

Your Mind: Use It or Lose It
 Try to crack our crossword puzzle to help keep your brain fit and healthy. Clue of the week: *Benchwarmers?* **See page 5**

Career Advice
 Interpersonal Edge dispenses information and advice to help successfully navigate the workplace. **See page 6**

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SIXTIETH YEAR NO. 10
 THURSDAY, JULY 2, 2020

FILM ON THE 2009 BATTLE OF KANDESH OPENS 'THE OUTPOST' DEPICTS LEADERSHIP, VALOR AND HEARTACHE

by Rose L Thayer,
 Stars and Stripes

AUSTIN, Texas - Movie audiences can experience one of America's most decorated battles of the ongoing war in Afghanistan as "The Outpost," a veteran-directed film on the 2009 Battle of Kamdesh, hits theaters and on-demand streaming services July 3.

The battle occurred Oct. 3, 2009, when more than 300 Taliban fighters attacked Combat Outpost Keating in a remote valley outside of Kamdesh. Outnumbered, about 50 Soldiers from Bravo Troop, 3rd Squadron, 61st Cavalry Regiment, fought for 12 hours as the enemy breached the walls of the outpost until reinforcements arrived. In the end, eight Soldiers died and 27 were injured.

There were feats of heroism as well. Then-Spc. Ty Carter and Staff Sgt. Clinton Romesha received the Medal of Honor and nine others were awarded the Silver Star. Nearly two dozen more received the Bronze Star and 27 received Purple Heart medals.

"This battle was won as a result of very strong leadership on the ground and very strong character embedded into these men," said Rod Lurie, director



President Barack Obama presents Army Staff Sgt. Ty Carter with the Medal of Honor Aug. 26, 2013 at the White House. Photo by Leo Shane III/Stars and Stripes

of "The Outpost," and 1984 graduate of the Military Academy at West Point, N.Y. "The leadership at the ground level, in the captains and below, was absolutely extraordinary."

Lurie, who directed "The Last Castle" and "Straw Dogs," said he's energized by movies of leadership, character and princi-

ple, and was immediately drawn to that element of the battle.

"In this particular battle, their only mission was to survive. The mission of the base eventually became just stay alive. That's how it ended," he said. "Eight men died in this battle, but 46 survived and it was due to the leadership, but also the fact that

every man died trying to save another man.

"We learn much more about ourselves by what we're willing to die for as opposed to what we are willing to kill for. That's a lesson that I really learned as I was making this film," he said.

To re-create the terrain of

COP Keating - in a lush, jungle-like valley surrounded by steep mountains near the Pakistan border - Lurie found a quarry in Bulgaria where he rebuilt the base. Veterans of the battle helped bring their experiences to life, including Carter, who left the Army as a staff sergeant in 2014.

"It did bring back a lot of memories. There was an off-putting eerie feeling," Carter said of the set. He served as a military adviser and co-producer. "A couple times I got emotional just watching or seeing the replay on the screen."

Though Carter has a small

acting role in the film, his actions in battle are portrayed on screen by actor Caleb Landry Jones. Romesha, fellow Medal of Honor recipient, is portrayed by Scott Eastwood.

In a way, Carter said seeing the filming was a form of therapy. "You watch somebody else do it over and over again, it removes the anxiety," he said.

Fellow veterans of COP Keating Stoney Portis, Christopher Cordova, Daniel Rodriguez and Henry Hughes also spent time on set, Lurie said. Hughes was a co-producer and actor in the film, portraying Brad Larson.

see **Movie, page 4**

Lease of Coronado school to expand military child care capacity

CORONADO - The Navy has agreed to lease an underutilized school here to use as a military child care facility.

Naval Facilities Engineering Command Southwest and Navy Region Southwest will partner with the Coronado Unified School District to support a much needed demand for military child care in the San Diego area, as the Navy currently has a waiting list of over 2,000 in the county, over 500 of which are children of Navy personnel assigned to installations in Coronado.

"This project is truly rewarding and a win-win for both the Navy and CUSD," said Rear Adm. Bette Bolivar, the commander of NRSW. "Under this lease, the Navy will operate an otherwise underutilized school to fulfill the child care needs of military families."

The lease of CUSD's underutilized school will provide a facility that can accommodate about 200 children, providing affordable, quality child care to help meet the readiness requirements of military families.

What month is it? Cell phone courtesy, ice cream, smart irrigation

Alopecia Month for Women
 Bereaved Parents Awareness
 Bioterrorism/Disaster Education & Awareness
 Cell Phone Courtesy
 Eye Injury Prevention
 Family Golf
 Fragile X Awareness
 Fuel Safety
 Get Ready For Kindergarten
 Hemochromatosis Screening Awareness
 Herbal/Prescription Interac-

tion Awareness
 Independent Retailer
 Int'l Blondie & Deborah Harry
 Nat'l Deli Sandwich
 Int'l Group B Strep Awareness
 Int'l Zine Month
 Nat'l Anti-Boredom
 Juvenile Arthritis Awareness
 Nat'l Beans Month
 Nat'l Black Family
 Nat'l Blueberries Month
 Nat'l Child-Centered Divorce
 Nat'l Cleft & Craniofacial

Awareness and Prevention
 Nat'l Contract Sewing Month
 Nat'l Cord Blood Awareness
 Nat'l Culinary Arts Month
 Nat'l Doghouse Repairs
 Nat'l Grilling Month
 Nat'l HIV Awareness
 Nat'l Ice Cream Month
 Nat'l Horseradish Month
 Nat'l Hot Dog Month
 National Make A Difference to Children Month
 Nat'l Minority Mental Health Awareness

Nat'l Parks & Recreation
 Nat'l Picnic Month
 Nat'l Roadside Traffic Safety Awareness
 Nat'l Vacation Rental Month
 Nat'l Watermelon Month
 Nat'l Wheelchair
 Beautification Month
 Sandwich Generation Month
 Smart Irrigation Month
 Social Wellness Month
 Wheat Month
 Women's Motorcycle Month
 World Watercolor Month

Worldwide Bereaved Parents
July weekly observances
 Be Nice To New Jersey: 5-11
 Nat'l Farriers Week: 5-11
 Nat'l Therapeutic Recreation: 5-11
 Nude Recreation Weekend: 5-12
 Creative Maladjustment: 7-14
 Nat'l Vodka Week: 12-18
 Operation Safe Driver: 12-18
 Sports Cliché Week: 12-18
 Democratic Nat'l Convention: 13-16
 Family Golf: 15-18
 Nat'l Cancer Survivor Sibling

Week: 15-18
 Rabbit Week: 15-21
 Nat'l Moth Week: 18-26
 Restless Leg Syndrome (RLS) Education & Awareness Week: 18-25
 Captive Nations: 19-25
 Everybody Deserves A Massage Week: 19-25
 Nat'l Independent Retailers Week: 19-25
 Women in Baseball: 19-25
 Int'l Lace Week: 20-24
 Nat'l Baby Food: 22-25



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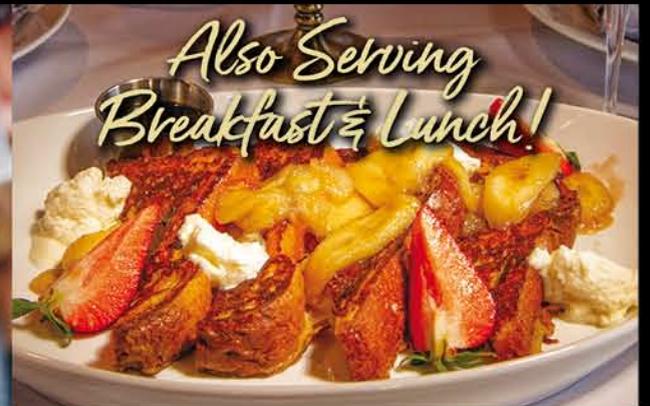


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China becoming concern for U.S. commanders in Europe

by **Jm Garamone,**
DoD News

It seems counter-intuitive, but China is increasingly a concern for the commander of U.S. Naval Forces in Europe and Africa and NATO's Allied Joint Force Command.

