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THURSDAY, JANUARY 7, 2021

## ACTING DEFENSE SECRETARY ORDERS USS NIMITZ TO REMAIN IN THE MIDDLE EAST FOLLOWING IRANIAN THREATS

by Caitlin Doornbos,  
Stars and Stripes

USS *Nimitz* will remain in the Middle East following Iranian threats against top U.S. officials, Acting Secretary of Defense Chris Miller said in a statement Monday, reversing a decision four days ago to bring the ship home.

“Due to the recent threats issued by Iranian leaders against President Trump and other U.S. government officials, I have ordered USS *Nimitz* to halt its routine redeployment,” Miller said in a brief statement issued by his office.

The decision reverses Miller’s order Thursday to bring the Bremerton, Wash.-based aircraft carrier home after nearly 10 months at sea.

*Nimitz* was supporting U.S. troops in Somalia when Miller on New Year’s Eve announced it would transit “directly home,” according to a Defense Department statement the same day.

“The *Nimitz* team provided persistent air cover during the troop drawdowns in Afghanistan and conducted operations and exercises that strengthened enduring partnerships and alliances in the U.S. Central Command and U.S. Indo-Pacific Command



USS *Nimitz* aircraft carrier, shown here in 2012, was ordered to remain on station to counter Iranian threats by Acting Defense Secretary Christopher Miller on Jan. 4. Navy photo by Michael Cole

areas of responsibility,” Miller said in the statement Thursday.

*Nimitz*’s return was meant to reduce tensions with Iran during President Donald Trump’s final days in office, according to the Associated Press on Thursday.

“We are glad that we can conclude 2020 by announcing these warriors are headed home,”

Miller said in the statement.

Sunday marked one year since the U.S. killed Iran’s leading military commander, Gen. Qassem Soleimani, in a drone strike in Baghdad.

Soleimani had planned attacks on coalition bases hosting American service members in Iraq, including the Dec. 27,

2019, attack that killed and wounded American and Iraqi personnel, the Defense Department said in a statement after the drone strike.

Friday, Iranian Chief Justice Ebrahim Raisi told a crowd at a Tehran University event memorializing Soleimani that those who killed the general – even President Donald Trump – “will

witness severe revenge,” according to a report in the Times of Israel.

“Do not presume that someone, as the president of America, who appeared as a murderer or ordered a murder, may be immune from justice being carried out. Never,” he said, according to the Times of Israel on Friday. “Those who had a role in this assassination and crime will not be safe on Earth.”

Miller on Monday said the aircraft carrier “will now remain on station in the U.S. Central Command area of operations, which spans from Egypt to Pakistan and includes the Red Sea, Arabian Sea and the Persian Gulf.

“No one should doubt the resolve of the United States of America,” Miller said, according to the statement from his office.

## More Naval treatment centers receiving COVID-19 vaccine

A total of more than 25 Naval Military Treatment Facilities on Navy and Marine Corps facilities around the world have received COVID-19 vaccines as a continuation of the “Controlled Pilot,” or first phase, of the DOD COVID-19 vaccination plan.

As it’s still early in the COVID-19 vaccination program, there is a finite supply of vaccine. Vaccination distribution prioritization within the Department of Defense is consistent with data-driven CDC guidance for national prioritization. The Navy remains in the first phase of the vaccine distribution plan.

Receiving the vaccine is voluntary and the initial doses are being offered to healthcare providers, healthcare support personnel as well as emergency services and public safety personnel.

Prioritized Navy personnel are highly encouraged to get the vaccine to protect their health, their families, their community, and lower the public health risks associated with the COVID-19 pandemic.

In a related story, Acting Secretary of Defense Christopher Miller said that Operation Warp Speed vaccine doses were delivered.

“On behalf of Operation Warp Speed, I’m proud to report that today, 3,087,100 vaccines were distributed to the American people. Today’s great work brings the total number of doses distributed to 19,141,175 over the last 21 days since the first vaccine doses showed up at administration sites.”

## CALIFORNIA’S NEW LAWS THAT MIGHT EFFECT YOUR DAILY LIFE

Every year hundreds of new California laws take effect Jan. 1. Many of them won’t have much effect on your daily life. Here’s a closer look at some that might in 2021.

### Flavored tobacco ban

A broad ban on sales of flavored tobacco products, from vape cartridges to menthol cigarettes. This bill passed in response to a nationwide outbreak of lung injuries linked to e-cigarettes and cannabis vape products in 2019.

### Equal insurance coverage for mental health

This bill requires health plans to cover medically necessary treatment for all recognized mental health and substance abuse disorders. As it stands, Californian insurers are only required to cover treatments for nine specified mental health disorders.

### Nurse-midwives practice without physician

Certified nurse-midwives will be able to practice independently in California, without physician supervision.

### Generic prescription drugs

Requires Health and Human Services to enter partnerships to produce and distribute affordable generic prescription drugs.

### Testing for lead exposure in kids

The law imposes additional requirements on health care providers and the Department of Public Health to ensure that children who are most at risk of lead poisoning are tested for lead exposure.

### Expanded family leave

Gives workers at small businesses job protection if they take time to care for a family member, and expands the types of situations that are eligible for protected leave, including domestic partners, grandparents, grandchildren, siblings and parents-in-law.

### Workplace protections for crime victims

Expands the ban on employers taking action against employees who are victims of domestic violence, sexual assault, stalking or other crimes

that cause physical or mental injury when they take time off for judicial proceedings or to seek medical attention or related relief.

### County oversight of sheriff’s offices

Would allow counties to implement sheriff’s review boards or an inspector general to oversee the department and launch investigations.

### State investigation of police shootings

Would require state-led investigations into police shootings of unarmed civilians

and, starting in 2023, would require the state Department of Justice to review use of force policies upon request of local law enforcement agencies.

### COVID-19 workplace rules

Requires employers to notify workers of potential worksite COVID-19 exposures, report outbreaks to public health departments and gives Cal/OSHA more teeth to enforce pandemic safety violations in the workplace.

# Air Force: Special Victims' Counsel is here to help survivors

by Tech. Sgt. Robert Barnett  
 RRLINGTON, Va. - She was an officer with nearly nine years of service, who had been selected for promotion. She joined some colleagues on a weekend camping trip to take advantage of the summer weather. After enjoying a bonfire and games, they all settled in for the night, but one man, a fellow officer, didn't. He came into her tent after everyone else had fallen asleep, without invitation or welcome, and sexually assaulted her.

The next morning, she took the first steps toward justice and reported the assault. Her Sexual Assault Response Coordinator immediately informed her she had access to a variety

of services including a Special Victims' Counsel, a personal lawyer who serves as a SARC victims' advocate. She was also made aware that these resources were available to her whether

**THE SVC HAS THREE ROLES:**  
 •ADVOCATE FOR THE VICTIM  
 •ADVISE A VICTIM  
 •EMPOWER THE VICTIM

she chose to make a restricted or unrestricted report. The Special Victims' Counsel is a service every Airman should know of, but should never have to use.

