counterpart in Moscow, Gen. Valery Gerasimov.

U.S. officials have said for months that coalition troops helping battle ISIS have had near daily contact with Russian troops, who are in the country backing President Bashar Assad's forces in a civil war that began with anti-government protests in 2011.

Last month's crash came after several other reported encounters and stand-offs between the two country's militaries in northeastern Syria, some of them caught on video shared online.

There is another contingent of several hundred Americans further south at Tanf, a remote garrison inside a 55 km deconfliction zone near the borders with Iraq and Jordan.

The deployment of mechanized infantry to northeastern Syria on Friday also comes a little less than a year after the Pentagon sent Bradleys into the country last October

Army

- Army-backed research could unlock ways to combat sleep deprivation
- Transparent tanks? Army scientists discover new ways to make armor ilies who live there.

Navy

- Is the Navy winning the war on maintenance delays?
- Don't call it 'Coastal Riverine Forces' anymore
- USS *Dextrous* Sailors say their captain has made the ship a 'miserable prison.' The Navy doesn't seem to care

Air Force

- Air Force sets diversity targets for recruiting
- Triple Nickel F-16s head to Bulgaria for Thracian Viper exercise

Marine Corps

- Corps debuts new recruiting commercial, targeting Gen Z
- Military leaders mark end of U.S. Marines engagement in Uganda



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Veterans News

Oldest living Marine veteran celebrates her 107th birthday

by Immanuel Johnson,
Stars and Stripes

Dorothy Cole, the oldest living Marine, proudly wore the service's Eagle, Globe and Anchor as she celebrated her 107th birthday.

Cole was born on Sept. 19, 1913 in Warren, Pa. A service video showed her wearing her Marine Corps League attire from Detachment 1175 in Concord, N.C.

Cole enlisted in the Marines immediately after the Dec. 7, 1941, Japanese attack on Pearl Harbor.

"Everyone was out doing something, the women helping the Red Cross or even in churches," said Cole in the video released Sunday. "So, I decided that I wanted to do something and I would go into the Marine Corps."

At the beginning of the U.S. involvement in World War II, the Marine Corps was reluctant to accept large numbers

of women, according to the National WWII Museum's website.

This changed with the establishment of the Marine Corps Women's Reserve and by the end of the war more than 18,000 women had joined up.

Initially, the response from women wishing to enlist was so overwhelming that the service could not provide them with adequate uniforms during training.

Many of them like Cole, who was stationed at Quantico, served in administrative roles.

Cole was part of a program the service called "female integration" into some fields to allow more men to serve in combat roles in the Pacific.

The first woman to join the Marine Corps was Opha Mae Johnson, who joined during World War I in 1918 — two years before women had gained the right to vote nationally, according to the World War



Dorothy Cole turned 107 over the weekend, making her the oldest living Marine today. The former sergeant enlisted in the Marines in 1941 immediately after the attacks on Pearl Harbor. Marine Corps photo

One Centennial Commission. Currently, about 8.4 percent of the 185,000-strong Corps are women. Comments on Facebook sent Cole warm wishes and one thanked her for "helping to open up the military to all of us women to follow."

Veterans

- VA issues critical assessment of Hilo veterans home
- Monument ceremony honors Cayuga County Vietnam veterans
- Veterans' ally leaving area, but not their cause

(San Diego Union-Tribune) His mission to help U.S. veterans may be ending in San Diego County, but John Stryker Meyer will be opening it on a new front ... Read at <https://www.sandiegouniontribune.com/communities/north-county/story/>.

- VA-made 'smart bandage' can track chronic wounds — and treat them



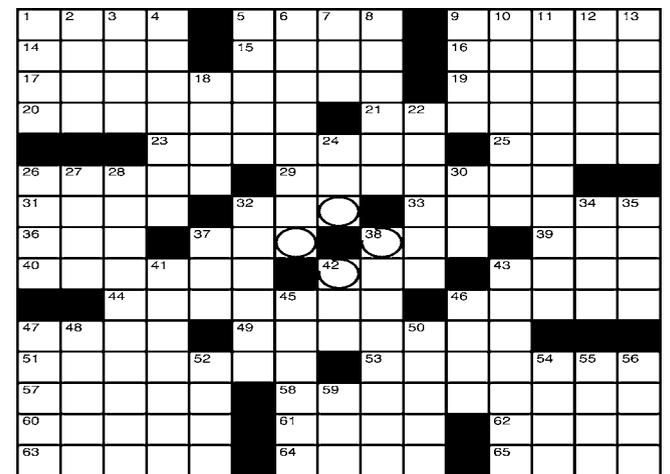
Crossword Puzzle

Across

- Ottoman bigwigs
- Wildly
- Peaks
- At hand
- Animated explorer
- Patterned fabric
- Authentic piece of a holy relic?
- Comedian Izzard
- Sound investments?
- Like some deliveries
- Indy guide
- She walked into Rick's gin joint
- Disastrous
- Comedian Garofalo
- Folk legend Phil
- Jose
- Connects with
- Arles article
- West Records: Nashville label
- Rosy-fingered goddess who rises in the east
- AirPod spot
- Get back in business
- Product prefix that evokes winter
- Die down
- Herbie, in Disney films
- Outset
- They don't last
- Part of Cura ao
- Rather
- Apparel brand with a spinnaker logo
- Mesh
- Biblical pronouns read by James Earl Jones?
- Red-pencil
- December 24 and 31
- "At Last" singer James
- Georgia team, in sports headlines
- Take a chance
- Hoarse laugh