Adm. James G. Foggo told the participants of a webinar sponsored by the International Institute of Strategic Studies that China is actively working in Europe and Africa to subvert the international rules-based infrastructure that has maintained peace since the end of World War II.

China's whole-of-government approach has expanded out of the Indo-Pacific into the Arctic, Europe and Africa. In this region China is conducting unsafe intercepts of aircraft and ships, he said. It's threatening nations. China has established an overseas military base in the Horn of Africa, and is looking to control other ports.

China is "purchasing news outlets and entertainment companies to push its propaganda and erase any criticism against its government," he said. Chinese leaders are meddling in elections across the world, "restricting information about the coronavirus and donating equipment and personnel, even in Europe as a way to show that it's a world leader."

The Chinese One Belt, One Road initiative combines economic, diplomatic, military and political arms to change the international rules-based architecture. They are offering financial relief and opportunities to nations, especially in Africa, and then using that to influence the governments.

"This type of influence is a security concern, and it could be used to restrict access to key sea-



ports and airport facilities while providing access to sensitive government and military information through the technology of state-owned and state-con-

U.S. Coast Guard and Nigerian Navy law enforcement boarding in the Gulf of Guinea. Photo by Petty Officer 2nd Class Jonathan Lally

trolled enterprises," he said.

In the past decade a lot has changed. Ten years ago, it was possible for U.S. officials to envision working with China and Russia.

Russia turning eastern Mediterranean into a militarized hot spot, Navy's Foggo says

by **John Vandiver,**
Stars and Stripes

STUTTGART, Germany - A Russian buildup is turning the eastern Mediterranean Sea into one of the world's most militarized zones, the U.S. Navy's top admiral in Europe has said, warning that Moscow could cement its dominance in the region if it's allowed to gain a foothold in Libya.

"The eastern Mediterranean is becoming one of the most kinetic areas in the world," Adm. James Foggo, head of Naval Forces Europe and Africa, said June 25 in a virtual seminar hosted by the International Institute for Strategic Studies.

"The Russians are deploying quiet, modern diesel submarines capable of launching Kalibr cruise missiles. A Kilo-class sub can go anywhere in European waters and strike any European or North African capital from under the waves," he said from Naples, Italy. "This highlights the need to maintain a vigilant, highly capable naval presence throughout European waterways."

Crimea, which Russia annexed from Ukraine in 2014, and a base in the coastal Syrian city of Tartus, have become air defense and maritime hubs for Russia, Foggo said.

Libya could be next, he warned.

Last month, U.S. Africa Command called out Russia for sending mercenaries and more than a dozen fighter planes into the north African country. The presence of the aircraft, which have since become operational, could be a prelude to a larger Russian presence, US military officials have said.

"Now, think about what Russia is doing in Crimea and Tartus, and what threat they could pose by gaining a stronghold in Libya," Foggo said.

U.S. forces in the region have had several close encounters with the Russian military, including incidents where Russian fighter planes buzzed Navy reconnaissance aircraft on three occasions in April and May, in maneuvers the Navy condemned as unsafe.

Foggo, who will retire later this summer after a 39-year career, said allies must develop a maritime strategy that accounts for new threats, such as the resurgence of Russia's submarine force and increased Chinese activity in Europe. China has been expanding its influence on the Continent and its interest in the Arctic, where Russia also is a force.

"We need to come up with a new strategy that helps us move forward in an increasingly complex geostrategic landscape," he said.

HEADLINES
TOP STORIES

Army

• Investigation of 2018 green-on-blue attack criticizes vetting of Afghan forces, praises actions of U.S. riflemen

• First woman is slated to graduate Green Beret training, lawmaker says

• Army selects eight counter-drone systems for the joint force

Navy

• Navy's chief learning officer announces departure as Pentagon exodus continues

• Destroyer Preble and Coast Guard detachment seize cocaine worth \$40 million in counter-narcotics deployment

• USS Ford aviators wore a patch depicting a bat as 'China's Newest Carrier.' The Navy says they've been counseled

• Navy sets rules for Sailor moves during pandemic

• Underwater mystery: Did diver find Navy plane that crashed off coast in 1943?

Air Force

• Air Force doesn't have enough drone pilots or sensor operators, GAO says

• Now's your chance to submit a name for the Air Force Academy's new Falcon mascot

• Officer from Scott AFB dies after being found unconscious in pool

• More fragments from 1952 Air Force plane crash found in Alaska glacier

• Air Force takes control of joint DC base

• Former Air Force civilian allegedly swiped \$1 million cash advance on government credit card

Marine Corps

• The special operations Marine Raiders have a new commander

National Guard

• Maryland N.G. working to reimburse toops who missed paychecks suppliers \$1.1 billion, added 8,300 jobs since pandemic

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CNO to Fleet: 'Remaining vigilant, sustaining readiness'

from Chief of Naval Operations Public Affairs
 WASHINGTON - Chief of Naval Operations (CNO) Adm. Mike Gilday sent a message to the fleet stressing the importance of remaining vigilant in the long-term battle against the Coronavirus (COVID-19) June 30.

Here's the text of CNO's message: "As we head into a well-deserved holiday week-end celebrating our nation's independence, I want to convey how proud I am of our collective resilience and grit during this challenging time, and stress the importance of remaining vigilant

in our long-term battle against the Coronavirus (COVID-19).

Together, we have impressively adapted and maintained our edge in confronting the COVID-19 Pandemic. Sustaining that hard-earned readiness is now dependent on each of us holding steadfast to the procedures, protocols and policies that keep COVID out of our commands. Especially this weekend, each of us will be faced with temptations to cut corners and return to the 'old normal.'

Do not do it. The health and

safety of our Sailors and families is my number one priority. Don't compromise yourself, your family or your friends and become the source of COVID-19 at your command. We must protect family and shipmates from this virus with the same intensity that we protect them from any adversary, with focus and conviction. We'll remain socially distant, wash hands, wear face coverings, and avoid large groups.

COVID is an insidious enemy, with roughly 35 percent of those acquiring COVID remaining asymptomatic. A single, healthy-feeling individual can unwittingly spread the disease to many others. COVID does not care how long it has been since you shook a hand, went to a bar, or hugged your grandparents. It can and will continue to spread with reckless abandon unless we stay united in defensive action. Together, we will rigorously maintain health protection measures to protect our Navy family and assure mission success even when it may appear the general

public may be relaxing them.

An additional important layer of defense against this disease, given that the only way to uncover asymptomatic individuals is through testing, is the Surveillance Sentinel Testing (SST) that NAVADMIN 178/20 puts in place. SST tests a small percentage of our force routinely to help break the transmission of COVID-19, increase awareness across our force and provide greater health protection mission assurance.

I am extremely proud of the readiness we've maintained during these past few challenging months. More than one-third of the Navy is currently forward deployed, spending longer times at-sea with fewer port visits. These units, and many other ongoing examples of prioritizing service and country above self, demonstrate what makes us strong and a great Navy. My deep and sustained thanks as we continue to define and operate in this 'new normal.'"

Movie continued from page 1

Rodriguez portrays himself in the movie. During the battle he was in the mortar pit when Pfc. Kevin Thomson died - the first of eight deaths.

"He had to recreate the death of his best friend for us to watch," Lurie said.

There's no shying from death - or its impact on survivors - to re-create such a bloody battle. That challenge nearly caused Lurie to walk away from the project after his 27-year-old son, Hunter Lurie, died suddenly of a blood clot in 2018. The movie is dedicated to him in the closing credits.