An SVC is a military attorney who specializes in representing victims, including those

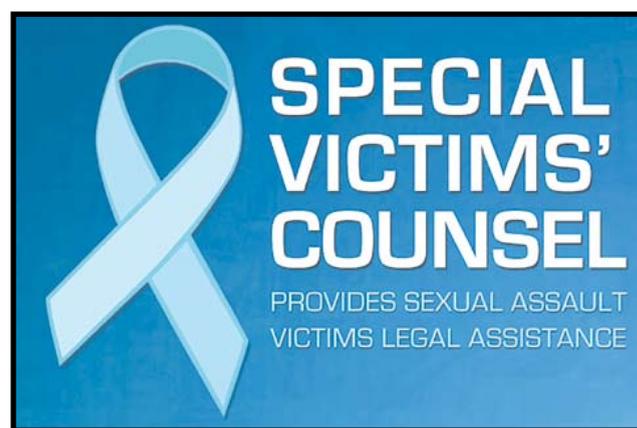
who need help and don't feel safe, of sexual assault, sexual harassment, sexual misconduct, stalking, and similar crimes, whether the victim is using restricted reporting or unrestricted reporting. A base SVC office consists of an attorney and a paralegal, both of whom have experience in the military justice system and work independently of their local command.

The SVC has three roles: Advocate for the victim by protecting their rights, advise a victim by developing the victim's understanding of the complex military justice system, and em-

power the victim by removing barriers to their full participation in the military justice system.

The legal process took time, but the captain's SVC was with her every step of the way, even helping to change her work environment, ensuring she never had to be around those involved in that camping trip again.

"My SVCs were monumental in my ability to survive this last year and a half of my life," said the survivor, whose name is being withheld to respect her privacy. "I was first assigned a lawyer, Maj. Helen Guthrie, and she was by my side every moment since the day I was assaulted. So, I immediately began



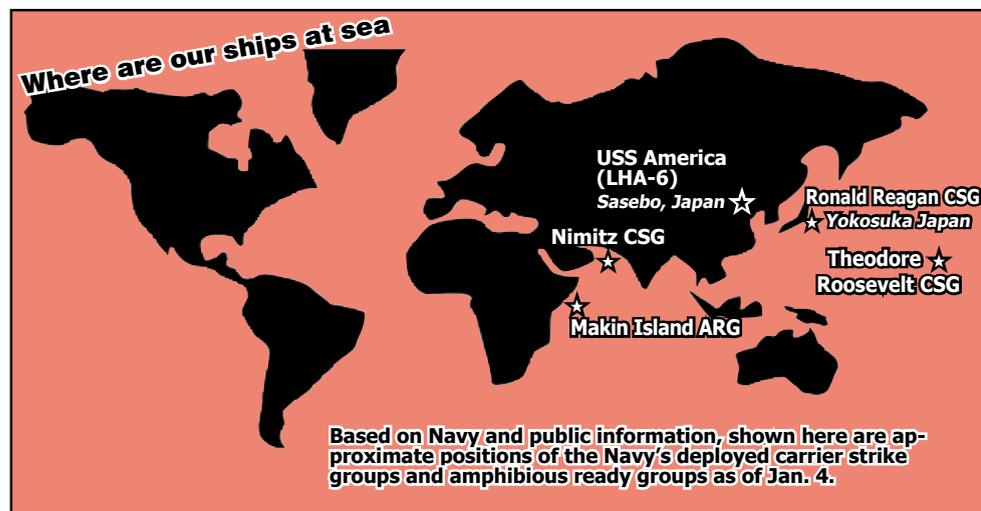
to tell my story to her and try to gain some understanding of the situation."

After Guthrie transitioned

out of active duty, the survivor requested an SVC who met her personal needs. Her new SVC was Capt. Susan Bet-Sayad, whom she said made her feel comfortable and was helpful because Bet-Sayad had experience in similar cases and understood much of the survivor's background.

"Throughout this process, I ensured consistent communication between my client and the prosecution team, as well as her command," said Bet-Sayad, who is currently stationed at Travis Air Force Base, California. "I safeguarded her privacy and ensured she was treated with dignity and respect, and was a buffer between her and the defense counsel. I also made sure she received services from the supporting agencies avail-

see **SVC, page 4**



<b>Total Navy Battle Force: 297</b>	
<b>Ships underway</b>	
Deployed ships underway: 50	
Non-deployed ships underway: 5	
<b>Total ships underway: 55</b>	
<b>Ships deployed by fleet</b>	
Fleet Forces: 0	3rd Fleet: 4
4th Fleet: 2	5th Fleet: 19
6th Fleet: 16	7th Fleet: 56
<b>Total: 97</b>	

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## Army

- Murder trials set for Navy SEAL and Marine Raider in death of Green Beret
- Army to pick replacement for SAW and M4 for Soldiers, Marines and special operators
- Futuristic do-it-all goggle for Soldiers, Marines will begin fielding in 2021
- Death of Special Forces soldier found on Fort Bragg ruled as homicide
- 1st female Green Beret faces 'minor misdemeanor' charge for accidentally firing gun, police say



## Navy

- Will 1st Fleet and Atlantic Fleet outlast the Trump administration?
- More freedom of navigation operations around the world for the Navy?
- Plank and rowing events coming to the Navy's physical readiness test
- Navy unveils updated plan to help ship watchstanders get better sleep (Military.com) The Navy has a new plan to get sailors in the surface fleet more uninterrupted sleep before they stand the watch.

## Air Force

- Looking for new perspectives on combating suicide
- Air Force has big plans for its flying car in 2021
- As Marines plans historic joint F-35 ops with UK, Air Force looks for ways to follow suit
- Travis AFB is first to get drone sentry for protection

## Marine Corps

- Marine Corps to get more amphibious combat vehicles
- Marine Corps looks to revamp junior promotion
- Marine Corps to launch new infantry training program
- Marine Corps to start widespread distribution of suppressors

# Department of Defense statement on COVID-19 distribution plan

The Department of Defense continues to deliver on the Acting Secretary of Defense's priorities during the COVID-19 pandemic to protect our people, maintain readiness, and support the national COVID-19 response. The phased, standardized, and coordinated distribution of vaccines to DoD personnel has expanded to additional locations in the United States and overseas.

"Today, we recognize the outstanding efforts of the department in executing the initial phases of the COVID-19 vaccine distribution process," said Jonathan Rath Hoffman, Assistant to the Secretary of Defense for Public Affairs. "Following emergency use authorization last week of the Moderna vaccine by the FDA and issuance of guidelines from the Centers for Disease Control and Prevention and the Defense Health Agency, vaccines are now being distributed and administered to DoD populations in England, Germany, Japan, and South Korea. Distribution of the Pfizer-BioNTech and Moderna vaccines continue to DoD populations in multiple locations in the U.S."

DoD maintains a deliberate and phased approach to distribute and administer allocations of the COVID-19 vaccine. The cur-

rent distribution and administration process remains consistent with the department's established plan. The plan includes supporting increased distribution as vaccine production increases.

DoD prioritizes its personnel to receive the vaccine informed by CDC guidance and the department's own COVID-19 task force's assessment of unique mission requirements. Priority groups include health care providers, support personnel, residents and staff of DoD long-term care facilities.

- Pfizer-BioNTech and Moderna COVID-19 vaccines have been distributed to more than 150 DoD vaccine administration sites in the United States and at overseas locations.

- Since December 13, DoD has received more than 160,000 vaccine doses from the U.S. allocation.

- 175 medical professionals and 21 support personnel are currently supporting COVID response efforts in North Dakota, Wisconsin, Guam, Hawaii, the Navajo Nation, and California.

