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FIFTY NINTH YEAR NO. 47  
THURSDAY, MARCH 19, 2020

## LOCAL NAVY REPORTS TO CONGRESS ON IMPACTS TO MILITARY TRAINING FROM TIJUANA RIVER RUNOFF

SAN DIEGO - In compliance with the National Defense Authorization Act for Fiscal Year 2020, the Navy reported to the House Armed Services Committee on March 11 the impacts of Tijuana River sewage runoff on military training and readiness for units stationed at Navy installations in the San Diego area.

The Navy report addressed concerns about debris from the Tijuana River that affects the south San Diego County coastline, impacts natural resources and threatens the health for those who work and recreate in the local waters.

The Navy states in the report that the health and safety of service members is paramount to the Department of the Navy. The DoN closely monitors Coronado Bay and ocean water quality changes due to on-going training and potential impact on DoN personnel and their health.

The report determined that multiple DoN commands at Naval Amphibious Base Coronado experience impacts from the Tijuana River, to include Navy Region Southwest, Naval Special Warfare, Helicopter Sea Combat Wing Pacific, Expeditionary Warfare Training Group Pacific, and Explosive Ordnance Disposal Group ONE. The report concluded that, to date, impacts to the Navy have been infrequent, short-term and easily



Tijuana River seen from a pedestrian bridge in Tijuana. Wikimedia photo courtesy of Blazersand2000.

mitigated and the Navy will continue to monitor conditions and adjust mitigations accordingly.

“Naval Special Warfare Center develops the Force’s future leaders and warfighters by training them to operate safely in austere and dangerous environments,” said Capt. Bart Randall, commodore, Naval Special Warfare Center. “Our people are our critical advantage, and we would never compromise their safety and well-being by putting them in an unsafe training environment.”

To date, water quality issues

have not affected the health of Navy EOD Sailors involved in water training or operations, but medical teams are prepared to evaluate and treat ill and injured Sailors if needed.

“Our Sailors are our weapon systems and our asymmetric advantage over any adversary,” said Capt. Oscar Rojas, commodore of EOD Group One.

“The Navy explosive ordnance disposal and expeditionary diving community has a long history of commitment to the safe and effective training of our personnel, and we are prepared

to mitigate any potential impact to their health by adjusting training schedules as needed.”

Naval Medical Center San Diego and Public Health Departments haven’t observed any clinical relationship between water testing results and the health of Navy personnel.

“The health and well-being of all our Sailors have been, and will always be, a top priority,” said Rear Adm. Bette Bolivar, commander, Navy Region Southwest. “That is a responsibility we take seriously.”

The DoN will continue to support federal and local agencies and stakeholders as long-term solutions are developed for the region. “We’ve always endeavored to be good neighbors and

our stance on this issue is no different,” said Bolivar. “We continue to engage and support partnering efforts to find solutions that will improve the coastal water quality.”

## Navy in San Diego deals with COVID-19 cases

SAN DIEGO - Training Support Command (TSC) San Diego closed on March 14 after a third Sailor tested positive for Coronavirus (COVID-19). On March 14, a Sailor from USS *Essex* currently attending a course at Training Support Command San Diego tested positive for COVID-19.

The student had been attending the course at Naval Base San Diego since Feb. 6, 2020. The Sailor is currently isolated at home and restricted in movement in accordance with the CDC and Prevention Guidelines. Personnel that the individual immediately identified having close contact with have been notified and are in self-isolation at their residences.

The schoolhouse where the training occurred will remain closed until further notice. Three additional cases, on board USS *Coronado*, NB Point Loma and NB San Diego, remain in isolation.

## Marine who died during UAE training exercise was Camp Pendleton motor vehicle operator

by Joshua Karsten,  
Stars and Stripes

MANAMA, Bahrain - The Marine who died in a training accident during an exercise in the United Arab Emirates has been identified as Cpl. Eloiza Zavala of Camp Pendleton. Zavala, 20, a native of Sacramento, was a motor vehicle operator with Combat Logistic Battalion 13 out of Camp Pendleton. Two Marines who were injured in the accident were not identified, but Camp Pendleton said in a statement that a lance corporal sustained serious injuries and a corporal suffered non-life-threatening injuries. Both Marines are being treated at medical facilities in Abu Dhabi.

“This is a tragic accident, and we are praying for the loved ones  
see **Marine, page 8**

## FARMER’S ALMANAC: First day of Spring 2020: The Spring Equinox

In 2020, the spring equinox (also called the March equinox or vernal equinox) falls on Thursday, March 19, which is earlier than it’s been in over a century. This event marks the astronomical first day of spring in the Northern Hemisphere. Before you try to balance that egg, read this.

**The earliest spring in more than 100 years:** If you’re as calendar-obsessed as we are, you may have noticed something odd

about this year’s spring equinox date. That’s right - it’s earlier than usual. But that’s a bit of an understatement.

For much of the last century, the spring equinox has occurred on March 20 or 21. This year, however, the equinox happens on the 19th in all U.S. time zones, making it the earliest spring we’ll have seen in our lives (so far). The last time spring arrived this early was in 1896 - a whopping 124 years ago.

Naturally, this leads to some important questions, like: Why is the equinox so early this year? Will the date keep shifting earlier and earlier? Will the equinox ever be on March 21 again?

**What does equinox mean, exactly?** The word equinox comes from the Latin words for “equal night” - *aequus* (equal) and *nox* (night).

On the equinox, the length of day and night is nearly equal in all parts of the world.

With the equinox, enjoy the increasing sunlight hours, with earlier dawns and later sunsets. On the equinox, Earth’s two hemispheres receive the Sun’s rays about equally.

On the March equinox, the Sun crosses the celestial equator from south to north. It’s called the “celestial equator” because it’s an imaginary line in the sky above the Earth’s equator.

If you were standing on the equator, the Sun would pass

directly overhead on its way north. Equinoxes are the only two times a year that the Sun rises due east and sets due west for all of us on Earth.

While the Sun passes overhead, the tilt of the Earth is zero relative to the Sun, which means that Earth’s axis neither points toward nor away from the Sun. (Note, however, that the Earth never orbits upright, but is always tilted on its axis by about 23.5 degrees.)

After the spring equinox, the Northern Hemisphere tilts toward the Sun, which is why we start to get longer, sunnier days.

Interestingly, due to time zone differences, there isn’t a March 21 equinox in mainland U.S. during the entire 21st century. We won’t see a March 21 equinox again until 2101.

Did you know that the increasing sunlight is what triggers birds to sing? Cool, eh?



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## U.S. strikes 5 Kata'ib Hezbollah targets in Iraq

by C. Todd Lopez,  
DOD News

Just days after March 11's rocket attack on Camp Taji, Iraq, killed two U.S. service members and a military medic from the U.K., the United States struck back by attacking five weapons sites, the commander of U.S. Central Command said during a Pentagon briefing March 13.

Marine Corps Gen. Kenneth F. McKenzie Jr. said the U.S. used manned aircraft to attack weapons sites associated with Iranian-backed militia Kata'ib Hezbollah yesterday at 6 p.m. EDT.

McKenzie said those sites - all within a 30-mile radius of Baghdad - were: the Nawar Ahmad rocket storage site; the Kata'ib Hezbollah advanced conventional weapons storage facility in Karbala; the Al Musayyib weapons storage site; and two locations at Jurf as Sakhr, one for storage of improved heavy rockets and another for propellant production and storage of advanced conventional weapons.