"I didn't know if I would be able to make the film," he said, noting the closeness in age of his son and the men who died at COP Keating. Most of them have surviving family members who continue to grieve the loss. "What I did know is how to film their deaths because if somebody were to make a movie about the death of my son, I wouldn't want to have sweet music. I wouldn't want to have it glamorized. I would just want the world to

see exactly how he died with the precise fanfare in which he died, because that would be the most respectful thing."

With the encouragement of his daughter, Lurie said he was able to return to the movie.

"The deaths in the middle of battle are matter of fact, because you can't stop and sort of memorialize the moment of somebody's death. You have to move on," Lurie said. "They are killed with the indifference of war in our film."

The movie does take liberty with the way it portrays previous commanders of the outpost, 1st Lt. Ben Keating and Capt. Robert Yllescas. Keating died while serving at the base in 2006 and it was later named in his honor. He is played by Orlando Bloom in the movie.

Yllescas died there in 2008 and is portrayed by Milo Gibson. Their stories are the first half of the movie and help build the narrative of the poor placement of the outpost and how closely the enemy observed the base.

"It was one of the great follies of the military that these outposts were ever created," Lurie said. Created for counter-insurgency to stem the flow of weapons from Pakistan, it was "a death trap."

"This outpost was placed in a really godforsaken place," he said.

Continue reading this story at <https://www.stripes.com/news>.



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Total Navy Battle Force: 300

Ships Underway

Deployed Ships: 63

Non-deployed Ships: 14

Total Ships Underway: 77

Ships Deployed by Fleet

Fleet Forces: 0	3rd Fleet: 2
4th Fleet: 6	5th Fleet: 20
6th Fleet: 16	7th Fleet: 60
Total: 106	

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Study affirms scientific necessity of VA canine research

A study has affirmed the Department of Veterans Affairs' (VA) position that canine research is "scientifically necessary" for certain areas of research that benefit seriously disabled Veterans.

An independent committee assembled by the National Academies of Sciences, Engineering and Medicine to examine the issue determined that use of canines is necessary for VA research into spinal cord injury and heart disease and will need to continue for the foreseeable future. It also found that current VA animal research programs are meeting and exceeding all federal regulations and guidelines.

The study was commissioned by VA to provide an independent, rigorous and unbiased look at how the ethics of research with animals, together with scientific principles, must inform the process of determining what research to conduct. The study will help ensure that the debate surrounding this issue is grounded in careful analysis, scientific consensus and facts.

"This study confirms what we've said all along: at this point canine research is the only viable option for developing and testing certain treatments to improve the quality of life of some seriously disabled Veterans," said VA Secretary Robert Wilkie.

VA canine research has led to the development of the cardiac

pacemaker (1950s), liver transplantation (1960s), the use of ablation to treat cardiac arrhythmias (late 1990s-early 2000s) and improved techniques for hip replacement surgery (1990s).



Courtesy photo

Most recently, canine research in Cleveland involving VA researchers led to the development of a device that allows paralyzed patients to breathe without a ventilator, cough independently and communicate with a stronger voice. This device gave veterans increased independence and significantly reduced respiratory infections and hospitalizations.

VA has reduced its use of canines in research to the absolute minimum required at this time to fulfill its commitment to finding treatments for veterans with life-threatening health conditions.

Social Security Matters: Ask Rusty - SSDI denied; Will claiming early hurt spouse or survivor benefits?

by Russell Gloor

Dear Rusty: I applied for Social Security Disability Insurance (SSDI) benefits and was denied. So, because I turn 62 this month, I plan to file for my early SS retirement benefits. Since I've not worked a lot due to health issues I won't get much and I realize my benefit will be reduced by about 30 percent from my full retirement age amount,



but we need the extra income to help with my medical bills. My husband is 57 and still works. Social Security will be our only retirement so he will be working for as long as he can. My question is, how will my early retirement affect any spousal benefits I might qualify for in the future? Or my widow's benefits if he should die before I do? Signed: Worried Spouse

Dear Worried: Claiming your own SS benefit at age 62 will cause your spousal benefit to be less when your spouse benefit starts (when your husband claims). That's because your spousal benefit will be in the form of a spousal boost which will be added to the reduced SS benefit you will get by filing at age 62. The amount of your spousal boost will depend upon how old you are when your husband claims (which is when your spousal benefit kicks in). If you've reached your full retirement age (FRA) of 66 years and 8 months, your spousal boost will be the difference between 1) your SS retirement benefit amount at your FRA (regardless of when you claimed) and 2) half (50 percent) of the benefit your husband is entitled to at his FRA (regardless of when he claims). At your FRA you get the full amount of the spousal boost; but taken before your FRA the spousal boost will be actuarially reduced according to the number of months prior to FRA it is taken. Since the spousal boost is added to the benefit you are already receiving, you claiming your reduced benefits at age 62 means your spousal benefit will also be reduced. But your spousal benefit (while your husband is living) is entirely different from your survivor benefit if your husband dies before you.

As your husband's widow, provided you have reached your FRA you will get 100 percent of the amount he was receiving (or entitled to receive) at his death, instead of your smaller benefit from claiming at age 62. In other words, that you claimed your own benefit at 62

doesn't affect your survivor benefit. But if the survivor benefit is claimed before you reach your full retirement age it will be reduced due to claiming it early (the reduction is about 4.75 percent for each year early). Note that you do not have to claim the survivor benefit immediately; you may wait to claim until it reaches maximum at your FRA.

One final point: Statistically, about 2/3rds of all initial SSDI disability applications are denied. If you believe strongly that you've been unfairly denied, you can appeal that denial, even if you go ahead and claim your own SS benefit at age 62. To appeal the SSDI denial you should submit form SSA-561. Request for Reconsideration, which you can find at this link: www.ssa.gov/forms/ssa-561.html.

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.

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VA rolls out simplified travel reimbursement system for veterans, beneficiaries

WASHINGTON - Veterans Affairs is rolling out a new system in July for veterans and eligible beneficiaries to submit and track transportation reimbursement claims using VA's secure web-based portal, Access VA. The Beneficiary Travel Self-Service System (BTSSS), which is accessible 24/7, 365 days a year, will simplify how eligible vets and beneficiaries claim mileage reimbursement for travel to and from both VA health care or VA authorized non-VA health care service locations. "VA is working diligently to find new ways to innovate and simplify how we serve veterans and their beneficiaries," said VA Secretary Robert Wilkie. "Streamlining the Beneficiary Travel Self-Service System will help our veterans get their travel reimbursements more securely and efficiently." BTSSS enables veterans and caregivers to submit claims for reimbursement of costs from a personally owned vehicle, common carrier, meals and/or lodging, and other travel related expenses such as tolls, parking and luggage. The national implementation across vets Integrated Service Networks (VISN) will run in phases through November. The first phase will start in July and includes VA Salt Lake City Health Care System, Kansas City VA Medical Center, Bay Pines VA Health Care System, Bay Pines, Fla., and Minneapolis VA Health Care System. The implementation will continue in phases beginning on the following dates: • Sept. 8: VISN's 1, 9, 12, 17, 21, 22; • Oct. 5: VISN's 2, 6, 10, 15, 20; • Nov. 2: VISN's 4, 5, 7, 8, 16, 19, 23.

For more information on BTSSS and eligibility, visit the VA Travel Pay Reimbursement webpage, <https://www.va.gov/health-care/get-reimbursed-for-travel-pay/>.