- 143 medical professionals preparing to support COVID response efforts in Arizona and to provide additional support

for California and the Navajo Nation.

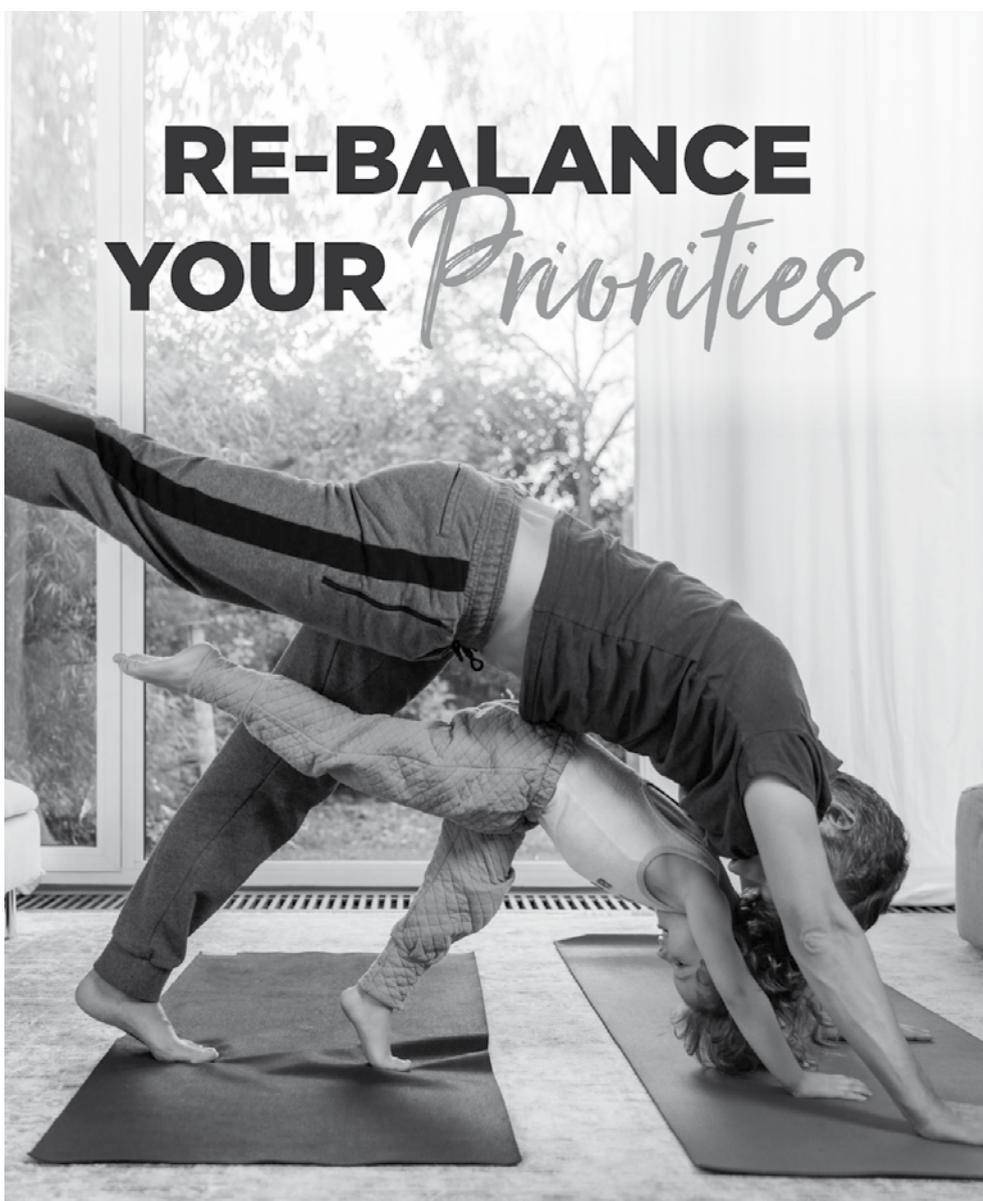
Information on vaccine administration sites can be found at <https://www.health.mil/Military-Health-Topics/Combat-Support/Public-Health/Coronavirus/COVID-19-Vaccine-Efforts/Getting-the-COVID-19-Vaccine>.

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**SVC**  
continued from page 2

able to her. Additionally, I communicated on her behalf to her leadership to guarantee that protective measures were put in place for her safety and well-being.”

The SVC also ensured her client was prepared for a court martial, advising her on the process and making sure she understood her legal rights. The accused was convicted of sexual assault, breaking and entering, as well as physical assault, and given a five-year sentence in prison and a dismissal, the officer equivalent of a dishonorable discharge.

That legal process took the combined resources of the SVC, SARC, and legal office’s Victim/Witness Assistance Program program, which ensures that all victims and witnesses of crime who suffer physical, financial or emotional trauma receive assistance and protection.

“Everyone involved, from the legal team to the prosecution team, was extremely professional, knowledgeable and helpful,” Bet-Sayad said.

SVC staff are specifically trained to work for victims, attend investigative and military criminal or administrative proceedings, and advocate on their behalf to commanders and prosecutors. All Airmen and dependents who are vic-

tims of sexual assault, stalking, domestic violence, and other offenses, are eligible for representation from an SVC. Victims of other types of crimes can also request an SVC under certain circumstances.

SVCs represent victims at every step of the military justice process to enforce their rights, Bet-Sayad explained. This includes representation of clients at law enforcement

protective orders, informed them on how to get civilian protective orders and helped them with the paperwork necessary to obtain civilian protective orders. She has also engaged with the leadership of the accused and advocated that the accused’s weapons be secured in the armory until resolution of the allegation.

Airmen and dependents who have experienced sexual as-

lips, Legal Assistance Policy Office chief at Joint Base Andrews, Maryland.

“Service members who become victims of crime can seek the help of base legal assistance attorneys at any time,” Phillips said. “If the legal assistance attorney cannot help the service member, the attorney will help the service member find another agency or attorney who can help.

“In some cases, such as incidents of sexual assault or certain domestic violence cases, the legal assistance attorney will refer the service member directly to a local SVC.”

Both SVCs and legal assistance attorneys provide confidential legal advice to Airmen and dependents. In addition to these, the VWAP is also able to assist all victims involved in a military investigation or adjudication.

The VWAP exists within Air Force legal offices to work with commanders, investigators, prosecutors, and other helping agencies to ensure that victims and witnesses are kept safe, informed of their rights, assisted in navigating the military justice process, and provided updates on ongoing military cases.

The VWAP can assist victims in obtaining military or civilian protective orders, and can assist stalking victims with requesting expedited transfers.

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interviews, trial and defense counsel interviews, every pre-trial hearing, and at courts-martial. They enforce victims’ rights to safety, privacy, and right to be treated fairly and respectfully. SVCs engage with base leaders and other decision makers to ensure that a victim’s voice and choices are heard. SVCs also assist clients in obtaining support and recovery resources.

“We focus on what’s best for our clients,” Bet-Sayad said. “SVC is independent of the chain of command. We don’t work for the wing commander, the Staff Judge Advocate, SARC or OSI. We’ll always work for the client, and will always protect the client’s confidences with attorney-client privilege.”