Down

- Tiny colonists
- Structural engineering piece
- Chills and fever
- Tibetan leaders
- Specially formed
- Saskatchewan city with a 34-foot animal statue named Mac at its tourist info center
- NHL great Bobby
- Dodge City native
- "Up and ___!"
- Cough medicine ingredient
- Place reserved for one reconciling a dispute?
- Inventor Howe
- "Peace out"
- Marsh duck
- Schoolyard retort
- U.S. neighbor to the north
- One of two in Hank Aaron's uniform number
- Proactiv+ target
- Unwelcome leftovers?
- First words in an alphabet book
- Largest of New York's Finger Lakes
- Tart taste
- Mega Stuf cookie
- Great Basin st.
- One may be civil
- Message board item
- South, in Avignon
- Local news segment
- Settled in for the night, with "down"
- Surfeit
- Fluted on the march
- Jungian inner self
- Momentary error
- Fades to black
- Bit
- Stops shooting
- "Stat!"
- Gabor of "Green Acres"





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Places of Worship



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

Have you heard? Industrial Noise and Hearing Conservation course returns

by Leslie Tomaino,

The Naval Safety and Environmental Training Center again offers its Industrial Noise and Hearing Conservation Program course beginning Oct. 6.

The Industrial Noise and Hearing Conservation Program (HCP) course, formally called the Industrial Noise course, returns to the training center after a three-year hiatus. Projected updates to the Safety and Occupational Health Navy Training System Safety and Occupational Health mandate the HCP become a required course. The NAVSAFENVTRACEN immediately re-engaged and updated the course to provide its customers with the training needed to meet their organization's noise program responsibilities.

The course introduces attendees to the concepts of noise, ear anatomy and physiology, and elements of the Navy's Hearing Conservation Program. With a rising number of military members experiencing hearing loss, an effective HCP is critical to the Navy's safety and occupational health programs. Hazardous noise exposure is one of the most common occupational hazards within the DOD; such exposure can cause hearing loss or tinnitus that may directly affect a service member's ability to communicate effectively.

"The ideal person to attend this course would be anyone who conducts sound level surveys. The course provides hands-on lessons with sound level meters and includes the use of meters in industrial areas," said Dr. Aldeana Harris, head of NAVSAFENVTRACEN's Industrial Hygiene Training Department. "Individuals responsible for managing their organization's HCP will greatly benefit from attending this course."

The naval enterprise can anticipate the HCP course becoming a core course for safety professionals once the SOH NTSP updates take effect. The pilot course is Oct. 6-8. Enrollment for this initial course is limited to 10 participants and the NAVSAFENVTRACEN is seeking volunteers. Once the pilot is complete, enrollment for courses will occur using eNTRS.

If you have questions about the courses, contact Jen McQueen at jennifer.mcqueen@navy.mil, (757) 445-8778 ext. 324.

How do I start solving big problems?

by Dr. Daneen Skube,
Tribune Content Agency

Q: I'm working remotely but with no enthusiasm. I find myself drifting toward watching funny cat videos. I don't feel depressed I just feel like what I'm doing is meaningless in the face of our big problems. First off what's wrong with me, second how can I shake it, and third how do I even begin to contribute to solving these huge problems?

A: First off you're normal and just overwhelmed because the problems facing us are too big for any one person to fix. Second you will shake it if you realize this is a phase and caused by you feeling overwhelmed by your powerlessness. Third, you can begin to solve these huge problems by starting to do small things every day.

There's a story about a man that leaves home to walk to the mountains where a wise man lives to learn the secret of enlightenment. After a long tiring trip he finds the guru. He asks about the secret. The guru smiles and says, "Go home and do your breakfast dishes that you left before your journey."

The advice of the wise man was on the importance of focusing on doing the small things in front of us that we have complete power to tackle. When we face big problems most of us have a

no legs to move anyone toward answers.

We can agree in theory with our need to solve big problems like world hunger, disease, men-

power to make a difference funny cat videos at least gives us an emotional break. Even when we're working with enthusiasm on solving the small problems we all sometimes need to do the equivalent of watching entertaining animals.

INTERPERSONAL EDGE:

tendency to freeze. However, freezing gives us no forward momentum toward any improvements.

Instead of looking at the huge problems like social unrest and the pandemic look at the part of these problems you can influence. Improving your mental and physical health, working on your conflict skills and dealing better with the unrest in your relationships is powerful and meaningful.