Crossword Puzzle

Across

- 1 Test
- 6 Law degs.
- 9 While-__: repair shop sign words
- 14 Art critic's phrase, literally
- 15 Calendar pg.
- 16 NBA's Jackson et al.
- 18 "10" co-star
- 19 Send out
- 20 Pamplona's municipality
- 22 Big stain
- 24 Israeli border lake
- 28 "Doubt it"
- 29 Theme park near Dallas, literally
- 30 "Conan" channel
- 33 Dayan of Israel
- 35 Giants manager before Bochy
- 37 Like non-oyster months, traditionally
- 39 Ration (out)
- 40 Changes one's ways, literally
- 42 "The Deep" director Peter
- 44 Bottom line
- 46 Closing sequence
- 48 They're often numbered
- 49 Bench warmers?
- 53 Loss of speech
- 55 Drive-__
- 56 Before, in Brest
- 59 Tumbles out of control, literally
- 61 "In the Bedroom" Oscar nominee
- 62 PassŽ
- 63 "Surprise Symphony" composer
- 64 Big tees
- 65 Matrix, e.g.

Down

- 2 Baffle
- 3 Propheetss
- 4 Longtime Dodger manager
- 5 Still
- 6 Whale of a guy?
- 7 Half of MCDX
- 8 Most constant
- 9 Kite aid
- 10 Cajoled
- 11 Whistle blower?
- 12 Key for FaurŽ?
- 13 "For shame!"
- 17 Run at the end
- 21 "Toy Story" dinosaur
- 23 Highland lid
- 25 Ancient Germanic invader
- 26 Even, in f'vian
- 27 Valuable team member
- 29 Field unit
- 30 Byes
- 31 Not sharp
- 32 More ticked
- 34 Cunning
- 36 Still breast-feeding
- 38 __ orientation
- 41 Ignored the alarm
- 43 Civil war site since 2011: Abbr.
- 45 E. African land
- 47 Dulcimer kin
- 49 Crushes an altar ego?
- 50 Utter
- 51 Part of a skipping refrain
- 52 Like some heads
- 54 King anointed by Samuel
- 56 Sports fig.
- 57 U.S. govt. broadcaster
- 58 Acker of "Person of Interest"
- 60 Doo-wop syllable

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15			16					
				17				18					
19				20			21						
22				23			24			25	26	27	
				28			29						
30	31	32		33		34							
35				36		37			38		39		
40						41		42		43		44	
						45			46		47		
48								49			50	51	52
								53			54		55
56	57	58						59			60		
61								62					
63								64					65

Stopping the cycle of abuse

by Dr. Daneen Skube,
Tribune Content Agency

Q: I've been watching the news on the Floyd demonstrations to protest the death of the African American man. I'm both heartbroken and afraid of

Obviously just walking peacefully is not a problem. We know with these protests many of the worst behaved people in the crowd are not in fact protesting. Obviously as well attacking the police physically, or destroying

Middle Ages no one would have noticed nor protested.

If we only judge the policeman that killed Floyd without an awareness that we all have the potential to be violent we lose power to change society. Carl Jung, a famous psychologist, believed the survival of our species depended on each individual knowing his or her personal "shadow." The shadow is the part of us we reject and deny (like our violence). He felt if we don't know our shadow we project it on others and want to annihilate them.

Using Jung's thinking the policeman that killed Floyd projected his shadow on Floyd and protesters using violence are projecting their shadows on whoever they see as perpetrators and thus the cycle continues. Self-hatred is at the root of hatred of others. No one that loves him or herself can do violence to another.

We all have the capacity to harm or heal. The workplace provides an ideal place to examine our shadow. Violence comes

INTERPERSONAL EDGE:

what is happening. I don't see how more violence in words or behavior creates change. In your work inside companies what do you see that breaks the cycle of verbal or physical abuse between perpetrator and victim?

A: Few people disagree that what happened to Floyd is heart-breaking and wrong. Yet the problem remains how to break the cycle of abuse. Perpetrators hurt victims and then victims lash out at perceived potential perpetrators and so it continues. When I use the word "violence" in this column I mean our hateful words, our silence, and our physical actions. Breaking the cycle of abuse requires each of us to understand both the perpetrator and the victim. The cycle is the root of the problem.

property or raging verbally creates no change.

An uncomfortable reality is man's inhumanity to man is called...history. History shows us the bigger picture of how much damage we're capable of doing to each other. The truth is we're all capable of violently with word, deed, or silence acting out our own self-hatred on another. If we know this side of ourselves we have a chance to understand both the abuser and the abused.

Historically we can see we're making progress. Most today have the empathy to be outraged and heartbroken by Floyd's death. Most people agree that any life lost to hatred is too many. We can see that during the

Army recruiters pushing more into digital world

by Sean Kimmons,

Army News Service

ARLINGTON, Va. - Army recruiting plans to create a small cyber team to expand its esports program, which has already helped attract thousands of potential recruits, amid a larger push into the digital realm.

Similar to the regular esports team, which was formed last year, the three-person cyber team will compete in events across the country, showing a different side of the service to Generation Z youth.

In the competitions, Soldiers will write code to conduct offensive and defensive cyber operations through a video game, said Maj. Gen. Frank Muth, commander of Army Recruiting Command.

"We need cyber-interested Soldiers," he said. "The intent is to get out there and engage the cyber world doing cyber esports, and then use that as a tool to recruit."

The command sees the esports arena, where millions play video

games or watch other gamers, as an emerging method to reach out to youth compared to traditional ways.

In its first nine months after being stood up last fiscal year, the esports team generated about 4,000 leads as its Soldiers competed online or during live events. In the first quarter of this fiscal year, the team doubled that number with 8,000 leads.

The team expects to see 24,000 leads by Sept. 30.

"That's been awesome," Muth said June 23 during a discussion for the Association of the Army's Noon Report series.

Other recruiters have taken advantage of the rapid growth of esports, which, according to Forbes magazine, had audiences of more than 443 million across the world last year -- a following greater than American football and rugby combined.

Recruiting stations have even created their own esports tournaments to prospect for recruits.

The Syracuse Recruiting Battalion, for instance, recently ran a Call of Duty tournament. The effort cost only \$2,000 and had two recruiters each working just eight hours total for the week-long event.

In comparison, the battalion typically rents a booth at the New York State Fair for \$15,000 to engage with people for three weeks, 15 hours a day using up to a dozen recruiters.

The best year they had at the state fair was nearly 1,300 leads. The esports tournament had almost 1,500 leads with much less funds and manpower.

"Think about the time, energy, cost that was associated with getting that many more leads just utilizing esports," Muth said.

A new concept of "autonomous recruiting operations" is also being developed, following lessons learned during the pandemic that forced the command to temporarily reduce the use of its brick-and-mortar recruiting stations and go entirely virtual.

The operations aim to increase the mobility of recruiters by relying on technology and social media platforms.

In the future, Muth said the Army will institute a test for non-commissioned officers to not only gauge their aptitude for being a recruiter in the future, but also their knowledge of technology.

If the test determines the NCO is better suited as a recruiter than a drill sergeant, the Soldier could then be placed in a specific tech or social media recruiting operation.

The command has even changed its curriculum, spending more time on creative methods to engage potential recruits on social media, Muth said.

To read more, go to https://www.army.mil/article/236775/army_recruiters_pushing_more_into_digital_world.

in many forms. Our words and our behavior can be violent when we project our shadow on others. Hate is easier than love because to love means we're willing to see our own imperfections reflected in behavior we hate in others.

There's no one among us that has not been violent in word or deed when we project our negative qualities on others. Violence is never okay but perhaps an understanding of the origins of violence may someday stop the cycle of abuse. Few of us would kill another yet if we are honest we all know that kind of rage internally.

Our society is a powder keg right now desperately needing powerful social change. Income equality, racism, sexism, ageism, and other problems need real

solutions. Violence may erupt as these birth pangs proceed. But, the more we're able to see the cycle between abuser and victim as a process that also exists in ourselves the more we can collaborate to be and get the change we want. Hate and violence create destruction at a time we urgently need to create solutions.

The last word(s)

Q: I am surprised to find working remotely I actually miss my co-workers. Do you think working away from our offices is changing our relationships with co-workers?

