

## Veterans News

Marines at Okinawa's Jungle Warfare Training Center say goodbye to Lance Cpl. Bear.

See page 5



## AutoMatters & More

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## 111 YEAR OLD ARMY BUILDING IN POINT LOMA RENOVATED TO SERVE THE SECURITY DEPARTMENT AT THE NAVAL BASE

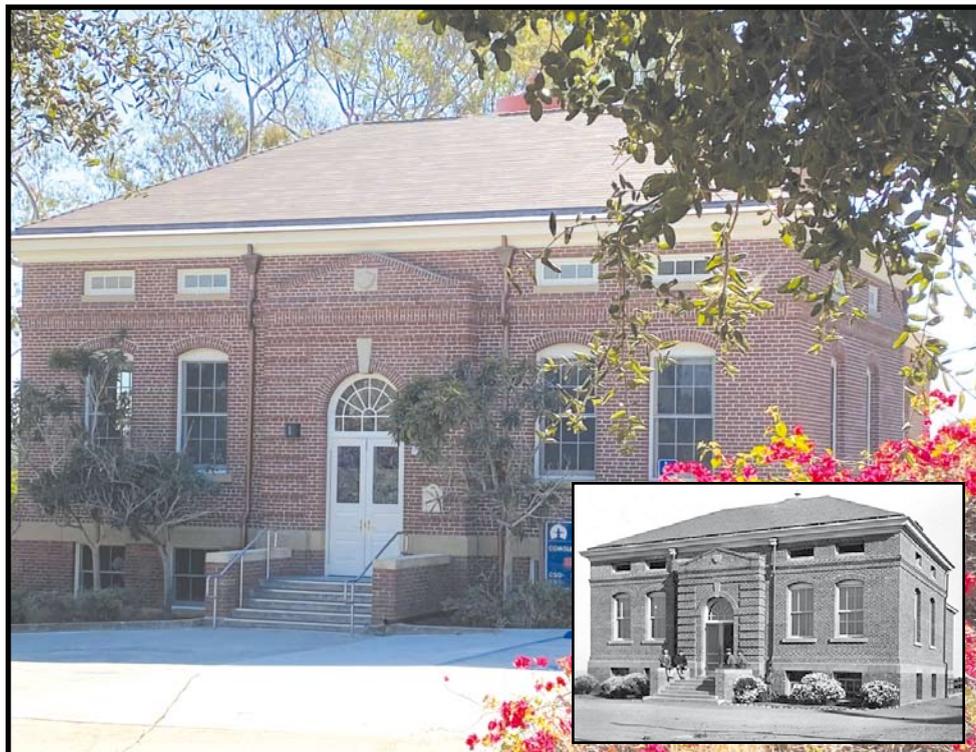
by Karen Scanlon and  
Mary Ellen Cortellini

By mid-1904, construction of San Diego's Army post was completed. Barracks buildings, hospital, officers' quarters, bake house, and a guardhouse ran along the hillside in the lee of the Point Loma peninsula. But something was missing at Fort Rosecrans, and at many U.S. Army posts of the era. A feel-good place for soldiers to gather.

"Before the mid-1890s, a soldier was issued his basic kit of uniform and ration, three meals a day, and a place to sleep," says military historian, Joe Janesic, Coast Defense Study Group, Los Angeles.

"For anything extra the nearest store at many posts was miles away. The solution: A regional commander would contract a vendor called the post sutler who held exclusive privilege to provide goods and services to soldiers. These sutlers were enormously corrupt, and often soldiers became indebted to them. The post exchange grew out of the need to better serve enlisted personnel."

Construction of the Fort Rosecrans Post Exchange, a large, red brick building, began in 1908, its architectural style unlike the Colonial Revival of other nearby structures.



The former post exchange and gymnasium building at Fort Rosecrans has been recently renovated to serve the Security Dept. at Naval Base Point Loma. Photo courtesy Karen Scanlon. INSET: Bldg 158, as it appeared circa 1919. Photo courtesy Ken Glaze

According to the April 5, 1908, edition of the San Diego Union and Daily Bee, the Fort Rosecrans Post Commander, Major G.W. Gatchell, stated, "The post exchange is established at most Army posts for the purpose of making the life of soldiers more enjoyable. The building is large enough to contain a gymnasium, library, and a

lunch counter...where soldiers can buy pies and cakes..." and other non-essentials.

And so it was. The building was completed with a main floor, basement, and a half second story finished as an interior balcony. Costly, up-to-date gymnastic paraphernalia, including traveling rings, horizontal bars,

weight machines, vaulting horses, and two punching bags sat on hardwood platforms. Installation was such that all apparatus could be removed or suspended from the ceiling and the floor used for dancing.

In the basement were two bowling lanes installed in 1909 by the Brunswick-Balke-Col-

ender Company. The company installed billiards and pool tables elsewhere in the building.

The authors contacted Brunswick to ask if photos existed of the alleys installed at former military posts, in particular, at Fort Rosecrans. Brunswick's Vice-President of Capital Equipment, David M. Sella, researched their archives but said nothing was available prior to the 1930s.

Communications continued with Mr. Sella, and Brunswick

wick gifted us with two vintage bowling pins for San Diego's renovated building. Local craftsman, Jim Craig, constructed a handsome wooden wall mount for one of the pins, which is included in a permanent history exhibit presented to the Navy by the authors.

Most of the Army's early post exchange buildings were constructed from the same government blueprint. Furthermore, according to San Diego Union see **Army, page 9**

## C-4 plastic explosive reportedly missing from Twentynine Palms

by Caitlin M. Kenney,  
Stars and Stripes

WASHINGTON - Military investigators said Friday that they are searching for several pounds of explosives that went missing during a training exercise at the Marine Corps Air Ground Combat Center Twentynine Palms.

About 10 pounds of C4 plastic explosive disappeared two weeks ago during a training exercise, according to a report Feb. 4 by ABC10 News in San Diego. The television station also reported the explosives might have been stolen.

About 3,500 Marines and Sailors from the 2nd Marine Division from Camp Lejeune, N.C., the 1st Marine Division from Camp Pendleton, and other

units from Hawaii and North Carolina are involved in the Integrated Training Exercise 2-21 at Twentynine Palms.

C4 is a powerful, pliable explosive that's suitable for cutting and breaching. It usually comes in thin, 1 1/4-pound blocks or packed in white plastic containers.

Naval Criminal Investigative Service is leading the investigation, spokesman Jeff Houston said Feb. 5. A monetary reward is also being offered for information that helps find the explosives, ABC10 News reported.

Houston and a spokesman from the North Carolina-based 2nd Marine Division declined to provide further details while the investigation is ongoing.

## HICKS TAKES REINS AS DEPUTY SECRETARY OF DEFENSE

by Jim Garamone,  
DOD News

The Defense Department's glass ceiling is cracking: Kathleen H. Hicks was confirmed by the Senate as the 35th deputy secretary of defense Feb. 8.

Hicks, a career civil servant who started at the Pentagon as a management intern in 1993, returns to a department buffeted by COVID-19 and looking to counter near-peer competitors. She will work with Secretary of Defense Lloyd J. Austin III

to "operationalize" the strategy to counter the "pacing challenge" posed by China and the increased threat from a resurgent Russia.

During her confirmation hearing at the Senate Armed Services Committee, Hicks said she looked forward to working "alongside women and men - civilian and military - who dedicate their lives to our national defense. They are my colleagues and friends, and I could not be prouder at the prospect of serv-

ing with them once more."

Hicks is coming to the job after serving as the senior vice president and Henry A. Kissinger Chair at the Center for Strategic and International Studies - one of the preeminent Washington think tanks.

Hicks holds a Ph.D. in political science from the Massachusetts Institute of Technology and a masters from the University of Maryland's School of Public Affairs. She received her undergraduate degree magna cum

laude from Mount Holyoke College in Massachusetts.

In her previous Pentagon assignments, Hicks served from 2009 to 2013 in policy offices. In 2012, the Senate confirmed her as the principal deputy undersecretary of defense for policy where she was responsible for advising the secretary of defense on global and regional defense policy and strategy pertaining to such areas as the Asia-Pacific and Persian Gulf regions, Syria and Europe. Before that she

served as deputy undersecretary of defense for strategy, plans and forces, leading the development of the 2012 Defense Strategic Guidance and the 2010 Quadrennial Defense Review and crafting guidance for future force capabilities, overseas military posture, and contingency and theater campaign plans.

