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Try to crack this week's crossword puzzle. Clue of the day: Like the flame at Arlington National Cemetery.

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SIXTIETH YEAR NO. 5
THURSDAY, MAY 28, 2020

FUTURE USS KANSAS CITY ARRIVES

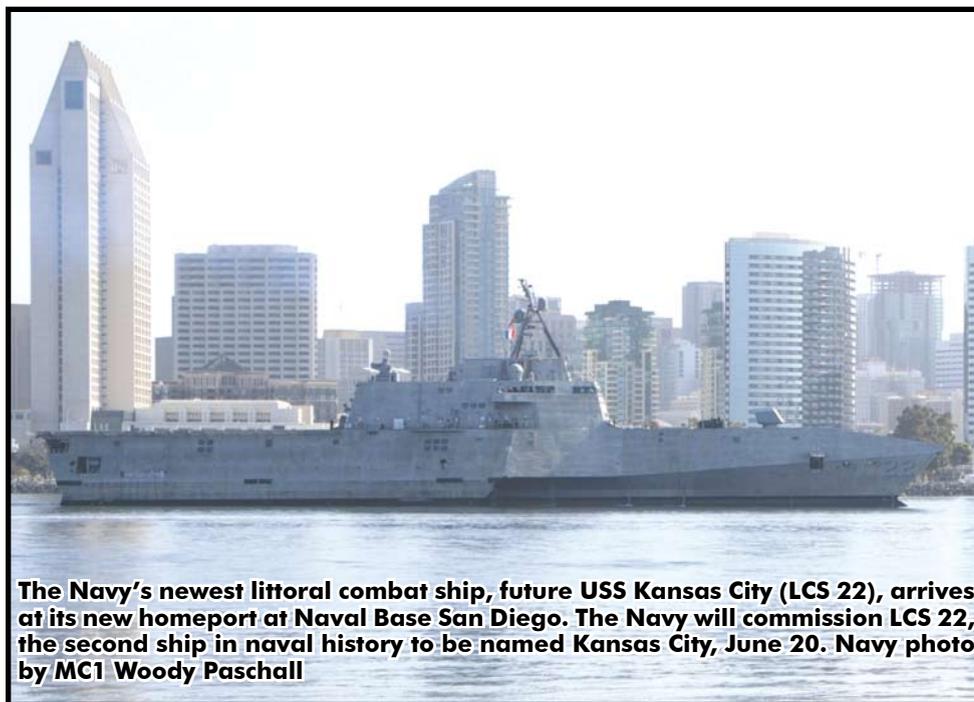
NAVY TO COMMISSION LITTORAL COMBAT SHIP JUNE 20

SAN DIEGO - The next ship to be commissioned and carry the Kansas City name arrived at its homeport in San Diego, May 24.

The future USS Kansas City (LCS 22) arrived for the first time at Naval Base San Diego, where the Navy will commission the Independence-variant littoral combat ship (LCS) June 20

"I'm extremely proud of all the hard work the crew has done to complete the sail around and prepare us to officially join the fleet on commissioning day," said Cmdr. RJ Zamberlan, future Kansas City's commanding officer. "We are honored and excited to represent the Navy, the nation, and our namesake, as well as fulfill the ship's motto, 'United We Stand, Divided We Fall.'"

Kansas City will be homeported in San Diego with sister ships USS *Independence* (LCS 2), USS *Coronado* (LCS 4), USS *Jackson* (LCS 6), USS *Montgomery* (LCS 8), USS *Gabrielle Giffords* (LCS 10), USS *Omaha* (LCS 12), USS *Manchester* (LCS 14), USS *Tulsa* (LCS 16), USS *Charleston* (LCS 18), and USS *Cincinnati* (LCS 20).



The Navy's newest littoral combat ship, future USS Kansas City (LCS 22), arrives at its new homeport at Naval Base San Diego. The Navy will commission LCS 22, the second ship in naval history to be named Kansas City, June 20. Navy photo by MC1 Woody Paschall

"The arrival of the Kansas City here today is exciting and the crew has worked incredibly hard to get to this point," said Capt. Matthew McGonigle, commodore of Littoral Combat Ship Squadron (LCSRON) 1. "We look forward to 'bringing the ship to life' next month on the day of commissioning."

Kansas City was built in Mobile, Alabama by Austal USA in conjunction with General

Dynamics. Prior to departing Mobile for San Diego, Kansas City's crew conducted a 21-day restriction in movement (ROM) in accordance with U.S. Navy pre-deployment guidelines.

Due to public health safety and restrictions of large public events related to the novel coronavirus (COVID-19) pandemic, the Navy cancelled the traditional public commission-

ing ceremony for the future USS Kansas City (LCS 22). The Navy will commission Kansas City via naval message and transition the ship into service as scheduled.

Kansas City is the 21st LCS to be delivered to the Navy, and the 11th of the Independence-variant to join the fleet. LCS 22 is the second ship to be named for Kansas City, the largest city in the state of Missouri. The

name Kansas City was assigned to a heavy cruiser during World War II; however, construction was canceled after one month due to the end of the war. The name Kansas City was also

assigned to the Wichita-class replenishment oiler AOR-3 in 1967. This ship saw service in the Vietnam War and Operation Desert Storm and was decommissioned in 1994.

USS Theodore Roosevelt leaves Guam, returns to sea

PHILIPPINE SEA - USS *Theodore Roosevelt* is underway for the first time since arriving in Guam March 27.

The ship left Naval Base Guam and entered Philippine Sea May 21 to conduct carrier qualification flights for the embarked Carrier Air Wing 11. "It feels great to be back at sea," said Rear Adm. Stu Baker, commander, Carrier Strike Group 9. "Getting *Theodore Roosevelt* and Carrier Air Wing 11 one step closer to returning to their mission in the Indo-Pacific is a great achievement for the crew." *Theodore Roosevelt* deployed to the 7th Fleet area of operations. It moored in Guam after some members of the crew displayed symptoms and later tested positive for COVID-19. After moving nearly 4,000 crewmembers off ship and cleaning the entire ship from bow to stern, the appropriate number of crewmembers to operate the ship underway have returned from quarantine after passing rigorous return-to-work criteria.

Scaled manning allows the ship to bring on board the right makeup of personnel required to safely operate and complete a particular mission requirement. "Our manning now is based on mission requirement," said Capt. Carlos Sardiello, TR's skipper. "Carrier qualification requires fewer personnel than other missions, and bringing fewer Sailors on board will enable enhanced social distancing while underway."

In addition to social distancing, *Roosevelt* Sailors will execute Navy COVID prevention and mitigation policies, including all required lessons learned from a safety stand down last week and a simulated underway. During the simulated underway, the crew walked through routine and emergency procedures while executing COVID-19 mitigation measures, including wearing masks, medical surveillance of 100 percent of the crew, adjusted meal hours, minimizing in-person meetings, sanitizing spaces and a simulated medevac.

Marine corporal receives medal for saving injured motorist

by Immanuel Johnson,
Stars and Stripes

When Cpl. Andrew Tate saw an overturned car at the side of the road in a national park in California, his Marine instincts and trauma aid training kicked in and allowed him to save the life of the badly injured driver, he said.

Tate, with the 1st Marine Division, was awarded the Navy and Marine Corps Commendation Medal this month

in a ceremony at the Marine Corps Air Ground Combat Center in Twentynine Palms., for rescuing the driver - a man in his mid-40s who was on a camping trip.

But if Tate had not taken the Combat Lifesaver Course, things might have turned out differently, the Marine told *Stars and Stripes* by phone May 21.

Tate pulled over immediately when he saw the flipped

vehicle in Mojave National Preserve, about an hour south of Las Vegas.

Grabbing the trauma kit he always carries with him, he ran to the vehicle, only to find the doors had been crushed inward and wouldn't open.

Instinctively, Tate heaved his body against the vehicle and began shaking one of the doors back and forth until he was able to wrench it open, he said.

"The driver was going in and out of consciousness, bleeding from his forehead, had a collapsed lung, some broken ribs and was in critical condition," Tate said.

With another motorist who had also stopped to help, Marine Lt. Col. (Ret.) Tom McCabe, Tate carefully extracted the driver from the vehicle. McCabe counted several cars that drove past without stopping, Tate said.

As the two Marines pulled the injured man from the vehicle, they talked to him to ensure he did not lose consciousness, Tate said.

"That's something they teach us in the Combat Lifesaver Course - keeping the patient alive, keeping him talking so he does not fall asleep and can be gotten out safely," he said.

Tate stabilized the victim and prepared a landing zone for a

medical evacuation helicopter, his award citation said.

Several weeks after the incident, which happened last year, the driver told Tate that he was recovering and doing well, the Marine said.

The Navy and Marine Corps Commendation medal is awarded for acts of heroism or meritorious achievement or service to personnel serving in any capacity with the Navy or Marine Corps.