In her various cases, Bet-Sayad has advocated on behalf of her clients to secure military

sault, stalking, and certain other sexual misconduct have been eligible for SVC services in the Air Force since 2013. As of Dec. 1, 2020, domestic violence victims also can request legal services from an SVC for assistance within the military justice system. Under certain circumstances, victims of other types of crime may also be able to request an SVC.

Although many Airmen are familiar with the services of SVCs, some of the other legal entities involved in the process may not be as well-known, but also provide valuable resources.

The Air Force Legal Assistance Program helps service members, their dependents and retirees resolve civil legal issues such as divorce, child custody, identity theft or violations of the Servicemembers Civil Relief Act, said Lt. Col. Lanourra Phil-

**This week’s snapshots**



**Guam Army National Guard members perform for guests in the COVID-19 quarantine facility. Photo by Mark Scott/Guam National Guard**



**Air Force Staff Sgt. Carmen Pontello introduces Hammer, a military working dog, to a Ghost Robotics Vision 60 semi-autonomous robot. The Vision 60 resembles a dog but isn’t designed to replace military working dogs. Air Force photo by Airman 1st Class Shannon Moorehead**

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## Navy modernizes tuition assistance debt payments

by Cheryl Dengler,

The Navy has modernized the way Sailors, Marines, and Coast Guardsmen can pay back tuition assistance (TA) debts, effective Jan. 1.

The new program provides service members with the option to pay their debt on a mobile device or computer using a debit card, electronic funds transfer or via a PayPal account. Credit cards will not be accepted through this program, and PayPal can only be used if linked to a debit card or bank account.

Until now, service members were required to repay TA debt using a cashier's check, money order or a payroll transaction - a process that took anywhere from a week to 45 days, according to Tim Driggers, Voluntary Education Business Operations division head.

"This is the first time since the beginning of the tuition assistance program in the mid-nineties that we've done electronic debt payments," said Driggers. "The service members can pay with their bank account using a smartphone as opposed to putting a check in the mail. Since the pilot program began, we've seen a reduction in checks by



about 60 percent by doing e-billing on a weekly basis."

The new capability not only benefits the accounting system, but the service member as well.

"We saw a debt get paid within two hours of service member notification," said Driggers. "This allows the service member to be in good standing again, so that the TA is available for use immediately."

The process is streamlined and simple to use for the service members, according to Fred Morales, the TA Collections branch head.

"Once an indebtedness occurs due to a collectible grade, and provided the course has been invoiced by an academic institution, the service member will receive an email with instructions directing them to Pay.gov where they can make the payment electronically," said Morales. "It's very easy to use."

In most cases, debt transactions will be posted to the member's WebTA account by TA Accounting the next business day after the service member pays their TA debt using *Pay.gov*.

If a debt payment is not made within 45 days, a file will be sent to Defense Finance Accounting Service to cancel the e-bill, and the debt amount will be taken from the service member through payroll deduction.

For more information regarding the repayment of TA debts, call: 1-877-838-1659, option 4.

As part of the MyNavy HR Force Development team, Naval Education and Training Professional Development Center provides products and services that enable and enhance education, training, career development and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education Department, the Navy Advancement Center and the Resources Management Department.

## Why a tech career might be right for you

(StatePoint) If you have an interest in innovation, a passion for helping people and the confidence to let your creativity shine, there are exciting and rewarding career opportunities available to you in technology in almost every industry. From supporting the development of critical vaccines; building the next generation of electric vehicles; creating new and engaging ways to deliver distance learning; keeping air, food and water safe and sustainable; or bringing efficiencies to the delivery of government services, there is a career in tech waiting for you.

Even better, you don't necessarily need to be a computer whiz or math genius to land one of these jobs, as technical skills can often be taught, but professional and personal skills are often more difficult to find. Those in the know say that a growing number of employers are more interested in creativity, organization, verbal and written communications skills and a willingness to be a team player and less in technical acumen.

"That's true for people joining the labor force for the first time, returning to the workforce, burned out or hitting a ceiling

in their current job, or downsized out of a job through no fault of their own," said Todd Thibodeaux, a computing technology expert.

It's a field that offers a certain amount of job security, too. The economic and employment disruptions brought on by the COVID-19 pandemic have had an impact on tech occupations, though not nearly to the degree that other industries have been affected. The unemployment rate for IT occupations in the U.S. stood at 2.4 percent in November 2020, below the national unemployment rate of 6.7 percent.

Employers across the country continue to advertise job openings for tech workers - there were nearly 200,000 listings in November 2020. These openings were spread across many industries outside the technology sector, including financial services, manufacturing, retail, government, healthcare and education. You'll also find great variety in the types of positions companies need to fill. They include application and software developers; tech support professionals, whose roles are increasingly important as more people work and learn from home; network analysts, architects and

engineers; cybersecurity pros responsible for securing our data, devices and networks; and project managers tasked with keeping mission-critical projects on track.

**There are a number of free resources available to help you learn more about tech careers:**

- The Future of Tech (*futureoftech.org*) is a free and growing library of resources to get you up to speed on what's new and next in the world of technology.

- Cyberstates (*cyberstates.org*) is the definitive guide to information on the U.S. technology industry and workforce.

- If you're interested in cybersecurity, CyberSeek (*cyberseek.org*) has detailed information on the U.S. job market, like guidance on career paths and professional certifications.

"There are options available that allow you to combine an interest in technology with something you are passionate about," said Thibodeaux said. "With the right access, encouragement and opportunity, anyone can maximize their digital knowledge and skills so they can achieve their life's ambitions."



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THURSDAY, JANUARY 7, 2021 www.armedforcesdispatch.com 7



**Military Sealift Command hospital ship *Mercy*, shown on March 23 in San Diego. Navy photo by David Mora**

## Hospital ship *Mercy* not scheduled to deploy for COVID-19 relief

In a story this week by Erika I. Ritchie of the *Orange County Register*; San Diego-based Navy hospital ship *Mercy*, isn't likely to be deployed to help again anytime soon, Navy officials said on Tuesday.

In March last year, *Mercy* took aboard non-COVID-19 patients to help with a surge of patients in Los Angeles area hospitals. According to the *Orange County Register*, the 1,000-bed hospital ship is presently in a shipyard in Portland undergoing scheduled maintenance. The maintenance was planned before the ship's LA deployment, but deferred.

"There is no plan to deploy USNS *Mercy* at this time, or any time in the near future," Sarah Burford, a spokesperson for the ship's command, told OCR. "The ship is in the shipyard for an extended maintenance period for the next few months. It's pretty much impossible to get it underway. We aren't sure how long the maintenance will take."

*Orange County Register* reports that, last week, Los Angeles County Supervisor Janice Hahn requested that Gov. Gavin Newsom appeal to the federal government to bring the ship and its medical personnel back to the Port of Los Angeles as the region prepares for the anticipated coronavirus post-holiday "surge upon a surge."

On Jan. 5, Newsom's office said in a statement it was informed the ship was in dry dock and unavailable for service. The Navy had not received an official request for the ship from the federal government.

Instead, Newsom and the California Office of Emergency Services have asked the Federal Emergency Management Agency and United States Department of Defense to acquire and immediately deploy to additional hospitals in Southern California, medical personnel equivalent to the staff that would have been on the USNS *Mercy*, and then some, officials said.

