

## Career Advice

In this week's Interpersonal Edge column, finding the right tools to solve your problems.

See page 5

## AutoMatters & More



Electrifying General Motors and its vision of transportation.

See page 9

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SIXTIETH YEAR NO. 39

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## BIDEN SWORN IN AS 46TH PRESIDENT 'THIS IS AMERICA'S DAY. THIS IS DEMOCRACY'S DAY'

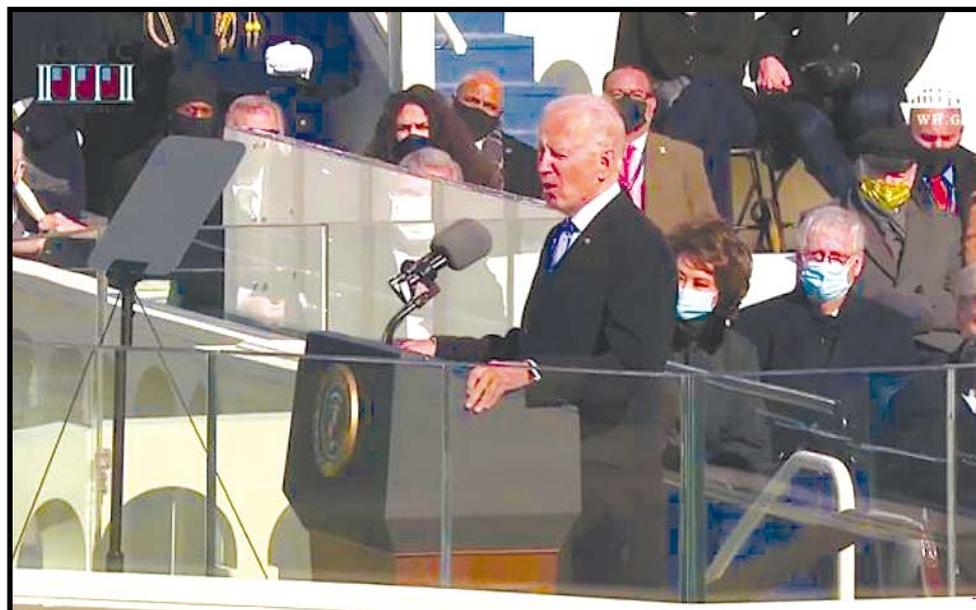
WASHINGTON - Declaring that "democracy has prevailed," Joe Biden became the 46th president of the United States Wednesday.

The crowd was smaller than past inaugurations due to the coronavirus pandemic, but for the people in attendance, a chilly morning with snow flurries turned to sun in time for Biden's oath of office.

"The will of the people has been heard, and the will of the people has been heeded. We've learned again that democracy is precious and democracy is fragile. At this hour, my friends, democracy has prevailed," Biden said. "This is America's day. This is democracy's day. A day in history and hope, of renewal and resolve."

He then looked ahead to the nation's challenges, specifically to the virus that has claimed more than 400,000 lives in the U.S. Biden used the landscape of the capital city to drive his point home, where empty storefronts spoke of the nation's turbulent, economic downturn.

"We have much to do in this winter of peril, and significant possibilities: much to repair, much to restore, much to heal, much to build and much to gain," said Biden. "Few people in our nation's history have more



Joe Biden during his inauguration speech Wednesday. Defense Visual Information Distribution Service video capture

challenged, or found a time more challenging or difficult than the time we're in now."

Three other former presidents - Bill Clinton, George W. Bush and Barack Obama - watched the transfer of power.

This was Biden's third run for the presidency. "Our history has been a constant struggle between the American ideal that we all are created equal and the harsh, ugly reality of racism, nativism, fear, demonization that have long torn us apart," Biden said.



## GREEN BERET EARNS MEDAL FOR AIDING RETIRED ARMY RANGER

by Chad Garland,  
Stars and Stripes

An Army physician assistant earned the Soldier's Medal for his bravery and decisiveness when he strapped a makeshift tourniquet on his own mangled arm and treated his badly wounded mentor after motorcyclists slammed into them at high speed.

Lt. Col. Larry Wyatt, a clinic director with Special Operations Command, was on a bicycle ride with retired Ranger Col. Thomas Wells, a Princeton-trained trauma

surgeon and avid cyclist, when a pair of motorcycles sped toward them on a narrow bike trail bridge near Tampa.