When we focus on the actions within our grasp we don't instantly fix the big problems. We do become part of the solution. Solving for world peace means doing the uncomfortable work of creating peace inside yourself and within your world. Otherwise an ideal like world peace is just a vague idea with

tal illness or addictions. However, the rubber hits the road when we look at the specific ways these issues are personal challenges. Wanting to tackle social justice issues without taking a good hard look at how unjust, judgmental, or unkind we are is useless at best and harmful at worst.

We perpetuate what we hate when we aspire to change the world without changing ourselves. Hating social injustice in others is easy. Changing the ways we are unjust and cruel is hard. Changing the way we are unjust to those we see as impediments to our ideals like social justice is even harder. If we take the easy road of attacking others we only contribute to making the problem we say we want to fix bigger.

When we feel we have no

power to make a difference funny cat videos at least gives us an emotional break. Even when we're working with enthusiasm on solving the small problems we all sometimes need to do the equivalent of watching entertaining animals.

Start by making a list of the small tasks you can do to improve relationships and your health and your enthusiasm (and sense of power) will return.

The last word(s)

Q: I work in a business where personal contact is important but now have to work completely remotely. Are there any creative ways to meet in person?

A: Yes, for instance, I have built an outdoor gazebo and am setting it up with fabric panels, a heater and soft lighting so my coaching and therapy clients have the option even in winter to see me in person.

Daneen Skube is an executive coach, trainer, therapist and speaker. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything."

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USS *Tripoli* arrives in San Diego



NAVAL BASE SAN DIEGO - The Navy's newest amphibious assault ship, USS *Tripoli* (LHA 7), arrived at its new homeport here Sept. 18. *Tripoli* arrived at the naval base piers following its commissioning and subsequent sail around South America this summer.

"Our Sailors did an outstanding job in getting *Tripoli* safely to our new homeport of San Diego," said Capt. Kevin Meyers, *Tripoli*'s commanding officer. "Now, we shift our focus to preparing this ship for her future mission: supporting combat operations and providing humanitarian assistance around the globe, in the air, on land, and sea."

Tripoli, the only America-class amphibious assault ship in San Diego, joins Wasp-class large deck amphibious assault vessels USS *Essex* (LHD 2), USS *Boxer* (LHD 4), USS *Bonhomme Richard* (LHD 6), and USS *Makin Island* (LHD 8).



As the largest amphibious ship on the waterfront, *Tripoli* is an LHD variant designed to accommodate the Marine Corps' future Air Combat Element including the F-35B Lightning II and MV-22 Osprey.

"*Tripoli* serves as a fine example of our Sailors' ability to learn, adapt, and continuously improve even in the

face of uncertainty," said Capt. Jennifer Ellinger, commodore of Amphibious Squadron 7. "The ship's arrival here today is exciting and the crew has worked diligently to get to this point."

Tripoli's arrival brings approximately 1,100 Sailors and their family members to the San Diego area.

"It's nice to be in San Diego, a city

that is renowned for its continuing support of our service members," said Master Chief Alicia Harrison, *Tripoli*'s acting command master chief. "This crew hasn't ceased to amaze me in how they have risen to every challenge from ship's delivery, to crew move aboard, to operating under new health guidelines, to sail around."



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(Sept. 22, 2020) - The Department of the Navy Sexual Assault Prevention and Response Office congratulates the Navy and Marine Corps 2020 Exceptional Sexual Assault Response Coordinators of the Year: Raquel Hernandez (left) with the Fleet and Family Support Center Naval Air Station Lemoore and Shirley D. Stephens, Marine Corps Installations Pacific. Courtesy photo

Marines and Sailors with 7th Engineer Support Battalion (ESB), 1st Marine Logistics Group, conduct practical application using a practice fire shelter. Approximately 250 Marines and Sailors from 7th ESB are assisting the Forest Service with the Creek Fire in Central California. Marine Corps photo by Lance Cpl. Ulises Salgado



Defense Secretary Dr. Mark T. Esper thanks the crew of the USS Bonhomme Richard for their efforts in battling a multi-day blaze that began July 12 on the ship, docked at Naval Base San Diego. DoD photo by Lisa Ferdinando

Aviation Boatswain's Mate (Handling) 3rd Class Rochell Marascosayles has her new rank pinned on by her shipmates during a meritorious advancement promotion ceremony aboard Tripoli amphibious assault ship. Navy photo by MC1 Peter Burghart



Construction Mechanic 1st Class Joshua Embry, assigned to Port Hueneme-based Underwater Construction Team (UCT) 2, fills SCUBA tanks with air. Seabees of UCT 2 are conducting an inspection and bathymetric survey of Tinian's harbor and surrounding waterfront facilities.

Navy photo by MC2 Cole C. Pielop

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Esper talks with Sailors about Navy's role in national security

by David Vergun,
DOD News

Defense Secretary Dr. Mark T. Esper spoke with Sailors aboard aircraft carrier USS *Carl Vinson* in the Pacific Ocean, where it is currently conducting flight deck certifications in preparation for future operations.

