

Career: Interpersonal Edge
Your tormentor derives satisfaction from your hurt response.

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AutoMatters & More
eNASCAR iRacing continues: O'Reilly Auto Parts 125 at Virtual Texas Motor Speedway.

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FIFTY NINTH YEAR NO. 49
THURSDAY, APRIL 2, 2020

APRIL IS MONTH OF THE MILITARY CHILD

WE HONOR THE SACRIFICES THAT MILITARY CHILDREN MAKE AS THEIR PARENT(S) SERVE

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make and the challenges they overcome.

The Month of the Military Child is part of the legacy left by former Defense Secretary Caspar Weinberger. He established the Defense Department commemoration in 1986.

DoDEA joins the Department of Defense and the military community in celebrating April as the Month of the Military Child. In DoDEA communities around the world, our most essential strategic imperatives are: establishing an educational system that progressively builds the college and career readiness of all DoDEA students; and establishing the organizational capacity to operate more effectively and efficiently as a model, unified school system.



Operation Homefront announces Military Child of the Year recipients

Founded in 2002, Operation Homefront is a national nonprofit organization whose mission is to build strong, stable, and secure military families so that they can thrive – not simply struggle to get by – in the communities they have worked so hard to protect.

Their annual Military Child of the Year® Awards recognize seven outstanding young people ages 13 to 18. Six of them will represent a branch of the armed forces – the Army, Marine Corps, Navy, Air Force, Coast Guard, and National Guard – for their scholarship, volunteerism, leadership, extracurricular involvement, and other criteria while facing the challenges of military family life. The seventh award is the Military Child of the Year® Award for Innovation presented by Booz Allen Hamilton. This award goes to a military child who has designed a bold and creative solution to address a local, regional or global challenge.

Kainath Kamil, 2020 Innovation Award Recipient

As our 2020 Military Child of the Year for Innovation, Kainath Kamil, 16, wants to continue studying the genetic mechanisms



Oceanside resident Kainath Kamil, 2020 Innovation Award Recipient

of addiction—which means even more weekends with her fruit flies.

A student at Mission Vista High School in Oceanside, Kainath views innovation as a powerful tool that can transform societies and benefit humanity.

She is currently working on an addiction research project with the San Diego Biomedical Research Institute. She first became interested in the process of addiction while volunteering at a soup kitchen and taking part in their rehabilitation program.

Scientists are aware that certain

genes can increase the likelihood of addiction. Kainath, through her intensive research on the RNA and DNA gene sequences of fruit flies, wants to find the genes that are responsible for synaptic regeneration so that a person's brain will not develop an dependency on addictive substances.

Kainath is the daughter of Navy Cmdr. Mohammad Kamil and Ayesha. She has a brother, Khalif, 15. Kainath said her father is her inspiration. Last year, the family was supposed to move, which would have been the family's fourth, but he took a hardship assignment in Bahrain for a year to make it easier for the children's education. While he was gone, Kainath read a climate report about the Amazon burning and how greenhouse gases will damage the planet. She wanted to make her dad proud and used her passion for science to genetically modify the bacteria *Micrococcus luteus* to absorb carbon dioxide and methane. She also founded the San Diego Youth Environmental Association.

"As a thank you for my dad's sacrifice, and as a way to harness my scientific abilities for the greater good, I conduct scientific research in hopes of discovering a

breakthrough," Kainath said.

Service/Leadership Highlights:

- Founder/President San Diego Youth Environmental Association
- Emperor Science Award (Cancer Research)
- TEDx Speaker: February 2020
- Battered Women's Shelter Vol-

- unteer (SEED India)
- Genius Olympiad (2019): Gold Medal in Science
- Naval Medical Center: Camp Pendleton S2M2 Intern
- Prudential Service Award/President's Service Award
- UCSD Mentorship Assistance Program

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Navy Exchange Service Command closes Tailor/Embroidery, Laundry, Dry Cleaning shops due to COVID-19

from Navy Exchange Service Command Public Affairs

NORFOLK, Va. - On March 26, in response to the COVID-19 outbreak, the chief executive officer of the Navy Exchange Service Command (NEXCOM) directed the closure of all NEX Tailor/Embroidery shops, Laundry and Dry Cleaning locations, with a few exceptions. All NEX Embroidery Tailor shops, Laundry and Dry Cleaning locations are directed to close within 24 hours of the NEXCOM's directive and these closures include all locations worldwide. Exceptions to embroidery and tailoring, where locations will remain open include the tailor shops at Recruit Training Command, Officer Training Command and NEXCOM's Pensacola e-commerce tailoring and embroidery operation. Exceptions to laundry and dry cleaning, where locations will remain open include the laundry plants located at Naval Station Great Lakes and Guantanamo Bay Naval Base. NEX Dry Cleaning locations won't be accepting new garments, however pickup will remain available. NEX coin-operated laundromats are deemed essential and will not close. Those facilities will continue to follow heightened sanitation and social distancing guidelines. NEX Embroidery Tailor shops, Laundry and Dry Cleaning locations will remain closed for 14 days, or until further notice. Once all existing work is completed, NEXCOM Human Resources will assess whether administrative leave or reassignment is applicable for those associates whose facilities have been closed. "As we're continuing to navigate the impacts associated with COVID-19, the safety and security of all NEXCOM patrons and associates remain my number one priority," said Rear Adm. (Ret.) Robert J. Bianchi, chief executive officer of NEXCOM.

Captain of *Theodore Roosevelt* requests nearly 4,000 Sailors be isolated as coronavirus spreads

by Caitlin M. Kenney
Stars and Stripes

The captain of USS *Theodore Roosevelt* has requested permission to remove most of the aircraft carrier's crew from the ship and isolate roughly 4,000 sailors to help curtail a coronavirus outbreak aboard the vessel.

Capt. Brett Crozier wrote in an unaddressed letter March 30 to Navy leadership that the ship's environment is "most conducive to spread of the disease" with

open shared sleeping areas, shared restrooms and workspaces, and confined passageways to move through on the ship. He wrote the *Roosevelt's* crew is unable to follow Centers for Disease Control and Prevention or Navy procedures to protect the health of Sailors through individual isolation on the ship for 14 or more days.

"Due to a warship's inherent limitations of space, we are not doing this. The spread of the

disease is ongoing and accelerating," Crozier wrote.

Now docked in Guam, *Roosevelt* was on a scheduled deployment in the Indo-Pacific region before diverting to the island after the first several virus cases aboard the ship were reported last week.

The number of cases on *Roosevelt* now is between 150 and 200 Sailors, according to a *San Francisco Chronicle* report citing a senior officer on the aircraft

carrier. Crozier's letter was first reported by the *Chronicle*.

A Navy official, who spoke on condition of anonymity to *Stars and Stripes* about the issues raised in the letter, said Crozier had alerted leadership in U.S. Pacific Fleet on Sunday evening about ongoing challenges with stopping the spread of the coronavirus and requesting to have more of the crew in better isolation facilities.

"Navy leadership is moving

quickly to take all necessary measures to ensure the health and safety of the crew of USS *Theodore Roosevelt*, and is pursuing options to address the concerns raised by the commanding officer," the official said.

None of the Sailors infected on *Roosevelt* are in critical condition or on ventilators, Adm. John Aquilino, the commander of Pacific Fleet, told reporters March 31 during a phone conference. He wouldn't say how long

the ship would stay in Guam or how many positive cases there are on the ship.

The plan is to "take the appropriate number of people off and test, quarantine, isolate while some number is running the ship," Aquilino said. "Once those Sailors are quarantined, isolated, and retested, when they are full-up [coronavirus] free, the plan will be to rotate them back onto the ship and finish the remainder of the ship."

Joint staff ops official breaks down DOD aid to fight coronavirus

by Jim Garamone,
DOD News

The Defense Department is going all out to support civilian agencies confronting the COVID-19 pandemic, the vice director of operations for the Joint Staff said. Air Force Maj. Gen. Jeff Taliaferro told Pentagon reporters in a teleconference March 30 that hospital ship USNS *Mercy* has begun admitting patients and conducting surgeries in Los Angeles. USNS *Comfort* arrived in New York Monday and began seeing patients March 31.

Taliaferro emphasized that the Navy hospital ships are designed to treat casualties in war zones. The medical personnel treat trauma patients in close quarters on the 1,000-bed ships and are not really optimized for infectious disease, he said. "So, that's why the operational concept is that they kind of take that trauma and acute care capacity off of the local hospitals where it's much, much more effective to treat infectious disease."