"I could see a motorcycle front end coming up, and the trail motorcycle pulled around to pass," Wyatt recalled in an Army statement. "There was nowhere for us to go because of the chain link fence around the bridge."

One of the motorcycles hit them at about 50 mph, knocking them unconscious. Wyatt, then 51, was dragged some 30 yards, waking up moments later with

a broken nose, cracked teeth, a split eyebrow and a gash down to the bone in his left forearm, which was gushing blood.

"All I could hear was my dad's voice in my head, 'You will face rough times in your life. You always get up on your own two feet by yourself. So get up,'" said Wyatt.

After borrowing a motorcyclist's belt and tying it as a tourniquet for his own arm, Wyatt tended to the bikers. He then went to check on Wells, then 64, who was on the ground

entangled with one of the motorcycles.

Wyatt got one of the bikers to help him move Wells away from the motorcycle, where he began trying to stabilize him. A former Green Beret medical sergeant, Wyatt did a hands-on check of the man he considered something like an older brother, feeling for the grinding of any broken bones.

"He was in a lot of pain," said Wyatt, whose wound was still dripping blood. "I kept apologizing, 'I'm sorry for bleeding on

you, Doc. ... His response was, 'Just do what you got to do.'"

After Wyatt called 911 and relayed the list of injuries, the emergency responders had to walk to the scene because the wounded men were still on the narrow bridge. They were rushed to a nearby hospital.

"Doc kept saying, 'Don't go anywhere,'" Wyatt recalled. "And I said, 'I'm not going anywhere, brother, I'm right here with you.'"

Wells' leg was broken in three places and he "suffered

neck fractures" and broken bones around his eyes, said Officer Scott Blanchette of the St. Petersburg police, who investigated the incident. Wells spent about three weeks in the hospital, Blanchette said in a sworn statement requesting an arrest warrant be issued for the motorcycle rider a few months after the incident.

Motorcycles aren't allowed on the trail, Blanchette said. He named the rider as Marques Sumbry, 30, who was later  
see Medal, page 2

## Norquist takes over as acting defense secretary

Stars and Stripes newspaper reported that David Norquist, a Pentagon mainstay throughout former President Trump's term, was sworn in Jan. 20 as the acting defense secretary, taking over the Defense Department's top position until a permanent choice is approved by Congress.

Norquist, who served as the Pentagon's No. 2 civilian since July 2019, took over responsibility for the Defense Department shortly after President Joe Biden was sworn into office at the Capitol, Pentagon officials said. Before serving as deputy SECDEF, Norquist served as the Pentagon comptroller - its top financial official - beginning in June 2017.

Norquist previously served as an Army budget analyst, a House Appropriations Committee staffer, and in former President George W. Bush's Homeland Security Department and Pentagon. As deputy defense secretary, Norquist has been responsible for the day-to-day business operations of the DoD, managing the Pentagon's massive budget, and overseeing efforts to reform the military's acquisition and accounting practices.

## Miller establishes task force to aid Gold Star families

Former Acting Defense Secretary Chris Miller virtually sat down with Gold Star families recently to discuss how the Defense Department can better support them.

Miller signed a memo in December 2020, designed to implement programs recognizing the sacrifices of these families and preserve the legacies of those killed.

"I was tremendously honored and humbled to sit with and listen to our Gold Star Family members," Miller said in a written statement. "They've taken personal tragedies and turned them into powerful stories of hope and healing for others."

Miller established the DOD Casualty Assistance Task Force to address concerns of Gold Star families and suggestions from them. Miller and his team coordinated closely with the office of the undersecretary of defense for personnel and readiness on the task force.

"Taking care of our Gold Star Families is one of my top priorities; and I am focused on outcomes and actions to ensure that we are doing our utmost to support them," the acting secretary said.

Miller praised efforts within DOD to assist Gold Star families. The families come from diverse backgrounds and situations and include moms, dads, husbands, wives who had a son/daughter/wife/husband killed in action, killed in training or by suicide.