A: Yes, I think we're realizing how much our offices were also social support systems. Now that we're working deprived of the companionship of co-workers we'll go back to our office appreciating these relationships more.

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Local Military



USS Montgomery change of command

NAVAL BASE SAN DIEGO - Cmdr. Austin Duff relieved Cmdr. Edward Rosso as skipper of USS *Montgomery* (LCS 8) Blue Crew during a pier-side change of command here June 29.

A native of Long Island, N.Y., Rosso served as the

Navy accepts delivery of future USS Oakland (LCS 24)

MOBILE, Ala. - The Navy accepted delivery of future USS Oakland (LCS 24) June 26 during a ceremony at Austal USA here.

Oakland is the 22nd littoral combat ship (LCS) and the 12th of the Independence variant to join the fleet. Its delivery marks the official transfer of the ship from the shipbuilder to the Navy, bringing the service's inventory up to 300. It is the final milestone prior to its scheduled commissioning in early 2021.

"We're so excited to deliver Oakland to the fleet," Austal USA President Craig Perciavalle said. "Every milestone we accomplish during these unprecedented times is a true testament to the extraordinary skill and dedication of our LCS team - an indication of the success of our efforts to minimize the impact of the pandemic. The efficiency at which we're delivering these ships is nothing short of world class."

LCS Program Manager Capt. Mike Taylor said this is a "great day for the Navy and our country with the delivery of future USS Oakland. "This ship will play an essential role in carrying out our nation's future maritime strategy," he said.

Upgrades on the LCS program continue to take shape both with inline production and post-delivery. The Austal USA and General Dynamics Mission Systems team recently integrated a new over-the-horizon missile system capability onto USS *Gabrielle Giffords* (LCS 10) prior to her deployment as she meets U.S. Navy operational requirements and more LCS prepare for deployment.

"In the Pacific, USS *Gabrielle Giffords* is strengthening maritime security and regional stability with every port visit, exercise, and operation in which she participates," said Perciavalle. "The LCS program has become instrumental to the Navy fleet as ships deploy from San Diego. We're looking forward to seeing the USS Oakland and her sister ships follow in the path of *Giffords* and *Montgomery*."

Four additional Independence-variant ships are under construction at Austal USA: Mobile (LCS 26), Savannah (LCS 28), Canberra (LCS 30) and Santa Barbara (LCS 32). Three additional ships are awaiting the start of construction.

Future USS Oakland is the third Navy ship to honor the long history its namesake city has had with the Navy. The first Oakland was commissioned in 1918 and used to transport cargo. In 1943 the second USS Oakland was commissioned.

Though in service for less than seven years, she was key to many anti-aircraft missions in the Western Pacific - Marshall Islands, Pagan Island, Guam, Iwo Jima, Rota, Peleliu and Okinawa. After the war, Oakland performed two duty patrols off the coast of China before her decommissioning in 1949.

Cmdr. Edward Rosso addresses the USS Montgomery Blue Crew during a change of command. Cmdr. Austin Duff assumed command. Navy photo by Lt. Hazel Arceo

crew's executive officer before assuming command in July 2018. As commanding officer, he led *Montgomery* through multiple ship-wide certification events, the first littoral combat ship Surface Warfare Advanced

Tactical Training (SWATT) event and *Montgomery's* first deployment to the U.S. 7th Fleet area of operations.

"It has been my greatest honor and privilege to have been in command of truly the best Sailors in our Navy," said Rosso. "This crew displayed unmatched execution, successfully completing many firsts for the LCS program.

"As Surface Division Eleven's 2019 Battle "E" winners, they've proven that with effort, dedication and hard work, we can increase the warfighting readiness of the world's best naval surface force. I look forward to continuing to see them succeed in the future."

Rosso's next assignment is with Commander, 4th Fleet in Mayport, Fla.

Duff, a native of Gig Harbor, Wash., recently served as the crew's executive officer before assuming command.

"It has been an honor to serve with this crew through so many milestones and successes. I am humbled and proud to take command of such a superb group of Americans," said Duff.

Montgomery completed a 12-month rotational deployment and returned to homeport San Diego, June 10.

LCS vessels are highly versatile, mission-focused surface combatant ships designed to operate in the littoral regions, as well as on the open ocean. The ship platform is designed to respond to evolving threats through integration with innovative mine hunting, sonar, and surface engagement technology.

The LCS satisfies a vital need for the United States Navy to operate in shallow water as well as the high seas.

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MCAS Miramar microgrid passes significant milestone in microgrid commissioning

Experts at Marine Corps Air Station Miramar recently conducted two black start tests of their microgrid, passing a significant milestone in the process of testing and commissioning the power plant and microgrid.

The tests began with the power provided from San Diego Gas and Electric (SDG&E) being turned off requiring the microgrid to conduct a black start. During this test, the installation facilities with backup generator power utilized their backups as needed to ensure critical facilities remained operational.

The microgrid was brought on line and the operators systematically restored the individual feeders to move the designated facilities from backup generator power to 100 percent power from the microgrid.

Additionally, the operators were able to successfully integrate landfill power into the microgrid, a feat not previously achieved, powering the entire installation.

Once the microgrid was completely powering the installation, the operators took advantage of the opportunity to stress the system by dropping landfill power and dropping the main diesel generator at the power plant. The system performed as

designed and every critical load remained powered.

Once the initial test was complete and the air station was seamlessly returned to power

the critical loads automatically after a simulated power outage.

The Schneider Electric/Black & Veach Joint Venture project is a state-of-the-art energy system

generation, landfill gas power generation and solar photovoltaic power generation into a microgrid capable of powering every mission critical facility for an indefinite period of time making MCAS Miramar one of the most energy secure facilities in the Department of Defense.

“Our microgrid delivers capabilities that will make MCAS Miramar one of the most energy-forward defense installations in the nation,” said Col. Charles B. Dockery, commanding officer, MCAS Miramar. “Today’s successful test of the grid highlighted our ability to operate and keep the air station running should our local power providers become unavailable.”

The Utilities & Energy Management team at Miramar continue to take advantage of current and future technologies to ensure energy security giving the Marines of the 3 MAW confidence the air station will be able to support their national defense mission during any natural or man-made power interruption.

Our microgrid delivers capabilities that will make MCAS Miramar one of the most energy-forward defense installations in the nation.



Col. Charles B. Dockery, commanding officer, MCAS Miramar

from SDG&E. Then the system was tested again, this time in fully automated mode when microgrid power was restored to

operated out of the air station’s Energy and Water Operation Center (EWOC) incorporating natural gas and diesel power

From Fleet & Family Support Center San Diego

by Janet Paulovich,
FFSC San Diego

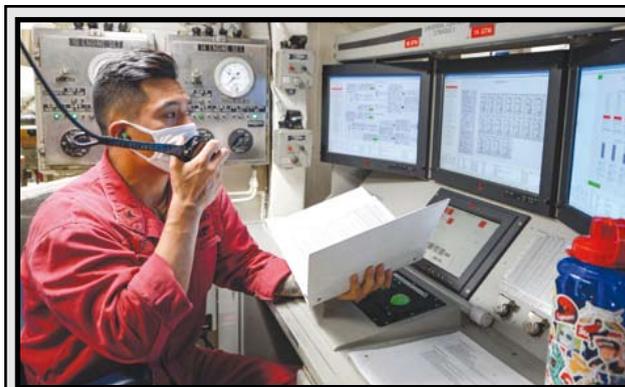
Hello. Happy summer. I’ve been so pleased with Fleet and Family Support Center San Diego’s ability to rapidly adapt,

respond and support our Sailors and their families during the COVID-19 crisis. Fleet and Family Support Centers continues to be available by phone, e-mail, social media and webinar

to support you “virtually” during the crisis. Even though we are not opening our doors for walk in clients yet, we are one call or email away.