USS Kidd transitions to next phase of COVID-19 response

Guided-missile destroyer USS *Kidd* transitioned into the next phase of the Navy's aggressive response to the COVID-19 outbreak aboard the ship with the May 18 transfer of nearly 90 health Sailors to relieve the caretaker crew that has been on the ship since its April 28 arrival in San Diego.

Prior to the transfer, the Navy re-tested the whole crew to determine which Sailors would transfer back to the ship and which ones would remain in quarantine or isolation. Military health professionals will continue to monitor all crew members for symptoms.

"Our No. 1 priority is to protect the health of our force and our families," said Navy Vice Adm. Richard Brown, the commander of Naval Surface Forces. "By doing that, we also help to protect the health of our communities where we serve. Before we clear any Sailor to return to the ship, they must receive two separate negative test results. We're focused on the health and safety of our Sailors, and ensuring the full recovery of *Kidd's* crew."

Following a COVID-19 outbreak while underway, *Kidd* arrived at Naval Base San Diego to receive medical care and clean and disinfect the ship. A number of Sailors remained onboard to operate essential

services, while other crew members and anyone who tested positive were removed from the ship to isolation or quarantine. The next phase of the recovery is another step toward ensuring the ship is safe to get underway to continue its mission.

"I want to thank the amazing team that has supported us - from Vice Admiral Brown to our most junior crew member," said Navy Cmdr. Nathan S. Wemett, commanding officer of USS *Kidd*. "Everyone's resiliency and hard work is paying off, but the recovery process is not over. We must remain focused and vigilant throughout the entire process to maintain our health and readiness in order to get back to sea."

The cleaning of the ship and care for the crew is expected to continue for about two more weeks. The Navy will test all *Kidd* crew members again before the ship resumes its deployment, officials said.

Story courtesy of Naval Surface Force, U.S. Pacific Fleet.



Petty Officer 1st Class Jonathan Young (left), assigned to future USS Daniel Inouye, and Navy Petty Officer 1st Class Daryl Bragg, assigned to future USS Frank E. Petersen Jr., deliver food and drinks to Sailors on board *Kidd* May 11. Photo by Petty Officer 2nd Class Alexander Corona



Hospital Corpsman Nirissa Holder, assigned to Fleet Surgical Team 9, fills prescriptions for Sailors aboard destroyer *Kidd* May 11. While in San Diego, the Navy will provide medical care for *Kidd's* Sailors and will clean and disinfect the ship. Photo by Petty Officer 2nd Class Alexander Corona

Army

- The Army is planning a mass recruiting drive this summer
- As Rangers face isolation and stress, Army chaplain goes to new lengths to reach them
- Army's 1st Cav stresses MOPP gear as it resumes training amid COVID-19

Navy

- Naval Academy holds its first-ever virtual graduation event
- U.S. warship fries drone with powerful new laser
- Navy trumpets seven of its 11 aircraft carriers now underway after beating back coronavirus

Air Force

- Coronavirus forces Air Force to cancel PT testing until October - or later
- In bid for more female pilots, Air Force removes height requirement
- Pathfinder paves way to a more ready Air Force (Air Force Magazine) A readiness task force spanning several major Air Force organizations is looking at new ways to measure fleet readiness other than the controversial mission capable rate.
- Air Force Is Now Accepting Bids to Build R2D2-Like 'Skyborg' Copilots
- Bombers take center stage in Air Force's new force employment strategy

Marine Corps

- One of the Marine Corps' most elite units has the most solemn of missions

Space Force

- There's value in the new competition to host space command HQ, general says



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Shooting at NAS Corpus Christi 'terrorism related,' gunman stopped by wounded Sailor

by Caitlin M. Kenney,
Stars and Stripes

WASHINGTON - The shooting at Naval Air Station Corpus Christi last Thursday that left the gunman dead, a Sailor injured and a second person of interest at large is being investigated as "terrorism related," the FBI said.

"We're working diligently with our state, local, and federal partners on this investigation, which is fluid and evolving," FBI agent Leah Greeves said during a news conference. "We may have a potential second related person of interest at large in the community. But we would encourage the public to remain calm."

Greeves provided few additional details during the news conference but confirmed the gunman was dead. The FBI said they would not release information about the suspect at this time due to the ongoing investigation.

However, the suspect was identified as Adam Alsahli of Corpus Christi, according to three officials familiar with the investigation who weren't authorized to speak publicly and spoke to *The Associated Press*

on condition of anonymity.

The incident locked down the Texas base for more than five hours, with a report of an active shooter at the base at about 6:15 a.m., the Navy said.

The gunman tried to speed through a base security gate, opening fire and wounding the sailor, a member of base security, U.S. officials told the AP. But she was able to roll over and hit the switch that raised a barrier, preventing the man from getting onto the base, the officials said.

Other security personnel shot and killed the man. The sailor sustained minor injuries and she was treated and released from a local hospital Thursday, said Steve Strickland, a spokesman with Navy Region Southeast

An early morning post on the base's Facebook page about the incident stated the shooter was in the vicinity of the north gate. Local station Kiii 3 News posted a video of the shooting from a witness who appeared to be waiting in a line of cars near the gate. Multiple gun shots can be heard throughout the minute-long video.

The base lifted the lockdown

at about 11:38 a.m. and normal traffic resumed at the main gate, according to a post on the base's Facebook page. The north gate remains closed to all traffic and the scene is still being processed, Greeves said.

Naval Criminal Investigative Service and local law enforcement were also involved in the investigation at the scene. However, the FBI's office in Houston is the lead agency in the investigation.

Naval Air Station Corpus Christi conducts pilot training, according to the base website.

The base had a similar lockdown in December when a man rammed his truck into a barricade, according to *The Associated Press*. He has pleaded guilty to destruction of U.S. government property and possession of a stolen firearm.

This is the third active-shooter incident at a naval base in five months. On Dec. 4, a junior enlisted sailor, Gabriel Antonio Romero, 22, shot three civilians at Joint Base Pearl Harbor-Hickam, Hawaii, killing two of them before killing himself.

U.S., Saudi forces conduct joint military exercises on Saudi Islands

ARABIAN GULF - The U.S. and Saudi forces are conducting routine and joint sustainment training on and around Karan and Kurayn islands, Kingdom of Saudi Arabia, until May 30.

The second phase of the training follows the successful completion of the training on April 20-22, and provides the *Bataan* Amphibious Ready Group (BATARG) with the embarked 26th Marine Expeditionary Unit (MEU) an opportunity to continue mission-essential training and planning with our Saudi partners.

"We appreciate the Kingdom of Saudi Arabia allowing the BATARG and 26th MEU another training opportunity on these islands," said Col. Trevor Hall, commanding officer of the 26th MEU. "Being able to train on these islands allows our team to expand upon our previous training by adding capabilities and assets from our partners in the region. The ability to plan

and operate with other forces supports our ability to rapidly deploy aviation, maritime, and ground combat elements - all from over the horizon - at a

combat radius and enables them to conduct follow-on operations.

"These islands in the Arabian Gulf provide our Navy-Marine Corps team an ideal setting to prepare for a wide range of operations, while exercising seamless integration with our highly qualified partners," said Capt. Lance Lesher, commodore of Amphibious Squadron 8.

"This return training on Karan and Kurayn islands allows us to exercise our full mission readiness as a premier crisis-response option for our nation, as we also work alongside our Saudi partners for security and stability in the region."

ARG/MEUs operate continuously across the globe and provide the geographic combatant commanders with a forward-deployed, flexible and responsive sea-based Marine Air-Ground Task Force (MAGTF).

The blue-green team is fully capable of conducting operations across a full spectrum of conventional, unconventional and hybrid warfare.



Amphibious assault ship *Bataan*, in the Arabian Gulf, May 6. Navy photo by MC2 Lyle Wilkie

moment's notice in order to support maritime security, freedom of navigation, and the free flow of commerce."

In close coordination with our Saudi partners, U.S. Naval Forces Central Command (NAVCENT) Task Force (TF) 52 and TF 56, the BATARG and 26th MEU are conducting well deck operations, underwater beach surveys, maritime patrolling, boat lane security operations, and will establish a forward arming and refueling point for aviation assets to refuel in an austere environment - which increases the aviation



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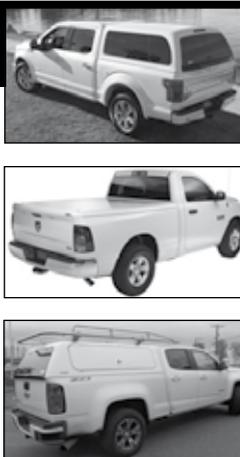
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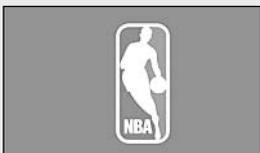
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Sports heroes who served

by David Vergun,
DOD News

Almost every sporting event in the United States has been postponed due to the COVID-19 pandemic, an absence noted by the many service members who are ardent sports fans and enjoy playing sports. Because the games are mostly on hold, here's a look at a few sports legends who also served in the military.