Refer to <https://www.stripes.com/news>

## Parachute operations: Pendleton Marines jump out perfectly good airplane

by Lance Cpl. Andrew Cortez

Marines with Air Delivery Platoon, Landing Support Company, 1st Transportation Support Battalion, 1st Marine Logistics Group, coordinated a parachute operation at Drop Zone Basilone to refresh their Marines on low-level static line jumps and aerial resupply.

1st TSB invited other Pendleton units to participate in the training event, enabling Marines with 1st Marine Division and I Marine Expeditionary Force Information Group with airborne and jump missions to gain proficiency and remain current with their jump training.

The aerial delivery Marines coordinated with 3rd Marine Aircraft Wing to use a KC-130J Hercules as part of the training. In addition to the actual parachutists, the Marines loaded the aircraft with container delivery systems and door bundles to simulate a resupply.

"It's important that we do this training, because it allows us to practice in rugged terrain and puts us in real-world environments that we can fine tune our skill sets in," said Gunnery Sgt. Kyle Bridges, the aerial delivery chief with Air Delivery Platoon, LS Company, 1st TSB.

After taking off from Marine Corps Air Station Camp Pendleton, the aircraft made several passes over the drop zone to line themselves up before doing the physical drop. Once the Marines jumped out of the aircraft, the supply bundles soon followed.

The air delivery Marines usually conduct two or three parachute operations each month to help maintain their proficiency. Being stationed on Pendleton, and having MCAS Camp Pendleton nearby, streamlines the planning process for each jump.

"Having the air station right here is crucial to us," said 1st Lt. Amy Horney, the Air Delivery Platoon commander with LS Company, 1st TSB. "If we didn't, if we had to go to Miramar or Yuma, or something like that, it would take a huge toll on the logistical planning that we have to do each time."

All of the different training areas on Camp Pendleton also provide some advantages for the Marines, according to Horney.

"With Camp Pendleton being so large, there are multiple drop zones on the base," said Horney. "We can go all the way

up north, we can stay down here by the air station. We can go toward different units to help them out and take less of a toll on their logistical planning. Camp Pendleton is definitely a golden site for us in order to do those two to three operations a month, in addition to all the other exercises we support."



**Marines land on a drop zone during a parachute operation at Camp Pendleton. (inset) Parachute rigger Lance Cpl. Deanna Bonham packs her parachute after completing a static line jump Photos by Lance Cpl. Andrew Cortez**

## This week's snapshots



**PACIFIC OCEAN  
DEC. 28, 2020**

Operations Specialist 2nd Class Skyler Davis shoots an M9 pistol on the flight deck of cruiser *Bunker Hill*. The ship is on deployment with the *Theodore Roosevelt* Carrier Strike Group conducting routine operations in the 3rd Fleet area of operations. Navy photo by MC2 Brandie Nuzzi



**CAMP PENDLETON  
DEC. 16, 2020**

Lance Cpl. Michael Wick, an aircraft rescue firefighter provides security during a Tactical Recovery of Aircraft and Personnel exercise. The TRAP force with provides immediate response to isolated personnel in potential search and rescue. Marine Corps photo by Sgt. Jennessa Davey



**INDIAN OCEAN,  
DEC. 26, 2020**

Aviation Boatswain's Mate (Handling) 2nd Class Jajuan Mangual moves an MV-22 Osprey aboard the flight deck of *Makin Island* amphibious assault ship. *Makin Island's* amphibious group and the 15th MEU are conducting operations in the 6th Fleet. Navy photo by MC2 Kristopher S. Haley

## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

## 2021 Diet Review: What I learned while losing, gaining same 10 lbs. for 30 years

from long-term captivity or was suffering a major cardiac event.

After having babies in the 90s, I bought VHS tapes allowing me to exercise at home during nap time. There were videos by Kathy Smith, Jane Fonda, Denise Austin, and one MTV's "The Grind" hip-hop dance tape that I botched. Although I wore my husband's Navy sweatpants because I didn't own spandex and leg warmers, I turn-stepped, kick-ball-changed and free styled my way across my living room every afternoon.

When our VCR gave up the ghost, I went to the local YMCA, finally investing in presentable work-out clothes for step, kick-boxing, spinning, pilates, boot camp, body pump, and Zumba, during which I achieved new levels of personal humiliation.

For me, the problem wasn't exercise. It was the can of Pringles I'd eat later that afternoon. No matter how many miles I shuffled or Y classes I took, I always knew that my weight loss goals would fail without a proper diet plan.

An old favorite was "The Cleveland Clinic" diet, which had nothing to do with the famed hospital, and was also slanderously called "the three-day Army diet," "the American Heart Association diet" and "the hot dog and ice cream diet." I usually achieved success, losing ten pounds in three days. The only problem? On the fourth day when normal eating resumed, I'd gain it all back.

I invested in Weight Watchers, a healthy subscription plan involving

a points system, nifty daily journals, recipe cards and weekly meetings. I lost a few pounds; however, I found the strict privacy of the weigh-ins to be a disappointment. I mean, what's more motivating than a bit of public fat shaming?

Eventually, I discovered Sugar Busters, Adkins, Dukan and their ilk, which began a long odyssey of low-carb self-denial, during which I believed in strict adherence to an eating plan that looked like "Cool Hand Luke" at a Brazilian meat festival. At first, the notion of unlimited butter, bacon, cheese and chicken skin was liberating. But I developed unfamiliar feelings like cravings for vegetables and worried that I might grow carnivorous fangs.

Admittedly, I never got around to doing Paleo, mostly because the history geek in me rejected the premise that our prehistoric ancestors ate pistachio crusted salmon filets, when we all know their diet included bugs and decaying gazelle carcasses.

This New Year, I might give the Fast Metabolism Diet a go because it involves a healthy rotation of low-fat, high-carb, low-carb, and balanced days every week. However, it also requires buying the book, meticulous record keeping, strict adherence to three different allowed food lists, and, therefore, CPA certification and a Ph.D. in nutrition.

In a month or two, stay tuned for my next review, which will likely be titled "Elastic Waistband Fashion," or "Wearing Maternity Clothing Post-pregnancy."

## Dominant Mercedes team commits to remain in Formula One, expands partnership with Williams

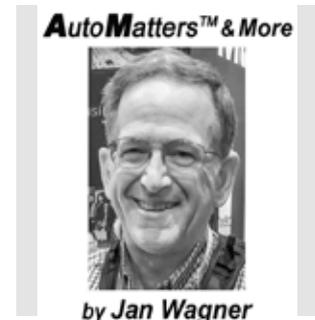
Despite considerable speculation to the contrary over the past year, Mercedes-AMG Petronas has officially dispelled rumors of their departure as a Formula One team. "The team will remain the works Formula One team of Mercedes-Benz and will continue to race Mercedes chassis and power units in the coming years," becoming more closely aligned to Mercedes-AMG, the performance division of Mercedes-Benz.

Rumored earlier to retire from the team to pursue other interests, "Toto Wolff will continue in his role as Team Principal and CEO for a further three years, leading the executive operations of the company and the racing team. He will have the subsequent opportunity to transition to a new executive function within the organization when he decides it is the right time to do so."

Since 2010, the team has been in a title partnership with PETRONAS, along with other partners. Going forward, Daimler will reduce its 60 percent shareholding in the team, Toto Wolff, team principal and CEO, will increase his 30 percent shareholding and INEOS will be a 1/3rd equal shareholder.