# Roosevelt battle group conducts bilateral exercise with Japan maritime force

The Theodore Roosevelt Carrier Strike Group conducted a bilateral maritime exercise with the Japan Maritime Self-Defense Force (JMSDF) on Jan. 15. The exercise, which focused on increasing combat readiness and warfighting excellence, included Theodore Roosevelt aircraft carrier, USS Bunker Hill, USS John Finn, JS Kongo (DDG 173), and JS Asahi (DD 119). "Carrier Strike Group Nine is grateful for the opportunity to work with our partners in the Japan Maritime Self-Defense Force to increase our proficiency and interoperability," said Rear Adm. Doug Verissimo, commander, Carrier Strike Group Nine. "The longstanding relationship between our two great nations is critical to maintaining security and stability in the Indo-Pacific. It is only alongside allies and partners that we can maintain the rules-based order that has allowed continued prosperity around the world." Working together provided both countries the opportunity to continue to build their capabilities while practicing for the high-end fight. This is the first bilateral exercise between the U.S. and Japan of 2021.



Theodore Roosevelt (left) and oiler USNS John Ericsson, underway. Photo by MC2 Brandie Nuzzi

"It is a great honor for me to conduct the first bilateral exercise in 2021 with CSG-9, USS Theodore Roosevelt, USS Bunker Hill, and USS John Finn as the senior officer of the JMSDF participants", said Capt. Masaru Fujisaki, Kongo's commanding officer. "This year marks the 10th anniversary of the Great East Japan Earthquake and Operation Tomodachi, which proved the importance of close cooperation between the JMSDF and the U.S. Navy. I would like to express my gratitude to our friends who have worked day and night to strengthen the relationship between us, and I am confident that our ties are an enduring pillar to safeguard the peace and prosperity of the Indo-Pacific region."

The exercise supported the Navy and JMSDF mission to develop regional capabilities to provide layered defensive options to protect each nation's interests, as well as their allies and partners. The participants exercised a wide range of capabilities, from maritime security operations to more complex air defense exercises, which demonstrated the inherent flexibility of the two combined forces.

The TRCSG is deployed to the 7th Fleet area of operations to build partnerships that foster maritime security and to conduct a wide range of operations that support humanitarian efforts and freedom of the seas.

## Medal

continued from page 1

charged with two counts of reckless driving with serious bodily injury, one count of driving an unregistered motor vehicle, and one count for operating a motorcycle without the proper endorsement on his license.

Sumbry faced a maximum of 11 years in prison, but was sentenced to three years of probation in exchange pleading guilty to the reckless driving charges, Pinellas County court records show.

Wyatt, who spent more than a 1½ years in recovery and underwent several surgeries, promised himself he'd always carry a tourniquet after the in-

cident. He and Wells both still need more surgeries, the Army said in a statement.

For working through his own injuries to help his friend, Wyatt received the Soldier's Medal, the Army's highest award for bravery outside combat, from SOCOM commander Gen. Richard D. Clarke in a Dec. 22 ceremony at MacDill Air Force Base, Fla.

"Wyatt's personal example of selfless service, superb medical knowledge and unhesitating decisive action are consistent with the greatest traditions of our uniformed services and played a pivotal role in saving the lives of two individuals," the citation reads.

## Military tax services available through Military OneSource

by Terri Moon Cronk,  
DOD News

Filing taxes can be a daunting task every year, but the Defense Department has helpful resources for active-duty service members and their families, and it's all free through Military OneSource beginning Jan. 19.

Tax services for the military - also known as MilTax - is DOD's approved tax-filing and tax-support service - including tax preparation and e-filing software and personalized support to deal

with issues such as deployments, combat and training pay, housing and rentals, multistate filings, and living overseas.

"They can connect with a [tax] consultant during the tax season, and even past [it], through October, but in addition to having that live support walking through the filing process and asking questions that are specific to the military around taxes, they're able to access the MilTax software," said Kelly Smith, program analyst. **see Taxes, page 5**

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## U.S. completes troop-level drawdown in Afghanistan, Iraq

by Jim Garamone,  
DOD News

Troop levels in Iraq and Afghanistan have dropped, acting Defense Secretary Chris Miller announced Jan. 15.

There are now 2,500 U.S. service members in Iraq and 2,500 in Afghanistan. It is the lowest number of U.S. troops in Afghanistan since operations started there in 2001.

The reductions were longtime goals of the Trump administration.

The drawdown of U.S. forces in Iraq follows the successful Iraqi military campaign against the Islamic State of Iraq and Syria.

“The drawdown of U.S. force levels in Iraq is reflective of the increased capabilities of the Iraqi security forces,” Miller said in a written statement. “We have long anticipated that the force level required to support Iraq’s fight against ISIS would decrease as Iraq’s capability to manage the threat from ISIS improves. Our ability to reduce force levels is evidence of real progress.”