Vonetta Flowers and Army Spc. Jill Bakken power up in the push zone for their 80-mile-per-hour ride down the bobsledding track at the 2002 Winter Olympics, Feb. 19, 2002. Photo by Petty Officer 1st Class Preston Keres

Jill Bakken

Army Spc. Jill Bakken, a Utah National Guard Soldier, captured Olympic gold as the driver in the bobsled during the 2002 Olympic Games in Park City, Utah.

Bakken joined the Utah Guard's 115th Engineer Group in Draper, south of Salt Lake City, in March 2000. She then became a member of the Army World Class Athlete Program, which provides support to soldiers who aspire to join the U.S. Olympic team. The program's headquarters is at Fort Carson, Colorado.

Vonetta Flowers, who was Bakken's brakeman, became the first African American ever to win Winter Olympic gold on that historic run.

George McAfee

The National Football League's record for punt returns, an average 12.78 yards, was set during the 1940s by George McAfee. And the record still stands.

In 1940, McAfee was drafted by the Chicago Bears, helping to lead the team to a National Football League championship

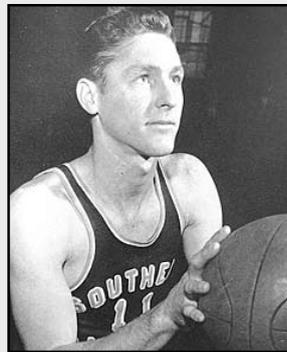


George McAfee is pictured sometime in the late 1940s when he played for the Chicago Bears. Photo courtesy of George McAfee

that year and the next. He put his football career on hold following the 1941 season to join the Navy at the start of World War II, serving until the war ended in 1945. After the war, he returned to play in Chicago, remaining with the Bears until 1950.

Football and military service was a family tradition. McAfee's brother, Wes, played for the NFL's Philadelphia Eagles in 1941 and then volunteered for military service after playing just a single season.

In the 1950s, the two brothers co-founded the McAfee Oil Company.



Basketball player Bill Sharman is pictured in the University of Southern California yearbook in 1950. Photo courtesy of University of Southern California

Bill Sharman

Another sports legend whose aspirations were put on hold while he served in the Navy from 1944 to 1946 during World War II is basketball great Bill Sharman. Sharman served aboard the USS Oceanus, a battle-damage repair ship.

In October 1945, shortly after the war ended, Sharman and his 200 Oceanus crewmates sailed up the Yangtze River to Shanghai, China, to service landing and patrol craft assigned to the China Group. While there, Sharman organized basketball games for the crew, and by December 1945, the ship and crew sailed to San Diego.

In 1951, Sharman was called up to play for the Brooklyn Dodgers baseball team. Later that year he switched to basketball and was with the Boston Celtics for 10 years.

USS Blue Ridge makes port call on Okinawa after breaking days-at-sea record

By Caitlin Doornbos
Stars and Stripes

YOKOSUKA NAVAL BASE, Japan - Sailors aboard amphibious command ship USS *Blue Ridge* - at sea more than two months to avoid the coronavirus - finally went ashore for liberty in Okinawa over the weekend, according to the Navy.

The 7th Fleet's flagship moored at White Beach Naval Facility May 24, capping off its new record of 70 consecutive days at sea, according to a Navy statement issued that day. The previous record of 64 days was set nearly a half-century ago during the Vietnam War; *Blue Ridge* passed that mark on May 17.

Blue Ridge is the Navy's oldest operational warship, with 50 years in service. The 223-year-old USS Constitution is the Navy's oldest ship, but it doesn't deploy.

Sailors are allowed a "Safe Haven" liberty to come off the ship but prevent their exposure to the coronavirus, according to the Navy statement. The crewmembers can only access "specific designated areas on the pier and neighboring beach."

"It's important to realize that the *Blue Ridge* has maintained a COVID-free bubble since

the outbreak," *Blue Ridge* commander Capt. Craig Sicola said in the statement. COVID-19 is the respiratory disease caused by the coronavirus.

"We're taking extreme caution to retain this bubble by not allowing any human interaction with personnel outside the bubble and maintaining strict disinfecting procedures for items and equipment on the pier," he said.

The goal is to boost morale and benefit quality-of-life without exposing the crew to the virus that has sidelined other ships in the region, according to the Navy. USS *Theodore Roosevelt* spent about two months in Guam after a coronavirus outbreak ultimately infected about a fourth of the aircraft carrier's crew.

"It is not lost on me how difficult a longer than normal deployment can be on top of the stress of the COVID pandemic on my Sailors and their families," Sicola said in the statement. "These types of port calls are absolutely required to restore our mental readiness, stay healthy, and enable us to fight another day."

Refer to <https://www.stripes.com/news/pacific/uss-blue-ridge-makes-port-call-on-okinawa-after-breaking-days-at-sea-record-1.631180>.

He led the team in scoring in the 1955, 1956, 1958 and 1959 seasons. He also led the National Basketball Association in free throws.

After more than a decade of playing, Sharman became a

coach for a number of teams, including the L. A. Lakers. Among the players he coached was the legendary Wilt Chamberlain. In the 1980s, Sharman became the Lakers' general manager and then its president. He retired from the Lakers in 1991.



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Gary Sinise Foundation donates meals to VA hospital staff during COVID-19 pandemic

WASHINGTON - The Department of Veterans Affairs (VA) announced recently the Gary Sinise Foundation has committed to providing up to 20,000 meals to VA health care and frontline workers.

Foundation Emergency COVID-19 Combat Service to identify the more than 80 VA medical facilities across the nation that will receive the meals over the coming weeks.

nation's veterans every day," said VA Secretary Robert Wilkie. "We're very appreciative of this donation during the COVID-19 pandemic."

"The donated meals will come from restaurants near these facilities, stimulating local economies and helping communities," said Chief Operating Officer of the Gary Sinise Foundation Elizabeth Fields. "Up to 250 meals will be donated to each facility depending on size and need."

Since April 1, the Emergency COVID-19 Combat Service has been helping to meet the urgent needs of veterans, first responders, military, health care workers and all of those on the front lines of the COVID-19 pandemic through serving meals, providing personal protective equipment and donating decontamination equipment across the country.

Lawmakers call on VA to remove swastikas from headstones in veterans cemeteries

by Zack Budryk

A bipartisan group of representatives called on the Department of Veterans Affairs (VA) to replace or alter three headstones at two cemeteries featuring swastikas or pro-Nazi messages.

The headstones, found at two graves in Fort Sam Houston National Cemetery in San Antonio and a third at Salt Lake City's Fort Douglas Post Cemetery, mark the remains of German prisoners of war.

The Texas graves feature an iron cross and swastika, along with the epitaph "He died far from his home for the Führer, people and fatherland," while the one in Utah includes a swastika and a Knight's cross with oak leaves.

"Allowing these gravestones with symbols and messages of hatred, racism, intolerance, and genocide is especially offensive to all the veterans who risked, and often lost, their lives defending this country and our way of life," the letter to Veteran Affairs Secretary Robert Wilkie says.

"It's also a stain on the hallowed ground where so many veterans and their families are laid to rest. Families who visit their loved ones, who are buried in the same cemeteries with the Nazi soldiers whom they fought against, should never have to confront symbols of hatred that are antithetical to our American values."

Signers of the letter include House Appropriations Committee Chairwoman Nita Lowey and ranking member Kay Granger, as well as Reps. Debbie Wasserman Schultz and John Carter, the chairwoman and ranking member of the Appropriations subcommittee on military construction and Veterans Affairs.

While the graves are decades old, the Military Religious Freedom Foundation recently raised alarm over them, with founder and president Mikey Weinstein, an Air Force veteran, saying a senior military officer informed the organization of the graves at Fort Sam Houston after visiting the graves of family members.

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Ask Rusty - About the 'Earnings Test' and 'Registering' with Social Security

by Russell Gloor

Dear Rusty: Does tax filing status matter when calculating how much you can earn without a reduction in your monthly SS payout? My wife and I have filed a joint income tax return for years. My wife is working and I'm 62 and wondering - if I start drawing SS, does the earnings limit only relate to what I earn, or does it include what my wife earns as well? Is the earnings limit tied to our IRS filing status? I need to know if I should file my taxes as a single to be sure my wife's earnings are not combined with mine to affect my Social Security payment.