Wolff has been especially accessible to interviewers during Formula One television broadcasts and has consistently provided significant insight into the team's racing, so his continuation in his familiar role should come as

welcome news to fans of Formula One. In making the announcement, Toto said that "I am pleased to begin this new chapter for the Mercedes-AMG Petronas F1 Team. This team is like a family for me. We have been through so many highs and lows together that I cannot imagine working with a



by Jan Wagner

better group of people in this sport - and I am very happy to continue together into this new era."

In his role as Chairman of the Board of Management of Daimler AG and Mercedes-Benz, Ola Källenius said: "We are delighted to welcome INEOS to our Formula One joint venture as a fellow shareholder. It is a sign of the strength of the organization in Brackley (the racing team's factory) that we have been able to attract prestigious investors in INEOS, who see real potential for the future growth and development of the team. We remain firmly committed to Formula One, and the forthcoming cost cap along with the new shareholding structure put us in an even stronger

position for continued success. With an even closer alignment to our Mercedes-AMG performance division beginning in 2021, and Toto's continued leadership in the coming years, the future is bright for Mercedes-Benz in Formula One."

INEOS is one of the world's leading chemical companies (<https://www.ineos.com/company/>), manufacturing petrochemicals, specialty chemicals and oil products, with 36 businesses in 29 countries. Sir Jim Ratcliffe, chairman of INEOS, expressed his company's confidence in their expanded role within the racing team, saying, "Our involvement across a number of different sports demonstrates that we always aim for the very best. When we entered Formula One earlier this year, we chose to do so with a Mercedes team that had set new benchmarks, and since then we have been in discussions about how we could increase our involvement. This is a unique opportunity to make a financial investment in a team at the very top of its game, but which still has rich potential to grow in the future. We couldn't wish for better partners than Mercedes-Benz, and a team of proven winners led by Toto."

Sweeping changes in the Formula 1 regulations will take effect in 2022, potentially putting the teams on a more equal footing. Also in the 2022 season, Mercedes-AMG Petronas F1 Team will expand their technical collaboration with Williams Racing to provide gearboxes and related hydraulic components, in addition to the Mercedes-Benz Power Units that have powered Williams Racing since 2014. "Historically, Williams has built its own gearboxes and hydraulics in-house."

According to the provisional 2021 Formula One calendar, tentatively there will be 23 races in the new season, beginning on March 21 in Melbourne, Australia. This race was cancelled at the last minute in 2020, and in 2021 it's subject to another cancellation due to COVID-19. The season will conclude Dec. 5, in Abu Dhabi. Visit [www.formula1.com](http://www.formula1.com) for more information.

To see photos, visit [www.drive-tribe.com](http://www.drive-tribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #673" in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com). Copyright © 2021 by Jan Wagner - AutoMatters & More #673

## Veterans News

### Death of Merrill's Marauder vet leaves 7 survivors of the famed WWII unit

by Wyatt Olson,  
Stars and Stripes

James E. Richardson, one of only eight living veterans of the famed Merrill's Marauders from World War II, died Jan. 3 in Knoxville, Tenn., at the age of 99.

Richardson had returned about a week before Christmas from a hospital stay to his home in Jacksboro, Tenn., where his health had been steadily improving, his daughter Judy Robinson said in a statement issued Wednesday. She and her husband Larry were his live-in caregivers.

"On Christmas day, he suddenly got sick that evening, and I took him back to the hospital," Robinson said. "My brother was with him when it happened."

The Marauders were named for Brig. Gen. Frank Merrill, who led the Army unit as it fought behind Japanese lines in Burma during the war.

The unit's ultimate mission was to capture the Myitkyina airfield in northern Burma, which they did May 17, 1944, after a 1,000-mile trek over the Himalayan foothills, through jungles and enemy resistance. But more damaging than the Japanese enemy was the disease, exhaustion and malnutrition that winnowed their ranks to fewer than 200 by the time they seized the airfield.

On Oct. 17, the nearly 3,000 men of the 5307th Composite Unit, as the Marauders were formally known, were awarded the Congressional Gold Medal "in recognition of their bravery and outstanding service in the jungles of Burma during World War II."

The medal also honors the more than 2,000 replacements flown in to join the 5307th to hold the airfield and capture the town of Myitkyina.

With Richardson's death, only

seven Marauders are known to be living, according to Jonnie Melillo Clasen, daughter of Vincent Melillo, a Marauder who died in 2015 at age 97. She serves as an informal liaison to the still-living Marauders and their families after the group of surviving veterans grew too old and too few to maintain an association and plan reunions.

Marauder veteran Fred Randle, died at age 97 on Nov. 23 in Hot Springs, Ark.

James Eubaun Richardson was born July 22, 1921, one of seven brothers - six of whom served in the armed forces during World War II. All returned from the war but John "J.C." Richardson, who was killed in France on D-Day and is buried there.

Richardson was one of the few Marauders who made it all



James Richardson, 99, a member of the famed Merrill's Marauders in Burma during World War II, poses with his daughter, Judy Robinson, in February 2020. He holds a photo of his brother, J.C., who was killed in France during the war. Photo courtesy of James Richardson

the way to the capture of the airfield, though he was wounded by a gunshot in a shoulder. He received a Bronze Star for his individual valor during combat.

He returned to the United States from India in December 1944 and was stationed at Camp Rucker in Alabama at the time

#### Veterans

- VA ends 2020 with more than 6,500 coronavirus deaths and 150,000 infections
- More companies commit to hiring military spouses
- Report documents poor virus response in Pennsylvania veterans home



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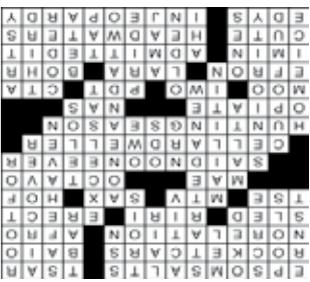
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7	9	6	4	1	2	8	5	3
4	8	2	7	3	5	6	1	9
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8	6	4	5	3	9	7	2	1
7	9	5	4	1	2	8	3	6
1	2	3	7	6	8	5	4	9

## MCCS MIRAMAR

### Valued MCAS Miramar Patrons:

We would like to thank you for your continued support and patience as we navigate this challenging period for Miramar and our nation. At MCAS Miramar we are committed to the safety of all in our Miramar community and to those who use the facilities. To more effectively comply with the social distancing guidelines, you will see reduced capacities and hours in our facilities. Understandably, the active duty members in the San Diego region are the first priority for our fitness centers and other services, and we will continue to meet their needs in order to ensure their health and fitness.

Until such time as we get back to full capacity, we are asking for your indulgence and assistance. These are difficult and demanding times for all of us and we wish you well as we move forward. In the meantime, stay safe and Semper Fidelis!

For more information about the hours of operation, services available or contact information for any of our MCCS facilities, please visit <http://www.mccsmiramar.com/> and click on the applicable link.

### Of note:

- In line with the Centers for Disease Control and Prevention (CDC's) efforts to limit the spread of COVID-19, all clubs are closed until further notice!

- The Career Resource Center has virtual office hours. If you need assistance, please contact us at 858-307-4829/6710 or [smbmiramarmccs.tr@usmc.mil](mailto:smbmiramarmccs.tr@usmc.mil)

- Semper Fit is offering group exercises via Zoom. Download the schedule at <http://www.mccsmiramar.com/fitness-centers/>

- Aquatics-Pools - (858) 307-4137

Effective January 2021: Retirees will have access to the Saturday Recreational and Lap swim sessions from 1200 - 1400 & 1400 - 1600.