Austin will oversee a global posture review in the coming weeks. Hicks said she would help translate the rhetoric of strategic competition into the

reality of execution.

China is foremost in her mind because China's military modernization is worrisome. "Armed conflict between the United States and China is not desirable, and it is not inevitable," she said during the confirmation hearing. "The U.S. military plays a critical role in preventing that outcome. Even as we stand ready today, we must modernize our concepts, capabilities, workforce and budget for deterrence to endure."

# All is well for the ship's bell

NAF EL CENTRO — What do a World War I Marine Corps general, World War II Navy ship, Brown University, and a garage sale in Soledad, California have in common? If you guessed a bell, you would be correct.

On December 7, after trading some emails about a nearby treasure, the Public Affairs Office for Naval Air Facility El Centro received an amazing surprise from Imperial Valley resident Dana Mace — an 80-pound bell from a US Navy destroyer, USS Dunlap (DD-384), which saw action in the Pacific during World War II.

Mace's uncle-in-law, a former Navy Sailor, bought the bell years ago at a yard sale in Soledad, a small California city near Salinas. It was rediscovered after the uncle passed away.

Mace took possession of the bell and spent the next several months researching the family of the ship's namesake, Marine Corps Brig. Gen. Robert H. Dunlap, in hopes of returning it to them.

Dunlap had a distinguished military career, spanning the Spanish-American War, the Philippine-American War, the Boxer Rebellion, and the Meuse-Argonne campaign in World War I. He died tragically in 1931

while attempting to save a local woman trapped in a collapsing building in Cinquars-la-Pile, France.

Mace was unable to locate living relatives of Dunlap and was unsure of what to do with the ship's bell. Then he saw an episode of the History Channel series "American Pickers" which featured a bell from another WWII-era destroyer, USS Cole (DD-155), a long missing artifact that was recently discovered in New Hampshire. Mace followed the "American Pickers" lead, contacting the Naval History and Heritage Command. Ms. Lea French Davis, a curator at NHHHC, shared with him some of the history of the bell.

After the ship's decommissioning in 1947, the bronze behemoth was loaned to Brown University in Providence, R.I. The Navy assumed it had been there since. How and why the bell traveled across the United States and ended up in a yard sale in California still remains a mystery.

NHHHC reached out to NAF El Centro, the Navy installation closest to Mace's home. The base was delighted take custody of the artifact.

"This was a great opportunity to see our staff work with

our community neighbors and retrieve a little bit of our Navy's history," said Cmdr. Jeremy Doughty, the executive officer of the installation.

The bell was properly crated and shipped to the NHHHC, the next phase of its eight-decade journey.

"This is an amazing story, and something you just can't make up," said Lt. Christopher John, the supply officer at NAF El Centro. "We will see that this historic piece of Navy tradition is properly packed and sent home."

Bells have long been an essential navigational aid for Navy ships, but they also serve many other important purposes such as informing the crew of the time, they're used as part of special announcements to the crew, notifying the crew of the comings and goings of dignitaries and the ship's commanding officer, and a number of other ceremonial purposes including serving as a font for baptisms.

Once returned to NHHHC, the bell will rejoin a collection of historic artifacts some of which date back to the founding of the republic, all of which document and represent the history of the US Navy. They include more than 1,500 ships' bells and bell-



From left to right, NAF El Centro's "Triad" Cmdr. Jeremy Doughty, Executive Officer, Capt. William Perkins, Commanding Officer, and Master Chief Eric Hubert, Command Master Chief, hold the recovered bell from the USS Dunlap (DD-384) prior to its shipping to the Naval History and Heritage Command. Photo by Kristopher Haugh.

related artifacts.

Like most artifacts in the collection, ships' bells may be placed on loan to museums and other institutions that interpret specific historical themes or have displays of naval history.

The Curator Branch's artifact loan program provides artifacts for exhibition, research, and study, an integral part of

NHHHC's goal to make collections accessible to the widest possible audience.

"We use these artifacts as a means to educate people about the Navy's history, customs, and culture and provide that connection to the past in a manner that only a physical object can," said NHHHC Curator Branch Head Jeff Bowdoin. "Numerous

maritime museums in the U.S. have artifacts on loan from the NHHHC Curator Branch, as well as a variety of Veterans groups, state and local municipalities, historical societies, history museums, and Navy commands, ashore and afloat."

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## Austin orders stand down to address challenge of extremism in the ranks

by Jim Garamone,  
DOD News

Secretary of Defense Lloyd J. Austin III has ordered a DOD-wide stand down to discuss the problem of extremism in the ranks, Pentagon Press Secretary John F. Kirby said Feb. 3.

Austin and Army Gen. Mark A. Milley, the chairman of the Joint Chiefs of Staff, met with service civilian leaders and service chiefs to discuss the problem of extremism. Kirby noted that some of the extremists who stormed the U.S. Capitol on Jan. 6 were active duty service members and others were military veterans.

Kirby was quick to say that “the vast majority of men and women who serve in uniform and the military are doing so with honor, integrity and character, and do not espouse the sorts of beliefs that lead to the kind of conduct that can be so detrimental to good order and discipline and in fact is criminal.”

Still, Austin said in the meeting with military leaders that

while the numbers may be small, they are not as small as anyone would like. “No mat-

**THERE IS MUCH THAT NEEDS TO BE HAMMERED OUT INCLUDING THE DETAILS OF THE TRAINING THAT WILL GO ALONG WITH THE STAND DOWN AND WHAT THE SECRETARY AND ALL IN THE MILITARY WANT TO ACCOMPLISH.**

ter what it is, it is ... not an insignificant problem and has to be addressed,” Kirby said during a press gaggle in the Pentagon.

The stand down will occur over the next 60 days, Kirby said. This is so “each service, each command and each unit can take the time out to have these needed discussions with the men and women of the force,” he said.

The stand down is similar to safety stand downs that units may have, Kirby said.

Austin called extremism in the ranks a leadership issue, and “it’s got to be a leadership issue down to the lowest levels, small unit leadership all the way up to him,” Kirby

said. “So if you consider it a leadership issue, then maybe there will be some potential solutions there to allow us greater visibility.”

This is a thorny problem, one that has raised its head in the past. There is a DOD Instruction aimed at this very problem - DODI 1325.06 “Handling Dissident and Protest Activities Among Members of the Armed Forces.”

The DOD Instruction expressly prohibits military personnel from actively advo-

cating for and participating in supremacist, extremist or criminal gang doctrine, ideology or causes, Kirby said.

There are questions that need to be answered, like what constitutes extremist activity? What is permissible in looking for extremists in the ranks?

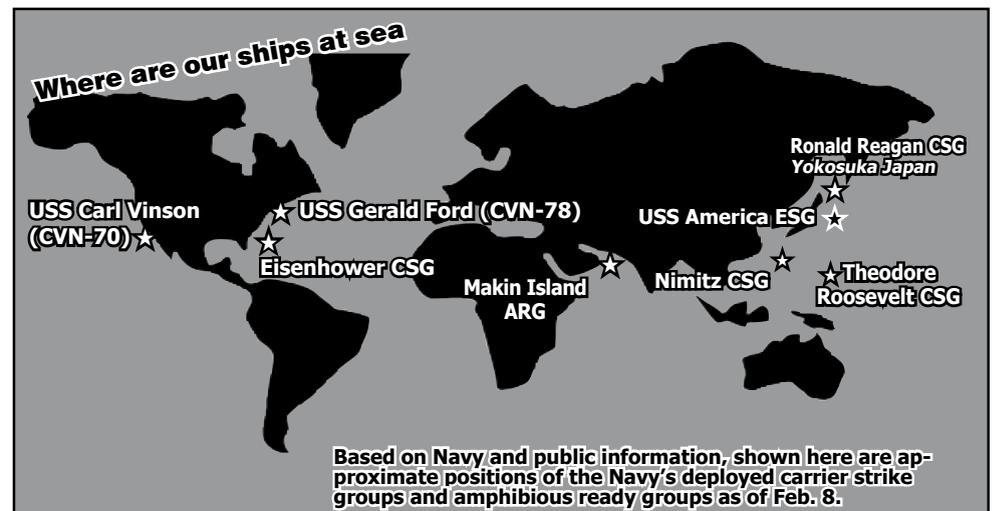
In the meeting today, Austin

made it clear that he is still mulling over how he wants to organize the effort to attack the problem from an institutional perspective, the press secretary said.