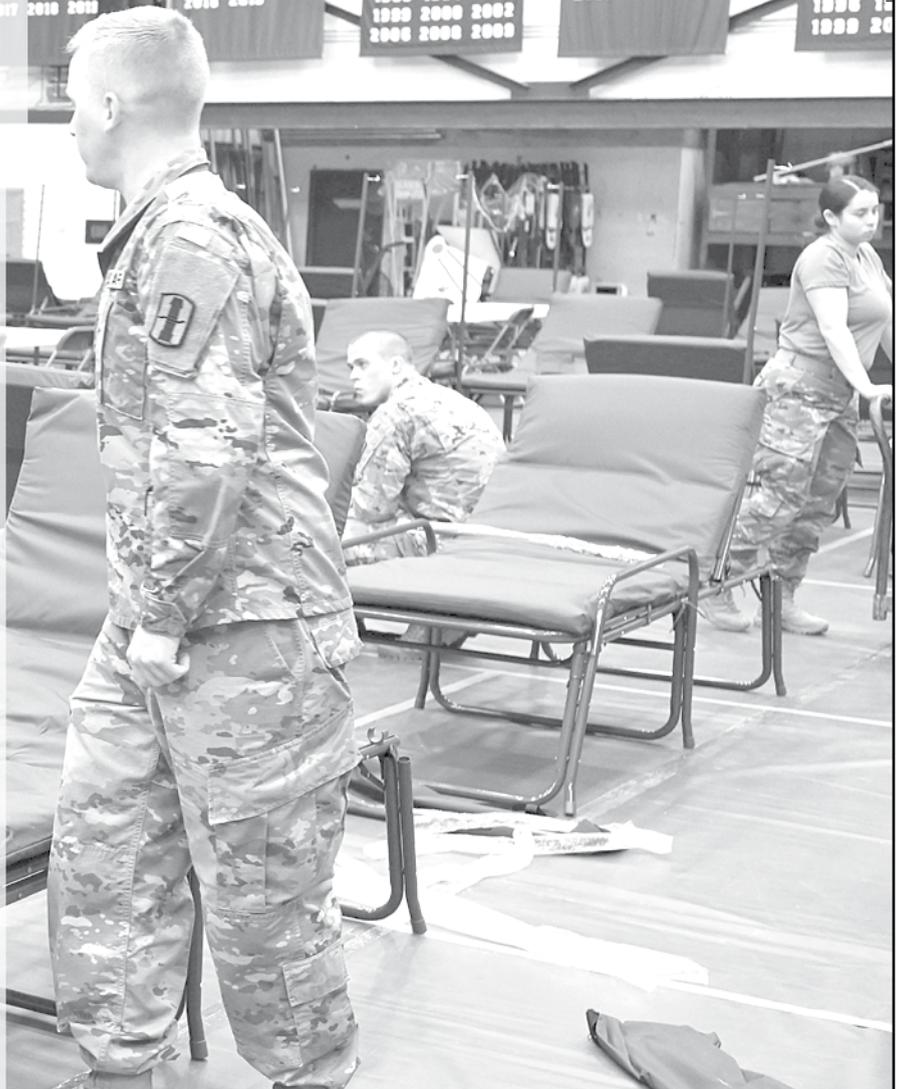
The Army has deployed personnel to New York and Seattle, and they are working in Federal Emergency Management Agency hospitals. In New York, they are helping to staff the treatment facility in the Jacob K. Javits Convention Center. In Seattle, they are staffing a facility at the CenturyLink Field Event Center. "To speed our response, we flew the medical specialists ahead to be able to fall in and start working immediately while their traditional equipment is a few days behind," Taliaferro said.

In New York, there are 45 patients at the Javits Center, he said. That number is expected to rise quickly, according to New York officials.

Taliaferro also noted that Defense Secretary Dr. Mark T. Esper deployed a Navy expeditionary medical facility, splitting the unit between Dallas and New Orleans. Medical personnel are flying to the cities and will begin operations as soon as possible, he added.

Nationwide, close to 15,000 National Guardsmen are supporting the effort. Esper has approved federal funding for the state missions these soldiers and airmen are performing.

The general said DOD is totally in support of FEMA, which is leading this whole-of-government effort and will help where it can
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National Military

Special pay authorized for some service members isolated in temporary lodging

by Chad Garland,
Stars and Stripes

Service members could receive extra money for hardships caused by coronavirus quarantines, self-isolation or restricted movement, under new Defense Department pay guidance.

The guidance, which was issued last week, also clarifies benefits for troops and families affected by a Pentagon stop-movement order that halted temporary duty and permanent change of station travel.

Commanders have "broad authority to exercise sound judgment in all cases," the guidance states, but it strongly encourages them to consider authorizing telework. If traditional remote work isn't possible, it says, commanders still may assign troops to their homes or temporary lodging as alternate duty locations.

A new category of special pay, known as Hardship Duty Pay-Restriction of Movement, or HDP-ROM, would provide service members \$100 a day for up to 15 days each month if they are ordered to self-isolate at their permanent duty station, but can't do so at their own homes or in government-provided quarters such as barracks or contracted hotels.

It's meant to alleviate the hardship for troops who incur out-of-pocket expenses for the temporary lodging, which wouldn't otherwise be reimbursed or defrayed. Troops returning to their home station after a deployment, but who are ordered to self-isolate away from government-funded housing or lodging, could also be eligible.

The benefit is taxable and a service member would be allowed to keep any excess if the pay exceeds their actual expenses. But they would not be reimbursed for the difference if the lodging cost exceeds the \$1,500 a month maximum.

Service members receiving Basic Allowance for Housing or Overseas Housing Allowance, but who are ordered into self-isolation in government-funded lodging elsewhere will continue to receive housing allowance benefits at their normal rates, the guidance states.

Under the guidance, troops who are separated from their families during a military move may receive Family Separation Housing Allowance, authorizing two payments to cover the cost of housing at two locations. Troops may also qualify for a monthly \$250 Family Separation Allowance in such cases, or in circumstances where the travel suspensions keep them apart.

If service members and families are required to self-isolate or quarantine after arriving at a new duty station, a special category of per diem, or a combination of per diem and temporary lodging pay, may be authorized, depending on the circumstances.

The authorities and flexibility outlined in the document are intended to "to promote, rather than to restrict, possible solutions" to support troops and families as the situation evolves.

Corps of Engineers teams evaluate sites as possible alternate care facilities

by Terri Moon Cronk,
DOD News

Though the Army Corps of Engineers has done important work in the past seven days related to the coronavirus pandemic, transforming buildings into hospitals in the next two to three weeks is more important, the commander of the Corps said.

Lt. Gen. Todd T. Semonite called it a "very complicated situation" during a Pentagon news conference March 27.

The Federal Emergency Management Agency gave the Corps of Engineers a mission assignment for planning and site assessments of alternate care facilities in response to the COVID-19 virus.

"As I've been saying all week, there's no way we can solve this with a complicated solution," the general said. "We needed a very, very simplistic solution. So we went in and designed four types of facilities."

Compartmentalized rooms in hotels and dormitories are harder for doctors and nurses to staff without an open area where one or two nurses can see 20 people at once, he said. "But what we're seeing in the last week is most of the cities in the states want to go to a wider area, where they can have more people in a population, ... probably 30 or 40, in kind of a node," he said.

When he spoke to New York Gov. Andrew Cuomo in the past week, Semonite said, the governor told him one building is needed. "By the end of the day, we probably need three buildings by tomorrow night. We need seven or eight buildings," the general said.

New York's Javits Center, a convention venue, is one such facility-turned-hospital.

The Corps of Engineers is working side by side with FEMA, the Department of Health and Human Services and local governments, the general said, stressing that it's a team effort that involves talking with mayors and state officials to determine what works best for each area.

The Corps wants to be able to tailor a solution that works best for a given city or a given state, he said.

The Javits Center is probably the best example, Semonite said. "What is nice about using a permanent facility is that you have all the infrastructures there. ... We're going into these facilities that already have electricity. They already have water. They have all the fire protection. They have all of the driveways open. They have all the capability they need. ... The Javits Center is an amazing facility."

Semonite said every 10 feet in a convention center, there's a big steel door, cold water, hot water and a place for sewers. "So you can actually do things like sinks right in the middle of a convention center," he said.

The whole-of-government COVID-19 response includes the FEMA hospitals and HHS doctors, the general said. "And [Defense Secretary Dr. Mark T. Esper] has sent Army field hospitals to be able to augment the staff, so the whole team is working side by side."

National Guard

President Donald Trump announced that the federal government will cover the cost of National Guard deployments assisting with coronavirus response in three states.



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Graphic: Tribune News Service

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Vice CNO message to Navy leadership

WASHINGTON - The Vice Chief of Naval Operations, Adm. Robert Burke, released the following message to Navy leadership via P4 message:

1. Shipmates - We're engaged in a challenge unlike anything experienced in our lifetimes. Together, we face an unseen enemy that's impacting not only our nation, but the entire world. Times like these are the very reason we wear the cloth of the nation, and times like these are the reason our Navy has trusted you with command.

Waging this war to the best of our ability is the absolute first priority of your Navy's leadership. Winning this war is about two critical elements that are part of your commander's toolkit: risk and trust.