"We assessed that each location stored weapons that would enable lethal operations against U.S. and coalition forces in Iraq," McKenzie said. "We also assessed that the destruction of these sites will degrade Kata'ib Hezbollah's ability to conduct future strikes."

Weather issues around Baghdad have prevented U.S. forces from doing a complete battle damage assessment of the sites following the attacks, but McKenzie said he remains confident that the attacks were effective.

"We're confident that we've effectively destroyed these facilities and expect they will no longer be able to house the type of advanced Iranian-supplied weapons that were used in the Kata'ib Hezbollah attacks on the Iraqi base at Camp Taji," McKenzie said.

The general also said he thinks collateral damage from the attacks was low and that there will be fatalities at the sites, but numbers can't be confirmed right now.

McKenzie said that the Kata'ib Hezbollah attack on Camp Taji was meant to include a total of 33 Iranian-supplied 107mm

Katyusha rockets, but only 30 had been fired.

"Three were left in the vehicle and failed to ignite," he said. "Of the 30 that were fired, between 8 and 12, or 8 and 15, landed in Taji; that's a large strike ... that's intent to produce a lot of casualties."

Radar information, he said, was able to track the origin of the launches, and Iraqi forces were able to capture the launch

captured vehicle and the remaining rockets and get intelligence from them. While there are a lot of other weapons sites in Iraq similar to the ones the U.S. struck March 12 - and the U.S. knows where most of those sites are - McKenzie said the U.S. carefully considers attacking such sites, taking into account the relationship with the Iraqi government and also the potential for collateral damage.

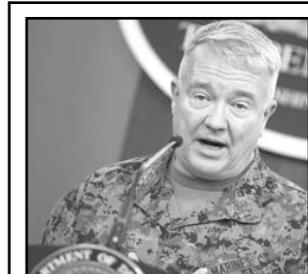
"We work with the govern-

"When we look at sites, often they're commingled with civilian activities and there's a very high probability of civilian damage if we strike those sites," he said. "The United States is not going to do that. If we strike a site, we're going to find a site that provides collateral damage consistent with the law of armed conflict and our values."

"We're going to keep them for a while," McKenzie said. "We can move [them] around to present a completely changing potential threat to an adversary. So, the carriers are very ... important to us and we know that the Iranians watch them very closely, too."

McKenzie also said the U.S. is moving Patriot missile batteries into Iraq, as well, along with other systems, including a counter rocket, artillery, and mortar system, to defend the Patriot once it's in place.

"We are in Iraq to support the people of Iraq in their fight against ISIS," McKenzie said. "We always reserve the right to defend our forces whenever they're attacked or threatened ... I would caution Iran and its proxies from attempting a response that would endanger U.S. and coalition forces or our partners. U.S. Central Command is well postured to defend our forces around the region and respond to any further aggression against our forces."



Gen. Kenneth McKenzie Jr., U.S. Central Command

**"I would caution Iran and its proxies from attempting a response that would endanger U.S. and coalition forces or our partners."**

vehicle and the remaining un-launched rockets.

"The Iraqis actually went out and got the vehicle for us, which was very much appreciated," he said. "But, as usual, typically, the vehicles are left with a timer. There is nobody there when the rockets are fired, which is why the remaining three probably couldn't be ignited because they set a timer on them and ran away. It's a particularly cowardly way to fight, but there you go."

The U.S. will process the

ment of Iraq to go after these sites all the time, with varying degrees of success," McKenzie said. "If we have information on a site, we share it with our Iraqi partners, and they'll go after those sites, sometimes effectively, sometimes not effectively. I'm not going to say that it always works, but it is their country, we need to give them the opportunity to do it."

The general said consideration for civilian activities are also a consideration for why additional weapons are not attacked.

## Emergency bill protects GI Bill benefits as colleges go online

WASHINGTON - The Senate approved a measure March 16 that would ensure student veterans continue to receive full GI Bill benefits, even as colleges go online in response to the coronavirus pandemic.

GI Bill recipients rely on monthly stipends from the Department of Veterans Affairs to pay for housing, food and other bills. Those payments are higher for students who attend physical classes as opposed to online coursework. As classes began to move online last week to help prevent the spread of coronavirus, tens of thousands of student veterans faced the possibility of losing their benefits or seeing drastic cuts to their monthly checks.

The Senate approved an emergency fix by voice vote that would allow students to retain the amount of benefits they received when they started the

semester. It gives the VA secretary broad authority to ensure GI Bill benefits are distributed without interruption during national emergencies.

The vote came just three days after Sen. Jerry Moran and Sen. Jon Tester introduced the bill. Moran and Tester - leaders of the Senate Veterans' Affairs Committee - urged the House to follow suit quickly and to approve the measure.

"This is a great first step, and I urge my colleagues in the House to also act quickly to pass this legislation and send it to President Trump to sign," Moran said in a statement. "We

must make certain veterans can still receive the benefits they've earned despite concerns surrounding coronavirus and have the opportunity to earn a college degree and achieve success after service." - by Nikki Wentlin/Stars and Stripes

## Navy: Updated training track guidance issued

by MC1 Mark D. Faram,  
Chief of Naval Personnel PAO

WASHINGTON - The Navy has issued amplifying guidance to the recently issued "stop movement" order that has frozen non-mission essential transfers and official travel until May 11.

Additional guidance is now available concerning travel for Sailors on temporary duty orders for training or permanent change of station (PCS) orders with intermediate stops for training.

As the worldwide spread of the coronavirus plays out, expect Navy leadership to flex to meet the needs of the service by modifying guidance as necessary to protect Sailors, Navy civilians and their families while ensuring the force stays mission-ready around the globe. All amplifying guidance will be codified in a future NAVADMIN update.

Here's what you need to know:

### Training details

For Sailors on temporary duty for training - either in the entry-level pipeline or fleet returnees at advanced training courses, you will be directed to complete your current training and/or school. Your follow-on destination is dependent on your individual situation and specific force health considerations.

For those in a Permanent Change of Station training track, upon completion of your cur-

rent training and/or school, you could be directed to return to your previous permanent duty station, sent on to your ultimate permanent duty station or be told to remain in place at your current school or training site if it's considered prudent for health protection.

For those who are attending multiple schools, if the next school is at the same training location, and the course is still being offered as planned, the individual Sailor will most likely continue in the training pipeline and once the training and/or school is complete, your follow-on destination will be evaluated.

Sailors should consult with either their current chain of command or Navy Personnel Command (NPC) MyNavy Career Center (MNCC) as a starting place to sort out your situation.

### Transfers

Most Sailors impacted right now are those due to execute orders in the next two months. Those in this situation should contact their detailee or MNCC immediately.

Currently, all moves within the U.S. and its territories, and those heading to Centers for Disease Control Warning Level 3 countries are in an "all stop." These Sailors and their families will not move until May 11.

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# F-35's \$17 billion diagnostic system is rife with flaws, GAO says

by Tony Capaccio,  
Stars and Stripes

A \$17 billion Lockheed Martin system used since 2009 to monitor F-35 fighter jets for repairs, parts replacement and general maintenance is rife with flaws, sometimes forcing personnel to spend hours entering data by hand, according to congressional auditors.

Maintenance crews at one of five U.S. Air Force, Navy and Marine Corps bases that were reviewed "estimated they spend an average of 5,000 to 10,000 hours per year manually tracking information that should be automatically and accurately captured" by Lockheed's system, the Government Accountability Office said in a report obtained by Bloomberg News.