The secretary may establish a task force to get after the problem or perhaps another way. “He hasn’t ruled anything in or out,” Kirby said.



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<b><u>Ships underway</u></b>	
Deployed ships underway: 64	
Non-deployed ships underway: 41	
Total ships underway: 105	
<b><u>Ships deployed by fleet</u></b>	
Fleet Forces: 0	3rd Fleet: 2
4th Fleet: 2	5th Fleet: 19
6th Fleet: 13	7th Fleet: 60
Total: 96	



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- ◆ Schofield Barracks Soldier charged with wife's murder
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- ◆ Army sets first shoot-off for airborne, long-range precision munitions
- ◆ Army giving robotic combat vehicles more firepower
- ◆ Too many deployments to blame for stress on Fort Bliss battalion, investigation finds
- ◆ Regiment completes first joint exercise in Gulf region since pandemic began

**Navy**

- ◆ Submarine petty officer who died of COVID complications identified
- ◆ Shooter in snow-shoveling murder-suicide was decorated Navy vet
- ◆ Naval Academy grads hope to walk on the moon with NASA team
- ◆ Future USS Daniel Inouye completes acceptance trial



**Air Force**

- ◆ Another gate breach at RAF Mildenhall prompts increased security measures
- ◆ AF will investigate base security worldwide in wake of intruder entering jet at JBA, home of Air Force One
- ◆ Air Force wants to supercharge wound healing by reprogramming cells

**Marine Corps**

- ◆ Marine Corps adds 5th F-35B squadron to its force
- ◆ Nearly 90 percent of military hazing complaints come from the Marine Corps, data shows

**Coast Guard**

- ◆ Coast Guard honors Black vet, NFL great Emlen Tunnell

**Space Force**

- ◆ Floaty Bois and Homo Spaciens: Space Force reveals list of rejected troop names

**National Guard**

- ◆ Minnesota governor activates National Guard ahead of trial for police officer involved in George Floyd's death

**Defense Industry**

- ◆ Boeing, Raytheon missile sales to Saudi Arabia paused by Biden administration
- ◆ Lockheed Martin's SPY-7 radar is going to sea

# Great power competition adds to challenges in Middle East

by Jim Garamone, DOD News

Great power competition is adding a level of risk and uncertainty in an already risky and uncertain part of the world: the Middle East, the commander of U.S. Central Command said.

Gen. Ken McKenzie said in an address to the Middle East Institute Feb. 8 that Russia and China are vying for power and influence through all aspects of national power in the region. This is on top of the risks posed by Iran and violent extremist groups.

Peace and stability in the Middle East is important to the United States because the health of the global economy depends on the free flow of oil and other commerce from the region and within the region, he said.

"The U.S. faces increasing competition in the region from Russia and China both vying for power and influence through a combination of diplomatic, military and economic means," he said in the keynote address at the institute's virtual convention.

China and Russia each have reasons for challenging the status quo in the region, but many are surprised that the challenge is happening because it is widely assumed that great power competition is occurring only in the Indo-Pacific or Europe, McKenzie said. "The CENTCOM [area of operations] is and always has been a crossroads of global interests and, historically, a prime arena for foreign powers to com-

pete for influence for resources and for access," he said. "In 2020, Russia and China exploited an ongoing regional crisis; financial infrastructure needs; perception of declining U.S. engagement; and opportunities created by COVID-19 to advance their objectives across the Middle East and central and southern Asian nations to gain or strengthen footholds in the region."

Russia seeks to undermine and disrupt U.S. influence to reassert its own identity as a global power, the general said. Russia also has

the West by trying to mediate regional conflicts; selling arms without end-use restrictions; offering military expertise; and participating in regional and multilateral organizations and military exercises."

China is dependent on the region for half of its crude oil. China continues to cultivate trade relationships, economic investment and comprehensive partnerships among regional states. "China uses its 'Belt and Road' initiative and the China-Pakistan economic corridor to

efforts, strong allies and partner relationships are key in this phase of great power competition. "Opportunities to bolster partnerships and compete with Russia and China in the region include border security measures, counter narcotics efforts, counterterrorism, defense institution building, and even development assistance," he said. "These low-cost and often overlooked programs possessed outsized impact in terms of building relationships and assuring key partners."

But Iran remains the main problem for the command, McKenzie said. "For more than 40 years, the Iranian regime has funded and aggressively supported terrorism and terrorist organizations and defied international norms by conducting malign activities, which destabilize - not only the region - but global security and commerce, as well," he said.

McKenzie said Iran sponsors proxies in Iraq, Yemen, Lebanon and Syria and uses Iraq as a proxy battleground against the United States. "Iran's actions also contribute to the instability seen in Syria and Yemen, two regional conflicts that have resulted in millions of refugees, famine and outbreaks of diseases."

McKenzie said U.S. presence in the region has brought about a period of contested deterrence with Iran. "That presence sends a series of clear and unambiguous signals of our capabilities and will to defend partners and U.S. national interests, a signal which has been received by Iran," he said.

**"The easing of tensions between Israel and other Arab countries provides us with a strategic opportunity to align additional partners against shared threats to stability in the region." - Marine Corps Gen. Kenneth F. McKenzie**

economic reasons for moves in the Middle East including destabilizing arms sales. Russia is also looking to establish permanent bases in Syria and Sudan.

This has impacted U.S. operations to counter violent extremists in the region. "In September 2020, in response to a dangerous increase in unauthorized and unsafe Russian interactions with coalition forces, CENTCOM deployed Sentinel radar and Bradley fighting vehicles to the eastern Syrian security area and increased combat air patrols over U.S. forces," he said. "I suspect Russia will continue to challenge U.S. presence as opportunities present themselves, positioning ... itself is an alternative to

expand Chinese influence and presence within the [region]," McKenzie said.

Both Russia and China leverage their proximity to the region, historical relations and a perceived decline in U.S. engagement to establish and strengthen opportunistic relationships, he said.

He said he expects China will continue to strengthen defense cooperation throughout the region with arms sales, exercises and the use of multilateral organizations to establish and strengthen trade relationships across the Middle East while prioritizing access to energy resources.

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PROPERTY MANAGEMENT

## Marines at Okinawa's Jungle Warfare Training Center say goodbye to dog who was 'one of the guys'

by **Matthew M. Burke,**  
Stars and Stripes

CAMP FOSTER, Okinawa - Lance Cpl. Bear wasn't your typical Marine.

He was lazy and overweight. He smelled terrible. He ate colorful, neurotoxic newts and survived repeated bites by poisonous snakes. But at the end of the day, he was every Marine's best friend.

The chocolate Lab was the mascot for Okinawa's Jungle Warfare Training Center at Camp Gonsalves until his death Sept. 3 at age 11. A rare form of liver cancer accomplished what over a decade living in Okinawa's treacherous jungles could not.

Bear was impossible to miss, a 140-pound oak barrel with legs, and a big heart to match. He was never far behind the units at the training center, offering a reassuring cold nose in the hand or a bark to warn of impending dangers like jungle pigs or snakes.

A memorial service was held Jan. 11 to say goodbye to a Marine who had truly mastered jungle survival.

"He was just one of the guys, you know," Navy corpsman Petty Officer 2nd Class Phillip Morris said Thursday by phone from the center, where he was charged with Bear's medical care the past two years. "He did the training and then came inside the Habu Pit (lounge) where everybody hangs out at night, then he'd find someone's room to sleep in and that's it."

It's unclear when Bear was born, said his last handler, 2nd Lt. Jordan McGuire, a logistics officer at the camp. His paperwork lists varying dates.

However, Bear was a puppy when he arrived in the remote Northern Training Area town of Higashi on Feb. 16, 2009. Right away, the Marines could see the little dog was different.

Bear insisted on always being with the Marines and eating what they ate. He could often be seen relentlessly giving his paw to a Marine chowing down on a Meals Ready to Eat, begging for scraps which were readily given.