2. First, risk. The Navy is America's Away Team, enabling our national security. It's true that keeping our Force healthy and safe is our absolute top priority. It's also true that our Navy

needs to sustain operational readiness to defend our nation. Risk is the tension between these positions. We'll continue deployed operations, and we'll continue to prepare for deployed operations. There are some who want senior leadership to be more explicit in guidance, and more directive in nature. Our NAVADMINS and Centers for Disease Control and Prevention (CDC) updates provide you this guidance, and the Fleet Commanders have provided even more. However, as we continue to learn about COVID-19 daily, these principles are holding up:

A. Understand the facts about COVID-19 as we know them and operate accordingly:

- It is transmitted by respiratory droplets from coughs or sneezes.

- It can remain airborne for short periods of time (new debate surrounding the duration).

- Respiratory droplets can

settle on horizontal surfaces.

- Left untreated, virus levels can be detected up to 24 hours on cardboard and up to 2-3 days on plastic and stainless steel.

- A strong disinfectant (e.g. bleach) is required to clean infected surfaces. Medical laboratory-grade ultraviolet lights are also successful.

- It can be transmitted by an infected person before tests will detect it.

- Many young, healthy people who are infected show no symptoms but still spread it.

- Most Sailors are young and fit by civilian standards and may experience only influenza-like symptoms. These symptoms may pass in days.

- To date, few Sailors have been hospitalized and none have required ventilators.

B. Employ measures to social distance your teams to the extent possible. This is tough on ships - use space, time, phasing - be creative and thorough - watchstanding, meals, berthing, work-to-home transits, etc.

C. Don't touch your face - this requires personal discipline.

D. Once confronted with shipboard cases, we will segregate those exposed, test, and treat. We're aggressively pursuing acquisition of new, simpler, and more plentiful testing mechanisms.

The CNO and I rely on you, our on-scene commanders, to best implement these principles and manage risk so that our Navy does not come to an all-stop.

There are times that you will need to push back on operational requirements. There are times that you may need to go to an installation commander for places to house your Sailors because you cannot effectively isolate your personnel. There are times when they may not be able to help. We want these decisions to be fact-based, and not emotionally-driven. If you're not getting what you need, don't suffer in silence, get the word up the chain. Above all, and I want you to hear this from me and the CNO, WE HAVE YOUR BACK. When in doubt, lean forward and lead. We will be pushing the entire Navy team to remove obstacles for you - but we need you to lead.

3. This gets to the second element, trust. Within the storm of information and misinformation, trust is the bond that keeps us steady. This trust must be sustained up your chain of command, down the chain of command, and among you and your peers. Communicate the truth often, to your Sailors and their families... and to your leadership. Be exhaustive in providing feedback and in sharing lessons learned. Resist the urge to talk about what "they" are doing or about "them". As a Navy leader, you are "they." Think, communicate and act as an inclusive Navy team, bound together with trust.

4. The thought process we are asking you to apply now is no different than what we would ask of you in combat. If we are to bring high-end, distributed

see VCNO, page 9



Sailors assigned to hospital ship Mercy treat a patient from Los Angeles medical facilities March 29. Mercy will serve as a referral hospital for non-COVID-19 patients currently admitted to shore base hospitals. Photo by MC2 Erwin Jacob Miciano

DoD continued from page 2

and where it makes sense. He noted that DOD has around 1,300 hospital beds, whereas the rest of the country has nearly a million beds.

DOD can make a difference with expeditionary facilities, and it is mobilizing those capabilities, Taliaferro said. "We're challenged to generate large capacities," he added. "We're still working hard to be part of the solution quickly and proactively, but always in partnership with FEMA."

Taliaferro said the department is calling up medical professionals from reserve component units, but the services must be deliberate. Many of the doctors, nurses, X-ray technicians and other medical personnel who are in the reserve components also work at local hospitals, and they

are already on the front line of the fight against COVID-19. It doesn't make sense to call these folks to duty in the middle of the pandemic, the general said.

He noted that all military installations are at least at Force Health Protection Condition Charlie, meaning the threat is substantial because of sustained community transmission. "But it's also important that commanders tailor any additional measures to their specific needs, because every mission is different," he said.

Where commanders have found additional risks in the environments, they have taken additional countermeasures. "Where missions are different, different risks have to be accepted. ... Crew members in an airplane are going to have to get closer together," Taliaferro said. "That's just the way it is to get our mission done."

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Social Security Matters

by Russell Gloor

Ask Rusty - Using IRA instead of claiming SS; Disability appeal

Dear Rusty: I am currently unemployed and drawing funds from my IRA. I am 62 years old. My financial adviser instructed me to not take Social Security because once I do that the percentage of increase would stop. He said to wait until the benefits increased to the point where I could then take Social Security and leave my IRA alone. Does that seem right? Also, I have applied for SS Disability benefits and have been rejected, but I am currently appealing that decision. Is my next step a lawyer? If so do you have any recommendations? Signed: Befuddled



Dear Befuddled: If you take your Social Security (SS) benefits at age 62, your payment will be cut by about 27.5 percent from what it would be at your full retirement age of 66½. If you wait, your SS payment when you claim it will have grown for each month you delay. You only get 100 percent of the SS benefit you have earned from a lifetime of working when you reach your full retirement age (FRA). The rate of benefit growth before you reach your FRA is a bit more than 6 percent for each year you wait, so I expect that your financial advisor compared that guaranteed growth to the interest you are receiving on your IRA and concluded that waiting to claim a higher SS benefit for the rest of your life is a better deal. Provided you are in good health, that seems like a prudent suggestion. And just so you are aware, if you delay claiming SS beyond your FRA, you'll earn an additional 8 percent for each year you further delay, up to age 70 when your SS benefit would be about 75 percent more than it will be if you take it now.

Regarding your disability appeal, I cannot recommend a specific attorney, but I suggest you seek one who specializes in Social Security Disability Insurance (SSDI) claims. SSDI attorneys must adhere to Federal law and they are limited in what they can charge you. Usually that limit is 25 percent of whatever back SSDI benefits they can secure for you (paid from those back benefits) to a maximum of \$6000. There should be no charge for an initial consultation, and you shouldn't be required to pay anything unless they win your case for you. The easiest way to find someone to assist you is to do a search for "SSDI attorneys near me" and then do some initial research on your search results before selecting. You'll be able to judge the strength of your SSDI appeal by whether the SSDI attorney accepts your case - they'll only accept your case if they believe they can win and be compensated for their efforts. Only you can judge if engaging an attorney is a wise idea at this point. You still have multiple SSDI appeal levels available to you, and an SSDI attorney can be engaged at any point you choose.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or e-mail us at ssadvisor@amacfoundation.org.

Social Security recipients will get stimulus checks

WASHINGTON - It's the one question nearly all Social Security recipients are asking: Will I get a Coronavirus stimulus check? If yes, do I get one even if I haven't filed a tax return in recent years? The answers are yes and yes, says Jeff Szymanski, political analyst at the Association of Mature American Citizens.

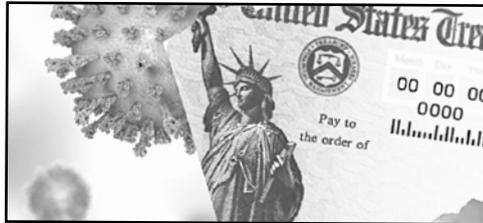
The "Coronavirus Aid, Relief, and Economic Security Act" (CARES Act) passed by Congress provides for substantial stabilization of America's economy during the unprecedented medical crisis now sweeping the country. The Act provides critically needed funding in key areas like expanded unemployment benefits and specific aid to many business segments facing extraordinary disruption, along with financial relief payments to most Americans, subject to income guidelines below.

"Under the Act's provisions, Americans having a valid Social Security number will receive direct cash assistance, specifically including those who receive welfare and Social Security benefits," said Szymanski. "Relief payments will be \$1,200 for individuals, \$2,400 for couples, and \$500 per child, for individuals with incomes at or below \$75,000 (\$112,500 for heads of household) and couples with income at or below \$150,000.

"Individuals earning up to \$99,000 and couples up to

\$198,000 will receive a reduced payment, prorated according to their higher income level."

The procedural details on how the approved payments will get into the hands of recipients are still being finalized, but these are



the general elements:

- According to Treasury Secretary Steven Mnuchin, most payments should be in the hands of recipients within three weeks

- Eligibility for cash payments is based on income as reported in your most recent income tax return (note: adjusted gross income is the figure used)

- If you didn't file tax returns and are receiving Social Security payments, the IRS can use your Form SSA-1099 Social Security Benefit Statement or your Form RRB-1099 Social Security Equivalent Benefit Statement to send your check

- If you have received a tax refund in the last two years by direct deposit, that's where your money will be sent. If not, the IRS will mail a check to your "last known address"

- The IRS will mail a notice confirming distribution of your payment, along with IRS contact information if you haven't actually received the confirmed payment.