Recently, the Navy announced that Permanent Change of Station (PCS) moves would restart using a condition-based/phased approach. Over 42,000 military service members and their families have been affected by the current stop movement policies. If you have any questions about your upcoming move, don’t hesitate to reach out to one of our relocation experts to provide you free, updated information and training on what to expect.

We take great pride in providing the highest quality, support and service to our Service members, retirees, reservists and family members. If you have any questions about our virtual classes, resources, or want to discuss specific challenges, call us at 866-923-6478.



PACIFIC OCEAN (June 25, 2020) - Damage Controlman 2nd Class David Ortiz communicates with watch standers aboard destroyer Russell. Photo by MC3 Sean Lynch



MCAS MIRAMAR (June 24, 2020) - Marines with Marine Wing Support Squadron 373 construct a forward operating base here. (inset) Cpl. Jesus Ugalde, a heavy equipment operator with MWSS, posts security during the construction of FOB. The FOB was built in preparation of aircraft recovery training. Marine Corps photo by Lance Cpl. Julian Elliott-Drouin



SOUTH CHINA SEA (June 29, 2020) - USS Gabrielle Giffords, right, pulls alongside dry cargo and ammunition ship Carl Brashear to conduct an underway replenishment. Gabrielle Giffords, part of Destroyer Squadron Seven, is on a rotational deployment. Navy photo by MC2 Brenton Poyser.

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Mobile construction battalion supports Ie Shima repairs

by **Stephane Belcher**

OKINAWA, Japan - Navy Seabees with Naval Mobile Construction Battalion 5 started resurfacing a vertical take-off and landing pad and a coral runway to minimize foreign object damage at the Ie Shima Training Facility in Okinawa, Japan. This joint project, with Marine Wing Support Squadron 172 and 9th Engineer Support Battalion, consists of resurfacing and expanding an 863,900 square-foot expeditionary runway and conducting road repairs at ISTF.

NMCB-5 is providing essential civil engineering support equipment, such as

graders, a water truck, and compacters; as well as Seabee support to operate the equipment and grade the runway. "One of the cool things about this project is knowing that it's apart of an ongoing mission," said Engineering Aide 3rd Class Icesis Scott, with NMCB-5. "Many times when we think of Navy heritage, we think of traditions and great battles, but sometimes we overlook the small things like a mile-long runway, which seven Navy Seabees had the privilege to work with Marines on, on a tiny Japanese island. The runway we're working on has been in use as a training area for a long time and will continue to be so for years to come."

Carrier Strike Group One welcomes new commander

SAN DIEGO - Carrier Strike Group One held a change of command ceremony June 25.

Rear Adm. Timothy J. Kott relieved Rear Adm. Alvin Holsey as Commander, CSG 1 during a ceremony held in the office of Vice Adm. Scott Conn, 3rd Fleet commander, also the presiding officer.

"Rear Adm. Holsey guided CSG 1 through multiple challenging events and milestones," said Conn. "Each was a success and a testament to his leadership."

Holsey led his strike group to successful participation in Rim of the Pacific 2018, Sustainment Exercise 2018 and Fleet Battle Problem

29, ensuring the force stayed ready for any contingency prior to entering the maintenance phases.

Kott said he was honored to take command of Carrier Strike Group One.

"It's a tremendous privilege to have the opportunity to relieve Rear Adm. Holsey in leading Carrier Strike Group One and I thank him for his visionary leadership and long range goals for the strike group which have us well-positioned to commence our training phase," said Kott. "I look forward to working with the dedicated and talented Sailors."

Local military news briefs

Tactical Communications Marketplace evolves

SAN DIEGO - The Joint Tactical Networking Center (JTNC) announced that the Tactical Communications Marketplace (TCM) will now be known as the Joint Communications Marketplace (JCM), effective June 30.

The name change intends to display the full joint communications inventory of commercial products and its capability to provide all Department of Defense acquisition authorities a modernized approach to acquiring next generation communications technology.

"We feel that this name change is a great

reflection to announce what we truly have in the marketplace," said JTNC Director Kurt Reese. "New communications products and systems are emerging every day and we feel the JCM is giving users a virtual tool that is critical for industry and government."

The JCM is providing a virtual interface for commercial vendors and defense industry to display their latest tactical radios, waveform technology, and other tactical communication product offerings. Government users are provided actionable data for informed purchasing decisions to fulfill critical capability gaps, and will ultimately speed delivery to the warfighter.

NAVWAR readiness team to increase cyber baseline delivery

by **Elisha Gamboa,**

SAN DIEGO - Naval Information Warfare Systems Command Fleet Readiness Directorate's Cybersecurity Office successfully supported the delivery and installation of 40 cyber baselines aboard Navy ships during fiscal year 2019, with plans to increase deliveries to 56 ships for FY 2020, providing the fleet with a significant tactical advantage in the cyber warfare domain.

This cyber baseline is a modern web-based application that certifies ship systems comply with DoD and Navy cybersecurity requirements during ships' availability, or scheduled modernization, prior to departure. It offers a searchable, easy-

to-use, platform-specific record of all Navy networks, including hosted and connected, afloat and ashore systems, enabling the ability to independently manage and maintain a ship's information technology capabilities.

"Despite today's current circumstances, our Navy and our nation are continuing to experience an unprecedented degree of competition in the maritime environment," said FRD Executive Director Mike Spencer. "As the technical leader for Navy cybersecurity we must continue to drive implementation of cyber standards, creating a secure, defensible information domain."

AutoMatters™ & More



by **Jan Wagner**

Mazda Celebrates 100th Anniversary with a special MX-5 Miata

In 1920 Mazda, known then as Toyo Cork Kogyo, began life as a manufacturer of cork. By 1927 the company had evolved and expanded into machinery manufacturing, which "led to the production of three-wheeled trucks, building the basis of the Mazda we know today." Recalling and inspired by its earliest origins, today Mazda uses cork as part of the interior design of the all-new Mazda MX-30 - Mazda's first pure electric car, which debuted at the 2019 Tokyo Motor Show.

A love of cars and driving, combined with sustainability, is central to Mazda's vision for the future. They have a name for this vision: "Sustainable Zoom-Zoom 2030." In keeping with this vision, Mazda's goal is to "deliver vehicles with the lowest possible environmental impact." To help achieve this goal, Mazda and partners are working on the development of renewable liquid algae biofuel, which "can use the existing fuel infrastructure" with no need to modify cars.

Mazda's efforts in the area of automotive safety "focus strongly on the driver, with easily accessed controls, the correct driving position, well-positioned pedals, good visibility and an intuitive human-machine interface," in addition to numerous driver assistance safety technologies.

To help celebrate their 100th an-

Mazda's 100th anniversary MX-5 Miata + lightweight, comfortable 180SHIELD

niversary, Mazda will offer a 100th Anniversary Special Edition MX-5 Miata - "the best-selling two-seat sports car in the world."

Based on the 2020 MX-5 Grand Touring, it will be available in two versions: one with an exclusive red soft top, and an RF retractable fast-back version. It will be offered in Snowflake White Pearl Mica premium exterior paint and accented by red styling features throughout. Special identification includes a "100 Years 1920-2020" badge on the front fender, plus a 100th Anniversary Special logo on the wheel center caps, red leather seats and key fob. It will be available in the U.S. later this year.



180SHIELD face mask

When I go out in public, I do what I can to protect myself from catching the coronavirus. I've been wearing an old, industrial grade face shield and one of a few old N95 face masks from my home wood shop. So far, that combination of a face mask and a face shield have kept me from catching the virus, but it's rather heavy and uncomfortable. My head literally hurts after I've worn it for a while. This is a common complaint with the more durable face shields. I decided to look for something more comfortable.