Given free run of the remote jungle warfare training base, Bear would often appear at the Marine bivouacs as they prepared for training. He was a constant presence throughout and would mill around at the briefings and laze on the warm pavement.

Bear never bristled at anyone trying to pet him. He was always smiling, and his tail would wag more and more violently the closer one got to him.

He ballooned to 135 pounds near the end of his life, but that didn't stop him from scaling sharp jungle cliffs like a mountain goat.

In 2015, Marines from 3rd Battalion, 2nd Marines, were traversing



**Lance Cpl. Bear takes a nap at Camp Gonsalves, Okinawa, in the summer of 2017. Photo by Matthew Burke/Stars and Stripes**

a rocky jungle stream with high walls on either side, heading to a natural pool called the "Slide for Life" where they would practice making flotation devices out of their gear. They seemed to be in the middle of nowhere and had already killed one habu snake.

A commotion of shaking branches and leaves on the steep cliffside to their right flanked spooked everyone - until a smiling Bear emerged through the bush. He peered down at the Marines and then disappeared. His presence could be felt for the rest of the hike.

Afterwards, a lance corporal threw up bright yellow chunks of macaroni on the pavement by the stairs down to the stream. Bear was there to lap it all up.

Every morning, Bear would go on physical training runs with the Marines. He would keep up for a little while, McGuire said, but would soon fall behind. The Marines would be resting briefly before turning back when Bear would jog up gasping.

Bear would also follow the Marines through each iteration of the training center's vaunted E-Course, complete with mud pits, obstacles, ropes and water, Morris said. He would always go with the first group.

Bear worked tirelessly to get back in shape before his passing. After being temporarily "demoted" by a cheeky camp medical staff, he ate a restrictive diet and was dropped off a couple of miles from home each day, Morris said with a laugh.

Bear always found his way back. After losing more than 40 pounds, he was reinstated as a lance corporal.

McGuire, who wasn't too keen on the smelly dog at first, said Bear helped him get through much of his tour away from his family. The dog's tail wagged enthusiastically to the very end.

Bear's ashes rest in honor at Camp Gonsalves with the base's other previous mascots. "I won't forget him just being there, helping out with morale," McGuire said.

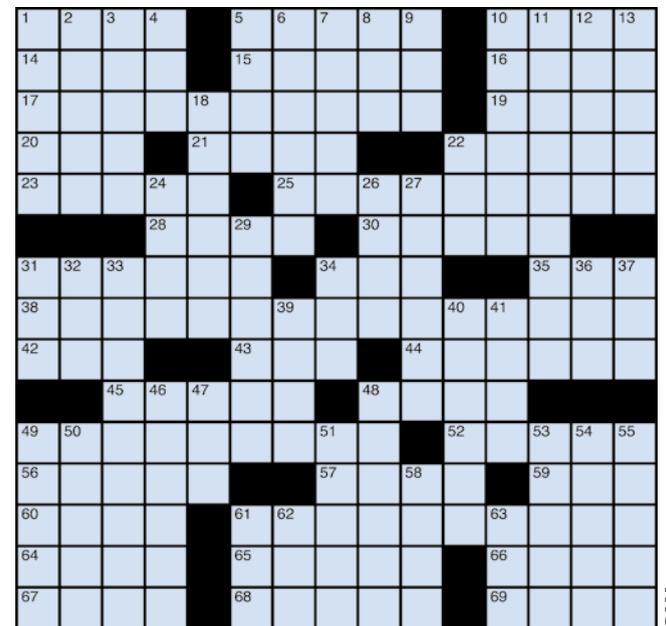
## Crossword Puzzle

### Across

- 1 Unresponsive state
- 5 Loosen up, to a pitcher
- 10 Light bulb unit
- 14 Welcoming
- 15 African howler
- 16 "Sin City" actress Jessica
- 17 \*New Jersey city on Raritan Bay
- 19 Thick slice
- 20 Semicircle, say
- 21 Green Gables girl
- 22 Kick back
- 23 Comic Smirnoff
- 25 \*Leader of the pack
- 28 Wiener schnitzel meat
- 30 Red Sea country
- 31 Trembling trees
- 34 Terrier's sound
- 35 Disney frame
- 38 \*It prohibits unreasonable searches and seizures
- 42 Boy king
- 43 Mr. Rogers
- 44 Cleared from the board
- 45 Family car
- 48 Elvis' middle name
- 49 \*Light-bulb-over-the-head instance
- 52 Sherpa's land
- 56 Large pears
- 57 Actress Skye
- 59 The "E" in BCE
- 60 Boo-boo
- 61 Spam relatives ... and a hint to the answers to starred clues
- 64 Tease mercilessly
- 65 Curved moldings
- 66 Frozen drink brand
- 67 Souvenir shop apparel
- 68 Lyrics
- 69 Rx items

### Down

- 1 Insured's contribution
- 2 Wagner work
- 3 Pharmaceutical giant
- 4 Industrious crawler
- 5 Word in a comparison
- 6 Pew book
- 7 Buck the system
- 8 Beatle bride
- 9 "No \_\_\_!": "Uh-uh!"
- 10 Message on a dusty car
- 11 NATO and others
- 12 Pre-Little League game
- 13 Card-playing surface
- 18 Lack, briefly
- 22 Cell pic taker
- 24 Walkie-talkie word
- 26 Combustible pile
- 27 Playboy founder Hugh
- 29 Hindu retreat
- 31 Away from the bow
- 32 Trifling amount
- 33 Saves for later
- 34 \_\_\_ Ray, one of folk rock's Indigo Girls
- 36 Chicago-to-Lansing dir.
- 37 Inc., in England
- 39 Top of the line
- 40 Went on and on
- 41 Pride of lions?
- 46 Show hosts
- 47 One side of a two-column list of rules
- 48 Made up (for)
- 49 Scrub the launch
- 50 Mandel of "America's Got Talent"
- 51 San Fran griddler
- 53 Tranquility
- 54 Packing heat
- 55 Does high-tech eye surgery on
- 58 Legendary loch
- 61 Milk source
- 62 Previously
- 63 Pronoun that's homonym of a religious song



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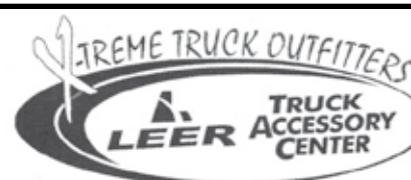
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## Interpersonal Edge: Find beauty in the storm

by Dr. Daneen Skube,  
Tribune Content Agency

*Q: I'm appalled about the storming of the United States Capitol. Just when I thought things might settle down. I'm finding it tough to focus on being productive while literal storms rage around me. How do you suggest your clients manage at work during such unstable times?*

**A:** I recommend to clients that they see the beauty during the storm. One of the definitions of "beauty" is the best feature or advantage of something. During storms the process is rugged but the wake of a storm brings a new world.

The destructive power and losses of storm are obvious. But the benefit is a reshaped landscape. The two forces of destruction and creation always balance as we make progress.

After a blizzard at night a new day brings sunshine and a carpet of diamonds transforming an ordinary landscape. Hunker down during the blizzard but don't lose sight of the beauty coming in the morning.

Many of my clients are

tempted to join this storm. I remind them of the advice of Carl Jung, the father of depth psychology. Jung warned if we do not individually deal with our internal shadow we will

### INTERPERSONAL EDGE:

project it on others and destroy each other.

Our shadow contains aspects of ourselves that we don't know. The shadow contains both angelic and demonic aspects of humanity. We may be unaware of our own insecurity, rage or cruelty. We may also not see how exceptionally kind we can be.

The hardest work you'll ever do is looking in the mirror. If you commit to this rigorous introspection find a teacher. Keep in mind your unconscious is well ... unconscious and hard for you to see. Seeing our shadow is like trying to see our blind spots when in our car. A competent teacher will see your shadow immediately and guide you to integrate these aspects.

Several clients this year have admitted they'd like to throttle members of government. When

asked why they said, "I hate these people because they are doing bad things to others because they are unconscious." When I pointed out to my clients that my clients wanted to

do bad things to others as well my clients could see they were projecting their own weakness onto others.