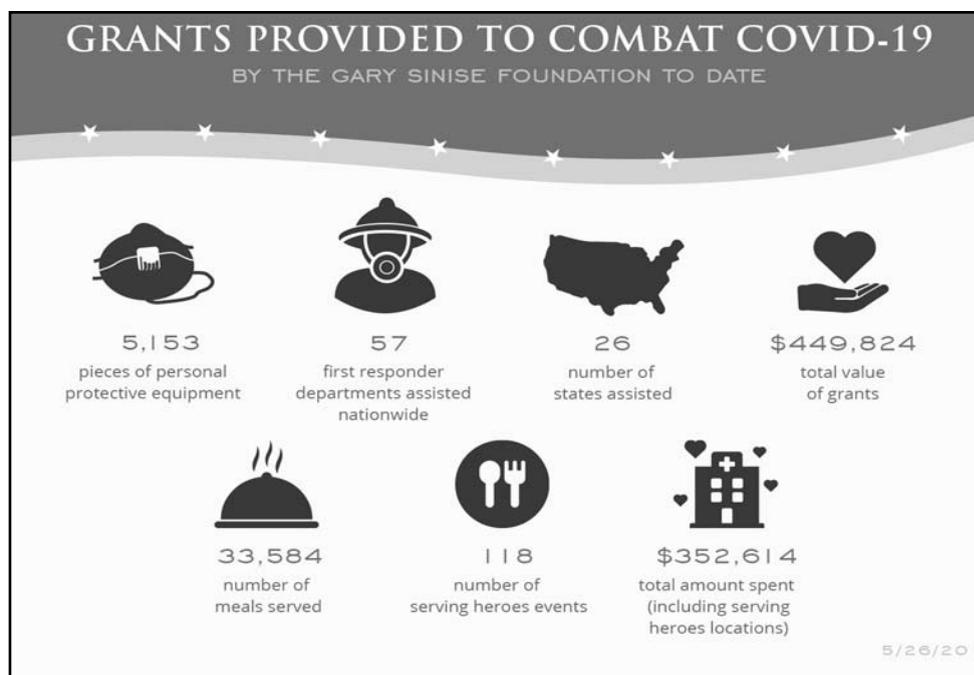
Also, I've read that it's recommended to register online with SS if you're 62. As I understand it, this should be done even if one's not intending to start benefits yet. Is this true? What are the benefits for doing this? Does it make for a quicker start of payments once the election to start benefits is made? Would it help my wife should I die prior to starting my benefits? Signed: Wondering

Dear Wondering: Income tax filing status doesn't matter when it comes to determining if your earnings from work exceed Social Security "earnings limit." If you collect SS before you reach your full retirement age (FRA), your wife's earnings from working will not be counted toward your personal SS earnings limit. The earnings test looks only at your personal earnings and, if you exceed the limit, SS will take back some of your benefits. But only your personal earnings - as reported on your W-2 or Self-Employment tax return - count. If you're not working, then your Social Security benefits will not be affected by the earnings test, even if you file a joint return which has an Adjusted Gross Income (AGI) which is more than the annual earnings limit because your wife works.

As for your second question: it is not necessary, nor would it gain you any advantage, to "register" with Social Security before you are ready to claim your benefits. Indeed, Social Security does not even provide you with a way to do that. What they do provide is a way for you to create your own personal "My Social Security" online account, which gives you access to all of the online features provided by the Social Security Administration, including allowing you to apply for your benefits online (the fastest way to claim) whenever you're ready to do that.

Having an online SS account doesn't provide you with any benefit advantage, but it allows you to monitor your lifetime earnings record, get a replacement SS card if needed, and get estimates of your current and future Social Security benefits to help you decide when to claim. You can create your personal "My Social Security" account by going to www.ssa.gov/myaccount. They use a "two-factor" security process, which means you'll not only need to set up a password but also a second way to confirm your identity (usually via a code sent to a text-enabled cell phone or your email account). But, even if you have this online account pre-established, your wife will still need to contact Social Security directly to claim her survivor benefit if you predeceased her. Survivor benefits must be applied for by the surviving spouse directly contacting Social Security.

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.



The Gary Sinise Foundation launched a dedicated campaign called Emergency COVID-19 Combat Service, addressing the needs and priorities of those who serve with honor.

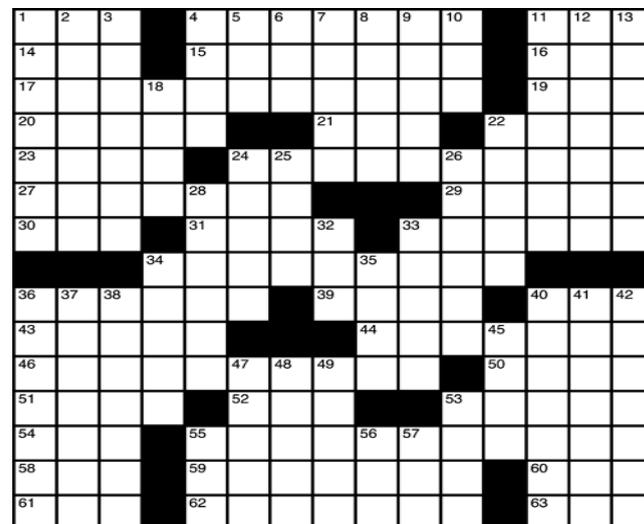
Crossword Puzzle

Across

- Rodent Templeton in "Charlotte's Web," for one
- Provide with more than enough
- Miner's target
- Flightless bird
- Memorable Greek shipping magnate
- Aggravate
- Bake sale confections made w/root veggies
- Finish off
- Chance for a hit
- Asia's ___ Darya river
- Cornstarch brand in a yellow-and-blue container
- Chair or bench
- Shine-minimizing makeup layer
- Harmonious
- Scare
- Soon-to-be grads.
- Vanity cases?
- Plagues
- Wireless networking protocol
- Degenerate, like Agnew's snobs
- Apt name for a Dalmatian
- Mil. academy
- Black, in Bordeaux
- Like the flame at Arlington National Cemetery
- Pop's pop
- Vacation site you might sail to
- Painter Magritte
- Managed care gp.
- Follow, as advice
- "Fear the Walking Dead" network
- Driver's alert about an infant, and a hint to what can precede both words of 17-, 24-, 34- and 46-Across
- Peace symbol
- Central Texas city
- Bestow, to Burns
- Chemical suffix with benz-
- Cut at an angle
- Always, to Poe

Down

- Finds new players for
- One who plays without pay
- Wrapped headdresses
- Chimney residue
- Colony insect
- Tic-toe filler
- Father of Jacob and Esau
- Words on a volunteer's badge
- Highway headache
- Half a figure eight
- Late in arriving
- Substance used for chemical analysis
- Obtains via coercion, as money
- Part of APR
- Knee-deep (in)
- Bach work
- Therapeutic plant
- Prince Siegfried's beloved, in "Swan Lake"
- Like pool tables
- Ave. crossers
- Swag
- Suisse capital
- Newspaper page with views
- Personalize at the jeweler's
- Work site supervisors
- Bride-to-be
- Performing in a theater
- Dieter's unit
- Thin
- Man who "wore a diamond," in "Copacabana"
- Abu ___
- Realm of influence
- Holmes' creator
- Still sleeping
- "Kapow!"
- ___ the land of the free ... "
- SSW's opposite



Learn a new skill to emerge from this crisis better than ever

by Dr. Daneen Skube
Tribune Content Agency

Q: I'm becoming aware of how many skills I don't have during this time period. Cooking, haircuts, home repair and the alternative to toilet paper. I feel caught flat-footed by the absence of all the help I take for granted with too much to learn. Is there a way to come out of this shelter-in-place situation better than I went into it?

A: Yes, realize you cannot turn a switch and suddenly possess all the skills other people were contributing to your life. We all feel inadequate when we forced to see how much we don't know. Then again, we can now begin to learn those skills so we leave this crisis better than we went in.

Jokes are circling around the internet about going to the restaurant called the kitchen only to discover that it only has ingredients, and what is up with that? These quips are funny and true at the same time. Suddenly we are seeing clearly just how much we rely on food systems, restaurants and their workers.

As Americans, we often pride ourselves on our self-sufficiency. We are the country that threw England's tea in the harbor for goodness sake! Yet we are learning just how much we are not self-sufficient during this time.

Many of my clients are for the first time cooking, doing their own laundry and making things they once bought, and it's becoming crystal clear how dependent we are on our modern systems.

We take these things for granted and rarely give a thought to what we'd do if there was no doctor, no dentist, no takeout and nothing on the grocery shelves.

Another true joke on the internet is that before

COVID-19, most people thought preppers were crazy and now, well, prepping is looking like an intelligent activity. Keep in mind that even people who have been devoted to prepping for decades are not completely self-sufficient. The takeaway from prepping is that learning any self-sufficiency skills is like buying insurance for a challenge you may experience.

Rather than overwhelming yourself trying to become a gourmet chef, gardener, handyman and family medic or moving off the grid, contemplate just learning one new skill a week. Making laundry soap is surprisingly cheap, easy and healthier than most store products. You can find a recipe, experiment, and take 10 minutes on a weekend to do it.

Watching a YouTube video on cutting hair and then get to work. You will improve and maybe even save money in the future.

Deficits between what we know and what we need to know are obvious during rapid change. The good news is we have a new list of things worth learning. The bad news is we have to tolerate feeling overwhelmed by seeing just how much we don't know.