On Sept. 17, a Sailor asked Esper if aircraft carriers will continue to play a central role in the Navy or go the way of battleships, which are no longer in the fleet.

The secretary assured the sailors that carriers will not be

going away and will continue to play a pivotal part in defense strategy.

Besides their lethality, carriers, along with the other ships, are important for showing America's presence abroad and its commitment to allies and partners and deterring bad behavior from others, he said.

The Navy also plays the key role of maintaining freedom of navigation and commerce around the globe, he added.

Looking into the future, the Navy will have a more balanced force, which can deliver

effects from all domains: sea, land, air, space and cyberspace, he said.

A more balanced force, he noted, will include surface, subsurface and air unmanned vehicles. "Unmanned will enable us to grow the United States Navy well beyond 355 ships. It will add more lethality, survivability and capability."

Another Sailor asked how the U.S. aircraft carrier fleet stacks up against those of the rest of the world.

"We have the most advanced aircraft carriers in the world,

and we have more of them than anybody else, and we will continue to maintain that overmatch," Esper replied.

That overmatch is not just the number of planes or self-defense systems a carrier has, it's the Sailors and leadership of the officers and noncommissioned officers, how effectively they work together, how quickly they turn aircraft, launch and retrieve, Esper said.

Besides having good leaders, the Navy and Marine Corps team has the best training, readiness, operational art and doctrine of any navy, he added.

An important part of boosting readiness is the Navy's commitment to ensuring sailors' health and fitness and



Defense Secretary Mark T. Esper speaks to Sailors in an all-call on *Carl Vinson* nuclear aircraft carrier, underway in the Pacific Ocean. DoD photo by Lisa Ferdinando

taking care of their families, he mentioned.

A third Sailor asked what the department is doing in the face of the growing military threat from China, which has been modernizing its forces.

"We need to outcompete China and are doing just that," he said. "We are going to maintain that overmatch."

The department has the largest research and development budget in history, and it is investing heavily in such technologies as artificial intelligence; a 5G network; unmanned ground, air, surface and undersea vehicles; and hypersonics.

Esper said, "AI will be a game-changer. It will change the character of warfare."

First operational F-35C squadron conducts flight deck certification

SAN DIEGO - USS *Carl Vinson* successfully completed several certifications, including flight deck certification (FDC) and carrier air traffic control center (CATCC) certification, Sept. 17, after nearly a week of flight deck operations designed to ready the carrier for future operations.

The underway also marked the first time that Carrier Air Wing (CVW) 2 and *Vinson*, both part of Carrier Strike Group (CSG) 1, fully integrated and operated together since the addition of the F-35C Lightning II.

"The flight deck certification is one of many ways the Navy ensures the safety and readiness

of our equipment and personnel," said Rear Adm. Timothy J. Kott, commander, CSG-1. "The fact that *Vinson* was able to safely and successfully complete the flight deck certification while operating with the Navy's first operational F-35 squadron is an exciting bonus."

FDC is required for the carrier to embark aircraft, the primary weapons system for the platform, and is designed to provide operational continuity and proficiency training for carrier crews. During FDC, the carrier is evaluated on its ability to launch and recover aircraft in a safe manner in both day and night time operations.



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Severe Traumatic Brain Injury Research Study

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

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Social media and kids: What parents can do to ensure safe use

(StatePoint) The negative effects of social media have been much discussed as of late, thanks to the recently released documentary on Netflix, *The Social Dilemma*.

The documentary argues that while platforms like Twitter, Instagram, and Facebook have at times been used to facilitate social movements and meaningful change, they can also make people more anxious, polarized, and inclined to believe misinformation. What's more, according to the documentary, these apps are structured to make their users obsessed with them.

As many parents know, children can be susceptible to the most common pitfalls of social media, but there are some key steps that they can take to help ensure that children's usage remains balanced, healthy and safe:

- Sorting fact from fiction: Information about the world is often delivered via social media tools. Unfortunately, much of



While the ever-evolving social media landscape can make it difficult for adults to keep up with the way their children are interacting with these platforms, parents can help protect their kids by communicating regularly and by using new tools. Photo by Antonio Guillem/Getty Images Plus

that content is actually misinformation. Parents can help stem the tide of "fake news" by teaching kids how to sort fact from fiction and pointing them in the direction of trusted sources of information.

- Privacy measures: An enormous amount of data is gathered

by social media companies. Parents should teach kids to be wary of sharing private information and opinions online. They can also add privacy settings to children's profiles to ensure they are connected only to their friends and family.

- Social media and feelings:

Social media usage can be an emotional roller coaster. Parents should consider having a conversation with children about the way social media makes them feel. As part of this discussion, parents can remind kids that while "likes" and nice comments may make them feel good, it's important not to rely too heavily on social media for

emotional validation or real connection with friends. Unfortunately, cyberbullies and online "trolls" are active social media users, too, making social media apps a sometimes unfriendly place.