The acting secretary stressed the reduction of American force strength does not mean a change in U.S. policy in the country or

region. U.S. forces will continue to work with Iraqi security forces and forces from the anti-ISIS coalition to ensure the enduring defeat of the terrorist group.

Iraqi government officials know that ISIS remains a threat, and the presence of U.S. and coalition

counterterrorism platform in Iraq to support partner forces with air power and intelligence,” the acting secretary said. “Most operations in Iraq were already being conducted by our Iraqi partners, enabled by U.S. and Coalition forces. We can continue to provide this support to

there were 98,000 U.S. troops in the country.

“Today, the United States is closer than ever to ending nearly two decades of war and welcoming in an Afghan-owned, Afghan-led peace process to achieve a political settlement and

Support Mission. Miller said the force of 2,500 will give commanders “what they need to keep America, our people and our interests safe.”

The American forces work alongside NATO allies and partners. There are 38 nations that contribute forces - around 10,000 - to the Resolute Support Mission.

Al-Qaida used Afghanistan to plan and train for the attack on the United States on Sept. 11, 2001, that killed almost 3,000 people in New York, Virginia and Pennsylvania. The Taliban shielded the terror group, and U.S. forces took the fight to the terrorists that threatened the United States.

U.S. forces will continue to execute the counterterrorism mission and the mission to train, advise and assist Afghan security forces, Miller said.

“Continued fulfillment of these two complementary missions seeks to ensure that Afghanistan is never again used to harbor those who seek to bring harm to the United States of America,” he said.

The force reduction shows U.S. support for the Afghan peace process that was negotiated with the Taliban.

“Moving forward, while the department continues with planning capable of further reducing U.S. troop levels to zero by May of 2021, any such future drawdowns remain conditions-based,” Miller wrote.

“All sides must demonstrate their commitment to advancing the peace process. Further, the United States will continue to take any action necessary to ensure protection of our homeland, our citizens and our interests.”



**Soldiers with Iraq’s special forces instruct each other on drills used to clear an enemy bunker at Camp Taji, March 16, 2020. Iraq’s special forces fight ISIS by interrupting enemy operations. Photo by Army Sgt. Robert Douglas**

forces helps build Iraqi forces and deters the reconstitution of the terror network in the country, Miller said.

“We will continue to have a

our Iraqi partners at the reduced U.S. force level.”

The number of U.S. troops in Afghanistan has also reached 2,500. At its high point in 2011,

a permanent and comprehensive cease-fire,” Miller said.

In August last year, there were 8,000 U.S. troops in Afghanistan, according to NATO’s Resolute



ENTERTAINMENT

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# Ex-Vice President Pence thanks service members at NAS Lemoore

by Jim Garamone,  
DOD News

In what amounted to a valedictory speech, Vice President Mike Pence touted the Trump administration's defense achievements and thanked Sailors at NAS Lemoore for their service.

Pence urged the incoming administration of President-elect Joe Biden to keep a watchful eye on China to ensure a free

and prosperous Indo-Pacific region.

"Today, the People's Republic of China is determined to expand Beijing's influence across the region through military provocations and debt diplomacy," Pence said during a speech on the flight line. "And so I urge the incoming administration to stay the course, do what we've done, stand up to Chinese aggression, and trade

abuses, stand strong for a free and open Indo-Pacific and put America and our freedom loving allies first."

Pence spoke about how the administration helped the military recover from the damage caused by sequestration and budget shortfall. He emphasized budget increases that provided pay raises for personnel, new military capabilities, improved maintenance and spare parts and the uptick in readiness.

"History teaches that weakness arouses evil," Pence said. "And our history has proven that a strong America deters. Our administration has always understood that if you want peace, prepare for war. With that renewed American strength, we've defended this nation and America's vital national interests around the world. I'm proud to say with just a few days left in this administration, that this is the first administration in decades, not to get America into a new war."

Pence touted efforts in the Middle East, including the recognition of Jerusalem as the capital of Israel and Israel's sovereignty over the Golan Heights - captured from Syria in the 1967 war. He spoke of the four Arab nations - Bahrain, the UAE, Sudan and Morocco - that recognized Israel.

## Changing Middle East situation means changes for Israel

by Jim Garamone,  
DOD News

In a sign of the changing political environment in the Middle East, the United States military will move Israel from the U.S. European Command's area of responsibility to that of the U.S. Central Command, DOD officials announced Jan. 15.

The move is part of unified command plan changes.