I never worry about people that admit their rage, or projection of weakness onto others. It can feel embarrassing that we have much in common with those we hate. Then we can move from hatred to understanding and effective action. I do worry about the actions of those that hate with no idea the enemy they want to destroy resides within their own psyche.

I believe we're ready to grow up, ready to storm our differences into an inclusive, kinder, higher-functioning society. I predict 2021 will be the, "Year of the Storm." I hope that as we storm we all reflect on our own shadow before we hate. Then we can chose understanding over judgment. If we each take

responsibility for our shadow then the beauty in this storm will be a better world we can all enjoy.

The last word(s)

*Q: I'm going crazy balancing work and my kids' remote learning. I'm not doing either job well. Is there a strategy for not losing my sanity while doing these two jobs?*

**A:** Yes, give up your perfectionism and realize you don't have to do it all right now. Both work and your kids' schooling will suffer and the future will give you time to catch up.

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.

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## Army offering financial aid to healthcare students

Paying for college is seldom easy. More challenging still, is paying for medical, dental or veterinary schools and advanced degrees in nursing.

Because of the need for people with healthcare training, the Army is offering help in the form of scholarships, student-loan repayment and specialized training programs in return for both full- and part-time service.



"With nearly 100 job titles available in the Army Medical Department, we are always looking for the best and brightest to join us in the Army or Army Reserves," said Major Christine Lee, an

Army Healthcare recruiter from the San Diego Medical Recruiting Station. "One of the best ways we can do that is by offering incentives to help ease the significant financial burdens college students face."

For those interested in hearing what opportunities might be available to them, the 6th Medical Recruiting Battalion, to which Lee is assigned, will host a virtual Healthcare Student Aid Fair Feb. 25 from 3 to 7 p.m. Attendees will talk one-on-one with an Army career specialist about scholarships, student-loan repayment, no-cost training programs and much more.

Students can register for the event at <http://bit.ly/studentaid-fair>.

Follow the 6th Medical Recruiting Battalion on Facebook for more news, information, and updates: <https://www.facebook.com/6thMRB>

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## Military Supercluster Drives San Diego Economy!

In FY2020, an estimated 25% of San Diego's gross regional product resulted from military spending. Direct spending from the military totalled \$33.6 billion and the jobs were at 342,486. The military maintained its level of operations throughout 2020 and, in doing so, contributed greatly to the region's ability to endure unprecedented economic uncertainty.

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Source: SDMAC Military Economic Impact Study 2020

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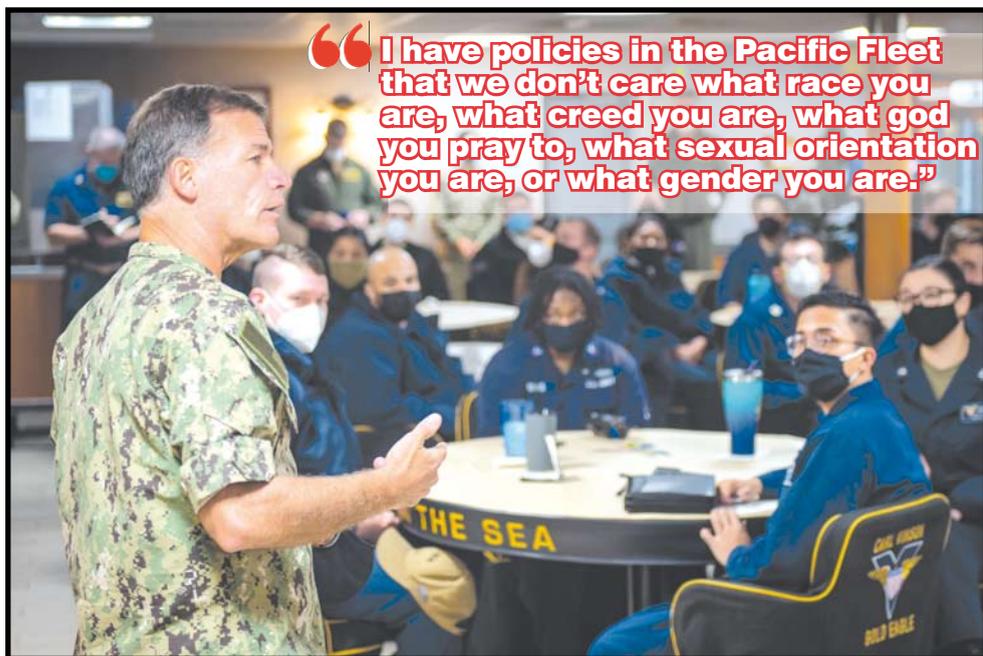
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# Local Military



**“I have policies in the Pacific Fleet that we don't care what race you are, what creed you are, what god you pray to, what sexual orientation you are, or what gender you are.”**

**Adm. John Aquilino, Pacific Fleet commander, speaks with Sailors assigned to aircraft carrier USS Carl Vinson about the Navy's intolerance to extremist and/or supremacist ideologies. Navy photo by MCSA Mason Congleton**

## Pacific Fleet boss visits San Diego for discussion on extremism

by MC2 Matthew A. Fink

Leadership from throughout the Navy's Pacific Fleet visited San Diego-based commands Feb. 8, initiating the first in a series of stand-downs addressing extremism in the ranks.

Commander, Pacific Fleet Adm. John Aquilino and Fleet Master Chief James Honea met with crews aboard various ships and commands based in San Diego for candid discussions with Sailors, focused on eliminating extremist ideologies in the military. The stand-downs were directed by Secretary of Defense Lloyd J. Austin III in a Feb. 5 memo, mandating that commanding officers across the Department of Defense address the issue directly with their service members.

“I have policies in the Pacific Fleet that we do not care what race you are, what creed you are, what god you pray to, what sexual orientation you are, or what gender you are,” said Aquilino. “We are all Sailors, we are all shipmates, and we are here to serve our nation and defend the Constitution. I owe you a safe place to work so that you can execute your mission and fulfill your oath.”

The visit to USS Carl Vinson aircraft carrier comes in the wake of an incident aboard the ship, where hate speech graffiti was discovered in a bathroom. Naval Criminal Investigative Service (NCIS) was called and initiated an immediate investigation.

Aboard Vinson, Aquilino and Honea hosted several round table discussions with Sailors assigned to the ship and Carrier Air Wing TWO. During the sessions, they listened to Sailors

Adm. Aquilino and Fleet Master Chief James Honea visited Carl Vinson, cruiser Lake Champlain (CG 57), Helicopter Maritime Strike Weapons School Pacific, Helicopter Maritime Strike Squadron 41, amphibious assault ship USS Essex (LHD 2) and amphibious transport dock ship USS John P. Murtha (LPD 26)

share first-hand experiences of discrimination and took suggestions on what the Navy could do to address these issues.

During the meetings, Aquilino and Honea also communicated their own priorities for the Fleet. According to Honea, the first step to a bias-free Navy is fostering a culture of inclusion.

“It is a privilege to serve, and every man and woman deserves dignity and respect at all times,” said Honea. “All too often, though, people show up in our ranks and feel like they do not belong. We need to make sure that we are bringing everybody along with us and that we do not leave anyone behind.”

Commander, Naval Surface Forces Vice Adm. Roy Kitchener also addressed Sailors on USS Chafee, USS Stockdale, USS Cowpens and USS Tripoli.

“I need your help. I need you to reinforce that our Sailors have a safe place to work,” said Kitchener. “We will continue to do our mission because that's who we are. Our strength is our people—no matter who they are or where they come from.”

Before departing the ships, Aquilino addressed the crews over the shipboard announcing system, telling the Sailors that discrimination goes against the Navy's core values of honor, courage, and commitment.

He stressed the Navy's zero-tolerance policy on discrimination and promised that this issue has his undivided attention.

“Extremism in our Navy is unacceptable,” said Aquilino. “We will not tolerate it. We will stomp this out, and we need your help to do it.”