As your community returns to connecting, we'll have a deeper appreciation of all that everyone around us does for us. We'll emerge from this challenge with a new appreciation for the ordinary paradise we enjoy.

The last word(s)

Q: I planned to leave my job this summer, but now not sure I want to venture out. Are you recommending clients look for new jobs during this time?

A: No, staying with your current organization, if you can, is your best bet right now. Most organizations have too much chaos going on right now to make job searching easy or effective.

INTERPERSONAL EDGE

New regional studies program prepares enlisted Sailors for next assignment

by MC2 Tom Tonthat

MONTEREY - A handful of senior Navy enlisted personnel are taking advantage of a new opportunity at the Naval Postgraduate School (NPS) to better prepare for their next deployment while also earning graduate-level credit.

Chief Cryptologic Technicians (Interpretive) Ann Sonnier, Kevin Farr, and Naomi Mori will learn advanced skills in how to develop a professional CTI workforce, tailored to the specific regional areas they will operate in, thanks to a four-course graduate certificate program in Regional Security Studies.

"These Sailors will gain a robust knowledge of theater operations, politics, and foreign policies that influence countries and the decisions they make," said Cmdr. Paul Rasmussen, NPS Regional Security Studies Program Officer.

He continued, "This will prepare the CTIs to best fulfill their duties to advise leadership on cultural and

regional factors that impact mission operations for areas within the CT occupational standards."

To prepare them for their next assignments following the program, each student's coursework is customized to provide an understanding of the region he or she will be assigned to. Currently, they are studying the politics, history, and culture of their assigned regions.

"The chance to study at NPS and learn more about the region where I have worked throughout my Navy career got me interested in the Regional Security Studies Program," said Sonnier, whose next assignment spans East and Southeast Asia.

The importance of NPS educating Sailors for their next duty assignment stems from the 2020 Education for Seapower Strategy (ESP) and the associated conclusions of the landmark Education for Seapower (E4S) report. Both detailed the importance of the Navy and Marine Corps to strengthen and expand their

educational efforts to maintain naval power in an era of great power competition and technological change.

"The enlisted students who are taking part in this program are a direct result of the ESP study and strategy," said Rasmussen.

Before being selected for the Regional Security Studies program, the CTICs demonstrated a deep pool of prior qualifications ranging from linguist training at the Defense Language Institute Foreign Language Center, regional experience and familiarity during previous commands, and/or prior graduate level education.

"While my graduate degree is in business, Regional Security Studies is quite different from MBA studies," said Farr, who is studying Latin American regions to prepare for his next assignment in Navy Information Operations Command Texas. "But the knowledge gained at NPS will help me to better understand the history and context of current and future issues."

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Local Military

Destroyer *Pinckney's* crew takes down drug vessel



San Diego-based ship seizes 1.5 tons of cocaine

Guided-missile destroyer USS *Pinckney*, with an embarked U.S. Coast Guard law enforcement detachment team, seized an estimated 3,000 pounds of cocaine in the eastern Pacific Ocean.

In the May 14 operation, a Navy maritime patrol aircraft assigned to the "Tridents" of Patrol Squadron 26 spotted the low-profile vessel. *Pinckney*, with embarked helicopters assigned to the "Wolf Pack" of Helicopter Maritime Strike Squadron 75 and the embarked Coast Guard team moved into position to intercept the vessel.

They recovered 70 bales of cocaine worth more than \$28 million in wholesale value.

"This was truly a team effort," said Cmdr. Andrew Roy, USS *Pinckney's* commanding officer. "The air support we received was first class. We were able to

safely and successfully conduct this operation due to the outstanding professionalism of the Navy-Coast Guard team."

USS *Pinckney* is deployed to the U.S. 4th Fleet area of operations conducting U.S. Southern Command and Joint Interagency Task Force South's enhanced counterdrug operations missions in the Caribbean Sea and the Eastern Pacific.

On April 1, U.S. Southern Command began enhanced counternarcotics operations in the Western Hemisphere to disrupt the flow of drugs in support of presidential national security objectives.

Numerous U.S. agencies from the departments of Defense, Justice and Homeland Security co-operated in the effort to combat transnational organized crime, officials said. The Coast Guard, the Navy, Customs and Border Protection, the FBI, the Drug Enforcement Administration, and Immigration and Customs

Destroyer *Pinckney*, with an embarked U.S. Coast Guard law enforcement detachment team conducts enhanced counternarcotics operations in the eastern Pacific Ocean, recovering an estimated 3,000 pounds of cocaine, May 14. *Pinckney* is deployed to the U.S. Southern Command area of responsibility to support Joint Interagency Task Force South's mission, which includes countering illicit drug trafficking in the Caribbean Sea and the eastern Pacific. Photo courtesy of U.S. Coast Guard

Enforcement, along with allied and international partner agencies, play a role in counterdrug operations, they added.

Naval Forces Southern Command/U.S. 4th Fleet supports Southcom's joint and combined military operations by employing maritime forces in cooperative maritime security operations to maintain access, enhance interoperability and build enduring partnerships in order to enhance regional security and promote peace, stability and prosperity in the Caribbean and Central and South American regions.

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Future USS Oakland completes acceptance trials

MOBILE, Ala. - Future USS Oakland (LCS 24) successfully concluded acceptance trials May 22 following a series of in-port and underway demonstrations in the Gulf of Mexico.

During trials, the final milestone prior to the ship's delivery, the Navy conducts comprehensive tests of systems, including those essential to a ship's performance at sea such as the main propulsion, auxiliaries and electrical systems.

The ship also performed critical capability tests, including a full-power demonstration, steering and quick reversal, anchor drop test and combat system detect-to-engage sequence.

"I am impressed with the positive results achieved by the Navy and industry team during this acceptance trial of the future USS Oakland," said Littoral Combat Ship (LCS) Program Manager Capt. Mike Taylor. "We continue to see improvements in this class as we work to provide cost-effective warfighting capability to the fleet and the nation."

Following delivery and commissioning, USS Oakland will sail to her homeport in San Diego with sister ships *Independence*, *Coronado*, *Jackson*, *Montgomery*, *Gabrielle Giffords*, *Omaha*, *Manchester*, *Tulsa*, *Charleston*, *Cincinnati* and *Kansas City*.

Four additional Independence-variant ships are under construction at Austal USA in Mobile, Alabama. Future USS Mobile (LCS 26) is undergoing final assembly. The modules for future USS Savannah (LCS 28) and future USS Canberra (LCS 30) also are being erected, and modules for future USS Santa Barbara (LCS 32) are being fabricated. Additionally, Austal USA is preparing for construction of future USS Augusta (LCS 34), USS Kingsville (LCS 36) and USS Pierre (LCS 38).

LCS is a highly maneuverable, lethal and adaptable warship designed to support mine countermeasures, anti-submarine and surface warfare missions. The Independence-variant LCS integrates new technology and capability to affordably support current and future mission capability from deep water to the littorals.

LCS is now the second-largest U.S. Navy surface ship class in production. In 2019, three LCSs were delivered to the fleet and five will be delivered in 2020 at a pace not seen since the 1990s.

Get more information about the Navy from US Navy facebook or twitter.

Local flag officer assignments

The secretary of the Navy and chief of naval operations announced May 22 the following assignments:

• Rear Adm. (lower half) **Kurt J. Rothenhaus** is currently serving as program executive officer for command, control, communications, computers and intelligence, Naval Information Warfare Systems Command, San Diego. Rothenhaus previously served as major program manager for tactical networks, San Diego.

Rear Adm. (lower half) **Robert D. Westendorff** will be assigned as chief of naval air training, Corpus Christi, Texas. Westendorff previously served as chief of staff, Naval Air Forces, Pacific Fleet, San Diego.

Capt. **Carlos A. Sardiello**, selected for promotion to rear admiral (lower half), will be assigned as director, joint/fleet operations, U.S. Fleet Forces Command, Norfolk, Va. Sardiello is currently serving as commanding officer, USS *Theodore Roosevelt* (CVN 71), San Diego, and previously served as special assistant to commander, naval air forces/commander, naval air force, Pacific Fleet, San Diego.

USS Zumwalt fires first rounds from on board gun in test off California

by **Christian Lopez**,
Stars and Stripes

Sailors aboard USS *Zumwalt* fired the first rounds recently from the destroyer's high-velocity cannon, another waypoint on the ship's segue into naval service.

Test firing of the Mark 46 MOD 2 Gun Weapon System took place May 16 at the Naval Air Weapons Center Weapons Division Sea Test Range off Point Mugu, according to a U.S. 3rd Fleet press release.

“THE PRIVILEGE OF BEING A ‘FIRST-IN-CLASS’ SHIP INCLUDES HAVING THE OPPORTUNITY TO SYSTEMATICALLY CONDUCT TESTING ACROSS THE BREADTH OF SYSTEMS INSTALLED ONBOARD THE SHIP,” SAID CAPT. ANDREW CARLSON, ZUMWALT’S COMMANDING OFFICER

The remotely operated system is comprised of a 30 mm high-velocity cannon, a laser rangefinder for shipboard self-defense against surface targets, a forward-looking infrared sensor and a low-light television camera.