- You don't need to do anything in advance. For many recipients, the IRS has your banking information and will likely execute direct transfers to your account.

AMAC's sister organization, The AMAC Foundation, updates a site five days a week entitled The Social Security Report. For the absolute latest

daily information on this vital program, visit www.socialsecurityreport.org. Many of this week's headline and latest news posts on The Social Security Report deal specifically with The CARES Act (Stimulus Bill), and those seeking more detailed information will find it a valuable resource.

"Yes," said Szymanski. "Social Security recipients are eligible and need do nothing at all to receive their \$1,200 per person relief payments due them. If you're required to file a tax form, it is likely that having done so already may speed up delivery of the payment."

Crossword Puzzle

Across

- Took a powder
- Wake-up call alternative
- Real estate ad abbr. after 2 or 3, commonly
- Golfer Aoki
- Blender button
- "Wonderfilled" cookie
- One of a daily three at the table
- colada: cocktail
- Heart rate
- Tempo
- Tar Heel State university
- Hunting dog
- Israeli currency
- out a living
- Fiber- cable
- Temperate
- Jinx
- Tokyo, long ago
- Drink cooler
- Ten-spot
- Ga. neighbor
- Voting mo.
- Ditching class, say
- Visa rival, for short
- Mournful toll
- Former OTC market regulator
- Trendy, with "the"
- NFL team that moved from St. Louis in 2016
- Perfume that sounds forbidden
- Foes of us
- "The Bourne Identity" star Matt
- Universal donor's blood type, briefly
- Reality show hosted by rapper M.C.
- "Golly!"
- Suggest
- Salinger title girl
- Aardvark fare
- Affectionate nickname
- Pei: wrinkly dog

Down

- Talks like Sylvester
- Suffix with arab
- San Andreas
- Like much breakfast bread
- Jungle chest-beater
- Sugar cube
- Real estate calculations
- Gunslinger's "Hands up!"
- Brawl
- Girl with a missing flock
- Military marching unit
- Gambling town northeast of Sacramento
- Sound of pain
- Smell bad
- Halfway house activity
- Oddball
- Spreads, as seeds
- Sitting around doing nothing
- Win over gently
- Luxurious fur
- Twitter's bird, e.g.
- Utmost effort
- Brit. honor
- Brooks' country music partner
- In base eight
- Fries sprinkling
- Costs for sponsors
- Guffaws or giggles
- Iraq's City
- Code of conduct
- SeaWorld orca
- Entice
- Horse-and-buggy-driving sect
- Mother's nickname
- Lip-curling look
- Frat party robe
- Very shortly, to Shakespeare
- Mid-21st century date
- Cornea's place

Veteran designation on Calif. driver's license, and ID card

Eligible veterans can add the word veteran to the front of their driver license or ID card to indicate that they have served in the U.S. military.

It can also play a critical role in enabling access to certain privileges, and benefits associated with being a veteran without having to carry and produce a Certificate of Release or Discharge from Active Duty.

Interested veterans need to present a valid DD Form 214 to a local CVSO to receive a Veteran Status Verification form. Then, the veteran takes the CVSO verification form to a DMV field office for processing.

DMV charges an additional \$5, plus the standard cost of a new, renewal, or duplicate license fee for this enhancement.



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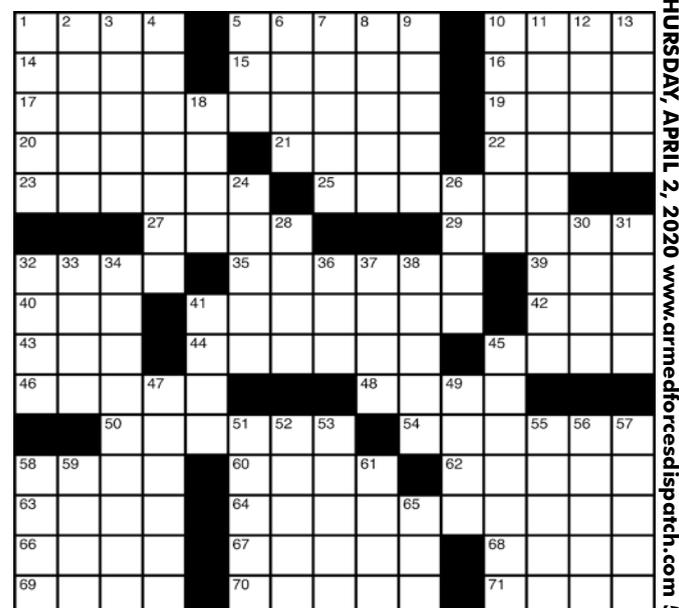
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Reserve Sailors can access 24/7 chaplain hotline

by MCI Arthurgwain L. Marquez

In response to the COVID-19 crisis, Commander, Navy Reserve Forces Command Chaplain's Office launched a 24/7 chaplain hotline effective April 1. This is an around-the-clock on-call phone service for Reserve Force personnel and their families who have been affected by the COVID-19 national emergency and are in need of counseling and spiritual services. The CNRFC 24/7 chaplain line is available at (757) 322-5650 for all Navy Reserve Sailors. "There are a lot of Reserve Sailors out there who are experiencing stress," said CNRFC Command Chaplain Capt. Brian J. Stamm. "We see this as a healthy outlet. Some individuals may not be willing to talk to somebody about some concerns, particularly concerns about mental health issues if they thought the conversation was not 100 percent confidential. This provides a safety valve." Only Navy Reserve force personnel and their families are authorized to use the service. Active Navy military and civilian personnel are encouraged to use chaplain resources available locally at their command or installation.



Amid COVID-19 restrictions SkillBridge Internships continue

WASHINGTON - Still up and running during the Navy's stop movement for travel is SkillBridge, a key Department of Defense internship program which allows transitioning service members to participate in job training, internships and apprenticeship opportunities during their last 180 days of service. Because of travel restrictions imposed on March 13, only mission essential travel is authorized away from a Sailor's local area, to include SkillBridge. Until the order is lifted, Sailors who have not yet begun their SkillBridge programs are only authorized to participate in their local area or through virtual or online classes if available. However, Sailors who started their temporary duty travel before March 13 for SkillBridge away from their local areas may finish their current programs. Once complete, they must contact the command, which issued their orders for guidance on returning home. Sailors can seek information on SkillBridge opportunities available in their local area at <https://dodskillbridge.usalearning.gov/>. SANDAG to HOST free telework webinarS April 2 - 3

Navigate the business environment with telework webinars

The San Diego Association of Governments, or SANDAG, iCommute team will host a free telework webinar to support regional employers and employees in the shift to teleworking amid the COVID-19 crisis. The first webinar - *New to Telework Culture? How to overcome challenges and prepare employees for success* - was April 2. There's still time for you to view the second webinar, *Seasoned Telework Programs: Expanding and adapting for company-wide remote work*, scheduled this Friday at 11 a.m. Learn tips from employers and teleworkers with existing telework programs, with focus on overcoming challenges when shifting the rest of an organization's workforce to working remotely. Productivity and communication tips will be provided. To register, visit iCommuteSD.com/telework. Webinar recordings will be available following live events.

Your tormentor derives satisfaction from your hurt response

by Dr. Daneen Skube
Tribune Content Agency

Q: I have a co-worker who delights in torturing me. He constantly criticizes, bullies, and embarrasses me. I am at the end of my rope. How can I deal with someone who is so happy to be so mean?

A: You can start by noticing two truths about your situation;

thing to do is give these people the reward of your pain.

Instead, use your best poker face and look unfazed. Contemptuous responses like, "Is that the best you can do?" or looking bored and walking away are powerful. What you do by not reacting is to starve your co-worker of the reinforcement that he is seeking.

anyone in your future jobs will bully you. You can thank your nasty co-worker for your new high-level skills.

Obviously, another strategy is to seek employment in a department or organization where your co-workers are not heat-seeking missiles to abuse people. Your new skills will still help you while you seek another position.

Be keenly aware you are not powerless even in the face of such disappointing human behavior. Your interpersonal tools will help immunize you so learn them, practice them and let them be your shield in the face of your co-worker's search to create suffering.

The last word(s)

Q: I am facing a problem in my workplace that is driving me nuts because I cannot find a solution. Should I give up?

A: Not necessarily, as even Albert Einstein was of the opinion that he didn't think he was so smart, but he did stay with problems longer than most people. You can choose to follow Einstein's example or be like most people.

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

INTERPERSONAL EDGE:

1) Your co-worker is receiving rewarding reactions or he wouldn't continue 2) Your co-worker truly does enjoy being mean, so appealing to his better nature (he doesn't have one) won't work,

There is a category of narcissism called malicious narcissism, which I suggest you look up. Narcissists lack empathy but malicious narcissists experience glee in hurting others. If you have one of these in your office, you have someone well beyond the garden variety office bully.