In addition, "inaccurate or missing data" in the Autonomic Logistics Information System, or ALIS, sometimes result in alerts that "an aircraft should not be flown even though it is ready for flight," the GAO said. Airmen said the flaws are affecting the readiness of the fighter jets built by Lockheed. At one location, crews experienced as many as 400 "issues per week related to inaccurate or missing electronic records," according to the report.

The problem adds to un-

certainty about the F-35, the world's costliest weapons system. Attention long focused on the plane's \$428 billion acquisition program and on setbacks in development and production. But now the cost of sustaining the planes - estimated at about \$1.2 trillion over 66 years - is what most worries military officials and lawmakers on the House Armed Services Committee panel that requested the GAO assessment.

A fully functioning diagnostic system at the wing and squadron level, as well as a network of depots, which has lagged, are key to reducing the estimated costs, officials say. Personnel at the five bases the GAO visited said the system has improved since 2015 as Lockheed issued three upgrades but they "continue to report significant challenges" that are affecting day-to-day F-35 operations, the agency said.

Maintenance personnel at the bases also raised concerns similar to the Pentagon inspector general's office, which said in June that parts from Bethesda, Maryland-based Lockheed frequently lacked the electronic usage history needed to install them. The inspector general said Lockheed may have been overpaid as much as \$10.6 million. This year's defense policy bill mandated that the Pentagon take steps to recoup those dollars.

The maintenance crews "expressed concern about data integrity issues" and "told us that

electronic records are frequently incorrect, corrupt or missing, resulting in ALIS signaling that the aircraft should grounded, often in cases where maintainers know that the parts have been correctly installed and safe for flight," the GAO said.

The Pentagon announced in January that it's phasing in a new military-managed diagnostic system intended to incorporate the best features of Lockheed's version while offering major improvements the Air Force developed in its own software laboratories and the 309th Software Engineering Group.

Dubbed "ODIN," after the father of the god Thor in Norse mythology, the first of the new equipment is supposed to be delivered in September, with initial use in late 2021. It's intended to be fully operational by December 2022 for all F-35 squadrons, Lieutenant General Eric Fick, the F-35 program manager, told an industry conference on March 4.

That's if the program stays on schedule, which has been a rarity for the almost 20-year effort to develop, produce and deploy the F-35.

In the meantime, the GAO said "we agree that the DoD is taking positive steps in addressing" the current problems and in developing the new system. The issues "are complex and will require significant direction and leadership to resolve," the agency said.

Ellen Lord, the Defense Department's acquisition chief, who's kept a close watch on F-35 support challenges, told the GAO in a written response that officials "are building the strategy that will guide ODIN's development and will include items such as key tasks, milestones and schedule."

Lockheed spokesman Brett Ashworth said in a statement that the company is working with the Pentagon on enhancements to the current system. "We remain committed to improving speed, reducing labor and enhancing the user experience as we transition" to the government led-ODIN, he said.

Ashworth said the most recent software updates drew "very favorable user feedback," including from several Air Force units deployed to the Middle East and Europe for training exercises.

On the problem with parts records, Ashworth said Lockheed is committed to changes that "will improve user experience, reduce labor and improve part availability." He said the efforts, which produced progress last year and will continue, include "multiple industry on-site technical assistance visits," he said.

You can read this story on the Stars and Stripes news site, at <https://www.stripes.com/news/us/f-35-s-17-billion-diagnostic-system-is-rife-with-flaws-gao-says-1.622569>.

## Readiness up across the force, chairman says

by C. Todd Lopez,  
DOD News

The fiscal year 2021 Defense Department budget request is driven by the National Defense Strategy, and also furthers the department's readiness and modernization efforts, said the chairman of the Joint Chiefs of Staff.

"We are recovering from readiness shortfalls and modernization deferrals from 20 years of continuous warfare and a decade of fiscal instability," said Gen. Mark A. Milley during testimony recently before the Senate Armed Services Committee. "This year's budget builds on previous readiness and modernization gains and I believe the fiscal year 2021 budget submission is the best allocation of resources in a balanced way to support the NDS. It builds a more lethal force, it strengthens allies and partners, and it reforms the department for greater performance and affordability."

While Milley didn't provide examples of readiness gains for either equipment or personnel, he told lawmakers that substantial gains have been made over the last two years.

"I can tell you that [readiness] has improved," he said. "I would put it in about a third or so, as I look at these numbers - about a third improved over the numbers that you probably saw anywhere between 12 and 24 months ago."

Milley said that with the continued support of Congress, all the military services "are scheduled to meet their readiness recovery goals in this future year's defense plan."

The fiscal year 2021 budget request, Milley said, is driven by the National Defense Strategy, which identifies both China and Russia as long-term strategic competitors. "Our competitive advantage has eroded, and no one should have any doubt about that," Milley said. "China and Russia are increasing their military capabilities to outmatch the United States and its allies in order to exert their global influence, and China's objective is to do that by mid-century."

As part of efforts to build a more lethal force - one of the strategic priorities of the National Defense Strategy - Milley explained to lawmakers why some existing intelligence, surveillance and reconnaissance platforms, which have always been in high demand, may be retired.

"Many of the ISR systems that we have today that are in very high demand are very, very useful against terrorists and insurgents, against fixed sites, etc.," Milley said. "They have clear penetration capability when there is no significant air defense threat or there are no other types of threats."



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# Navy merges sub radio, IT ratings

by MC1 Mark D. Faram

WASHINGTON - The rise of great power competition at sea has led to the Navy redoubling its efforts to own electronic warfare across the world's oceans - both above and below the surface.

That battle in the subsurface domain is getting a boost in the form of a rating merger, the result of which increases the Navy's undersea electronic warfare effectiveness while enhancing the force's ability to operate and maintain computer networks onboard its boats.

Starting this summer, one of the silent service's newest ratings - Information Systems Technician (Submarines), or ITS, will nearly triple in size as it merges with the fellow submarine rating Electronics Technician (Radio), or ETRs.

"This merger will allow the Submarine Force to address concerns with ITS workload while simultaneously building our electronic warfare subject matter expertise," said Vice Admiral Daryl Caudle, Commander Submarine Forces. "Mastery of electronic warfare will be critical to the Submarine Force's contribution to the high-end fight."

The move, which has been in the works since the summer of 2019, is expected to take another year to be fully complete. On the manpower side, the 740-strong ITS rating will bring on-board the roughly 1,600 ETRs.

The end result will be an ITS general rating made up of two service ratings - one dedicated to communications, the other concentrating on electronic warfare. Both skill sets will share the workload of submarine information technology, too.

The merger decision was made after a multi-year manpower survey identified a need to increase the numbers of information technology specialists on submarines intersected with the need to beef up

the ability for responding to emerging subsurface electronic warfare threats.

"Merging ETR into ITS as a service rating addresses both of these priorities," said Capt. Angela Katson, head of enlisted plans and policy for the Chief of Naval Personnel. "While raising the total number of Sailors available to perform local-area network maintenance and operations on submarines, it also creates a career path for Sailors to become specialized professionals in the electronic warfare mission area."

The move is in keeping with the Navy's Rating Modernization effort, part of the Navy's ongoing Sailor 2025 move. It is expected that the merger will eventually allow ITS Sailors greater flexibility in duty assignments.

The move will be more than just getting a new rating patch for ETRs but bring with it a choice among two separate career paths. All Sailors in the combined rating will now get a new career path in either the ITS-Communications or ITS-Electronic Warfare service ratings.