“The privilege of being a ‘first-in-class’ ship includes having the opportunity to systematically conduct testing across the breadth of systems installed onboard the ship,” Capt. Andrew Carlson, *Zumwalt*'s commanding officer, said in a Navy statement.

“The real plus is conducting those tests, such as today's live fire with the Mark 46 GWS,” Carlson said, “which provide tangible evidence of combat capability maturation.”

Structural test firing is required for the first ship in a class to confirm a vessel can operate safely while firing its own weapons due to the vibrations and shock caused when firing live ordnance. The test fire is also the first time a *Zumwalt*-class destroyer shot a large-caliber weapon.

Zumwalt entered the fleet in April 2 ½ years after it was commissioned by the Navy in October 2016. Soon after *Zumwalt*'s commissioning, Congress prohibited the Navy from taking delivery of a vessel not fully outfitted to its combat capac-

ity, according to a news reports April 24.

The Navy originally planned to put 32 *Zumwalt*-class destroyers to sea, a number trimmed to three as the price of each ship, an estimated \$8 billion, grew after 2005, according to the Project on Government Oversight, a nonpartisan, independent watchdog group based in Washington, D.C.

The high cost of munitions for the original, 155 mm main armament added to the Navy's decision in December 2017 to

change *Zumwalt*'s mission from shore bombardment to surface warfare against other vessels. The destroyer, according to the Navy, is equipped for control of the sea, power projection, deterrence and command and control missions.

It is designed to operate in open-ocean and near-shore environments. “Today's event is the first in a chapter of live fire test events over the next year that will prove the lethal capability that these ships will bring to the fight,” said Lt. Cmdr. Tim Kubisak, *Zumwalt* test officer.

NAVFAC Southwest awards \$196.3 million BOS contract for China Lake

SAN DIEGO – Naval Facilities Engineering Command (NAVFAC) Southwest awarded a \$196.3 million contract, May 15, to Alutiiq Logistics and Maintenance Services LLC of Anchorage, Alaska for base operating support services at Naval Air Station China Lake.

“NAVFAC continues to support the warfighter throughout our areas of responsibility on a daily basis; however, I speak from experience for China Lake when I say the Base Operating Services Contract that was awarded is vital to the success at China Lake,” said Tammy

Jones, NAVFAC Southwest Facilities Engineering Acquisitions Division China Lake supervisory facility support contract manager. “On a daily basis the service contractor interacts with the warfighter supporting them with functions such as custodial, grounds maintenance, refuse and recycling, refueling, transportation support, just to name a few.”

Various base operating support service functions include operations support, supply services, facilities investment, custodial, pest control, refuse and recycling collection, grounds

maintenance, street sweeping and snow removal, base support vehicle and equipment rental, and environmental services.

“China Lake is in a major rebuilding process due to the 2019 earthquakes, and our Base Operating Service Contract is a key element in the rebuilding process,” said Jones. “Having a long-term partnership with our service contractor enables NAVFAC Southwest to provide the best service possible to our China Lake customers.”

NAVFAC Southwest is the contracting activity. Work will complete by winter 2028.

NAVFAC is the Systems Command that delivers and maintains quality, sustainable facilities, acquires and manages capabilities for the Navy's expeditionary combat forces, provides contingency engineering response, and enables energy security and environmental stewardship.

Total Navy Battle Force: 299 Ships Underway
Deployed Ships Underway: 68
Non-deployed Ships Underway: 36
Total Ships Underway: 104
Ships Deployed by Fleet
Fleet Forces: 3
3rd Fleet: 2
4th Fleet: 6
5th Fleet: 2
6th Fleet: 12
7th Fleet: 58
Total: 105

U.S., Singapore navies exercise together in South China Sea

by Lt. Lauren Chatmas

SOUTH CHINA SEA - Independence-variant littoral combat ship USS *Gabrielle Giffords* (LCS 10) and Republic of Singapore Navy frigate RSS *Steadfast* (FFS 70) conducted a bilateral exercise in the South China Sea, May 24-25.

The events were an opportunity for *Gabrielle Giffords* and *Steadfast* to practice and enhance bilateral interoperability between the two navies, with emphasis on the importance of communications and coordination while sailing together.

“Meeting our partners at sea gives our navies the opportunity to practice maritime proficiencies, and further strengthen the bond between both countries,” said Capt. Ann McCann, commodore of Destroyer Squadron 7. “Engaging with our network of partners in the region is essential to maintain a free and open Indo-Pacific.”

The events included a publication exercise, flashing light and maneuvering exercises, large and small caliber gun shoots, and a photo exercise. All events were planned with an emphasis on COVID-19 health measures.





SAN DIEGO (May 25, 2020) - The Marine Corps Recruit Depot, San Diego (MCRDSD) Color guard, participates in an annual Memorial Day Ceremony at Fort Rosecrans National Cemetery. Multiple Military installations around San Diego contributed to the ceremony, in order to properly honor all fallen service members. Marine Corps photo by Lance Cpl. Zachary T. Beatty

PHILIPPINE SEA (May 11, 2020) Gunner's Mate Seaman Thomas Buren operates the EP2 panel aboard destroyer Russell (DDG 59). Russell is deployed to the U.S. 7th Fleet.



Navy photo by MC3 Sean Lynch



CAMP PENDLETON (May 23, 2020) - A firefighter with Camp Pendleton Fire Department feeds a prescribed burn here. Firefighters with CPFD are used a series of prescribed burns to clear approximately 50 acres of dense vegetation over the Memorial Day weekend. The fires will improve the habitat for the kangaroo rat. Photo by Lance Cpl. Andrew Cortez

APPRA HARBOR (May 21, 2020) - Boatswain's Mate Seaman Alexis Bias, assigned to aircraft carrier USS Theodore Roosevelt, disinfects mooring line following an extended visit to Guam in the midst of the COVID-19 global pandemic. Theodore Roosevelt is underway conducting carrier qualifications during a deployment to the Indo-Pacific. Navy photo by MC3 Conner D. Blake



AutoMatters™ & More



by Jan Wagner

Different styles of computers, like cases, have features suited to different needs. For example, while I was away from my office, I typed the first draft of this column on my MacBook Pro laptop computer. Later, back at my office, I took advantage of the 27-inch screen of my iMac Pro to edit the photos. When travelling I carry my data plan-enabled smart phone.

My seventh generation iPad is my preferred portable device when I am at home. It is light, versatile, easily taken from place to place and has very long battery life. What particularly differentiates it from my iPhone is that it has a much larger screen.

At home I easily keep my iPad nearby, so that whether I am eating at the breakfast table or relaxing on the family room couch, if I decide that I want to check my email, look something up online or watch a YouTube video, I can do so without straining my eyes looking at my iPhone's tiny screen.

However, an iPad is more difficult to hold than an iPhone, because it is larger and heavier. Its larger expanse of glass makes it more slippery, and the narrow bezel around its touch-screen leaves little room for fingers to hold it without blocking the view of that screen. Also, another inherent deficiency of iPads (and smart phones) is typing lengthy documents with them using their on-screen, virtual keyboard.

Great Logitech & OtterBox iPad cases for distinctly different needs

To solve these issues you need a case but, like I did, you might find the number and variety of choices somewhat overwhelming. There are lightweight cases, heavy-duty cases and cases with keyboards – at widely varying prices.

I found iPad cases advertised for as little as \$10. Some of these actually looked good in their photos and sounded good in their descriptions, but when I read user reviews of them I soon learned about flimsy iPad cases that failed to protect their somewhat fragile iPads. Instead, I decided to contact companies that make high-quality iPad cases, and asked them to send me review samples of a lightweight case, a heavy-duty case and a case with a keyboard. Together, they sent me excellent examples of all three for your consideration.

OtterBox Symmetry Folio Series

OtterBox has a long, well-earned reputation for its broad selection of attractive, well-made, innovative protective cases for electronic devices, and their hassle-free customer service. The OtterBox Symmetry Series Folio case for the seventh generation iPad provides the everyday protection that you expect in a slim, light-weight case. Installation is easy – just press it into place. The case includes a stable, multi-position kickstand; no-skid rubber feet, a microfiber inner liner to cover the screen, a clear back and an integrated Apple Pencil holder.

OtterBox Defender Series

For the ultimate in protection against drops, dirt and scrapes, I recommend the rugged OtterBox Defender Series Case for the seventh generation iPad.

On the inner surface of its strong, thick, outer shell is a spring-loaded kickstand, which provides positions

for comfortable viewing of the iPad and for typing. Also inside is a place to store and protect an Apple Pencil. This shell can either be positioned to cover the iPad's screen for transport or attached to the underside of the iPad. Its rubber feet enable slip-free use on surfaces.