When you point out to most people that they are creating conflict, frustration or hurting others, they care. The malicious narcissist thinks, "Thank you. I am succeeding in my goals."

The standard advice to tell people how you feel is utterly wrong in your case. The last

I am not saying you are not justified in being upset. Just make certain you share your feelings with people outside your workplace. Don't leak your suffering to your co-worker, who will love hearing he has hurt you. I've had multiple coaching and therapy clients over the last 30 years come to me specifically to get out of the clutches of this kind of damaging co-worker.

For these people, conflict is a prelude to an excuse for abuse. Don't create any openings.

Most likely your co-worker, if you follow my advice, will go on to torture others and eventually come to the attention of management. Get out of being his favorite victim and the problems he creates will become obvious to others.

If you can apply these tools, you make it less likely that



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Acting Secretary Modly visits USNS *Mercy* in Los Angeles

LOS ANGELES - Hospital ship USNS *Mercy* (T-AH 19) welcomed Acting Secretary of the Navy Thomas B. Modly in Los Angeles March 31 during its support of the nation's COVID-19 response efforts.

"I would like to personally thank the men and women embarked aboard *Mercy*," said Modly. "I'm proud of the hard work and agility they demonstrated to get *Mercy* to Los Angeles and begin accepting patients almost immediately.

"The white hull and red cross of this ship have been a welcome sight around the world, standing at the forefront of our humanitarian mission," he continued. "And now this great ship is serving our own people in this time of need, providing critical surge hospital capacity to the people of Los Angeles.

"This is just one of the many ways the Department of the Navy is responding to protect the American people in this time of need."

While in Los Angeles, the ship will serve as a referral hospital for non-COVID-19 patients cur-



Acting Secretary of the Navy Thomas B. Modly is toured through the patient transfer process on hospital ship *Mercy* March 31. Navy photo by MC1 David Mora Jr.

rently admitted to shore-based hospitals, and will provide a full spectrum of medical care to include general surgeries, critical care and ward care for adults. This will allow local



health professionals to focus on treating COVID-19 patients and for shore-based hospitals to use their Intensive Care Units and ventilators for those patients.

Mercy is a seagoing medical treatment facility that currently has personnel embarked for the Los Angeles mission, including Navy medical and support staff assembled from 22 commands, as well as over

70 Civil Service mariners.

Mercy's primary mission is to provide an afloat, mobile, acute surgical medical facility to the U.S. military that is flexible, capable, and uniquely adaptable to support expeditionary warfare. *Mercy's* secondary mission is to provide full hospital services to support U.S. disaster relief and humanitarian operations worldwide.

U.S. 3rd Fleet is operating as the Maritime Command Element, West, for U.S. Naval Forces Northern Command (NAVNORTH), under U.S. Northern Command for Defense Support of Civil Authorities in support of the Federal Emergency Management Agency, the lead agency.

For more news from Commander, U.S. 3rd Fleet, visit www.navy.mil/local/c3fl.

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Engineers for Future USS Tripoli take control

by MC1 Peter Burghart

PASCAGOULA, Miss. - The engineering department of future USS Tripoli (LHA 7) began turnover of on board engineering operations from Huntington Ingalls Industries (HII) recently, a process that puts the ship on the path to becoming a fully operational Navy warship.

"The Navy and HII have different requirements," said Ensign Michael Salazar, Tripoli's main engine officer. "Making sure that safeties work and the operational equipment is up to our standards is very important."

The planned turnover process consists of handing off operations of major systems to Tripoli engineers. The ship's engineers started up major engineering plant equipment for the first time, which takes time because of the numerous shipboard spaces, types of equipment, and variations between Navy and HII processes.

Additionally, the Navy has specific procedures required to operate each type of equipment in its inventory and are designed to ensure the safety of personnel and equipment during normal operations and scheduled maintenance.

"We have planned maintenance to make sure our equipment operates properly," said Salazar. "Most equipment needs to be aligned in order to meet Navy engineering standards for operations at sea"

Salazar also added that the maintenance is important to prevent both injury and damage to equipment.

The engineers of Electrical division, Repair division, Auxiliaries division and Main

propulsion reviewed all engineering assets in their spaces such as fuel, oil, and machinery equipment. For Sailors, these inspections gave them the time and vital training necessary to familiarize themselves with Tripoli's onboard equipment.

For Tripoli engineers, taking ownership of the spaces is only the beginning. They will continue preparing for inspections and assessments with the goal of becoming a fully operational and qualified engineering department.



In this May 1, 2017, photo, Future USS Tripoli is launched at Huntington Ingalls Industries. Navy photo

"The best part is we get to set the standard," said Chief Gas Turbine Systems Technician (Electrical) Jonathan Burg. "We can show the expectation for our Sailors."

"The biggest surprise is the passion of our junior Sailors to learn equipment," said Burg. "They came in hungry to learn every day."

As engineers continue to take over their spaces and establish their rhythm, the light at the end of the tunnel is starting to glow brighter, placing the ship one step closer to commissioning and its journey to homeport in San Diego.

Osprey squadron 'Ugly Angels' primed and ready

by Lance Cpl.

Julian Elliott-Drouin
MCAS MIRAMAR - Marine Medium Tiltrotor Squadron (VMM) 362, known as the "Ugly Angels," were declared fully operational capable recently, signifying that the Marine Corps' newest MV-22B Osprey squadron is prepared to support the 3rd Marine Aircraft Wing.

Following the certification, they continued to work together to accomplish additional training and readiness objectives while conducting precautionary measures to prevent the spread of the novel coronavirus.

Fully operational capable is a significant achievement that affirms the squadron is staffed, trained, and equipped. Upon completion of the requirements, the unit became part of the collective combat-power of Marine Aircraft Group 16 and 3rd MAW.

"It was a big day," said Lt. Col. Matthew McSorely, commanding officer of VMM-362. "We launched a report saying the squadron is ready-to-go, and I'm extremely proud of all the hard work and effort the Marines put into building this squadron from the ground up."

The Ugly Angels were first activated as a UH-34D squadron on April 30, 1952, under the designation of Marine Helicopter Transport Squadron 362 at MCAS Santa Ana, Calif. The squadron was re-designated in 1956 as Marine Helicopter Transport Squadron (Light) 362; again in 1962 as Marine Medium Helicopter Squadron 362; and a third time, in 1969, when they transitioned to the CH-53 as Marine Heavy Helicopter Squadron 362.

HMH-362 was deactivated in 2012. Most recently, on Aug. 17, 2018, the Ugly Angels were reactivated as an Osprey squadron.

tivated as an Osprey squadron.

Modernization is essential to maintaining lethality on the battlefield. MV-22B's provide medium lift assault support to ground forces, which enables expeditionary operations and maximizes ship-to-shore speed and agility. The MV-22B provides increased range and speed to ground commanders when compared to the aircraft's predecessor. The MV-22B can carry up to 18 fully combat loaded Marines from a ship or expeditionary base to an objective hundreds of miles away.

The path to fully operational capable consisted of key milestones such as initial operational capability, which was achieved by VMM-362 on June 30, 2019. Later that year, the squadron completed a unit training detachment to Albuquerque, N.M., to test its ability to conduct sustained operations away from home base in order to refine how it would operate while deployed. VMM-362 cleared all five major inspections thanks to the herculean efforts of the "Ugly Angels" Marines and Sailors.

"Now we can represent the MAW as a fully operational squadron," said McSorely.



CAMP PENDLETON (March 12, 2020) - Lance Cpl. Deondre Dennard, a field artillery cannoneer with Charlie Battery, 1st Battalion, 11th Marine Regiment, 1st Marine Division, fires a Mossberg 500 12-gauge shotgun during a non-lethal weapons course. Marines with 1st Law Enforcement Battalion, I Marine Expeditionary Force Information Group, hosted the course to educate Marines how to properly employ non-lethal force in policing and combat situations they may encounter during military operations. Marine Corps photo by Cpl. Dalton S. Swanbeck



LOS ANGELES (March 29, 2020) - (above) Logistics Specialist 1st Class Tavares Littleton, from Chicago, raises the national ensign during morning colors aboard hospital ship Mercy. (below) Hospital Corpsman 3rd Class Kimberly Wyss, from Ventura, dons surgical gloves aboard Mercy. Mercy is supporting FEMA in helping protect the health and safety of the American people. Navy photos by MC2 Ryan M. Breden



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U.S. Navy Surface assets and Army attack helicopters conduct integration operations in Arabian Gulf

Navy Expeditionary Landing Base ship USS *Lewis B. Puller* (ESB 3) conducted joint naval and air integration operations in March with U.S. Army AH-64E Apache attack helicopters assigned to U.S. Army Central Command's Task Force Saber.

The operations, designed to enhance the capabilities of U.S. forces to respond to surface threats, had *Puller* performing as a landing base platform for the Apaches, while Cyclone class Patrol Coastal ships select simulated targets for them to engage. San Diego-based guided-missile

destroyer USS Paul Hamilton (DDG 60) also participated in the joint operations.