These career paths will be distinct, each managed by separate training pipelines and NECs, and will have their own rating examinations as well as advancement quotas. Billets will be managed by NECs and aligned to enhance the career paths of our Sailors.

Sailors currently serving in ETR or ITS ratings will work closely with their community managers to ensure they are selected into the optimal career path.

"Sailors will be assigned by a combination of their desires and the needs of the Submarine Force," Katson said. "While every effort will be made to ensure that the Sailor's desires are met, ensuring a healthy future rating structure and future promotion potential is vital to the future health of all Sailors in the rating."

More information can be found in NAVADMIN 066/20.

# Limiting exposure to the world

by Dr. Daneen Skube  
Tribune Content Agency

*Q: I've been watching coverage of the coronavirus, but I can't tell if the stories are being underreported or sensationalized. I work in a public setting and find myself obsessively washing my hands, wiping down everything and avoiding people. I'm not ready to quarantine myself, but I don't want to die of the flu. I know you have a public job. How are you handling these concerns in your career?*

*A: As a disclaimer, I'm not an expert on global infectious diseases. I'm a professional who also is reading and watching global events unfold that are frightening. Because of the internet, it's increasingly hard to hide data. As I study this situation broadly, I am not personally worried right now.*

Obviously with our flu season in full swing, doing the basics like getting a flu shot, eating well, exercising and getting plenty of rest makes sense. A new virus is never good news but does not signal global doom for humanity either.

The trouble with our news cycle is we can always find

an article agreeing with our views. If we are not willing to read broadly, consider the credentials of people quoted and read material that makes us uncomfortable, we end up poorly informed.

I find it impressive that China and the world actually have worked together so well to take intelligent and quick action to limit exposure and treat the virus. Humanity can be brilliant when we set aside our interpersonal and cultural differences to act for the betterment of all of us.

Your worries are reasonable given the reality of permafrost melting (old viruses emerging that we have no immunity to), antibiotic resistant strains emerging and the increasing virulence of viruses. Eventually we may as a species have to face down a true pandemic and everything that is going on right now is an important trial run for that challenge.

The last time we faced a serious pandemic was the Spanish flu in 1918-1919 that killed up to 100 million people worldwide. If you review history, you'll notice

how lax the response was in some cities to this serious virus. Public meetings, schools and workplaces remained open for a time in some places.

The good news is we learned from the Spanish flu to take these threats seriously.

In a world that even in a crisis often cannot get over conflict to cooperate, the response to the coronavirus reminds us what we can achieve when we work together.

The last word(s)

*Q: My job has taken an unexpected turn and I'm having trouble adjusting. Do have advice you provide to clients forced to take a career detour?*

*A: Yes, sometimes the most important events that happen to us are unexpected detours from our carefully laid plans. Assume the universe is conspiring for your well-being and see what new sights and opportunities your detour opens.*

*Daneen Skube is an executive coach, trainer, therapist and speaker. She appears as the FOX Channel's Workplace Guru.*

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## Navy Region SW increases health protection conditions for San Diego metro installations

On March 14, Navy Region Southwest increased health protection conditions at all metro installations.

Navy Region Southwest is working closely with their partners in state and local public health departments, and following all guidance from the Department of Defense, and the Centers for Disease Control and Prevention (CDC) to protect Navy personnel, and visitors to our installations.

The health and well-being of their personnel and families remains a top priority, so Commander, Navy Region Southwest directed implementation of the following additional measures in the San Diego metro area, to protect the Fleet, Sailors, civilians and contractors and their families:

- Installation Commanders will continue no-touch ID scanning at all entry control points. Personnel are required to present both sides of their ID/credential for screening by a guard.
- Visitor Control Center personnel will utilize the health questionnaire to screen all personnel seeking access to installations or facilities.
- Installations with air terminals in the San Diego metro area will begin screening utilizing questionnaires of all personnel embarking/disembarking

flights. They will coordinate with installation medical clinics to determine procedures for personnel identified for more comprehensive screening as a result of the initial screening.

- Personnel reporting will be screened upon arrival as a routine precaution.
- NRSW and installations will provide or coordinate cleaning products and/or hand sanitizer for high-traffic facilities and common areas on base.
- NRSW and installations will review increased frequency of janitorial services at certain facilities and will implement in a scalable manner.
- Military Medical Treatment Facilities will develop plans for single points of entry, prescreening procedures and evaluate impacts to mission, as well as keep the installation apprised of important updates, advise and make recommendations as required.
- All Navy command leadership should assess the risk of and make appropriate decisions on any ship or facility tours, large events or mass gatherings based on nature of the event and value to mission.
- All Navy commands should identify areas where employees

may be initially isolated if they develop symptoms at work. Those employees should then be sent home or to a medical treatment facility as appropriate.



- All Navy commands should ensure all personnel diagnosed or exposed to COVID-19 are isolated or quarantined in alignment with CDC and DoD guidance.
- All Navy commands should encourage personnel who feel ill to stay home and educate the workforce on personnel policies that support employee decisions to stay home (such as annual or sick leave, or other weather and public safety leave provisions).
- All Navy commands should continue sharing information to educate Navy personnel of current conditions and prudent precautions, such as:
  - *Personnel who feel ill should stay home and self-isolate per CDC guidance. Personnel who feel they need medical treatment should notify medical care providers of their symptoms before visiting a treatment facility. Tricare beneficiaries can use the COVID-19 hotline at 1-800-TRICARE or www.mhnsurseadvice.com.*
  - *Personnel with family members at home sick with COVID-19 should immediately inform their supervisor.*
  - *Personnel with pre-existing health conditions are encouraged to discuss telework options with their chain of command to reduce their risk of exposure.*
  - *All Navy commands should coordinate with their Installation and Public Works to arrange for a deep-cleaning of any affected facilities in the event of a confirmed COVID-19 case.*
  - *Personnel are asked to actively participate in regular cleaning of spaces and following CDC's recommended actions to prevent the spread of the virus.*

## Pentagon: Navy hospital ships *Mercy*, *Comfort* prepare for coronavirus response



Hospital ship USNS *Mercy*. Navy photo

The Pentagon is starting the process of activating Navy hospital ships USNS *Mercy* and USNS *Comfort* as part of the Defense Department's domestic response to the spreading COVID-19 virus, according to news reports

"*Comfort* is undergoing maintenance and *Mercy* is in port {San Diego}," said Secretary of Defense Mark Esper March 17 during a press briefing. "We've already given orders to the Navy

a few days ago to lean forward, in terms of getting them ready to deploy."

Although the ship's capabilities are focused on trauma, Esper said. "They don't have the segregated space, necessarily, that's needed to deal with infectious diseases."

Esper said that one of the ways by which you could use the hospital ships is to take the pressure off of civilian hospitals when it comes to trauma cases, opening up civilian hospital rooms for infectious diseases."

According to news source, the ships will now begin the several days-long process of bringing aboard medical staff and equipment ahead of deploying along the East and West coasts.



ALL SPACE "A" FLIGHTS HAVE BEEN CANCELLED UNTIL FURTHER NOTICE

Navy leadership and the Navy's medical professionals will continue to monitor the situation. As the situation progresses, Navy Region Southwest is postured to implement additional measures as needed in alignment with Department of Defense guidance and in coordination with state and local partners should there be an increase in risk to the "fleet, fighter and family."

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**PACIFIC OCEAN (March 11, 2020)** - Sailors participate in a burial at sea ceremony on board amphibious assault ship *Essex*. Twenty-one souls were laid to rest during the burial at sea ceremony aboard *Essex*.