### NMCSA recognizes Low Vision Awareness Month

by Seaman Luke Cunningham,

Naval Medical Center San Diego recognizes Low Vision Awareness Month in February. Low vision is a condition in which eyesight can't be corrected with glasses, medication or surgery. According to the National Eye Institute, approximately 12 million Americans have low vision-related conditions such as glaucoma, age-related macular degeneration, cataracts and diabetic retinopathy. Someone may be experiencing low vision symptoms if they have trouble reading, driving, recognizing people's faces, telling colors apart or seeing a television or computer screen clearly. The NIH adds that the type of low vision that one may experience depends on the disease or condition that caused it. The most common types of low vision are central vision loss, or being unable to see things in the center of your vision, peripheral vision loss, being unable to see things out of the corners of your eyes, night blindness, difficulty seeing in low light and blurry or hazy vision. “Many causes of low vision can be treated or halted if found early,” said Cmdr. James Zimmerman, a retinal specialist assigned to NMCSA. “Lives can be improved by seeking treatment.”

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## Sailors and Marines aboard *Makin Island* enter Arabian Gulf

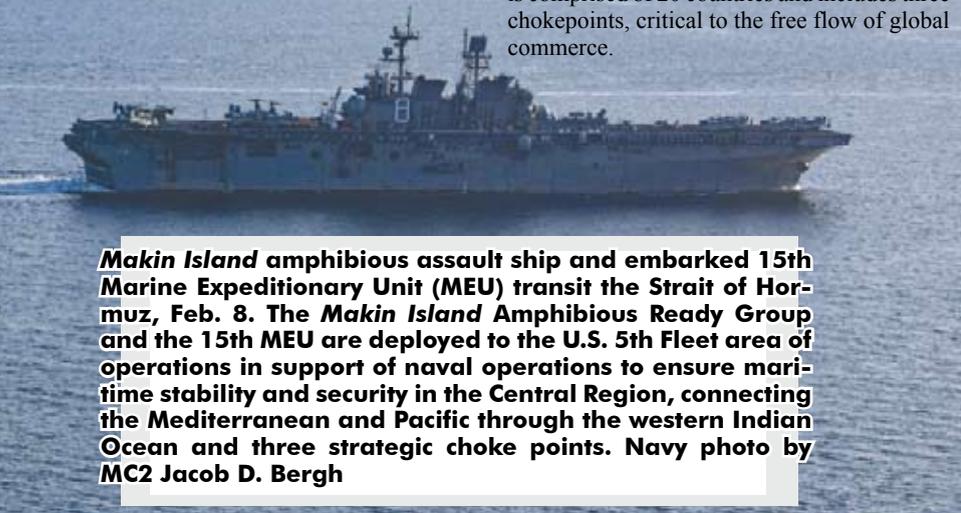
ARABIAN GULF -Amphibious assault ship USS *Makin Island* (LHD 8) along with guided-missile cruiser USS *Port Royal* (CG 73) and dry cargo ship USNS *Carl Brashear* (T-AKE 7) transited the Strait of Hormuz, entering the Arabian Gulf Feb. 8.

*Makin Island* is the flagship of the *Makin Island* Amphibious Ready Group (ARG), which includes amphibious transport dock ships USS *Somerset* (LPD 25) and USS *San Diego* (LPD 22), and embarked Marines from the 15th Marine Expeditionary Unit (MEU). While in the Gulf, the *Makin Island* ARG and 15th MEU will operate and train alongside regional and coalition partners, and provide naval aviation support to Operations Inherent Resolve and Enduring Freedom.

*San Diego* and *Somerset* entered the Gulf on Jan. 22 and Feb. 5 respectively.

The *Makin Island* ARG/15th MEU is an inherently flexible maneuver force capable of being rapidly deployed across combatant commands to meet emerging missions or contingencies, deter potential adversaries, respond to humanitarian crisis, reassure partners, enhance security, and ensure freedom of navigation and the free flow of commerce.

The 5th Fleet area of operations encompasses about 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The expanse is comprised of 20 countries and includes three chokepoints, critical to the free flow of global commerce.



***Makin Island* amphibious assault ship and embarked 15th Marine Expeditionary Unit (MEU) transit the Strait of Hormuz, Feb. 8. The *Makin Island* Amphibious Ready Group and the 15th MEU are deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the western Indian Ocean and three strategic choke points. Navy photo by MC2 Jacob D. Bergh**

## NIWC Pacific's CANDID project: Faster, cheaper, safer physical inspections

by Patric Petrie

What do you do when the Navy's ships, facilities, and other assets require regular inspection, maintenance and upgrades, but you have a limited amount of resources, personnel, and a novel coronavirus pandemic environment?

You perform inspections virtually, of course!

Inspections are vital as they provide decision makers the data they need to properly sustain these platforms. However, those inspections can be time-consuming, costly, and in some cases dangerous to perform. Moreover, responding to the pandemic necessitates limiting travel as much as possible.

### How do drones fit in?

NIWC Pacific's Collected Autonomously, Naval Data Identifying Discrepancies (CANDID) project has developed a commercially available unmanned aerial vehicle (UAV) for autonomous shipboard inspection allowing for faster, cheaper, and safer inspections and often better data for decision makers. CANDID's first test event was at Aegis Ashore Missile Defense System (AAMDS) Romania and the UAV system received a Bravo Zulu (compliments)

from Lt. Matthew Georges, the site combat systems officer who organized the test.

Routine inspections require checking the same items every time the inspection is performed. That routine lends itself to automation both in terms of saving manpower and in terms of being able to compare how conditions change over time. A UAV is an ideal tool to quickly fix and safely examine hard-to-access spaces that could be risky for Sailors.

Aegis Ashore sites provide missile defense against ballistic missiles and the centerpiece of such a facility is the SPY radar system. While inspecting the radar, Sailors have to climb ladders, but their rigging gear might not attach to the ladders. Using an unmanned aerial vehicle keeps the Sailor out of harm's way and gives more vantage points than available just from the ladder.

Once collected, the data can be analyzed by personnel, regardless of their location. Planning personnel on the other side of globe back in the United States can virtually tour and inspect the facility as if they were there. And even on site, it can be a time saver.

After seeing an initial model

of the Aegis Ashore facility, Georges immediately put it to use. Whereas before Georges needed to instruct contractors regarding the site, and safety procedures, now he could just show them the 3D model and they were ready to go. The new process turns out to be safer, quicker, and prevents unnecessary downtime for the radar system.

### What's NIWC's role?

There are a number of UAV projects at NIWC Pacific, as there are across the Navy. This is largely due to the Center's long-standing internal collaboration through the Reverse Engineering, Science and Technology, for Obsolescence, Repair, and Evaluation (RESTORE) Lab, another NIWC Pacific effort. These efforts began with the Light Distance and Ranging (LiDAR) scanning of ship interiors for configuration management, but naturally grew to include UAVs to fill the capability gap of scanning hard-to-reach places such as the mast of a ship. It is the close relationship with the fleet support department that is helping the research and development team identify capability gaps and guide future development, plus access to the ships

see **CANDID**, page 9

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## Army

continued from page 1

and Daily Bee, 22 February 1909, "The work of installing the bowling alleys at Fort Rosecrans will begin this morning... they are the same as were recently built in the gymnasium building at Whipple Barracks near Prescott, Ariz. by Brunswick's LA rep, S. P. Dysinger."

So, the authors contacted the Arizona Historical Society, which was able to provide photographs of Fort Whipple's bowling lanes. Since no photographs of the Fort Rosecrans alley have been discovered, we can rely on the Fort Whipple replica.

The Post Exchange and Gymnasium served soldiers until Fort

Rosecrans property was transferred to the U.S. Navy in 1959 for a submarine support facility. Soon after, a renovation scraped the sporting equipment, a second story added, and the building was employed otherwise.

For the past 20 years the handsome brick building stood empty and forlorn, until the 2020 renovation. The COVID-19 pandemic has delayed a public grand opening, but today, the Security Department at Naval Base Point Loma occupies the former Army Post Exchange building.

Karen Scanlon is a San Diego author, historian and educator.



**UAV Pilot-in-Command Daniel Jennings demonstrates a Light Distance and Ranging inspection capability on a modified Intel Falcon 8+ UAV at the USS Midway Museum. Courtesy photo**

## CANDID

continued from page 8

themselves provides for the best testing. The RESTORE Lab is regularly called on to document the condition of a system and develop a process by which to maintain or upgrade it.