- Monitoring usage: New tools are helping parents seamlessly monitor social media use

and protect kids from unsafe content. In fact, over 1.2 million families use the screen time management solution, OurPact. The app, which allows parents to block or limit app access automatically, gives families the flexibility to set schedules for usage around recurring activities like school and bedtime, keeping access well-balanced.

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All animals must be properly restrained while in the VTF: cats in carriers and dogs on a leash. For your child's safety, no children under 12 years of age are allowed on pet appointment days.

The VTF is unable to provide 24-hour service. Civilian veterinarians are listed in the Yellow Pages. We recommend that you contact a provider with a 24-hour service before you need it!

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AutoMatters™ & More



by Jan Wagner

Battery electric vehicles (BEVs) and plug-in hybrid vehicles (PHEVs) are becoming more and more common (to keep things simple here, let's just call them all EVs). If you do not own or drive an EV already, chances are you will soon. However, charging them is a somewhat complicated subject that many people are still not familiar with.

Refueling an ICE (internal combustion engine) vehicle is quick and easy. Just drive to a gas station, pull up to a pump, choose the correct grade of fuel and quickly fill up.

Charging an EV takes considerably longer than refueling an ICE vehicle, but depending upon your model of EV and the charging station you use, the rate of charging can vary significantly. Charging by plugging the portable charging station that may have been supplied with your EV into a standard 120V household outlet can take hours longer than charging by plugging in one of a variety of available 240V charging stations. How quickly those will charge your EV depends, in part, upon the charging station, the electrical circuit, the size of your EV's battery and the onboard charging equipment in your vehicle. In addition to commercial charging stations, you may also be able to charge EVs at home, at work, where you shop and elsewhere.

The plugs that connect to the various makes and models of EVs can and do vary significantly, and they must match your particular vehicle exactly.

ClipperCreek electric vehicle charging stations

In the not-too-distant future, charging may be as simple as parking over a device that delivers electricity to your EV wirelessly, through the air, by inductive charging. However, that is still in its infancy.

Pricing of electricity for EVs varies widely. Some businesses offer free EV charging to attract customers. Some employers offer free charging for their employees. You might be able to charge your EV for free at home, if you have solar panels. Imagine that – being able to drive for free! Rebates and tax incentives may be available for the charging stations.

The 120V portable charging station provided with my PHEV vehicle was too slow to deliver a full charge between when I started charging at midnight (initiated by my vehicle's charging timer, to take advantage of the lowest electricity rates) and when I left home the next morning just before 9AM. To recharge more quickly at home I needed a 240V charging station, but Toyota does not offer one. Fortunately, I know someone who knows a lot about EVs. He recommended that I check out a company called ClipperCreek.

I checked them out by reading reviews of their charging stations and also of competing brands. I learned that ClipperCreek has a solid reputation for reliable charging stations and excellent customer service. To see for yourself, read some reviews. You can also give them a call at (877) 694-4194.

To learn more and then to pass that information along to you, I asked ClipperCreek if they would send me one of their charging stations to review. They agreed.

To make it easy to narrow down the choices for which of their many different models would work with specific models of EVs, the

ClipperCreek website has a helpful selection tool at: <https://www.clippercreek.com>.

Simply choose your make and model of EV, and you will see a chart displaying key specifications of your EV, together with compatible charging station options – both from their ClipperCreek line of Made in America models, and their economical, residential-grade, more portable, AmazingE FAST charging stations.

For my 2021 Toyota RAV4 Prime XSE Premium (PHEV), the ClipperCreek selection tool recommended several different models. Rather than choose a hardwired version for installation inside my garage, I opted for their ClipperCreek model HCS-40P: plug-in, 32A, Level 2 EVSE, NEMA 14-50 plug, complete with a 25-foot cable.

It was well-packed and arrived in perfect condition. Installation was easy – just a matter of securely hanging the charging station and the charger holster on the wall using the supplied screws and washers, and then plugging it into the NEMA 14-50 socket for my existing 240V circuit. It worked perfectly. The cord easily wraps around the charging station when not in use.

If you'd prefer to have your charging station professionally installed for you, ClipperCreek also has a tool on their website that will suggest an electrician for your area. Simply enter your address at: <https://www.clippercreek.com/installers/>

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #660" in their search bar. Please send your comments to AutoMatters@gmail.com.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Waiting for the receptionist to call, I counted my fingers. It had been eleven months since I'd been to the dentist thanks to COVID-19. I scraped a fingernail across my front tooth and thought, "The hygienist has her work cut out for her today."

Sitting in my car in the parking lot didn't have the same appeal as lounging in the dentist's cushy waiting room. Over the years, spending countless hours waiting while my kids were in appointments with pediatricians, dentists, orthodontists, speech therapists, hair dressers, occupational therapists, gastroenterologists, ophthalmologists and psychologists, had taught me how to entertain myself.