A hard-plastic inner case, wrapped in a flexible silicon slipcover, complete with a built-in screen protector, further protects the iPad. Rubber port covers block dust, dirt and debris from getting into jacks and ports.

This rugged case is well-engineered to not break or fall apart, to protect your iPad in case of a fall or a strike. Installation is straightforward using the supplied instructions. [Learn more about OtterBox cases at https://www.otterbox.com/en-us/ipad19.](https://www.otterbox.com/en-us/ipad19)

Logitech Combo Touch

The brilliant new Combo Touch case from Logitech effectively transforms your seventh generation iPad into a ready-to-travel laptop computer, by combining a form-fitting, protective case with a full-size, backlit keyboard with iOS™ shortcut keys and a trackpad. The quality, materials and ergonomics are excellent. The detachable keyboard connects magnetically, and is automatically paired with and powered by the iPad through the Smart Connector (in Settings, set the "Hardware Keyboard" to "U.S."). The scissor mechanism beneath each key produces a reassuring, familiar feel, and the kickstand has a wide range of adjustment. [Learn more at https://www.logitech.com/en-us/product/combo-touch.html?crid=1762.](https://www.logitech.com/en-us/product/combo-touch.html?crid=1762)

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The Meat & Potatoes of Life



by Lisa Smith Molinari

It's summer PCS season, when 40 percent of the 400,000 military and DoD civilian moves take place each year. This time brings back memories of our family's final military move in May of 2017. It was our 11th in 23 years of marriage, and it was pretty much like all the rest - a stressful experience involving tedious planning, unexpected crises, broken and lost belongings, and physical exhaustion.

Like most military spouses, I've told stories of PCS moves gone by to my friends, around kitchen islands, bunco tables, and backyard patios. Like the time the movers snapped the leg off our dining room buffet, or when they neglected to put our crib back together when I had a newborn baby and a toddler, or that move when my husband's entire collection of military challenge coins disappeared. Within military spouse culture, telling tales of moving mishaps is a sort of competitive sport. Kind of like talking about childbirth. The spouse who has endured the most misery wins.

It's hard to imagine the PCS experience getting worse for military families, but thanks to the coronavirus, moving hassles have reached epic new levels. The Stop Movement Order announced in April has been extended to June 30th, causing delays that could last until the end of the year.

Pandemic ramps up PCS move rivalries

Two thirds of PCS moves have been delayed, causing a massive back up. Some military families who had already started the moving process, got trapped in limbo between two locations, paying double housing costs due to leases or mortgages executed before the Stop Movement Order. Others shipped household goods and moved into temporary housing, then got stuck without their belongings. Parents can't register their children for the 2020-2021 school year because they don't know where they will be living. Kids who planned to enter new schools at the end of summer, may have to enroll mid-school-year, making it more difficult for them to adjust socially and academically. While Congress is working to pass legislation which would provide financial relief to many of the affected families, uncertainty and stress abounds.

To make matters worse, the back up is further complicated by the military branches' efforts to offer incentives to delay retirements and separations, and to reenlist those who had already retired or separated. They hope these strategies will balance the drop in recruits caused by the COVID-19 shut down, and provide medical personnel and troops who can deploy immediately so that readiness is not further compromised. However, moving priority will go to those who can deploy or fill medical billets, while waiting families will be pushed back in the line.

The Pentagon says that it will allow 30,000 waiting families to be granted waivers to move before June

30th. However, those who are able to move will be required to follow mandatory coronavirus prevention guidelines that could further delay the process. No matter which way you cut it, military families will endure major PCS hardships this year.

One day, when life returns to some form of normalcy, military spouses will inevitably gather together like they always have, to chat around fire pits, bunco tables, kitchen islands, base housing patios, backyard barbecues and coffee shops. They will share bottles of wine and pots of coffee, they will laugh, and they will tell miserable tales about child birth, deployments, and PCS moves — just like military spouses have for decades. The only thing that remains to be seen is, now that the pandemic has upped the ante, who will win the unspoken competition over who has endured the most hardship?

I, for one, will resist the urge to offer up my often-told PCS stories - about our buffet leg being snapped off, our television being stolen, my favorite ceramic Christmas tree showing up in chards, the missing hardware needed to put our disassembled bicycles back together, etc. - while in the company of anyone who has endured a PCS move during the pandemic. Out of respect, I will graciously concede defeat.

But there's no guarantee I won't try to get back in the game with a good labor and delivery story. Our first born weighed over nine pounds, so it's a doozy.

Score.

CLASSIFIEDS **NMCS D response**

Continued from page 11
 exiting to protect PPE stocks.

On March 30, NMCS D's support to the fleet and its patients became even more visible when it debuted its drive-thru testing service at the patient parking garage, and NMCS D sent its final wave of Sailors to the USNS Mercy (T-AH 19) hospital ship.

At the drive-thru testing site, vehicles were greeted at the entry point marked by a blue pop-up canopy over a table manned by medical staff in light blue surgical gowns, masks and latex gloves for a pre-test screening questionnaire. If directed, the patients could ride into the garage to the next station.

That same day while cars, trucks and vans rolled in the drive-thru, nearly 200 sea bag-laden Sailors rolled out, as they emptied the crowded Flag Circle courtyard on the other end of campus saying goodbye to family and friends before boarding their buses for the trip north to Los Angeles, where they joined more than 650 of their shipmates from NMCS D on the pier-side Mercy until mid-May to support local medical facilities responding to the COVID-19 Pandemic.

When it came to the nationwide supply chain challenge, NMCS D was not immune. "During the COVID-19 response, there have been numerous logistical challenges, specifically the ability to procure critical PPE," said Lt. Devon Graham, material operations division officer and native of Yuma, Arizona. "As most people know, it became nearly impossible to find ways to purchase various supplies, such as (hand sanitizer), masks, gowns, etc."

To beat the supply curve, Smith commissioned a multidisciplinary working group that created innova-

tive strategies to extend stocks, providing maximum protection for the staff and patients, and support to the fleet through close monitoring, prioritization, adjustments to clinical operations, and partnerships throughout the community.

"To protect our staff and patients, we must ensure that PPE is available for the duration of the pandemic," said Smith.

As a former Navy fighter pilot accustomed to precisely monitoring the staggering gas guzzling rates of the F/A-18 Hornets he flew, "what's the burn rate?" was a question Smith asked the logistics chief nearly every morning, keeping close tally on current and projected PPE requirements.

"During the COVID-19 Pandemic, NMCS D has provided support to several different areas of the fleet, ships on the waterfront, personnel quarantined, and other commands. We as a command have been able to conserve supplies in a smart efficient way, where we are able to support ourselves and other commands facing outbreaks," said Graham. "NMCS D has also received assistance from different commands. These partnerships have helped strengthen our relationships with the fleet as a whole, especially from a logistical standpoint."

Throughout the pandemic, the medical center has continued to meet its mission with success.

"Despite the pandemic, we're providing world-class care, we're deploying on short notice, we're supporting our warfighters, we're protecting our staff and patients, and it's all thanks to our amazingly innovative active duty and civilian staff," said Smith.

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85°		104°	119°
90°		109°	124°
95°		114°	129°

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

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.**

Solution to mandatory military haircuts: Free video tutorials by military, for military

In response to Covid-19 the Military Haircut Academy is an online instructional Haircutting academy that teaches visitors to the website how to cut their partners hair, or their own hair per military regulation from the safety & comfort of their home. It's geared toward military members & civilians that want to look as good as them. The hair cuts taught meet regulations for the following branches of service: Marine, Navy, Army, Air Force, Coast Guard, Reserves, National Guard, Secret Service & Government officials. The military haircut is an attractive style that has been increasing in popularity for civilians as well, making this online Academy a great place for all to learn how to cut hair at home.

Visitors to www.MilitaryHaircutAcademy.com have unlimited free access to 4 learning scenarios: 1. Cut His Hair 2. Cut His Own Hair 3. Cut her Hair 4. Cut Her Own Hair. To enhance the learning experience there are written instructions listed directly next to the video. So a person can both read & watch the lesson.

We simplify the steps to a point they cannot be simplified any further. For example we have 11 steps for the category "Cut His Hair" which is all about teaching a spouse to cut their partners hair. So yes, there are 11 short videos (+ an intro & conclusion). What others are posting on YouTube is 1 giant, long video with the entire class all in 1 & no written detailed directions beyond a general overview. Having a series of short videos, makes it possible for a person to absorb the information one small step at a time. To become comfortable with the skill taught in that short segment. A short video clip makes replaying it as many times as needed easier. And students can also read the paragraph of written instructions directly beside it. And when they feel comfortable, they can proceed to the next step.

GI Film Festival SD announces new leadership

Organizers of the GI Film Festival San Diego, a military-themed film festival that presents films and events for, by and about military service members and veterans, are excited to announce KPBS as the sole producer of the national film festival. All activities will now originate in San Diego, including the awards competition, judging, and in-person film screenings.