Navy photo by MC2 Jenna Dobson



**SOUTH CHINA SEA (March 9, 2020)** - Hull Maintenance Technician 1st Class Mitchell Moriarty, from Houston, inspects a gas turbine module aboard destroyer *USS Russell*. As part of the *Theodore Roosevelt* Carrier Strike Group, *Russell* is on deployment to the Indo-Pacific.

Navy photo by MC3 Sean Lynch



**SOUTH CHINA SEA (March 15, 2020)** - Marines look at cruiser *Bunker Hill* from a Super Stallion helicopter. Marine Corps photo by Cpl. Isaac Cantrel



**ARABIAN GULF (March 16, 2020)** - Lt. Melissa Griffin monitors radar aboard guided-missile destroyer *USS Paul Hamilton* (DDG 60). *Paul Hamilton* is deployed to the 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 MC3 Matthew F. Jackson

## Marine

continued from page 1



**Marine Cpl. Eloiza Zavala was killed March 10 and two others were injured during a noncombat accident while participating in Native Fury. Facebook**

of our lost and injured Marines," Brig. Gen. Roberta L. Shea of the 1st Marine Logistics Group said in a statement. "Our priority is assisting in medical recovery efforts and to provide comfort and assistance to their families, friends, and comrades during this trying time."

"I can't believe you're gone," said friend Jay Peoples of Zavala in a Facebook post. "You were almost made to perfection in your drive and desire in everything you did in life. There was nothing you couldn't do and you'd prove that to anyone who doubted you. This world is a lot darker because your ridiculously large smile isn't there to shine upon it."

The accident, which occurred March 10, involved a single medium tactical vehicle replacement on a road in the UAE. It is under investigation, the statement said.

Zavala enlisted in the Marine Corps in April 2018 and graduated from Motor Transportation School at Fort Leonard Wood, Mo. She was previously attached to Combat Logistic Battalion 1 at Camp Pendleton in December 2018. Her awards include a National Defense Service Medal and a Global War on Terror Service Medal, according to the statement.



**CAMP PENDLETON (March 3, 2020)** - Marine Lt. Col. Lizette Welch, commanding officer of Headquarters and Support Battalion, School of Infantry - West, salutes the colors during the Battle Color Ceremony here. The Battle Color Detachment performs in hundreds of ceremonies across the country each year. Photo by Lance Cpl. Melissa I. Ugalde

## Valor beyond the line of duty

by Pfc. Victor Mackson

**MARINE CORPS AIR STATION MIRAMAR** - Former Marine Corps officer John Rushing once said, "In the simple moral maxim the Marine Corps teaches, 'do the right thing for the right reasons' no exception exists that says, 'unless there's criticism or risk'. Damn the consequences."

This philosophy was embodied by Lance Cpl. Noah M. Ballow when he displayed courage and commitment beyond the line of duty. On July 7, 2018, he was forced to make a decision: attempt to navigate dangerous ocean currents in an attempt to rescue a drowning man or wait for help. He chose to face the situation with quick and decisive action in an attempt to ensure the safety of a stranger, regardless of the dangers he himself faced.

"I knew he needed help, and I just went," Ballow said, reflecting on the motivation behind his actions that day. "If someone needs help and you're there and you can help them, then do it." Ballow was reflexive in his actions and immediately rose to the occasion.

In recognition of his outstanding bravery, Ballow was presented with the Navy and Marine Corps Medal by Maj. Gen. Kevin M. Iams, commanding general of 3rd Marine Aircraft Wing, during an award ceremony March 12 here. As the highest noncombat decoration awarded for heroism by the Department of the Navy, the NMCMD represents the epitome of honor, courage and commitment.

"You can tell the quality of an individual in the final seconds of a definitive decision," said Iams during the ceremony.

While enjoying time with his family at the Paradise Village Resort in Nuevo Vallarta, Mexico, Ballow noticed an elderly man who was struggling to stay afloat after being pulled out to sea by rip currents. Despite the dangerous waters, he swam out in an attempt to calm the victim and assist him back to shore. Given the man's physical exhaustion and the harsh conditions, his task seemed impossible. Despite the dire situation, the Marine remained calm and kept himself and the man afloat by treading water for several minutes. He then began to swim parallel to the shoreline - with the man in tow - until they eventually arrived at the water's edge. Once there, he and his father were able to drag the wearied man ashore.

When asked if he was scared during the rescue, Ballow replied, "No, I didn't think about that, I just went."

A native of San Diego, Ballow now serves as an intelligence specialist with Marine Wing Headquarters Squadron (MWHS) 3 at MCAS Miramar.

Ballow's actions were the embodiment of the selfless service and bravery for which Marines and Sailors are known. Like the storied warriors who came before him, his actions are an example for all Marines to emulate, both in 3rd MAW and across the Corps.

3rd MAW continues to "Fix, Fly, Fight" as the Marine Corps' largest aircraft wing and remains combat-ready, interoperable, deployable on short notice, and lethal when called into action.



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## Naval Advisory Group honored at Mt Soledad Veterans Memorial

by Sheri Allen

Fifty three years ago, a group of naval officers graduated from 13 weeks of Counterinsurgency Warfare School at the Naval Amphibious Base Coronado, and headed for duty in Vietnam.

On March 7, that group of veterans was honored with a plaque installed at the Mount Soledad Veterans Memorial. The dedication ceremony was attended by many family members. Each of the men brought their wives or girlfriends for the four-day reunion in San Diego.

Nine of the 12 men in the group attended this reunion. The three men missing were Bernie Buettner, who is deceased, Al Parker, who didn't come because of health issues, and Robert Bruce MacDougall.

Nathaniel Donnelly, a Marine vet and trustee with the Mount Soledad Memorial Association, led the short dedication ceremony. He expressed gratitude for the mens' service.

"Today we stand here surrounded by memorials, heroes of other wars," said Whitney Goit, the first group member to speak. "Unlike many honored here, we didn't come home to parades and a meaningful celebration. What binds us isn't the sacrifice, it's the quiet force of brotherhood, and the plain decency of good men. Here's to those who can't be here, and to the ladies that put up with us, and to this special event."

After leaving Vietnam in 1968, many of the men kept in touch. They had their first reunion in 2001 in Coronado, 33 years after they had worked together. A few of the men even returned to South Vietnam as tourists in 2008.

During their reunion two years ago in San Diego, they visited many local significant military establishments: The Midway, The Aerospace Museum, Mount Soledad, and Fort Rosecrans. When they were at Mt. Soledad, somebody mentioned the picture of the group that was taken in Saigon in 1968. There

was a consensus that the picture should be displayed at the memorial. Goit volunteered to pay for it, and Len Vincenti volunteered to head up the project, including designing the plaque. He also wrote the inscription: "These U.S. naval officers were assigned to be advisors to the captains of Vietnam Navy combat ships that patrolled the major rivers and coast of South Vietnam to interdict smuggling, provide shore fire support for ground forces, humanitarian relief, and support services for ground-based naval units. All saw combat and were serving at the time of the Tet Offensive in 1968. Many were recipients of the Bronze Star, Vietnamese Cross of Gallantry and numerous other decorations."

"If it hadn't been for the picture, none of this would have happened," said Vincenti. "The picture was sort of the glue that brought it all together."

"I'm glad we did the ceremony, because it was nice to memorialize, in a permanent way, the service that we gave while we were all in Vietnam," said Ken Graves.