First, I'd grab any free K-Cup coffee or bottled water, before settling into a comfy seat. Next, I'd peruse the magazines, splayed out like a feast before me. I'd snag a gossip rag first, gobbling up who wore what dress better, who went to rehab, or who's breaking up with whom. Then, I'd leaf through lifestyle magazines for good recipes, which I'd tear out in a secret act of kleptomaniacism. If I was still waiting, I'd clean out my purse. I'd make a garbage pile of old receipts, gum wrappers and lint cough drops. Loose change, Chapstick, keys, pens and those stolen recipes were

A farewell to rinse and spit

put in their proper places.

My car phone rang, and soon, I was in the dentist's lobby answering COVID-19 questions. I passed the test and was led to a room with a reclining chair, instrument cart, advertising posters, torturously bright light suspended from robotic hinged arm, and pamphlets with ghastly photos of gum disease.

The hygienist adorned me with a paper bib and laid the lead x-ray vest over my torso. One after the other, she jammed uncomfortable x-ray slides into my widened mouth. I felt as if my lips had exceeded their elasticity and might droop down past my chin like an Ethiopian tribal woman without her lip plate.

The hygienist then gave me the run down: first she'd clean my teeth [most likely with a chisel, ice pick and sledge hammer,] then the dentist would stop by [grace me with his presence] to take a look [poke me with a sharp object] and have a chat [try to sell me expensive cosmetic procedures.]

She swung the robotic arm over my face holding what looked like a miniature gaffing hook. Between pokes and picks, she slurped up my excess saliva with a curved suction tube while I stared up at the posters aimed at selling me Invisalign, Botox and expensive whitening treatments. "What else will these dentists come up with to make money? They should just stick that saliva sucker into our wallets," I thought.

Although the hygienist was wearing a new COVID-19 face

shield, to me, modern day dental staff had always looked prepared for nuclear holocaust. Goggles, lab coats, latex gloves, surgical masks, shoe covers, and equipment wrapped in cellophane.

Staring into the light, my mind wandered back to childhood dental visits. I recalled the taste of soap as Dr. Petras, protected by nothing but his horn-rimmed glasses, used bare hands to clean and polish my teeth himself with instruments laid out on a rolling metal tray. I remembered rinsing and spitting into a tiny swirling sink that looked like a miniature toilet bowl, having trouble disconnecting myself from a long string of saliva.

The hygienist woke me from my daydream with jab to the gums. I marveled at her sparkling white teeth. Dr. Petras had had his share of coffee stains and silver fillings, but today, dentists and hygienists have unnaturally perfect teeth. "Another high pressure sales tactic," I thought.

When it was all done, I looked around for the little toilet bowl, but there was none. Instead, the hygienist hooked me like a catfish with the curved suction tube and sucked my mouth dry. I sat up and tried to put my lips back into place.

On the way home, I admired my teeth in the rear-view mirror, running my tongue over their smooth surface. Despite my nostalgia for the simpler times of my childhood, I'd found new appreciation for modern advancements, and bid a fond farewell to the era of rinse and spit.

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SUDOKU SOLUTION

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

San Diego SBA announces local Small Business Award recipient

The Small Business Administration (SBA) San Diego District Office representing San Diego and Imperial Counties is proud to announce its 2020 Small Business Week Award winner in the category of **Veteran-Owned Small Business of the Year as Hernan Luis y Prado, CEO of VetPowered, LLC** (San Diego, CA). Nominator: was North San Diego SBDC - Team.

New USO center opening at San Francisco International Airport

USO Northern California <<https://northerncalifornia.uso.org/>> at San Francisco International Airport (SFO) will begin welcoming visitors again to a new USO center on Wednesday, September 30, following a small socially distanced ribbon cutting ceremony, offering military service members and their families a brand new home away from home in Northern California. The USO's previous facility suspended operations in March due to the pandemic.

The new USO center, located in the recently completed new Harvey Milk Terminal 1, is approximately 5,300 square feet, allowing the USO to provide traveling military a premier first-class airport lounge hospitality with versatile amenities during their visit.

La Mesa Oktoberfest Re-Imagined! Oct. 2-4; Online Sat, Oct. 3, 4-7pm

*Reimagined La Mesa Oktoberfest Brings You a Virtual Experience, Oktoberfest Beer Party Packs and Dine & Shop Deals Friday, October 2nd | Saturday, October 3rd | Sunday, October 4th ***FREE EVENT****

Since 1973, the La Mesa Oktoberfest has been attracting Oktoberfest revelers for three free days of festive live music, top-notch German food, and of course, steins filled to the brim with German & Craft Beer!

In light of current events and safety protocols, the La Mesa Oktoberfest is proud to bring you a reimagined weekend of festivities. With three ways to join in on the fun, you can mix and match your own Oktoberfest experience to create a weekend of German festivities. Bring the flavors of the Fest home to you with Oktoberfest Beer Party Packs and food offerings; Tune in to an epic afternoon of free La Mesa Oktoberfest Online Shenanigans; and, visit your favorite La Mesa business for exclusive Oktoberfest deals and specials all weekend long! Reserve a Party Pack filled with Deutche goods! A limited quantity of packs are available so reserve now for pick up on Fri., Oct. 2. On Sat., Oct. 3 from 4-7pm, Oktoberfest heads to you at home with the FREE La Mesa Oktoberfest Online! Enjoy an afternoon of Munich-inspired festivities including Oompah bands, bier tastings, craft demos and friendly competitions.