When the Reagan administration set up Centcom in 1983, officials left Israel as part of Eucom. Arab nations, except Egypt, did not recognize the Jewish state. U.S. military coordination in the region - including multilateral exercises and



Service members at Lemoore Naval Air Station stand to listen as Vice President Mike Pence delivers a valedictory speech Jan. 16. Pence thanked the men and women for their service during a trip four days before the inauguration of President-elect Joe Biden. DoD photo

The vice president also pointed to the success of the fight against the Islamic State of Iraq and Syria. In 2017, the terror group controlled an area in Iraq and Syria the size of Pennsylvania. U.S. forces working with Iraqi and Syrian allies devastated the group taking back all the territory lost. "I'm proud to report now [that] more than a year ago, we crushed their caliphate, captured the last inch of territory under the black flag of ISIS and took down their

leader without one American casualty," he said.

"As my time in office draws to a close, allow me to thank you for the privilege of serving as your vice president these past four years," he said. "It's been the greatest honor of my life. And it's been a special privilege to serve men and women like all of you, the members of the armed forces of the United States.

"I truly believe as long as

we have men and women like you with the courage and the selflessness to step forward and serve, as long as we have heroes willing to put your lives on the line, as long as we have patriots willing to defend our nation, I know our country will be safe. Our freedom will be secure. And the best days for the greatest nation on Earth are yet to come."

Pence traveled to Fort Drum, N.Y. before returning to Washington for the inauguration.

operations - would have been complicated.

But as a result, Israel - though surrounded by nations that were in Centcom's area of operations - worked through the Eucom's headquarters in Stuttgart, Germany.

Eucom and Centcom, of course, consulted often.

The need for this set-up has

changed. Jordan joined Egypt in recognizing Israel in 1994, and those were the only two Arab countries that recognized Israel until last year when the Abraham Accords were signed at the White House. Bahrain, the United Arab Emirates, Morocco and Sudan recognized Israel and opened full, diplomatic relations with the nation.

"The easing of tensions between Israel and its Arab neigh-

bors subsequent to the Abraham Accords has provided a strategic opportunity for the United States to align key partners against shared threats in the Middle East," DOD officials said in a written release. "Israel is a leading strategic partner for the U.S., and this will open up additional opportunities for cooperation with our U.S. Central Command partners while maintaining strong cooperation between Israel and our European allies."

## SECNAV Braithwaite names future vessels

Secretary of the Navy Kenneth J. Braithwaite announced Jan. 15 that the Navy will name three future vessels after ships steeped in naval history and two others after a Medal of Honor recipient and a Native American tribe.

Braithwaite detailed the announcement Jan. 8 during a visit to one of the Navy's first heavy frigates and oldest commissioned ship afloat - USS *Constitution*.

"The decks and lines of this proud ship speak to our storied past, and the Sailors who operate her reveal the strength of our future," said Braithwaite. "We must always look to our wake to help chart our future course. Together, these future ships will strengthen our Navy and carry on our sacred mission to secure the sea lanes, stand by our allies, and protect our nation against all adversaries."

The future ships will bear the names and hull numbers: USS Chesapeake (FFG 64); USS Silversides (SSN 807); USS Pittsburgh (LPD 31); USNS Lenni Lenape (T-ATS 9); and USS Robert E. Simanek (ESB 7).

Future USS Chesapeake will be named for one of the first six Navy frigates authorized by the Naval Act of 1794. The first USS Chesapeake served with honor against the Barbary Pirates in the early 1800. Following an at-sea battle with HMS Shannon in 1813, the ship was captured

by the Royal Navy and commissioned her HMS Chesapeake.

"Like *Constitution* and *Constellation*, the first Chesapeake was a mighty sailing ship that declared our nation a maritime power," said Braithwaite. "The new USS Chesapeake, FFG-64, will proudly carry on the legacy of that name into the new era of great power competition."

Last year, Braithwaite named future frigates *Constellation* (FFG 62) and *Congress* (FFG 63) to honor the first six heavy frigates.

To honor the Silent Service, future attack submarine USS Silversides will carry the name of a WWII Gato-class submarine. The first Silversides (SS 236) completed 14 tours beneath the Pacific Ocean spanning the entire length of WWII. A second Silversides (SSN 679) served during the Cold War. The name comes from a small fish marked with a silvery stripe along each side of its body.