Katie Akbar, daughter of Phil Metres, came from Alexandria, Va., for the ceremony. Afterwards she said, "I think it's great. I'm really proud, and I was really surprised and educated by the remarks that were made."

Her husband, Michael said the ceremony was "very sincere."

Dave Hollick, his wife, Diane, and their children, Julie and Paul, came from the Pacific Northwest for the 4-day-weekend trip. Dave and Diane have been married for 55 years. Julie and Paul followed in their father's footsteps of military service, both becoming Army veterans.

Hollick and went to Navy boot camp in San Diego in the nuclear power program. When he joined the Naval Advisory group, he was 28, the second-oldest of the group.

"I appreciate when people

recognize that we have made sacrifices," said Hollick. "I was not particularly thrilled when I got the orders. The war was going on. My wife had recently told me she was pregnant, but nonetheless, it was an interesting year. I came home to my daughter who was 10 months old."

Paul said he came to the reunion and ceremony because, "I honestly didn't have a lot of background in my Dad's history in the Navy. So, just to come here and listen to some of the stories, learn more about not only his experience, but the experience of people that were with him. It's a real honor."

Wayne Oldendorph said of the recognition, "I think it's very significant. It indicates that at least somebody cares. We're getting recognized on Mt. Soledad. I used to live in La Jolla on Soledad Mountain Road."

Phil Metres served five years in active duty and 22 years in the reserves, where he became a Navy captain. He taught counterinsurgency for over a year in Coronado. "I lived in Mission Beach for a year," he said, "then we went to Imperial Beach, and then I lived in Coronado."

After his three and a half

**"We did our duty, and of that, we can be proud. I was sort of the 'Wild Child' of the group."**  
- Navy veteran Whitney Goit

years in the Navy, Whitney Goit moved around and had many different jobs, but eventually he helped create the A & E and the History channels

He thought the war was a big mistake.

"We did our duty, and of that, we can be proud. I was sort of the 'Wild Child' of the group." He has mixed emotions about being honored, and gets emotional about the Tet Offensive, but he said, "I loved the guys, I still do."



Dick Robbins spent 22 years on active service. He's been married to his wife, Carmond for 32 years.

"My favorite thing was being with these guys. We had touch-football games on occasion, we had bridge games, when we were in port."

Robbins lived in the Bay Ho area of Clairemont in San Diego from 1973-1979. He still owns the house there and rents it out.

Ken Graves spent five years in active duty, and 21 years in the reserves, where he earned the rank of captain. His wife, Helen, wanted to be a flight nurse in the Navy. If she had, she could have been an admiral. "Ken would have had to salute me," she said.

Graves said, "We all have stories. You survived, that's all that counts."

Len Vincenti spent three years in active duty and three years in the reserves.

"My assignment was slightly different than the other guys," he said. "I think I had a romantic notion of having my own little boat to command. I especially liked the comradery."

There are three lawyers in the group, two graduates from Dartmouth, and two Naval Academy graduates of the class of '64. In addition, two company members, Noel Allen and Wayne Oldendorph, are also residents of San Diego: Allen in Clairemont,

and Oldendorph in Coronado, where he grew up. He's married to Marilyn. His son, Tim, is in the military in San Diego. About this honor, he said, "We're getting recognized on Mt. Soledad. It feels good. I used to live in La Jolla on Soledad Mountain Road."

After Vietnam, Allen served two more years in the Navy, in San Diego. He and his wife, Juli, were married 50 years last December. His wife, his two sisters, his daughter, Maaren, and his grandson, Beacon attended the ceremony.

Allen got choked up when delivering the closing prayer.

"This weekend at the Mount Soledad Memorial, which is dedicated to individuals, ships, units, etc., who have served in the military, a plaque in honor of a number of those who served as advisors was "enshrined" at the Memorial," he said.

"Nine advisors accompanied by wives, and in several cases other family members as well, attended the ceremony. The weather cooperated, the view from atop Mount Soledad was utterly fantastic, and old friends who had shared similar challenges as part of the advisory effort once again met to share our regard for one another."

## Crossword Puzzle

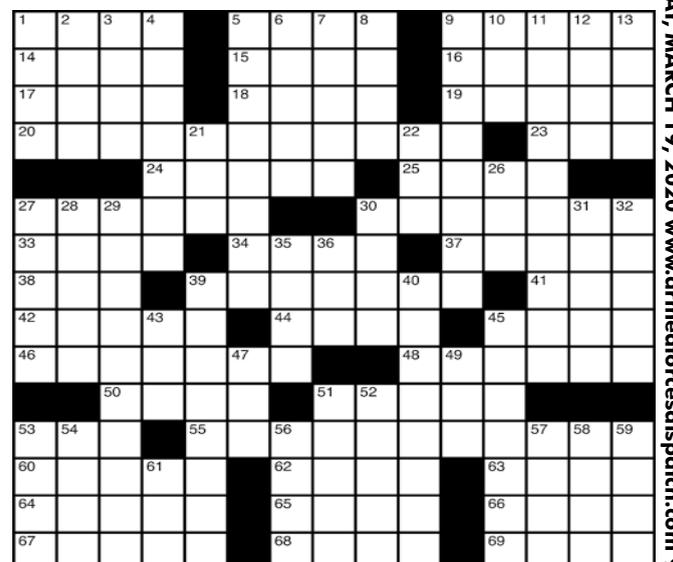
### Across

- 1 Working stiff
- 5 Brief timetable
- 9 Racing venue near Windsor Castle
- 14 "Beetle Bailey" dog
- 15 Greet from a distance
- 16 Waste not
- 17 Inch or foot
- 18 Actor Bana of "Closed Circuit"
- 19 Singer Haggard
- 20 \*Shake off one's daydreams
- 23 Towel holder
- 24 Strokes on greens
- 25 Rap fan
- 27 Little child, in Cannes
- 30 Decanter relatives
- 33 Richly adorn
- 34 "Born Free" lioness
- 37 Carne \_\_: Mexican dish
- 38 Old AT&T rival
- 39 \*Cause of chubby cheeks, perhaps
- 41 Perp's prey, in copspeak
- 42 French floor
- 44 Like the lama, but not the llama, in a Nash poem
- 45 Foot warmer
- 46 Switches for mood lighting
- 48 Boardroom illustrations
- 50 Farmland measure
- 51 Tawdry
- 53 Trojan \_\_
- 55 Leave hurriedly ... and, literally, what the first words of the answers to starred clues can do
- 60 Joint commonly sprained
- 62 \_\_ facto
- 63 " \_\_ a heart!"
- 64 Stout mug
- 65 Property claim
- 66 Biblical garden
- 67 \_\_ four: small cake
- 68 "A \_\_ of Two Cities"

### 69 Bird's home

### Down

- 1 High hair style
- 2 Active European volcano
- 3 Of the ears
- 4 Tablet
- 5 Sugary brewed drink
- 6 K, to a jeweler
- 7 Lesser of two \_\_
- 8 Metric prefix
- 9 Kid in a military family
- 10 Observe
- 11 \*Ingratiate oneself (with)
- 12 Norwegian capital
- 13 Ready to be kicked off
- 21 Gallop
- 22 Ltrs. in an unfilled TV time slot
- 26 Western treaty org.
- 27 Urged (on)
- 28 Gangster Frank in "Road to Perdition"
- 29 \*Bargain hunter's venue
- 30 Street eatery
- 31 Order from on high
- 32 Pink-slips
- 35 Debt-heavy corp. deals
- 36 Word in a thesaurus: Abbr.
- 39 Temporary Oktoberfest structure
- 40 "The Untouchables" gangster
- 43 Yukon automaker
- 45 Drink pourer's words
- 47 Actor Stephen
- 49 Wellness gp.
- 51 Vintage photo hue
- 52 Painter's stand
- 53 Hornet, e.g.
- 54 Poker bet that's not optional
- 56 Highland garb
- 57 Florida's Miami-\_\_ County
- 58 Times to call, in ads
- 59 Apartment payment
- 61 52, in old Rome



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# CLASSIFIEDS

## Blood Bank issues urgent plea for blood donations

School closures and work-from-home policies have resulted in cancelled blood drives. San Diego Blood Bank collects more than half of its blood supply on bloodmobiles. An additional strain on the blood supply is expected in the coming weeks. See all coronavirus-related travel and exposure deferrals at <https://www.sandiegobloodbank.org/blood-donations-needed-amid-coronavirus-concerns>.