For more information, to see the full La Mesa Oktoberfest Online schedule and to purchase Party Packs, visit LaMesaOktoberfest.org.

Roy's Sudoku

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

Thursday Evenings in The Garden

Enjoy the serenity and beauty of The Water Conservation Garden at night! Beginning Sept. 24, The Garden will be open to the public on Thursday evenings from 5:30-7:30pm!

Please also feel free to register for Yoga Nights with Lisa every Thursday night at 6pm! Yoga in The Garden is a joyful celebration of nature and exploration of movement and breath in alignment informed practice appropriate for all levels.

Butterflies with Ms. Smarty-Plants™ Saturday, Oct. 3 & 10, see live butterflies and an extra special lesson with Ms. Smarty-Plants™ then release your very own butterfly to nectar on a nearby flower. Registration is required so we can assign you a time while maintaining a safe physical distance. Masks will be worn. Have cameras handy for great photo ops!

The mission of The Water Conservation Garden is to inspire positive change in the living environment through the conservation of water and other natural resources. Daily hours are Tue.-Sun. 9am-2pm. The Water Conservation Garden is located at 12122 Cuyamaca College Dr West El Cajon, CA 92019. Please register, and confirm hours and availability at <https://thegarden.org/>

Join in the True Magic of Fur Ball and help San Diego animals

Each year, the San Diego Humane Society's Fur Ball is an opportunity to celebrate our shared compassion for animals and the people who love them. It's also one of our most important fundraisers of the year, helping us care for nearly 50,000 animals in need.

While social distancing guidelines mean we aren't able to join together in person this year, animals still need our help -- and we still need you.

That's why we're inviting you to participate in the true magic of Fur Ball: your generosity for animals. Thanks our generous sponsors, your gift for this important campaign will be doubled, up to \$225,000, so you'll change twice as many lives.

You can also make a lifesaving difference for animals by participating in a beloved Fur Ball tradition: the online action. Visit sdhumane.org/furball to browse, bid on and purchase items by Oct. 3 -- all proceeds will support animals in need!

Donate and/or view auction items here>>> sdhumane.org/furball
Thank you for making the magic of hope, healing and second chances possible.

Paws of War asks for help to bring Soldier's dog back to America

Paws of War is seeking community help to bring dog back from Middle East military base

NESCONSET, New York – (September 22, 2020) – Many people are aware that some military bases are being closed overseas and the soldiers are being brought home. What they may not know is that some of these soldiers have dogs that will be left behind to fend for themselves in an area of the world that doesn't treat dogs with kindness. One of those dogs is Meeka, who has been a loyal companion to Sergeant E, who is already back in the U.S., missing her dog, and has turned to Paws of War to help bring him back home to live with her.

"Anyone who has ever had a dog knows how difficult it would be to walk out on him one day and live with the idea that you may never see him again," explains Robert Misseri, co-founder of Paws of War. "That's exactly what has happened to Sergeant E, and we will make every effort to bring her dog to America to live out the rest of his days with her in a safe and loving environment."

The bond between a dog and his human companions is special, particularly when you are someone living on a military basis thousands of miles from home. When Sergeant E first saw a dog wandering around the base that was showing signs of neglect and abuse, she had no idea that she would end up creating such a bond with him.

Naming him Meeka, the pair created an instant bond and connection. Every morning when she would leave the barracks she would see the dog, who would get excited for her attention. The dog would also spend time each morning alongside of her as she did her runs. The two became inseparable, but then she was sent home to the U.S. with very little notice, leaving Meeka on his own. He hid for a while, staying away from people out of fear, until other soldiers found a way to coax him closer by enticing him with food. They were able to catch him and have been holding him in a makeshift pen until Paws of War can help reunite him with Sergeant E.

Paws of War is on a mission to help bring the dog back to the States, but needs the help of the public for it to happen. Transporting a dog across the world is not only costly, but it involves working with overseas organizations and volunteers to ensure that all medical records and paperwork are in order.

Please help! <https://pawsofwar.networkforgood.com/projects/109632-meeeka-and-soldier-e>

USS Ranger CVA/CV-61 reunion

The USS Ranger CVA/CV-61 Reunion Association will hold its 33rd annual reunion in Norfolk, VA, Sept. 30-Oct. 3. All former crew members, squadrons, Marine detachments or TADs. For more information contact Tom Ballinger at 210-403-3302.

Flu vaccine essential during COVID-19 pandemic

by Macy Hinds
Naval Health Clinic Hawaii
Flu season is coming. In the United States, flu season usually starts in the fall and lasts through the winter. While influenza viruses circulate year-round, most flu activity peaks between December and February, but can last as late as May.