Unfortunately, the volume of commercial production of medical-grade Personal Protective Equipment has been insufficient to meet the needs of frontline healthcare workers, who need it most, so they receive priority for that limited production. To help address the demand for PPE by the general public, companies that normally do other

things have stepped in to manufacture some of these PPE devices too.

One couple who own a general contracting company in Denver, Colorado, saw the need for face shields, so they designed and manufactured the 180SHIELD. I discovered it online and was encouraged by the enthusiastic, positive reviews by dental professionals and others, who often say that it is both comfortable and of high quality. I reached out to the company and asked them to send me a review sample.

Their 180Shield is hand-made in Colorado. It is lightweight, yet it is also durable and reusable. Its wide, long, wrap-around, clear acrylic shield provides excellent frontal protection for the face and neck from droplets, has plenty of room within for wearing a face mask and glasses, and is hinged so that it may easily be lifted up and out of the way. It has an adjustable rubberized strap which I was easily able to adjust to fit my head.

To address the possibility of airborne foreign materials settling between the 180SHIELD and the wearer's forehead, I found that the visor of a typical baseball cap will easily fit inside the protective acrylic shield. Also, on the "About Us" page of their website, they discuss an optional foam barrier on top. To learn more, see user reviews and to order, visit <https://180shield.com>.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #649" in their search bar. Please send your comments to AutoMatters@gmail.com. Copyright © 2020 by Jan Wagner - AutoMatters & More #649

The Meat & Potatoes of Life



by **Lisa Smith Molinari**

Prior to writing this column, I had never taken a test like Myers Briggs Type Indicator, which has been used for decades in the military and other organizations to assess personality. I had always assumed I was an introvert, because over the course of 23 years as a Navy spouse, I spent so much time by myself. I mistakenly thought my loner personality was the reason why it was difficult to make friends every time we PCSed.

Turns out, I was wrong.

(Well ... if you believe the results of the free Myers-Briggs knock-off test I took online today because I was too cheap to spend \$49.95 on the real thing.)

According to the test results, I'm 68 percent extraverted. Huh ... I guess I don't actually prefer to be alone after all. The free preliminary report ("more detailed results are only a click and a credit card payment away!") indicated that I intuitively seek out people, cooperation, friendships and social support.

Then why on Earth did I spend so much flipping time alone as a military spouse?

About three years into our marriage, my husband Francis, a young intelligence officer, was stationed overseas at sleepy RAF Molesworth, England. The U.S. military

Making military friends: You may not be a loner after all

families living on base thrived socially, but we thought living on the economy would maximize our cultural experience. We moved into a house built in 1863 in the village of Ramsey, where our neighbors were polite and reserved, as the English tend to be.

While Francis stood long watches, I spent my days with our infant son, strolling to the village bakery, the butcher, the playground, the duck pond, and Sainsbury's. The sun began to set at four-o'clock at that latitude. Waiting for Francis to get home was agony. I craved adult contact so much, it hurt. When he was late coming home, I'd get so mad, I'd strap our baby into the stroller and walk the village streets in the dark, muttering to myself, "Let's see how HE likes it alone in that old house."

Even after making some friends, our remote location dictated that my days were endured without much contact with other adults. For three years, I became slave to my own solitary routines, mastering meal preparation, planning travel, researching and implementing home therapies for our son after he was diagnosed with autism.

By the time we moved to Virginia Beach, I'd become accustomed to being alone. I managed to make new friends, but I maintained a fairly solitary daily routine throughout Francis's many shore duties, deployments and travel assignments.

We moved overseas again in 2008, and I had to make new friends again. Our very social neighbor-

hood on Patch Barracks had shared patios and a huge playground. Why was it so hard? Could I make new friends in my 40s? What was wrong with me?

Rather than face the challenge, I decided - I was a loner. That explained everything and gave me the excuse I needed to stop trying. To make matters worse, I started writing while we were stationed in Germany. While the other military spouses got to know each other on our shared patios, I was cooped up in our apartment, tapping away at the keys of my computer.

During subsequent tours in Florida and Rhode Island, I continued to use the loner excuse to avoid the difficult task of making new friends.

Essentially, I spent most of my adult life believing mistakenly that I was an introvert, when the real problem was that I was just a military spouse. The reality is that finding new friends after each PCS move is not easy. There is instant camaraderie among military families, but finding friendship chemistry with other spouses can be hit or miss. It takes persistence, sincere effort, and a thick skin.

Somehow, I found friends at every duty station. Karen, Cindi and Di in California. Navarre, Jean, and Mabel in England. Natalie, Suz, Tina, and my bunco girls in Virginia. Erin and the patio crowd in Germany. Muffin and Tara in Florida. The whole gang in Rhode Island.

The knock-off personality test has confirmed the truth: I was never a loner and I needed you all along.

CLASSIFIEDS

Earn prizes for going on a reading adventure through City of San Diego Public Library's Annual Summer Reading Program

Discover something new in the pages of a book this summer! The San Diego Public Library's annual Summer Reading Program is underway and is virtual with online reading logs, story times, book clubs and performances. This year's theme, "Dig Deeper," encourages readers to look beyond the surface and uncover new information through reading.

The Summer Reading Program offers five age categories: babies and toddlers (ages 0-2), pre-readers (ages 3-5), kids (ages 6-11), youth (ages 12-17) and adults (ages 18 and up). Participants must read 10 books or log 10 hours of reading to complete the program. Upon completion, readers will be eligible for prizes including books, museum passes, meal vouchers and book bags. All reading will be tracked online and readers who finish the challenge will be notified by email regarding their prizes.

Additionally, the Stay-In Summer Reading Group Facebook page <facebook.com/groups/SDPLstorytime/> is a hub for video content for all ages this summer. New story times, craft demonstrations, musical performances and book discussions will be posted daily with opportunities for users to interact with librarians and fellow readers.

"During this time when adults and children are spending more time at home, reading is a great way to investigate and explore the world around us," said Library Director Misty Jones. "While the Summer Reading Program will be online this year, it will still offer engaging and educational content for readers of all ages."

The program runs from Aug. 31, 2020. To register online and view a list of recommended books, visit sandiego.gov/summerreading.

ARMED FORCES DISPATCH CLASSIFIEDS

To place your ad, please call the Classified Advertising Department at (619) 280-2985.

Deadline to place an ad is Tuesday at noon. See your ads in print, and on the web, on Thursday!

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

July 4th - America's hope

by Dr. Glenn Mollette

Americans hope they will never be bullied by a police officer. A man or woman with a badge and a gun can be an intimidating figure. If a cop pulls you over and bullies you, what can you do? Americans are at the mercy of bad cops. Who hasn't been afraid of a police officer at one time or another? Police reform is obviously needed in America. Black people or any people should never have to live in fear of a police officer who wants to prove that he or she has authority. We need good police officers who will protect us and help us. I believe the majority of officers are good people. However, this is no excuse to allow the bad ones to be out in uniform menacing anyone.

Americans hope they can work. I recently saw too many stores closed or boarded up in Cleveland, Ohio. While visiting in the city I had hoped to stay at one hotel but learned this entire huge hotel has been totally closed due to the pandemic but hopes to reopen in August. These types of closures and boarded up businesses are good for no one.

Americans know that living on unemployment cannot be a long-term lifestyle. Unemployment runs out. Typically, Americans can make more money working but the extra federal boost has been a major help to Americans. Americans mentally feel better and make more money when they are working jobs and bringing home a paycheck.

While Covid-19 has made it difficult for us, we must embrace all

the necessary precautions and safety measures so we might ensure keeping our country working. Americans hope for a cure to Covid-19. Our present-day Americans have never faced anything like this before. America and the world have faced pandemics in the past but we have been fortunate to this point. Our time has come now to live through, survive and overcome this virus that has taken so many hundreds of thousands of lives around the world. We must support and pray for those who are working so hard for a cure.