"The U.S. is on the verge of a serious blood shortage that will lead to blood rationing and triage. We need healthy people to come out to donate immediately," said David Wellis, CEO, San Diego Blood Bank. "Supplies are dropping to critical levels. We are confident the San Diego community will rally around this urgent need."



### It is important to note:

Donor safety measures are in place: SDBB has been in close communication with San Diego County Health & Human Services Agency, and they are advising SDBB on proper protocols amid coronavirus mandates. Surfaces are being cleaned between donations and donors are being screened upon arrival.

Locations are convenient. San Diego Blood Bank has 6 donors centers and will be posting active blood drives for the following day on social media. Appointments are encouraged so we can ensure proper staffing at locations. Walk-ins are welcome.

See travel and exposure restrictions related to coronavirus at <https://www.sandiegobloodbank.org/blood-donations-needed-amid-coronavirus-concerns>.

There is no research evidence that donating blood impacts your ability to fight infection later. While white blood cells needed to fight infection slightly decrease for a short time after donation, abundant cells remain in the event of an infection. Furthermore, donated cells are regenerated post-donation.

Individuals are not at risk of contracting COVID-19 by receiving donated blood. Respiratory viruses are not known to be transmitted by blood transfusion, and there have been no reported or suspected cases of transfusion transmission of this virus.

According to Doug Morton, COO, San Diego Blood Bank, "It's important to note that blood collection activities are not mass gatherings; rather they are controlled blood drives conducted using appropriate infection control mechanisms intended to assure the safety of the products, donors and staff. San Diego Blood Bank is highly regulated and is following best practices, such as properly cleaning surfaces between donation."

All blood types are needed and people who have never donated before are encouraged to donate. To make an appointment, visit [www.sandiegobloodbank.org/GiveLife](http://www.sandiegobloodbank.org/GiveLife) or call (619) 400-8251. Donors must be 17 years or older, weigh a minimum of 114 pounds and be in general good health.



These 25 students were honored for their accomplishments in the first annual Most Remarkable Teens in San Diego awards in 2019.

## 'Remarkable Teens' nominations sought by county public defender

by Yvette Urrea Moe,  
County of San Diego Communications Office

Do you know of any teens in San Diego County who deserve recognition for something remarkable they do? The San Diego County Public Defender is seeking nominations through April 1 for teens ages 13 through 19 who are doing something extraordinary in 25 non-traditional categories, many of which showcase creativity or social activism.

"The 25 Most Remarkable Teens in San Diego program gives us an opportunity to recognize the many exceptional accomplishments of young people in our community," said Public Defender Randy Mize. "Young people who are motivated, committed to their community, inspiring in their talents and skills, or who have shown the courage to confront and overcome adversity deserve to be recognized. Kids doing remarkable things are often left in the shadows. I absolutely love this program."

The nominations are reviewed by San Diego County Public Defender attorney advisors and the Public Defender Youth Council, a group of high school students working with the Public Defender's Office to develop and implement youth civic engagement projects throughout San Diego.

All nominees will be given a personal interview and receive a certification of recognition for being nominated.

Some of the categories this year include youth activism, art, campus leadership, community service, courage to overcome adversity, public speaking, fashion design, writing, technology, photography, innovation and personal determination. To review all the categories, please link to the fillable nomination form and consider submitting a nomination for a teen you know.

For some examples of what the selection committee is look for, here are the Most Remarkable Teens who were selected last year.

The 25 teens selected will receive their awards at a special ceremony on May 8 in the Neil Morgan Auditorium at the San Diego Central Library. Awards will be presented by elected officials in the presence of parents, nominators, teachers, school administrators and community leaders.

Nomination forms must be completed and submitted no later than April 1. You can send it electronically to [connie.howard@sdcounty.ca.gov](mailto:connie.howard@sdcounty.ca.gov) or by mail to Connie Howard, San Diego County Public Defender Youth Council, 450 B St., Suite 1210, San Diego, CA 92101.

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

## MOVIES AT THE BASES

Movies & times subject to change. \* Indicates last showing  
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**Camp Pendleton movie theatre remained open as of press time.**

**Bob Hope Theater** 577-4143  
Miramar Bldg 2242  
\* indicates last showing

**THEATER CLOSED FOR RENOVATIONS UNTIL SPRING 2020**  
The Bob Hope Theater will be closed to address and repair/renovate safety issues. Anticipated reopening in early Spring 2020. Please check back here or [www.mccsmiramar.com/theater](http://www.mccsmiramar.com/theater) for updates.

**Pendleton Movie Theatre**  
Building 1330 Vandegrift Blvd  
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Active Duty adults \$4/3D-\$5  
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Movies & times subject to change  
**Thursday, March 12**  
6:30pm The Rhythm Section  
**Friday, March 13**  
6:30pm Gretel & Hansel  
9pm Birds of Prey  
**Saturday, March 14**  
1pm Gretel & Hansel  
3:30pm Birds of Prey  
6:30pm The Gentlemen  
**Sunday, March 15**  
1pm Gretel & Hansel  
3:30pm The Last Full Measure  
6:30pm Birds of Prey  
**CLOSE**

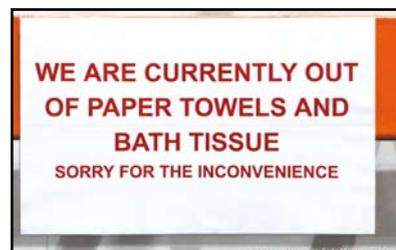
### Roy's sudoku

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



by Jan Wagner

# Coronavirus (COVID-19) pandemic prompts shopping frenzy in San Diego



who will require hospitalization. We don't have enough hospital space, ICU beds, ventilators and personal protective equipment, including face masks, nor is there likely enough medical personnel.

We are in the midst of a global war against coronavirus/COVID-19. Here in the United States, our health experts are telling us that the thousands of tests for coronavirus that are now being done will soon result in a very sharp increase in the reported rate of infection. We are already seeing that.

People, myself included, are justifiably fearful. That has driven a run on stores that sell groceries, dry goods and disinfectant products. Long lines of people form outside stores, even before those stores open. Soon after they do, their shelves are quickly emptied of such items as paper towels, disinfecting wipes, tissues, bread, canned goods and other staples including, inexplicably, toilet paper!

Over the weekend, I tried to stock up on several grocery items. I went to a warehouse store in time for their 7 a.m. opening, but they had opened early. Customers were already emerging from the exit, their shopping carts filled.

Inside the store, their recent deliveries of paper towels, toilet paper, a popular brand of bread, the tissues that I buy and more were already sold out. When I was ready to check out with the little that I had managed to find, the very slowly moving lines to the cash registers spread all the way across and to the back of the store!