Knowing the current condition is always the first step to such a task. Historically, one turns to blueprints or other forms of documentation. Often those can be incomplete, inaccurate, or simply nonexistent. Further blueprints are often inherently 2D, meaning they contain only

a slice of all available information.

Instead, using 3D scanning technologies, the engineers at the RESTORE Lab are now able to quickly and accurately capture the 3D condition of the asset in question and then perform their design and planning work remotely from the data. Over time this has grown into a number of different capabilities that have given engineers the ability to scan small handheld objects, individual rooms and compartments, or even entire ships or buildings.



**CAMP PENDLETON  
Jan. 4, 2021**

**A Marine with Marine Raider Support Group performs helocasting and amphibious familiarization exercises to prepare their multi-purpose canine for future operations during the Special Operations Capabilities training course. The course familiarizes the students and dogs with visit board search and seizure operations. Marine Corps photo by Cpl. Ethan Green**

## This week's snapshots



**SAN DIEGO  
Feb. 3, 2021**

**Sailors prepare syringes of the Pfizer COVID-19 vaccine aboard USS Essex amphibious assault ship. This marked the first time personnel received vaccines aboard a Pacific Fleet warship. Essex is homeported in San Diego. Navy photo by MC3 Brett McMinoway**



**MCRD SAN DIEGO  
Feb. 4, 2021**

**New Marines with Echo Company, 2nd Recruit Training Battalion, participate in a motivational run. Following graduation, new Marines will be transported to Camp Pendleton to begin their next phase of training. Marine Corps photo by Lance Cpl. Zachary T. Beatty**



## Revealed: Autonomous & affordable 2021 Eufy G30 Hybrid

its path. It has sensors that tell it to automatically slow down as it gets close to walls and furniture, so as to not damage anything. I especially enjoyed having it clean under a bed, as it disappeared under the dust ruffle — thanks to its low-to-the-ground body that is only 2.85 inches tall. It was also fun to put it into a large, L-shaped coat and storage closet under the stairs that may not have been vacuumed in years! I closed the door and let it do its thing. When it was finished, it even told me so. How cool is that?

Unlike every other vacuum cleaner that I've ever used, this one is actually quiet. It has several levels of suction that you can choose from, or simply select the BoostIQ Technology mode and the Eufy RoboVac G30 will automatically increase suction power when extra vacuuming strength is needed.

There is a logical plan to its cleaning pattern, as it moves with care across hard flooring and carpets alike, using "refined Gyro-navigation" with an "all-new Path Tracking Sensor."

If its rechargeable battery runs low (that has not happened to me yet), it will stop cleaning and return to its charging base. When it has recharged to 80 percent, "it'll resume cleaning in the area at which it stopped."

While you don't have to use it, you might want to download and use the free EufyHome app. It provides you with a way to easily get all sorts of useful information about the progress and status of your RoboVac G30 Hybrid, as well as enable you to send it commands from your cell phone. The app can give you statistics about

its cleaning history, display maps of the rooms its cleaned and show you where it is. You may use the app to tell it to return to its charging base at any time.

The RoboVac can also be controlled with Amazon Alexa or the Google Assistant.

I shouldn't have been shocked - but I was - when it vacuumed up so much stuff in its easy-to-empty bin. I've been home since March, due to COVID, and I have barely done any vacuuming.

It comes with everything you'll need: the RoboVac, charging base and AC adapter; two side brushes, an additional unibody filter, cleaning tool, water tank, washable and disposable washing cloths, a waterproof pad, full documentation and more. If there are places that you don't want it to go, a 6-1/2-foot roll of boundary strip material is included.

The Eufy RoboVac G30 Hybrid is best suited for hardwood, tile, laminate floors and medium pile carpets. As with a conventional vacuum cleaner, move cables out of the way to avoid tangling.

For more about, and to order, the Eufy by Anker RoboVac G30 Hybrid, the full line of Eufy RoboVacs, security and lighting products, and more, visit <https://us.eufylife.com/collections/robovac>.

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## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

"Honey," my retired Navy husband woke me this morning with a steaming cup of coffee — a sweet routine he started since he began working from home last March — "I just transferred money into your account because you're twenty bucks in the red. Now, I know you had to buy Anna's birthday gifts and groceries, so it's no big deal, but please ... just don't buy any more stock, okay?"

Busted.

I'll admit it. I got sucked into the fascinating drama over the GameStop stock price. Out of sheer boredom, I downloaded the Reddit app and joined the now famous (or infamous, depending on your point of view) subgroup "WallStreetBets." Initially, I just wanted to see what all the fuss was about. Before I knew it, I had bought a share of GameStop stock with our grocery money and was slinging terms like "diamond hands," "GME go brrr," "stonks," "YOLO" and "to the moon, baby!"

What happened? How did I, a 54-year-old stay-at-home mom and military spouse with a signature meatloaf recipe and sensible shoes, become a bloodthirsty amateur stock trader?

Shut any military spouse accustomed to constant change into a house for months on end, and she will soon feel like a caged wolverine in search of fresh meat in the

## Milspouse picks up weird habits during pandemic monotony

form of entertainment, distraction, and excitement. In our desperate state, new extremes are reached ... standards are abandoned ... peculiar habits are formed.

In other words, things get weird.

After our collective obsession with Tiger King waned and we all gained ten pounds from baking bread, we looked for the next thing, and the next, and the next — limping along until herd immunity restores some sense normalcy to life.

I'm actually proud of some new habits I've picked up. Others, not so much.

In an effort to add extra zip to watching Netflix every flipping night, I finally figured out Sudoku. However, I also regularly swipe and giggle like an idiot, stuck in TikTok video vortexes, forgetting to defrost dinner, let the dog out, shower, or go to bed.

Pandemic monotony has caused me to think deeply about things I never had time to contemplate before. As a military spouse who moved frequently, I was rarely up to speed on local news, but now I read Rhode Island updates with my cup of coffee every morning in bed. Unfortunately, my new daily news habit has also given me an in-depth understanding of national politics, at a time when ignorance is arguably bliss.

I've always been a football fan, but I was content to keep my interests at a surface level, never reading the sports page or watching ESPN, preferring to focus on game day

recipes and which quarterback is cutest. But a few days ago, I actually uttered the words, "I can't wait to see what the Steelers roster looks like after the draft this April."

Who the hell am I?

Recently while cleaning out a closet, I found the old potholder loom I bought twenty years ago for the kids. Despite the fact that those ugly hooked potholders are too small to adequately protect one from third-degree burns, I ordered four bags of loops on Ebay and just finished my third potholder last night.

Speaking of Ebay, this evil shopping app has sucked me into digital wormholes from which there was no escape. By the time I climbed out, I found that I'd purchased items I never knew I needed. Case in point: I now own a complete set of Mary Kay cosmetics, and I rarely wear make up.

Other strange pandemic habits I've picked up include obsessive vitamin intake, restoration of my circa-1985 second left ear piercing, a newfound penchant for Jamesons, staying up until 1:00 am on a regular basis, and an unhealthy nut addiction.

The pandemic is a lot like a deployment for military spouses. We do whatever we need to do — no matter how weird — to make it back to normal life. When that day comes, I'll keep my third earring, but will I give up my new obsessions with stock trading, staying up late, vitamins, TikTok, Jamesons, potholder weaving, Ebay, nuts, news and football?

Only time will tell.

# CLASSIFIEDS

## Social Security Matters

### No simple answer to when to claim benefits

Dear Rusty: I'm almost 59 and hope to retire from working soon. Should I take Social Security as soon as possible, or wait for the maximum amount?

Signed: Planning Ahead

Dear Planning Ahead: I'm afraid there's no simple answer to your question, except "it depends." It depends on your health; it depends on your need for the money when you retire; and it depends on your life expectancy. Plus, your marital status may also influence your decision on when to claim.

First of all, you cannot claim your Social Security retirement benefit until you are at least 62 years old. But if you claim at 62 your benefit will be cut by 30% from what it would be if you waited until your full retirement age (67). You actually have an 8-year window starting at age 62 and lasting until age 70 to claim your Social Security benefit. The earlier in that window you claim, the smaller your benefit will be. And the longer you wait to claim (up to age 70), the higher your benefit will be.