"The integration of U.S. Army air weapons teams with other joint fires into the maritime environment greatly enhances our ability to expand reconnaissance and attack capability," said Capt. Peter Mirisola, commander, Destroyer Squadron (DESRON) 50/Commander, Combined Task Force (CTF) 55. "The Apaches, in coordination with our surface ships, allow us to hold an adversary at high risk at extended ranges. Combined with other joint fires, these aircraft significantly increase the precision lethality of our joint maritime forces."

The Apache AH-64E is a twin-engine, four bladed, multi-mission attack helicopter designed as a highly stable aerial weapons-delivery platform. It is capable of destroying an array of mobile armored targets on land and sea using a 30mm automatic gun, aerial rockets and AGM-

114 Hellfire missiles.

Similar integration operations with Special Operations assets were conducted in the Arabian Gulf between U.S. naval forces and MH-6M Little Bird helicopters during Operation Earnest Will from 1987 to 1988.

More recently, USNAVCENT surface forces also conducted joint naval and air integration operations with AC-130W Stinger II gunships, assigned to U.S. Special Operations Command Central.

"Working with USARCENT forces represents another key capability in our ongoing integration of naval and air assets across our joint and coalition force to ensure maritime superiority," said Vice Adm. Jim Malloy, commander, USNAVCENT/U.S. 5th Fleet. "This kind of cross-domain integration allows us to maintain highly lethal and effective defensive capabilities, regardless of what platforms are operating in theater."

force - everyone should exhaust efforts to avoid exposure.

6. Every action and every risk decision you make reflects on the Navy as a whole and is part of the extraordinary responsibility of command. We must work hard to build and guard trust and confidence, in both our commands and with the nation whose constitution we've sworn to defend. The CNO and I are proud to serve with you and we are both standing by to help remove any barriers in the way of taking care of our Sailors and their families.

Released by Adm. R. P. Burke, Vice Chief of Naval Operations.

VCNO

continued from page 4

lethality to bear against a peer competitor, commanders and their commands must be comfortable managing risk and moving at the speed of trust. While our adversary may be different than we expected, our collective actions must be comprised of your absolute best.

5. Talk to your crews about this message - in particular, focus on the facts about COVID-19 and the need for America's Navy to continue operations. The individual actions of our Sailors and their families will collectively ensure a healthy

Fleet & Family Support Center San Diego

From the director, Janet Paulovich:

Along with the rest of the country, we're responding to COVID-19 by updating how we provide you with resources and classes as your safety and health are our top priority. Most of our FFSC workforce is teleworking but they continue to be available for one-on-one consultations through phone and e-mail. You can call us with any questions and we'll find answers as well as support and address your concerns. Along these same lines, we're continually updating our Facebook page with relevant and accurate resources for your information. As we navigate these uncharted waters, our promise is to keep you updated and stand ready to respond to your needs.

April is a big month. During this month, we celebrate the Military Child and focus on Sexual Assault Prevention and Response efforts. Additionally, we celebrate our volunteers during National Volunteer Week, April 19-25.

Please don't hesitate to reach out by calling our Centralized Scheduling number at 1-866-923-6478 or private message us on Facebook to get connected to Information & Referral experts, Counselors, Personal Financial Managers, EFMP Case Liaisons, Transition Assistance and Spouse Employment staff, Deployment, Relocation and Life Skill educators. Also, you can call (619) 556-8809 for Domestic Violence, SAIL or Counseling assistance. Our Sexual Assault Reporting and Response will continue through our installation hotline. I have listed the contact numbers for all three installations:

For NB San Diego 24/7 hotline: (619) 279-2904; Civilian Victim advocate: (619) 985-8157; SARC: (619) 261-3991; Safe helpline: 877-995-5247

For Coronado 24/7 hotline: (619) 279-2914; Civilian Victim advocate: (619) 985-4787; SARC: (619) 587-2419; Safe helpline: 877-995-5247

For NB Point Loma 24/7 hotline: (619) 279-2933; Civilian Victim advocate: (619) 985-8019; SARC: (619) 587-2446; Safe helpline: 877-995-5247

We take great pride in providing the highest quality support to service members, retirees, reservists and their families. If you have a question about Coronavirus resources or specific challenges, your local FFSC is only a phone call away. Thank you for all that you do.

AutoMatters™ & More



by Jan Wagner

eNASCAR iRacing continues: O'Reilly Auto Parts 125 at virtual Texas Motor Speedway

from Clint Boyer, as he tried to both race and have conversations with Mike and Jeff simultaneously. Good luck with that Clint! It is no wonder that you had some crashes. When Clint eventually hangs up his racing helmet, he could have a great second career as a race commentator - or as a standup comic! Go Clint! Who knew?

iRacing is not a video game. It is a subscription service for dedicated computer racing simulations. Thousands of people from all around the world compete in its virtual races. Series include: the IMSA WeatherTech SportsCar Championship, the NTT IndyCar Series, the World of Outlaws and NASCAR (car and truck series).

NASCAR racing is ideally suited to iRacing. Thanks to the way the rules work in NASCAR, the cars are often gathered back up for restarts, which adds greatly to the close racing action - resulting in as much as five-wide, bumper-to-bumper, door-to-door racing at some tracks. I watched most of this race twice! Strategy plays an important role: whether to pit or not to pit, and two or four tires or fuel-only at pit stops. Tire wear is corner-specific, and affects handling and lap times. Penalties further added to the realism.

In comparison, I watched an IndyCar iRace. On the plus side, the attention to detail was awesome. The video was bright and very detailed. This was the first opportunity that many of us had to see IndyCar's new "Aeroscreen" cockpit protection system, for rollover and cockpit intrusion protection. However, on a road course the IndyCars got quite spread out, resembling a Formula One parade, and it was shown online-only. This is not just about cars virtu-

ally racing. iRacing has created entire lifelike environments. The degree of detail that they have managed to achieve with their technology to visually represent this and other racetracks is nothing short of amazing, right down to the rubber buildup on the racing line. I am certain that the level of detail and realism will only increase over time, hopefully adding fans circulating through the garage area, a busy Fan Zone, crew members performing the pit stops, the cars not driving through each other to enter and exit their pit stalls, cars and trucks filling the parking lots, side-by-side racing during commercial breaks so that we do not miss anything, adding the exciting qualifying races to the Fox TV coverage, and more.

I hope that eNASCAR will continue on Fox after regular racing resumes. The drivers seem to love it, and it gives low budget teams and drivers - such as 10-year NASCAR veteran and this week's race winner Timmy Hill - opportunities to compete on an equal footing with the top teams, and shine. Perhaps there could be midweek races featuring the stars of NASCAR.

I hope I live to see the day where there will be holographic television, enabling us to interact with environments without having to wear VR glasses and suits.

Race now at www.iRacing.com and for more information visit <https://www.enascar.com>. To see additional photos, visit www.drive-tribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #636" in their search bar. Send comments to AutoMatters@gmail.com. Copyright © 2020 by Jan Wagner - AutoMatters & More #636

The Meat & Potatoes of Life



by Lisa Smith Molinari

In many ways, military families are just like civilians during the coronavirus pandemic. We're all - military and civilians alike - holed up in our homes, suffering through virtual schooling, whining kids, surreal food shopping experiences, and fears about our financial futures. But few civilians know that many military families' stressors have been magnified by a series of Department of Defense "Stop Movement" orders intended to slow the spread of the virus.

On March 25, Department of Defense announced another Stop Movement Order freezing all overseas U.S. forces, civilian personnel and family members in place for up to 60 days. This directive expands previous orders issued earlier in March - which restricted domestic permanent change of station orders, personal travel, and civilian hiring - and will affect thousands more military families.

Since my own family has retired from active duty service and are thus not bound by the DoD restriction, I reached out to two military spouses whose families are not only significantly impacted by the Stop Movement Order, but who are also experts in the education of military children undergoing transitions and deployments.

"We are in a very strange PCS limbo," said Amanda Trimillos,

On pause: How Stop Movement Order is affecting families

an Air Force spouse and mother of four, whose overseas active duty military family was planning a retirement ceremony for April 1st, and a PCS move to Colorado. Just days before the original stop movement order, Trimillos and her husband were in the contract signing phase on a new house in Colorado when their move and retirement plans were delayed. "Last night we turned the house back over as we will not be able to take possession due to Stop Movement without paying double mortgage. We no longer know where our kids will attend school next year. We have no idea if/when we will be allowed to leave."

"We are on pause, a very long pause," said Stacy Allbrook-Huisman, an Air Force spouse with PCS orders from Tampa to the Pentagon, put on hold by the Stop Movement Order. "The week COVID-19 started to bubble to the surface we were scheduled to sign on a house," Allbrook-Huisman said, explaining that they cancelled their flight due to the health risks. "We lost our bid on a house we were hoping for and within the following 48 hrs, DoD put a stop movement on all military personnel. I highly doubt we will move in until late summer or even not until fall."