Not only is flu season about to begin, the COVID-19 pandemic is still in full swing, further stressing the importance of the flu vaccine. The vaccine could help reduce the overall impact of contagious respiratory illnesses on the population and decrease the burden on the health care system during the overlapping flu season and COVID-19 pandemic.

While the COVID-19 and influenza viruses are different, symptoms of the two are very similar, making it difficult to differentiate between them based on symptoms alone.

Navy Capt. Lisa Pearse, Navy Region Hawaii public health emergency officer from Navy Medicine Readiness and Training Command Pearl Harbor said, "Both can cause high fevers, body aches and headaches. COVID-19 is more likely to cause a cough and shortness of breath, but those symptoms could also occur with influenza. Lab testing may be required to tell them apart. One specific difference is that only COVID-19 often causes a loss of smell or taste."

While there is no vaccine for COVID-19 yet, the flu shot can help reduce the risk of illness, hospitalization and death from an influenza infection.

"The very best thing you can do to prevent influenza is to get your flu shot," Pearse emphasized.

There may be options to when and where to obtain a flu shot.

"The influenza vaccine is expected to arrive later than usual this year for the Navy, so most



A hospital corpsman from Navy Medical Readiness and Training Command Pearl Harbor disinfects a sailor's arm prior to administering a vaccine at the Shipyard Clinic Immunizations Department, Sept. 14, 2020. Photo by Macy Hinds.

of the big flu drives will be delayed slightly and will occur in November/early December, but specific dates will be released soon," Pearse said.

Immunizations clinics may currently look different due to the pandemic. Changes in hours of operations, services, safety precautions and entry requirements at a

local military treatment facility are important in planning a visit. For the safety of healthcare personnel and other patients, masks must be worn.

Those who have or may have COVID-19, regardless of exhibiting symptoms, are encouraged to postpone their visit to an immunization clinic.

It's uncertain what COVID-19 coupled with the flu season will look like this year. However, there are preventative steps people can take to help protect themselves and their families, while reducing the burden on health care resources.

In addition to getting the flu vaccine, the Centers for Disease Control and Prevention recommends staying home when sick, covering both nose and mouth when coughing or sneezing, washing hands, avoiding touching eyes, nose or mouth, cleaning and disinfecting frequently touched surfaces and preserving a strong immune system by getting plenty of sleep, staying active, managing stress, drinking fluids and eating nutritious foods.

These everyday actions combined with the vaccine can help slow the spread of contagious respiratory illnesses and prepare people for a joint COVID-19 and flu season to come.

For TRICARE beneficiaries who want to get a flu vaccine before it is available at the clinic, use a TRICARE network participating pharmacy at no cost. To learn about TRICARE coverage and the flu vaccine, visit <https://www.tricare.mil/flu>.

September is National Self-Care Awareness Month: Tips from mindfulness expert

September is National Self-Care Awareness Month. Here are some soothing self-care tips from a mindfulness expert Julie Potiker, author of "Life Falls Apart, but You Don't Have To: Mindful Methods for Staying Calm in the Midst of Chaos"

"As we continue to navigate the realities of the ongoing pandemic, self-care is more important than ever," says Julie. "Mindfulness can offer some much-needed love, compassion, and peace of mind."

1. **Mindfully connect with others:** Call a dear friend, maybe one you haven't spoken with in a while. Make a commitment to connect, then practice the art of connecting. If you're really in a rut, consider making a therapy appointment. I know for myself that when I've been at the bottom of the snake pit, I really haven't wanted to share my story with friends because I get sick of telling it. That's when it's time to call in reinforcements. Find a wonderful therapist to hear your story. Many insurance companies cover remote therapy sessions during the pandemic.

2. **Be your own BFF:** Don't let yourself believe you are not enough, or you may not be able to handle the depths of the emotional storms that blow through your life. Be your own BFF so you can always count on YOU, no matter what hand life deals you.

3. **Embrace the yin and yang of self-compassion:** Unfortunately, many of us spend a lot of time worrying about whether our personal way of being in the world is too much or not enough. In thinking about the yin and yang of self-compassion, consider accepting yourself and your energetic way of being as "just right," just as you are. Keep your eye on the ball of focusing on self-compassion.

4. **Take time away from the 24-hour news cycle:** Give yourself permission to step away, turn off the TV, and steer clear of political social media streams when you need a break. Take this time to do something positive and impactful instead—something that makes you feel good and helps others. Volunteer or donate to a cause you're passionate about.

5. **Comfort yourself with soothing touch:** Placing your hand over your heart—or wherever you find it most comforting (i.e., your shoulder, your cheek)—taps into your body's mammalian caregiver response and releases oxytocin and opiates in your brain to counteract cortisol, the stress hormone.

I put my hand on my heart probably 20 times a day! Whenever I hear an upsetting story, up goes my hand to my heart. Some of my mindfulness students find that placing a hand on their belly or cheek worked better for them. Try different spots out on yourself and see what works for you.

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