The pool is only open to active duty for hourly swims from 0500 - 0600, 0600 - 0700 & 1100 - 1200, 1200 - 1300.

- Marine Corps Exchange (MCX) The MCX Main Store at Miramar has everything that you need. Not only does it feature the latest styles from the hottest designers at some of the lowest prices in town, but it also includes specialty shops and services such as the Apple Store, Victoria's Secret, cosmetics, jewelry, pet supplies, sports equipment and everything for your entertainment center! There is also a flower shop and garden center, GNC, uniform center, tailor shop and embroidery, barber shop (which accepts the Star Card) and beauty salon, a laundry and dry cleaners, an optical shop, an optometrist, pharmacy, and a wireless center here as well! You'll also find the Main Food Court located between the Commissary and Exchange featuring Subway, L&L Hawaiian Barbecue and Panda Express! MCX Customer Service (858) 695-7230

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Fleet and Family Support Centers provides services such as relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy and the transition assistance programs.

Visit our pages to find out more (<https://sandiego.navylifsw.com/> click on Fleet & Family on light blue bar near the top of the page)

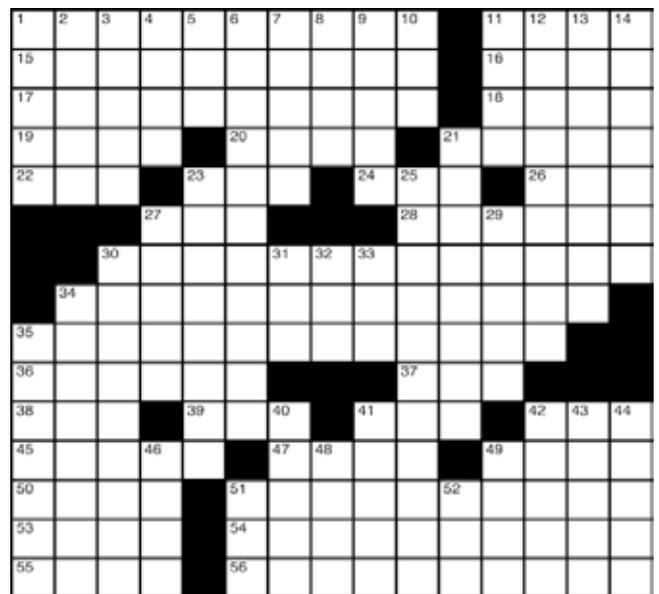
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### Across

- 1 Cathartic magnesium compound
- 11 Bygone Bulgarian bigwig
- 15 Some drag racers
- 16 Scott of "Arrested Development"
- 17 Comment denying kinship
- 18 Bob Ross painted with one
- 19 Dog follower, maybe
- 20 "Disturbia" singer, familiarly
- 21 Raise
- 22 "The Cocktail Party" monogram
- 23 Former Carson Daly employer
- 24 Horn for Parker
- 26 Where to find Ruth and Aaron: Abbr.
- 27 West in old movies
- 28 Small book size
- 30 Words that contradict what preceded them
- 34 Perpetual loser
- 35 Game time?
- 36 Hydrocodone, e.g.
- 37 "Too Many Rappers" rapper
- 38 Holstein's hi?
- 39 "Flags of Our Fathers" setting, for short
- 41 Vegas summer hrs.
- 42 Windy City train org.
- 45 "Baywatch" actor
- 47 Superman's mom
- 49 Physics Nobelist the year after Einstein
- 50 "Count on me!"
- 51 Came clean
- 53 "Aww!"
- 54 Source of some long flows
- 55 Freezer aisle brand
- 56 At risk

### Down

- 1 \_\_\_ Blofeld, Bond bad guy
- 2 Combines
- 3 Slope of loose stones
- 4 Passed
- 5 Sideshow \_\_\_ of "The Simpsons"
- 6 Gave it another go
- 7 When Prospero says, "We are such stuff / As dreams are made on"
- 8 Hideaway
- 9 Dix moins sept
- 10 I-9 ID
- 11 Uphill aid
- 12 Sanctuary
- 13 Protection from planes
- 14 Support
- 21 Does very well
- 23 Do the bare minimum
- 25 Welk into words
- 27 Mediterranean country in which English is an official language
- 29 Final purpose, to Aristotle
- 30 Factor in committee assignments
- 31 Houston's \_\_\_ Stadium, named for an energy company
- 32 Like too much, briefly
- 33 Run a tab, say
- 34 Coffee, in diner slang
- 35 Hockey advantage
- 40 From days past
- 41 \_\_\_ parade
- 42 Python pro
- 43 Bronze ordinal
- 44 Like Taos, say
- 46 Folks
- 48 Key of Mozart's clarinet concerto: Abbr.
- 49 Version to debug
- 51 Sashimi selection
- 52 Light knock



### Roy's Sudoku

	2		7		8			4						
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	7		8		6								1	



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## Following up with DOD's, Calif.'s first ever immediate jaw reconstruction with 3D-printed teeth patient

by MC3 Jacob L. Greenberg  
Naval Medical Center San Diego  
SAN DIEGO – Surgeons assigned to Naval Medical Center San Diego (NMCS D) performed the Department of Defense's (DOD) and California's first ever immediate, jaw reconstruction surgery with 3D-printed teeth Nov. 18, and approximately six weeks later, the patient is well on his way to a full recovery.

Marine Corps Lance Cpl. Jaden Murry, assigned to Combat Logistics Battalion 7 at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., had nearly his entire tumor-stricken lower jaw removed and reconstructed with a segment from his fibula, the smaller of the two lower leg bones, in a novel procedure.

It was approximately one year since first being diagnosed to being admitted into NMCS D's pre-operative room for surgery.

"To be honest, I wasn't too nervous," said Murry. "Even though I hadn't been in a hospital since I was three, I knew I was in good hands. I had to put all of my faith and hopes in the hands of strangers. I had to trust them all."

Murry's mother and grandfather played vital roles as both healthcare advocates and beacons of hope.

"My mother called Dr. Odette with questions that I wouldn't have thought to ask, and my grandfather assured me that everything was going to be alright," said Murry. "He calmed me down and put my mind at ease. [Odette] and Dr. Hammer have been very good at passing information to me and my family."

Lt. Justine Odette, one of NMCS D's Dental Department's Oral and Maxillofacial Surgery (OMFS) chief residents, and Lt. Cmdr. Daniel Hammer, a maxillofacial surgical oncologist and reconstructive surgeon assigned to NMCS D, were members of the multi-departmental team of surgical specialists who performed Murry's procedure.

"Everything had gone as



**SAN DIEGO (Dec. 29, 2020) A patient's prosthetic denture and oral cavity are inspected in Naval Medical Center San Diego's (NMCS D) Dental Department approximately six weeks after an immediate jaw replacement surgery Dec. 29. Surgeons and specialists from a multitude of disciplines assigned to NMCS D performed the Department of Defense's and California's first ever immediate jaw reconstruction surgery using 3D-printed teeth. A tumor-stricken lower jaw was removed from the patient and replaced with a section of the fibula. U.S. Navy photo by MC3 Jake Greenberg.**

planned, and [all of the providers] worked as a team to keep his expeditious recovery on track," said Hammer. "We were able to safely remove his tracheostomy tube within a week of the surgery, and it was then we knew he was making strides in the right direction."