The coincidences between these two spouses do not stop there. They are also friends and co-authors of a 2018 book about the education of military-connected kids in transition, *Seasons of My Military Student: Practical Ideas for Parents and Teachers*. Trimillos has a doctorate in education, is a National Board Certified Teacher, and is a teacher-mentor

for the US Department of Education. Allbrook-Huisman is a writer and advocate for military-connected students and families, and serves as a parent-to-parent trainer for the Military Child Education Coalition.

When I asked them to put on their expert caps and tell me who was most affected by the Stop Movement Order, they agreed that families with deployed service members unsure of when they can come home could endure the greatest suffering. Allbrook-Huisman told me of a military spouse with three kids between the ages of 6 and 12, each with a special needs diagnosis, whose husband left before the COVID-19 crisis. "She's all alone, no school, no family, no child care, no reprieve. Having her husband leaving for a year is hard, but under these circumstances it feels cruel."

Trimillos said the military parents in the online network connected to their book have so many questions about transitioning to online school and PSCing at the same time. Everything from how to collect important paperwork from a closed school to how to say good-bye. "There are just so many unknowns - and that is scary."

As mothers, Trimillos and Allbrook-Huisman are worried for their own children, but confident, too. "The military trained us to thrive in the chaos of change," Trimillos said.

"It's going to be okay. Everything will fall into place. We just don't know when, where, or how."

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If you or someone you care about needs to speak to someone or is in crisis and needs immediate help, please call the **Access & Crisis Line at (888) 724-7240.**

Food insecure?

SD Hunger Coalition website has valuable resources for hunger relief

San Diego Hunger Coalition (SDHC) and its 150+ partners across San Diego County remain committed to ensuring that everyone has enough to eat during the COVID-19 pandemic. SDHC is carefully monitoring the situation, coordinating with partner agencies, gathering the lasting information on resources, and working to expand access to food assistance.

Up-to-date information on all facets of food assistance in San Diego during the Coronavirus scare may be found at sdhunger.org/covid19. This web page also serves as an information clearinghouse for community-based organizations. San Diego Hunger Coalition is serving as a hub to make it easy to stay up to date on the ever-evolving landscape of available food assistance resources.

Check back regularly as the page will be continuously updated as information becomes available.

For a list of food resources and other helpful information visit <https://www.sandiegohungercoalition.org/covid19>

The County of San Diego has created a text alert system for COVID-19 info. To start receiving alerts and updates, please text: **COSD COVID19** to 468-311

MOVIES AT THE BASES

BASE MOVIE THEATRES ARE CLOSED!

MCCS CamPen changes/updates

Please visit mccsCP.com/impact

Roy's sudoku

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

Interesting things online...

Courtesy of Becky Costello, Big Block Realty, 760-420-2325

Most events and activities have been cancelled or pushed out. It all makes sense to be cautious. No need to panic. If we all use common sense, listen to the health officials' warnings and all do our part, we can get through this! Below is a list of fun and interesting things online to keep you and your family busy during this time.

KIDS STUFF

Lunch doodles with Mo Willems:

www.youtube.com/watch?v=RmzjCPQv3y8

San Diego Zoo: www.kids.sandiegozoo.org

Calming kids crafts: www.pinterest.com/pinterest/stay-safe-stay-inspired/calming-kids-craft-ideas

Free books on Audible: www.stories.audible.com

National Geographic: www.kids.nationalgeographic.com

Club SciKidz: www.clubscikidzmd.com

LEARNING & EDUCATION

Khan Academy: www.khanacademy.zendesk.com

TED Talks: www.ted.com

Netflix Documentaries:

www.homeschoolacademy.com/blog/44-netflix-documentaries-you-can-add-to-your-homeschool

CRITTER CAMS:

San Diego Zoo: www.zoo.sandiegozoo.org/live-cams

Monterey Bay Aquarium:

www.montereybayaquarium.org/animals/live-cams

Pandas Atlanta Zoo: www.zooatlanta.org/panda-cam

Houston Zoo: www.houstonzoo.org/explore/webcams

Georgia Aquarium: www.georgiaaquarium.org/webcam/beluga-whale-webcam

Kitty cams: www.ipetcompanion.com

African Safari: www.african.com/wildlife

Aquarium of the Pacific:

www.aquariumofpacific.org/exhibits/webcams

Vancouver Aquarium: www.vanaqua.org/visit/live-cams-sea-otter-cam

Critteryard (farm): <http://critteryard.com>

Animal Planet: www.animalplanet.com/playlists/best-live-cam-moments

Alaska Wildlife: www.adfg.alaska.gov

NATURE & OUTDOORS

Farm tour: www.farmfood360.ca

Yellowstone National Park: www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

Mud Volcano: www.nps.gov/thingstodo/yell-mud-volcano-trails.htm

Mammoth Hot Springs: www.nps.gov/thingstodo/yell-mud-volcano-trails.htm

Cities around the world: www.earthcam.com

Underwater Virtual Realty: www.sanctuaries.noaa.gov

SCIENCE & SPACE

Mars: www.accessmars.withgoogle.com

International Space Station: www.nasa.gov/multimedia/nasatv/iss_ustream.html

Northern Lights: www.asc-csa.gc.ca/eng/astronomy/auroramax/default.asp

MUSIC & THEATRE

Metropolitan Opera: www.metopera.org

Broadway Theatre: www.broadwayhd.com

Pandora Streaming Music: www.pandora.com

LiveXLive: www.livexlive.com

Royal Ballet: www.classicfm.com/artists/royal-opera-house

Interviews & Performances - Grammy Museum:

www.grammymuseum.org

Seattle Symphony: seattlesymphony.org/live

EVENT CANCELLED

34th Annual Navy Bay Bridge Run/Walk - May 17

MWR announced that the 34th Annual Navy Bay Bridge Run/Walk on May 17, 2020 has been cancelled due to the COVID-19 pandemic. Due to the intergovernmental logistics involved in putting this event on each year, they are unable to reschedule it for later in 2020.

HONOREES: OPERATON HOMEFRONT'S MILITARY CHILD OF THE YEAR RECIPIENTS

Niklas Cooper, 2020 MCOY for Marines, serves school and community

When Niklas Cooper, our 2020 Military Child of the Year for the Marine Corps, shows up, he brings a big heart as a leader and volunteer in his community and as a student at Lejeune High School in Camp Lejeune, North Carolina, where he is a junior.

In the past year, the 16-year-old dedicated more than 300 hours to mentoring, tutoring, and community projects while remaining devoted to academic and athletic excellence. Niklas organized a community debris cleanup around base housing soon after moving to Camp Lejeune on his family's fifth permanent change of station. He has dedicated about 100 hours of community service to getting clearance and volunteers for the Camp Lejeune Project Cleanup.

When volunteering at Outdoor Odyssey in Pennsylvania, a camp for children of injured Marines, Niklas forged a bond with a camper that he has maintained ever since. Niklas continues to mentor the boy, providing a caring role model for the child. As military children, they do not take their close bond for granted. In total, Niklas has dedicated more than 200 hours to Outdoor Odyssey and its supporting organization, Semper Fi Kid's Fund.

In the academic environment, Niklas tutors his peers in Spanish and mathematics, and has earned recognition for achievement in advanced placement courses and for leadership in the Marine Corps Junior Reserve Officer Training Corps, where he is cadet staff sergeant. Niklas is president of his class and is part of the community's Rotary Club and the National Honor Society.

His success on the varsity track and cross country teams underscores his dedication. As a freshman, Niklas worked to improve his cross country time, but a heart condition curtailed his running. After being diagnosed with left ventricular hypertrophy, Niklas was ineligible to participate in athletics. Disappointed yet determined, Niklas served as the track team manager while doctors worked for a year to bring the issue under control. During his sophomore year, he was cleared, and he developed strength and speed that helped his team win first in the region and seventh in the state.

Niklas is the son Mary and David Cooper, a Marine Corps first sergeant. When his father was deployed – a total of 30 months – Niklas helped with his three younger sisters. After his father's third deployment, Niklas became inspired as his father reintegrated back into the family and took initiative to go back to school.

Niklas worked part-time at Taco Bell and enjoys running with friends and his two Siberian huskies. He loves the running community and annually participates in the Marine Corps Half Marathon.