On Sunday I arrived at another warehouse store location shortly after 9:30 a.m. - well before the opening time of 10 o'clock. A long line of people, many with their empty shopping carts, stretched outside from the store's

entrance, around the corner and all the way to the back, by the loading dock. At 9:52 a.m., as we were slowly walking in line towards the entrance, a store employee told us that they were already sold out of paper towels and toilet paper. Most of us were in line standing close to each other and not wearing masks, so if anyone of us was asymptomatic - infected with coronavirus, but not yet showing symptoms - we were all at risk from catching it.

Humans don't have a natural immunity to COVID-19, there is no cure for it and, unlike the flu, there's no vaccine for it either. A vaccine is at least a year to 18 months away. Infected people can spread it before they even have reason to suspect that they have it.

Coronavirus is disproportionately most dangerous and deadly to seniors and to people who have certain underlying health issues. It's causing unprecedented disruptions to our daily way of life and to our economy.

The situation is dire - unlike anything we have ever experienced before, and it is likely going to get much worse, as it has already done in China and Italy. To avoid spreading coronavirus, it is of utmost importance that we all practice social distancing - keeping at least six feet from each other.

Our hospitals aren't sufficiently equipped and staffed for the likely and imminent mass onslaught of very sick people

To slow the rapid pace of the transmission of coronavirus, local, state and the federal government are implementing a variety of drastic but necessary preventative measures. It's been officially recommended that people not gather in groups of more than 10. Schools are sending their students home. Public events are being postponed or cancelled. Restaurants are being closed to all but takeout service. Companies, where possible, are letting their employees work from home, but many hourly employees are being laid off.

We're being asked or ordered to "shelter in place" in our homes. That personal sacrifice is something very effective that we can do to help "flatten the curve," to reduce the rate of transmission of coronavirus and thus ease the volume of coronavirus cases that will need treatment in hospitals' emergency rooms.

We are all in this together and the stakes are high. That said, there are many things that we can do to make staying at home a pleasant and positive experience. With that in mind, my shopping trip included the purchase of the "FORD v FERRARI" DVD.

Be well. This will pass.  
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# The Meat & Potatoes of Life



by Lisa Smith Molinari

What's the true sign that spring has sprung? No, it's not the crocuses, the bunnies, or the pussy willows.

I know spring is here, because I just shaved my knees.

You might be thinking, "Well, that's an inappropriate way to start a column." Stick with me - you'll soon realize that news of my recent knee-shaving is actually the perfect launching point for a deeply philosophical discussion.

You see, knee-shaving is not a regular occurrence in my life. In fact, from October through February, the prickly hairs on my knees remain completely undisturbed. As long as we're being brutally honest, I'll admit that during mid-winter, I don't even shave my legs. Only armpits and ankles, until daylight saving time, when the razor creeps up to my knees.

"Thanks for sharing," you're probably saying, "but what's so philosophical about your personal hygiene habits?"

Listen folks, this isn't about hairy knees. It's about societal norms, bodily exposure, natural inhibitions, the ever-changing definition of modesty, and the pressure to conform to modern trends.

Ever since the founding of this great nation, America has valued freedom above all else. More than any other country on Earth, we protect individual liberties that we

# The naked truth

feel are our inalienable rights as human beings.

But in today's modern culture, the need to escape confining norms, no matter how practical or reasonable, has reached new extremes. The most obvious expression of our human drive to break free from conventions is our clothing.

Or the lack of it, to be more precise.

Ever since 1920s flappers shocked their Victorian mothers by wearing hemlines above their ankles, exposure has been trendy. As the decades passed, that itchy-teeny-weeny yellow polka-dot bikini got smaller and smaller. Today, a perfectly acceptable bathing suit consists of about six square inches of Spandex and a few strings.

Modesty, which used to be a widely-recognized virtue, is now seen as puritanical, frumpy, and frankly, uncool, while nudity is very on-trend.

Pop culture reflected this shift a few years ago, when nudity-themed shows such as "Dating Naked," "Naked and Afraid," "Naked Castaways," and "Buying Naked," appeared on television. More recently, premium channel shows like "Westworld," "Shameless" and "Game of Thrones" are ranked from "least naked" to "most naked" for your viewing pleasure. How convenient!

We're all born naked, you might be thinking, so what's the big deal? Certainly, shedding one's clothing should not be seen as the scourge of humankind. Anyone who has ever seen a toddler rip their own diaper off and run buck naked through the house giggling knows that, on

some level, nudity is a liberating natural inclination.

I'll never forget the day that my mother and I were painting my daughters' room. We let my youngest, Lilly, play with dolls nearby while we rolled Sherwin Williams "Demur Rose" onto the white walls. While tackling the intricacies of the trim, we failed to notice that Lilly had toddled downstairs and out into the backyard. We panicked for a few moments before we saw her out the bedroom window, completely naked, petting the neighbor's cat.

After returning from her naked safari, Lilly reported, "Kitty-cat no like my nakee stuff."

Unlike Lilly, I've always been unusually modest, even during my swim team years, when I had to shower with twenty other females on a daily basis. I kept myself covered whenever possible, but my teammates' attitudes ran the gamut, including one swimmer who we lovingly nicknamed "Flesh" because her last name was Gordon and she would strip down to her birthday suit as soon as we set foot in the locker room.

So what am I saying?

In all my old-fashioned modesty, I have ironically become the ultimate non-conformist in today's bare-it-all society. I shave and bare my knees each spring, but you won't see me wearing a crop top and Daisy Dukes just because the bees are buzzing. The sun can shine all it wants, but I don't wear spaghetti straps, plunging necklines or a mini skirts. And no matter how hot it gets, I won't squeeze my 53-year-old-mother-of-three frame into a string bikini.

(You're welcome.)

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2020 SUBARU WRX 6MT  
LEASE FOR **\$299** PER MONTH PLUS TAX 36 MONTHS



\*1 at this payment, STK# 22515, VIN# L9804936, Model# LUN 01. \$299 plus tax monthly for 36 months with \$2,549 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 3/31/20.

2020 SUBARU OUTBACK 2.5 LIMITED  
LEASE FOR **\$349** PER MONTH PLUS TAX 36 MONTHS  
ZERO DOWN!



\*2 at this payment, STK# 22227, VIN# L3119044, STK# 22232, VIN# L3114426, Model# LDF 34. \$349 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 3/31/20.

## 4-WHEEL ALIGNMENT

**\$89<sup>95</sup>** + tax

~~WAS \$119<sup>85</sup>~~



- Precision computerized wheel alignment
- Adjust caster, camber & toe
- Inspect suspension for wear
- Center steering wheel • Inspect tires

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 3/31/20.

### ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

Frank Motors is now hiring part-time & full time employees. Apply on-line [www.FrankToyota.com](http://www.FrankToyota.com)

## Military Special Only

## OIL & FILTER CHANGE

**\$39<sup>95</sup>** + tax

~~WAS \$49<sup>85</sup>~~

- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE Check & set tire pressure to vehicle specifications
- FREE Multipoint inspection
- FREE Car Wash
- FREE Battery Test

Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 3/31/20.

## FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL  
**\$50 OFF**

- Inspect and Resurface Rotors
- Inspect Brake Hardware
- Replace Front Brake Pads

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 3/31/20.

PLUS **10% OFF**

Any recommended Services or Repairs. May not be combined with any other special.

**WE HONOR OUR MILITARY!!**