The shift to the West Coast was only natural as San Diego boasts one of the largest military populations in the U.S., with seven major military bases between the Navy, Marines, and the Coast Guard. San Diego County has the third-largest veteran population in the U.S. with more than 240,500 veterans and more than 100,000 active-duty members.

The festival is a community effort to help bridge the military-civilian divide, and has active support from several local military-related organizations.

The full festival is scheduled for May 18-23, 2021, allowing for additional time to plan screening events outside of current COVID-19 limitations. However, festival organizers will begin to accept film submissions beginning May 25, 2020. Additionally, the GI Film Festival San Diego will present a virtual screening showcase on Oct. 1 and 2, 2020. For more info visit www.gifilmfestivalsd.org

SD Botanic Garden now open to members with reservations, soon to general public

San Diego Botanic Garden is pleased to announce that it has begun its phased reopening plan. The Garden notified its members that it is now open for SDBG members only. Members are required to make online reservations via the Garden's new online ticketing system prior to their visit and bring proof of reservations with them, as well as their membership cards, to the Garden when they arrive. This new online ticketing system and further information is available to members at SDBGarden.org.

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A determined descendant and a Navy hospital's response to COVID-19

by Mike Alvarez,
Naval Medical Center San Diego
Public Affairs

SAN DIEGO (NNS) -- On a fateful Thursday morning at Memorial Hospital in Fremont, Ohio, Emil Althoff became one of at least 50 million estimated to die from the H1N1 flu virus in the deadliest pandemic of the 20th century, the influenza pandemic of 1918, sometimes referred to as the "Spanish Flu."

The 36-year-old W.T. Raleigh Medical Company employee was survived by his wife, two sons and two daughters, who had all survived after contracting the virus.

In an era of limited technology, no vaccine against the virus or antibiotics to treat secondary bacterial infections, the 1918 flu pandemic claimed young and old, weak and strong, sick and healthy, at rates unseen today.

It wreaked havoc on individuals, families and communities, its impacts felt by generations, its lessons learned.

And while we now enjoy the benefits of a century long stretch of medical advancements, the life-sparing non-pharmaceutical measures employed against the deadly pathogen of 1918 are the same measures employed today in the fight against the 2019 Novel Coronavirus (COVID-19): social distancing, hand hygiene, surface disinfection, avoiding mass gatherings, and wearing face coverings, according to Capt. Juliann Althoff, chief medical officer for Naval Medical Center San Diego (NMCS D).

"The fundamental public health measures remain the same," said Althoff, a native of Sylvania Ohio, and great granddaughter of Emil Althoff, whose obituary hangs on the wall just inside the entrance to her small narrow office as she mans the front lines against today's pandemic.

"Every day, my great grandfather's story motivates me to do better. It reminds me in a very personal way, why the work we are doing right now is so important," said Althoff. "I feel I have an opportunity and an obligation to keep this pandemic from affecting more lives, and impacting more families."

As of May 17, the COVID-19

Pandemic has claimed 307,565 lives worldwide, according to the World Health Organization.

No stranger to pandemics, Althoff is a public health physician who served as the preventive medicine and force health protection officer for the Okinawa, Japan-based III Marine Expeditionary Force, where she helped develop the U.S. Pacific Command biohazard response plan, the template for DoD pandemic influenza plans, later implementing it during the 2009 H1N1 Pandemic often called the "Swine Flu." The virus resulted in an estimated worldwide death toll of up to 575,400 within a year of its initial outbreak, according to the CDC.

Althoff and her team at the Quality Management directorate serve as a locus of coordination for clinical support operations, ensuring that patients receive the highest standard of care through quality assurance and patient safety initiatives. "As the CMO, one of my big jobs is coordinating, trying to help align and prioritize efforts across different directorates," said Althoff, adding that despite the challenges posed by the COVID-19 pandemic, the patient care and safety mission continues.

"Ensuring the staff remains safe during this pandemic has become an even higher priority," she said. "We need to take care of those who are the most at risk in service to others, and we must ensure that the care we are providing, albeit less in person and more virtual, is done in a safe manner."

In preparation, Capt. Bradford Smith, NMCS D's commanding officer, established three objectives: 1) protect the staff, 2) protect and care for the patients and 3) ensure personal protective equipment (PPE) is available now and in the future.

To achieve Smith's objectives, NMCS D assembled its Hospital Incident Command System (HICS) Team on March 10, the day after San Diego County Health and Human Services reported the region's first presumptive positive case, a woman in her 50s. "We knew we would see cases in San Diego County and were prepared for them," said Wilma Wooten, M.D., M.P.H., County pub-



SAN DIEGO (March 10, 2020) Naval Medical Center San Diego's (NMCS D) tent stands erected in front of the hospital's emergency room to treat possible, future COVID-19 patients. NMCS D's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training, and research. NMCS D employs more than 6,000 active duty military personnel, civilians, and contractors in Southern California to provide patients with world-class care anytime, anywhere. U.S. Navy photo by MC3 Jake Greenberg.

lic health officer.

NMCS D implemented measures to prevent spread in accordance with CDC and Defense Health Agency guidelines. Staff and patients adjusted to the measures as the Balboa Café became carryout only, social distancing implemented, face coverings were mandated, telework encouraged, virtual medical appointments were scheduled, and non-urgent patient services postponed, while staff continually wiped door knobs and counter tops throughout the 1.2 million square foot facility and 10 branch health clinics.

Much was enacted on short notice and the word had to reach thousands quickly.

"My previous experiences remind me how important communications are, not only with patients, but also staff, and how efforts must be coordinated, agile and responsive in a rapidly evolving situation," said Althoff, whose penchant for risk communication was forged in 2011 as the U.S. Pacific Command's preventive medicine and force health protection officer involved in coordinating the medical response to the tsunami-induced radiological emergency in Japan dubbed Opera-

tion Tomodachi.

Providing clear and concise information to stakeholders was one of the efforts requiring the most attention, according to Chris Springer, emergency management specialist and lead advisor to the HICS Team. "You need to spread the word to prevent the spread," said Springer, a retired Chief Petty Officer and native of Detroit, Michigan.

With national infection rates on the rise, the entire staff rallied to tackle the logistical and infrastructural feats required to meet a potential spike in COVID-19 patients.

The Facilities Management department teamed with the Directorate for Nursing Services, Infection Control, Patient Safety and Risk Management, Infectious Diseases department, and others to increase response capacity through training, development of procedures, best practices, and the conversion of spaces throughout the hospital's wards and Emergency department.

"NMCS D has an innovative Facilities department that was able to quickly transform spaces into negative-pressure rooms, wards, and operating rooms specifically to take

care of COVID-19 patients," said Cmdr. Jerry Cook, HICS Team operations section chief, and dual board certified occupational and preventive medicine specialist. Cook, a native of Fairfield, California, also attributes much of NMCS D's success to a strong Infectious Diseases department with experts, such as Cmdr. Drake Tilley, infectious disease specialist and chair of the NMCS D Infection Prevention and Control Committee, to provide advice on triaging, patient management, infection control measures, training and resources to guide staff and educate patients.

On March 10, a desert-tan tent stood on the Emergency Room (ER) parking lot surrounded by orange cones and yellow traffic barriers. With red letters on white background, a square sign hung on the perimeter reading, "Emergency Room Still Open." An unignorable harbinger of the "new normal," the tent would serve as a stop where patients meeting the current CDC criteria could be screened for COVID-19 without exposing others throughout campus.

Nurses, corpsmen and doctors not normally assigned to the Emergency Room, were trained, fitted for PPE, and pitched in to bolster the tent operations, providing hundreds of hours in support. Since then, the screening tent spaces have been expanded with the addition of two wings.

"This pandemic caused us to rethink the method by which we provided care to our patients. The

tent operation is emblematic of that response. To care for the military community, we quickly and safely modified our care model," said Capt. Devin Morrison, NMCS D's executive officer and Incident Commander for the HICS Team.

On March 16, yellow police tape cordoned the campus with signs directing incoming staff, patients and visitors to one of five entry points, where masked Corpsmen shaded by pop-up canopies would ask a series of questions to screen for COVID-19-related symptoms and past travel per CDC guidelines. NMCS D has since refined its number of entry points to four, instituted mandatory temperature checks for all entrants, and random bag checks for those

Continued on page 10

Healthy Living

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How two popular protein-rich foods – often relied on by people on a low-carbohydrate weight loss diet – stack up:

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Source: U.S. Agricultural Research Service, TNS Photo Service



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36 MONTHS



*1 at this payment, STK# 22232 VIN# L3114426 Model # LDF 34. \$347 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 5/31/20.

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 5/31/20.

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

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

Military Special Only

OIL & FILTER CHANGE

\$39⁹⁵ + tax

~~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 5/31/20.

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 5/31/20.

PLUS **10% OFF**

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

WE HONOR OUR MILITARY!!