Service/Leadership Highlights:

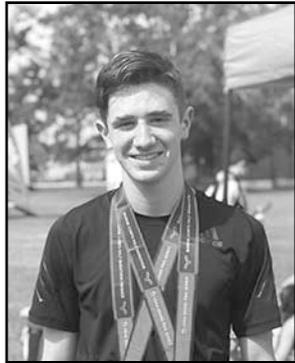
- Semper Fi Fund Kids Camp
- Student Government Association
- National Honor Society
- MCJROTC
- Lejeune High School Varsity Track Team
- Lejeune High School Varsity Cross Country Team
- St Francis Xavier Church
- Harriott B. Smith Library

Samantha Grab named 2020 Military Child of the Year for the Air Force

Samantha Grab, our 2020 Military Child of the Year for the Air Force, has brought light and happiness to so many around her through her music and positive attitude, especially during tough times. Her family's nickname for her is Sunshine. She is the daughter of retired Lt. Col. Richard "Andy" Grab and Michelle Grab. Samantha, 18, grew up as one of three siblings but four years ago a tragedy changed their family forever when her older brother Nick, then 17, died by suicide. The death of her brother was a challenge for everyone. At only 14, Samantha became aware of her own depression and ADHD. She relied heavily on her mother. When she's not busy with color guard performances, marching band competitions or playing music, Samantha enjoys watching movies, reading, drawing, cooking, and spending time with friends and family, especially her baby sister Sarah and her niece Marcy.

Service/Leadership Highlights:

- Helping Open People's Eyes (HOPE)
- OTHS Mentorship Program
- Christ Church Children's Ministry
- Karla Smith Behavioral Health
- Scott Air Force Base Centennial
- OTHS Marching Band
- OTHS Jazz Ensemble



Miryam Smith, 2020 MCOY for the Navy, found resilience in tragedy

Miryam Smith, our 2020 Military Child of the Year for the Navy, remembers her father telling her that hard work pays off and that she could achieve anything she put her mind to. Those words have been Miryam's motivation since her father, retired Navy Senior Chief Petty Officer Eduardo Smith, took his own life in 2016.

The tragedy, she said, taught her resilience. Two days after her father's devastating death, Miryam returned to school to finish up final exams, committed to living a happy, fulfilling life and maintaining the excellent grades her dad appreciated.

Now a 17-year-old senior at Tallwood High School in Virginia Beach, Virginia, Miryam is seeing dividends from her hard work.

Miryam excels in her school's Global Studies and World Language Academy, where she is an officer in the global studies and Spanish Honor Societies and has been captain of the varsity swim team since her freshman year.

Her senior research project focuses on climate change and the shortage of global resources, specifically water scarcity, an interest sparked after a wildlife conservation trip to Botswana. Miryam also has participated in exchanges to France and the Philippines, feeding an appetite for world travel.

Miryam's three military moves with her family cultivated her fascination with other cultures and world travel. The experiences inspired her to enroll in the Global Studies program at her school. In all, Miryam has visited 23 countries, four of them on her own.

Outside of school, she invests time in her community, volunteering with the Be a Reader program to read to elementary school children and mentoring children at a shelter for the homeless.

She enjoys sailing small vessels and catamarans and finds stress relief in playing piano, frequently duplicating tunes she hears on the radio.

Miryam, an only child, is the daughter of Macarena Smith, who works for the U.S. Marine Corps as a protocol officer.

Service/Leadership Highlights:

- Spanish Honor Society
- Global Studies Honor Society
- Varsity Swim
- Global Studies and World Languages Academy
- Care By Community
- Be a Reader
- Global Studies and World Languages Academy (International Cafes)
- SPCA Virginia Beach Volunteer

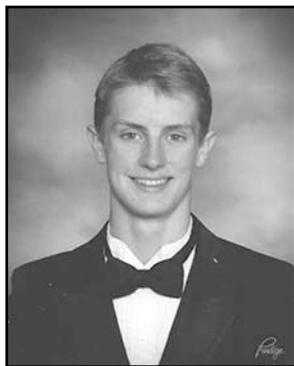


Pierce Corson named the Coast Guard 2020 Military Child of the Year

Pierce Corson, our 2020 Military Child of the Year for the Coast Guard, is dedicated to spreading mental health awareness for young people. The 17-year-old senior at Ocean Lakes High School in Virginia Beach, Virginia, has conducted research published in a Harvard University-affiliated journal, and also donned a llama mascot costume for a parade while volunteering with a national nonprofit. He is the son of veteran Coast Guard Capt. Caleb Corson, who retired after 30 years of service, and Dr. Tyler Corson, a gerontologist and adjunct faculty at Virginia Commonwealth University. Pierce became interested in mental health issues due to his own struggles with stress from academic pressures, his father's deployments, and nine family moves. He also saw stress in his friends at school. His research project, "Giving teens a voice: Sources of stress among high school students," was published in the Journal of Emerging Investigators.

Service/Leadership Highlights:

- National Alliance on Mental Illness Volunteer
- National Honor Society
- STARTALK Volunteer
- Tidewater Chinese School Volunteer
- Andrew Food Bank Volunteer
- Ocean Lakes HS Biology Club
- Ocean Lakes HS Principal's Student Advisory Board
- Ocean Lakes HS Math and Science Academy Representative



Fionnuala Mahoney named the 2020 Military Child of the Year for the Army

Fionnuala "Finn" Mahoney is a resilient, adaptable teenager. She proves that every day living with learning differences, being a caregiver for her grandmother, helping to rebuild her childhood home in New Hampshire, and being a military child who moved four times until her veteran father was discharged from the Army after being injured. Fionnuala has been named our 2020 Military Child of the Year for the Army. The 18-year-old daughter of retired Army Capt. Howard K. Mahoney and Shari Boibeaux, an engineer and caregiver. As an intern in the Laboratory of Metabolic Control at the National Institutes of Health she has learned about biology, ketogenic and food-based technology. She hopes to continue studying biology, clinical laboratory science or forensic science and be a global citizen. She already has traveled to 30 countries and her love of learning about different cultures and seeing new places has made her consider she can improve public health around the world.

As an intern in the Laboratory of Metabolic Control at the National Institutes of Health she has learned about biology, ketogenic and food-based technology. She hopes to continue studying biology, clinical laboratory science or forensic science and be a global citizen. She already has traveled to 30 countries and her love of learning about different cultures and seeing new places has made her consider she can improve public health around the world.

Service/Leadership Highlights:

- Vietnam Veterans of America (VVA) volunteer
- American Legion Auxiliary (ALA) volunteer/Girls State
- Washington Hebrew Congregation Youth Group Leader (WHECTY)
- Team River Runner Adaptive Kayaking for Wounded Warriors
- National Institutes of Health (NIH) Intern
- Walt Whitman Cheerleading and Stunt Team
- Olympiada of Spoken Russian Medalist
- Rye Beach Swim and Dive Team Captain



Adversity builds strength in Kristina Lee, 2020 MCOY for National Guard

Kristina Lee, our 2020 Military Child of the Year for the National Guard, has worn the crown as Ohio's Miss Teen Buckeye State, and she sported a very different look when she campaigned for office at a SkillsUSA State Leadership Conference. The 18-year-old senior at Lee Preparatory High School and Tri-Rivers Career Center in Marion, Ohio, had two dramatically black eyes, the result of basilar skull fracture received when sparring with pugil sticks in her school's criminal justice lab. She rolled with the look – referring to herself in her campaign speech as the raccoon in the room – and was elected as a regional officer. It's one example of how the student leader and honor student chooses perseverance in the face of adversity, including her brother's death after a yearlong illness and overcoming PTSD after experiencing a violent crime in 2018. Kristina is the sixth of the eight children of Tammy and Col. Andrew Lee, a physician and a medical group commander in the Ohio Air National Guard. During her father's deployments and trainings, Kristina helps her mom with her two younger brothers, including one with developmental delays who is nonverbal.

Service/Leadership Highlights:

- PB&J Ministries
- SkillsUSA
- National Technical Honor Society
- Angel Tree
- A Child's Hope International
- Wings & Wheels
- Honor Flight at Home
- National American Miss



Editor's Note

Due to space limitations several of these biographies have been edited. To read the full version go to:

www.militarychildoftheyear.org/Recipients





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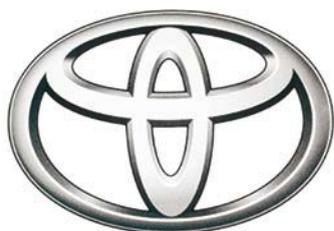
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NET PRICE
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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 4/9/20. 1 at this price #028584

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LEASE FOR
\$229 PER MONTH PLUS TAX
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*1 at this payment, STK# 22931, VIN# L1607037, Model # LJA 01. \$229 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 4/30/20.

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LEASE FOR
\$279 PER MONTH PLUS TAX
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*1 at this payment, STK# 22708, VIN# LH476649, Model # LFB 02. \$279 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 4/30/20.

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4-WHEEL ALIGNMENT

\$89⁹⁵ + tax

WAS \$119⁸⁵



- 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 4/30/20.

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Frank Motors is now hiring part-time & full time employees. Apply on-line www.FrankToyota.com

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WAS \$49⁸⁵

- 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 4/30/20.

FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL
\$50 OFF

- Inspect and Resurface Rotors
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Any recommended Services or Repairs. May not be combined with any other special.

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