Americans hope to get our lives back. We miss social gatherings. We miss going to our places of worship. Only so much can be done at home for so long. Working at home, watching worship at home and doing everything at home is not all that much fun for many Americans. Some thought it would be great to do everything from home but many have gotten tired of never leaving the house. Many Americans will welcome the opportunity to go back to work, to church and the local gathering spots.

As we celebrate our independence, we look to God, pray for our leaders and have hope that we all will grasp and stand firm on this truth from our Declaration of Independence, "that all people are created equal, endowed by our Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness."

May we each hold to and extend this hope to every American.

Roy's Sudoku

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

MWR/FFSC events

Sign up now to play Call of Duty: Warzone with Navy MWR ESPORTS

Sign up now to compete in upcoming Navy MWR ESPORTS Tournaments. Be part of the action! Join one of our upcoming Navy MWR ESPORTS Tournaments powered by USAA.

Call of Duty: Warzone multiplayer tournaments on PlayStation, Xbox, or PC: July 2 at 3pm • July 10 at 3pm • July 11 at 9am • July 17 at 5pm
Enter your team or as an individual. The competition is open to authorized MWR patrons ages 18+. Sign up online at <https://www.navy.mwr.org/esports> and participate! Prizes provided by Navy Exchange.

Pre-Separation Transition Counseling

Commander, Navy Installations Command (CNIC) is now offering virtual sessions of Pre-Separation/Transition Counseling. Training is provided by Command Career Counselors and Fleet and Family Support Center transition staff.

This two hour training is mandatory for transitioning Service Members who are voluntarily or involuntarily separated. Topics include:

- Special entitlements & benefits associated by Federal/DoD programs
- Information on Service Member's Individual Transition Plan (ITP) during and after separation, retirement, or release from active duty.

DATES:
Tuesdays in July: 7, 14, 21, 28 : 8-10am
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To receive a Certificate of Completion, members must be logged into the session under their own LMS account and attend for the full length of the training.

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Read the Dispatch on line at afdispatch.com

Limited fireworks in San Diego County this year



As you might have guessed, fireworks displays and other Independence Day parades and celebrations around San Diego County have been pared down to a minimum this year due to COVID-19.

If you're lucky enough to live in or near one of the following areas, you might be able to find a spot to view the Fourth of July fireworks holiday tradition.

Please observe social distancing and face mask orders!

Saturday, July 4

EL CAJON FIREWORKS • 9pm • John F. Kennedy Park, 1675 East Madison Ave.. The park itself is closed, and public gatherings at or near it are banned. Find a spot to park on a nearby street and watch from your car.

POWAY FIREWORKS • 9pm • (Two displays) Poway High School, 15500 Espola Road (visible from Lake Poway) and Sportsplex USA Poway, 12349 McIvers Court. Lake Poway parking is free for Poway residents, \$11.50 for nonresidents. Limited number of parking permits are available for Lake Poway event.

SAN DIEGO 'BIG BAY BOOM' VIRTUAL EVENT • 8:30-9:30pm • The annual show has been canceled, but you can watch the TV fireworks & entertainment special on Fox 5 San Diego.

SANTEE VIRTUAL CONCERT AND LIVE FIREWORKS • 7-9:30pm • (Two displays) Town Center Community Park, East 550 Park Center Dr; and West Hills Park, 8790 Mast Blvd (View from nearby as locations are closed for social distancing). At home concert features 80z All Stars, followed by two live fireworks shows.

VISTA FIREWORKS • 9pm • Brengle Terrace Park, 1200 Vale Terrace Dr. \$15 to enter Brengle Terrace Park; Vista residents only. Ticket purchases close July 3. Sound track simulcast on STAR 94.1



Health & Fitness

Air Force research lab brings the 'heat' to COVID-19

by Holly Jordan

The Air Force Research Laboratory at Wright-Patterson Air Force Base, Ohio, is fighting a new enemy with a proven weapon, as it investigates heating aircraft interiors to eliminate the threat of COVID-19 and other biological contaminants on military aircraft.

Researchers from the AFRL's 711th Human Performance Wing are looking into the ability of using common ground heaters to raise the interior temperature of a C-17 transport aircraft enough to kill viral agents. These heaters are found at every military installation, where they are commonly used by maintenance crews to keep warm or to heat equipment.

"Our goal with this test was to demonstrate the ability for any Air Force base to assist with aircraft disinfection utilizing only commonly available equipment and materials," said Dr. Doug Lewis, the team lead with the 711th Human Performance Wing Protection Systems, who is heading the effort. "We knew that if we could prove the ability of this equipment to heat aircraft interiors to temperatures in the 120 degree range, we were potentially demonstrating an Air Force-wide disinfection capability, pending further laboratory results."

Over two separate test events conducted in May, Lewis and his team placed an array of sensors

and measurement equipment inside a C-17 and carefully sealed it using materials common to military installations. Hoses from the ground heaters were directed inside, and the temperature was raised for a period of six hours per test. Through this setup, researchers successfully heated the interior up to 50 degrees above ambient temperature.

The team is working in coordination with Battelle, a research and development organization based in Columbus, Ohio, to test the effectiveness of heat to inactivate

Although this approach is new, the concept of heat disinfection for aircraft is not.

the COVID-19 virus. Preliminary results from Battelle indicate that the temperatures reached during the AFRL tests were sufficient to disable the virus to safe levels on surfaces materials such as aluminum, silicon and nylon webbing.

Lewis says the team will conduct further tests and continue to work with Battelle to investigate additional test parameters representative of operational conditions. The future tests will look into the effectiveness of heating the interior for less than six hours, as well as the effects of various ambient humidity and temperature conditions.

Lewis called the initial results a positive indicator of the abil-

ity to use commonly available equipment to help eliminate the COVID-19 viral threat on aircraft. He said the team is developing recommended implementation procedures, including solutions for environmental conditions that fall below the threshold required to reach the optimal disinfection range. This may include the recommendation to perform the procedure in heated hangars.

Although this approach is new, the concept of heat disinfection for aircraft is not. The AFRL-developed Joint Biological Aircraft De-

contamination System, or JBADS, is a currently-employed technology that similarly relies on heat and humidity to disinfect aircraft interiors. This system encloses an aircraft fully, like an aircraft "oven," heating to temperatures of 140 to 180 degrees and disinfecting the entire interior, including difficult-to-reach surfaces.

The JBADS team has also achieved success in optimizing the system to eliminate the COVID-19 threat. Since this process involves highly specialized equipment, JBADS is not widely available enough to be used immediately as a go-to solution for the COVID-19 disinfection across the entire military aviation community.

Conversely, ground heaters are a common and widely available resource that can be repurposed toward this goal.

In addition to reaching otherwise inaccessible surfaces, controlled heat disinfection will not adversely affect electronics and sensitive equipment, as some disinfectants might. Lewis said he was pleased with the test results and foresees it as a viable low-cost solution for the disinfection of COVID-19.

"With this test, we have demonstrated the widespread capability to disinfect military assets utilizing only commonly available equipment and materials," Lewis said. "It is a relatively simple solution that can be implemented for the safety of military crews."

Lewis also noted that heat disinfection is only one approach AFRL and partner organizations are looking into to assist in COVID-19 flight safety. He and a vast team of researchers are looking at various solutions, including chemicals, common soaps and household cleaning items, ultraviolet light, ionization and simply "airing out" aircraft between missions. Many of these potential solutions could be employed alone or together to achieve the desired results.

"Our goal is to prove the efficacy of a process that can be easily and quickly replicated throughout the Air Force to provide safety for our air crews," Lewis said.



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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 7/31/20.

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

Military Special Only

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\$39.95 + tax

~~WAS \$49.95~~

- 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 7/31/20.

FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL
\$50 OFF



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

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

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