At age 70, your benefit will reach maximum at 24% more than it would be at age 67, and 76% more than it will be at age 62. Essentially, if you are in good health, don't urgently need the money earlier, and expect to enjoy at least "average" longevity (about 85 for a man your age today), you will not only get a much higher monthly benefit, but also collect much more in cumulative lifetime benefits by waiting until age 70 (or as long as you can) to claim. Of course, no one knows how long they will live, but there are online tools which can assist you with estimating your life expectancy. One relatively simple and user friendly tool is available from Social Security at this link: <https://www.ssa.gov/oact/population/longevity.html>.

Conversely, if you are not in good health and don't expect at least average longevity, or if you urgently need the money when you retire from working, claiming earlier may also be a prudent choice. If you are married and you predecease your wife, her survivor benefit will be based upon the benefit amount you are actually receiving, so by waiting to get a higher benefit for yourself you are also enhancing your wife's eventual benefit as your widow, should you pass before her.

Be aware too that, should you decide to go back to work, until you reach age 67 you'll be subject to Social Security's "earnings test" which limits how much you can earn before Social Security takes back some of your benefits (the 2021 limit is \$18,960 and if that were exceeded, they'd take back benefits equal to half of the amount it was exceeded by). The earnings limit changes annually but goes away at your full retirement age.

So, these are the things you should consider in deciding when in that 8-year window to claim your benefits. I cannot directly answer your question for you, but I hope the above gives you what's needed to make an informed decision on when to claim your Social Security benefits.

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#### Roy's Sudoku

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

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

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### Get vaccinated at a location near you

Doctors, pharmacies, community clinics, and other healthcare providers are working to provide vaccinations to San Diegans in the priority groups. While vaccines have arrived in the region, supplies remain extremely limited. Please be patient—as supply increases, providers will be able to perform more vaccinations. If you have a healthcare provider or are enrolled with a local healthcare system, please wait to be notified by them. If you do not have a doctor or other healthcare provider, call 2-1-1 to be connected with one.

For those unable to get a vaccination from a healthcare provider, the County of San Diego and its partners are offering vaccinations to individuals in eligible priority groups. Appointments and proof of eligibility are required at all sites. Space is limited and appointments are updated regularly. Visit [www.sandiegocounty.gov](http://www.sandiegocounty.gov). In the center of the page under "Popular Services" click the COVIN19 link. On this page click COVID-19 Vaccine- Distribution phases, superstation sites and appointments and scroll down to "Locations" or "Schedule." Good luck! Stay healthy!

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### DOD launches 'My MilLife Guide' text message program to boost wellness

Finding the right support to ease the stress of navigating daily COVID-19-related challenges can be a challenge itself.

To support the military community, the Defense Department recently launched My MilLife Guide.

This new program sends text messages designed to help the military community boost overall wellness while navigating stresses related to COVID-19. The program is only available for a limited time in early 2021 and will allow service members and spouses to directly receive motivational messages and helpful resources on their phones.

My MilLife Guide was developed by one of the military's flagship support programs, Military OneSource, in partnership with the Military Health System. From now until Feb. 12, 2021, users can opt in to receive messages four times a week, for a total of eight weeks. To sign up, service members can text "MilLife SM" and spouses can text "MilLife Spouse" to GOV311, or they can visit MilitaryOneSource.mil/texts.

My MilLife Guide starts each week with a text asking users to

set a small goal, such as accomplishing a task on their to-do list or taking a small step to improve their sleeping habits. Topics covered over the course of the eight-week program include:

- Stress relief
- Sleeping soundly
- Self-care
- Virtual health tools
- Strengthening relationships
- Managing finances
- Getting support
- Prepping for the future

These text messages are specifically tailored for navigating the unique circumstances of service members and spouses as they aim to improve their physical and emotional health.

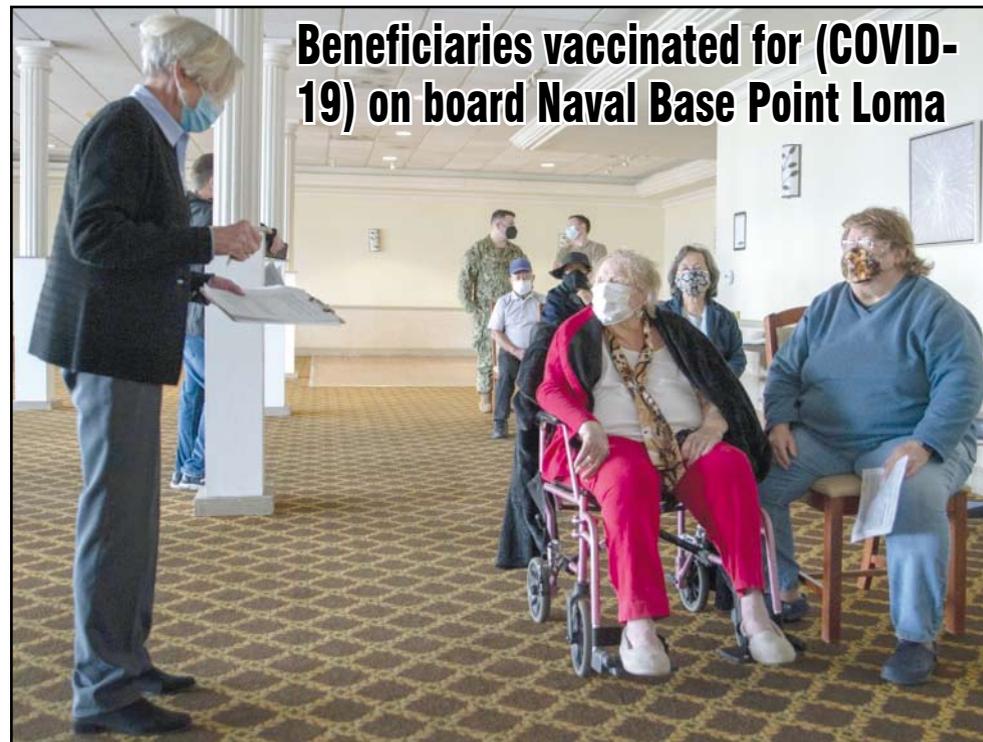
"We are excited to begin 2021 by offering a new way for service members and spouses to get support for easing stress and navigating COVID-19-related challenges texted directly to their phones," said Lee Kelley, director of Military Community Support Programs for Military Community and Family Policy. "My MilLife Guide is like a portable health and wellness coach, supporting service members and spouses as they take care of themselves and their families."

"Our service members and their families deserve the best possible care. I want to utilize all available tools to ensure their health, wellness and readiness records are easily accessible," said Army Col. (Dr.) Neil Page, deputy and military chief, Clinical Support Division, Medical Affairs at the Defense Health Agency.

"The COVID-19 pandemic showed us that sometimes these tools are best provided through digital health services. We in the Military Health System are excited to partner with Military OneSource to provide a text-based wellness program that puts valuable resources at our beneficiaries' fingertips, in a new and innovative way."

My MilLife Guide participants are encouraged to provide feedback on the program. The DOD will use this insight to help inform the development of possible future evolutions of similar initiatives.

Part of the DOD, Military Community and Family Policy offers a suite of programs, tools and services – including the My Military OneSource app and MilitaryOneSource.mil – that connect the military community to resources they can use every day.



**Beneficiaries vaccinated for (COVID-19) on board Naval Base Point Loma**

**SAN DIEGO (Feb. 2, 2021) Catherine Rief, a case manager for patient education assigned to Naval Medical Center San Diego (left), briefs beneficiaries about the coronavirus (COVID-19) vaccine on board Naval Base Point Loma Harbor Annex's Admiral Kidd Catering and Conference Center Feb. 2. The vaccine is in distribution phase 1b to include all dependents and beneficiaries 75 years and older. Phase 1b includes the following: active duty and front line essential workers that includes the education sector (teachers and support staff), Child & Youth Services staff, personnel working at depots and shipyards, DoD corrections staff, DoD post service staff, DoD public transit workers, and Commissary and other installation food service or agricultural workers. U.S. Third Fleet will coordinate with active duty and front line essential workers commands to schedule vaccinations. NMC-SD's Phase 1b also includes all DoD beneficiaries 75 years or older by appointment contingent on vaccine supply. U.S. Navy photo by MCSN Luke Cunningham.**

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