A tracheostomy tube is placed into a hole in the patient's neck to use for breathing when there is concern for the patient's airway in the post-operative period.

"In addition, one week into [Murry's] recovery, we performed a swallow study, and he passed with flying colors," said Hammer.

The swallow study shows what the mouth, throat and top portion of the esophagus do while swallowing. The live, fluoroscopic test uses X-rays, so doctors and speech pathologists can watch the swallowing mechanisms in

real time.

"Since his surgery, [OMFS specialists and I] see Jaden twice weekly for check-ups, and we're guiding his healing process," said Hammer. "To see him swallowing, speaking, walking and not using a tracheostomy tube one week post-surgery was a huge victory, both for [Murry] and for us. Even with an entirely new lower jaw, we were so confident in his ability to swallow, we removed his feeding tube immediately after [Murry] passed the swallow study."

With a tracheostomy tube in place, speaking is impossible because the air used for speaking escapes through the hole in the neck, and doesn't pass through the vocal cords. To have Murry speak for the first time after surgery, the providers capped the tracheostomy tube, so air would go up his vocal cords.

formation for hundreds of studies. If you're considering brain donation, note that being an organ donor on your driver's license is different. Brain donation is a separate process.

First, talk with your family and friends. Let them know early in your decision-making process. This may reduce stress and misunderstandings at the time of donation.

You might also consider enrolling in a clinical study. Researchers learn the most from the brains of people who participate in studies while they're still alive. This lets them track changes in memory, thinking, language, and behavior over time.

Learn more about why and how to donate your brain at <https://www.nia.nih.gov/health/brain-donation-gift-future-generations>

"It was weird to hear my own voice, said Murry. "I just made a sound and everyone there cheered. My grandfather made me try to say my ABCs."

Murry has been stationed with the Wounded Warrior Battalion during his recovery at NMCS D.

"The first two weeks were difficult, and I was in a lot of pain," said Murry. "I've been on a soft food diet of chicken noodle soup, baked beans and ramen noodles. I really look forward to getting back into a healthy mindset and working out, running and body building."

Murry acknowledged that some parts of the recovery and rehabilitation process hurt, but it's for the better and trusted his surgical team.

"Everything is going to heal, and healing is a process that won't last forever," said Murry.

Hammer said Murry is well on his road to recovery.

"He gets his boot removed today, and I'm clearing him for physical activity," said Hammer. "He's a young Marine. [The ability to] exercise and move around is huge for his readiness, rehabilitation and morale."

Hammer said that a maxillofacial reconstructive surgery five to 10 years ago would've yielded a much different result.

"The actual surgical time and associated recovery time was previously measured in years," said Hammer. "During my training at Walter Reed National Military Medical Center, I treated many wounded warrior cases of service members being injured during the second surge in Afghanistan.

These cases would require multiple surgeries over the course of a few years, and the service member might've been separated afterward. The impact on the unit, in terms of time away during surgery and recovery, was massive. Our comprehensive jaw reconstruction in one surgery is getting Murry back to his unit, life and family as quickly and as healthy as possible. In terms of actual downtime away from his unit, we're expecting Murry to be out for only eight to 10 weeks, compared to years with the previous reconstructive techniques. That's a tiny amount of time when compared to the magnitude of the procedure."

Hammer said Murry will meet with Cmdr. Yu Zhang, a maxillofacial prosthodontist assigned to NMCS D, to get his final set of dentures, in approximately two months.

"[Murry] will still have regular check-ups with [OMFS staff] to make sure the teeth are in good condition, and he'll have a CT

scan to make sure the new bone is completely integrated into the jaw," said Hammer. "Providing everything has healed as expected, I'll have no restrictions in regard to what he can do. Our goal [for Murry] is to have no activity or diet restrictions by six months after surgery, and he is on track to reach that goal."

Once Murry has his final prosthesis installed, he'll be able to resume life as normal, which includes eating solid foods. Without

hesitation, Murry said pizza will be on the menu that day.

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



**SAN DIEGO (Nov. 18, 2020) Surgeons and specialists assigned to Naval Medical Center San Diego (NMCS D) (center), perform an immediate, jaw reconstruction procedure in one of NMCS D's operating rooms Nov. 18. This immediate, jaw reconstruction surgery was the first of its kind in the Department of Defense, the first in California and one of the first in the U.S. The procedure involved multiple surgical teams simultaneously removing a tumor-stricken lower jaw, and creating a jaw bone out of the patient's fibula, utilizing 3D-printed teeth. U.S. Navy photo by MC3 Jake Greenberg.**

## Make an impact: Donate your brain for research

Exercise is important for your body and your brain at any age. A new study reveals how physical activity may slow the decline in learning and memory as you get older.

Researchers looked at the brains of young and old mice. Some had access to a running wheel in their cage, while others did not. The team found changes in the part of the brain called the hippocampus. This area is important for learning and memory. Older mice that were physically active had more brain cells called neurons in the hippocampus and made fewer errors on learning and memory tasks.

The team then injected older, less active mice with blood plasma from other mice. Older mice given plasma from active mice showed increases in neurons, learning, and memory performance similar to active mice. Researchers linked

Your brain lets you think, feel, move, and breathe. But when something goes wrong, it can cause devastating disorders. Brain donations help researchers study brain disorders that affect millions of people.

Scientists need donations from both people who had a brain disorder and those who were healthy. These donations help researchers learn about brain injuries and diseases like Alzheimer's disease. A better understanding of brain disorders may bring new treatments in the future.

Anyone over 18 can choose to donate their brain. Scientists need brains from diverse groups. It's important to study brain diseases in many populations.

One donated brain can make a huge impact. It could provide in-

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Please feel free to message us at [learn@ffsc.com](mailto:learn@ffsc.com) if you have any questions. We look forward to seeing everyone there!

Deployment		
Tuesday, January 12th	3:30 PM EST	Couples and Deployment
Thursday, January 29th	11:00 AM EST	Single Sailors and Deployment
Employment		
Wednesday, January 6th	9:00 AM EST	Effective Resume Writing
Wednesday, January 6th	2:00 PM EST	Salary Negotiation Skills
Wednesday, January 20th	9:00 AM EST	Job Search Strategies
Wednesday, January 20th	1:00 PM EST	Fundamentals of Interviewing
Wednesday, January 20th	1:00 PM EST	LinkedIn 101
Wednesday, January 20th	2:00 PM EST	How to Answer Difficult Interview Questions
Thursday, January 21st	1:00 PM EST	Career Assessment and Exploration
Thursday, January 28th	1:00 PM EST	Fundamentals of LinkedIn
Finances		
Thursday, January 7th	1:00 PM EST	Gifts of Christmas Past
Thursday, January 14th	3:00 PM EST	They're Off to College. So, Now What?
Wednesday, January 20th	3:00 PM EST	Saving and Investing
Friday, January 22nd	10:00 AM EST	Financial Responsibility in the Military
Tuesday, January 26th	12:00 PM EST	Protect Your Money!
Tuesday, January 26th	1:00 PM EST	Getting a Tax Refund... Now What?
Friday, January 29th	10:00 AM EST	Protecting Your Identity & Your Finances

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