Future amphibious transport dock USS Pittsburgh (LPD 31) will be the fifth Navy vessel to bear the name. To honor the Lenape Nation of Pennsylvania, a future Navajo-class towing, salvage, and rescue ship will be named USNS Lenni Lenape (T-ATS 9). Also joining the fleet will be the first Expeditionary Sea Base USS Robert E. Simanek (ESB 7), carrying the name of Marine Corps Medal of Honor recipient Private First Class Robert Ernest Simanek.

### Army

- Navy SEAL pleads guilty in 2017 strangulation death of Green Beret
- Man gets life prison sentence for killing newly commissioned 2nd lieutenant
- Army to conduct extra background screening on soldiers at Biden inauguration
- Army offering \$25,000 reward for information on 'senseless murder' of drill sergeant
- Fort Benning hunkers down in hopes of avoiding post-holiday COVID-19 surge



•Woman found dead at Hawaii base was Army veteran; Soldier taken into custody

### Navy

•Hypersonics, unmanned ship teaming ahead for Zumwalt destroyer

- Wolfe: Navy plans to start development of nuclear sea-launched cruise missile in 2022
- Naval Academy begins vaccinating faculty, staff

### Air Force

- Gen. Brown, Chief Bass receive COVID vaccines; urge airmen to do the same
- Veteran aimed 'to take hostages' during US Capitol riot, prosecutor say
- Roper hints NGAD could replace F-35; Why? Life-cycle costs
- Former Air Force chief Goldfein joins Blackstone
- Air Force planning hangar construction for future B-21 stealth bombers
- Comptroller to step in as acting secretary after inauguration

### Marine Corps

- Oldest living Marine, who joined after Pearl Harbor attack, dies at age 107

### Space Force

- Space Force joins the intelligence community

### National Guard

- Up to 21,000 National Guard troops now authorized in DC for Biden inauguration
- A fake National Guard memo warning of nationwide lockdown is circulating again



**THINK** ABOUT WHAT MESSAGE IS BEING COMMUNICATED AND WHO COULD POTENTIALLY VIEW IT.

**TYPE** MESSAGES THAT ARE CONSISTENT WITH OUR U.S. ARMY VALUES.

**POST** IF THE MESSAGE DEMONSTRATES DIGNITY AND RESPECT FOR SELF AND OTHERS.

## Finding the right tools to solve your problems

by Dr. Daneen Skube,  
Tribune Content Agency

**Q:** My business has gone through enormous upheaval this year and I see these problems continuing into 2021. Do you think once the virus is manageable through vaccines most of these other problems will go away? What tools do you offer clients to help them problem solve when problems keep landing on their business run way?

**A:** No, I don't think once the virus become manageable that these other problems will just go away. The pandemic helped highlight problems that only become glaringly obvious during this crisis. The tools I teach include giving up the idea that success is having no problems. Success means having more tools than you have problems not being problem free.

When we go through a stressful time subtle problems burst into flames. A good example is when women are pregnant. Doctors tell pregnant women to pay close attention to health issues because pregnancy puts huge stress on the body. Doctors point out that pregnancy doesn't create these health challenges it just forces them into the open.

Our culture already had income inequities, race issues, climate challenges and remote work issues before the pandemic. The pandemic simply made it obvious that these problems are big and now is the time to fix them.

Many women after a tough pregnancy take much better

care of their health because they don't forget what went wrong during the pregnancy. Most of us will find it difficult to go back to sleep after watching the social unrest, unemployment, and workplace problems we've witnessed this year.

Problems are not fun to endure but problems do motivate

### INTERPERSONAL EDGE:

us toward action. When people speak about the problems facing us as a species and as a country there's generally a more receptive and interested audience than before COVID-19.

Weirdly as well most of us have more gratitude for the simple things that do work during times when chaos stalks us all. Our health, our family and our income seem like serious blessings where before we may have taken them for granted.

Life and work are problem generating machines. Imagine being on a tennis court with a ball machine that keeps spitting balls in your direction. As long as you are above ground that ball machine will keep sailing problems over your net and you'll need to react.

Our magical power is that ability to react. Some clients tell me that in order to stand up for themselves they had to react by doing something ineffective. The truth is we can feel anyway we want about what's happening but we cannot afford to react any way we want if we like ourselves.

Rather than asking what reaction the current problem facing you deserves ask yourself what solution you deserve. Now ask what words and behaviors will make the solution you want more likely.

You'll need to develop new muscle memory habits and tools to solve problems when you

are sad, mad or scared. Feeling upset is human. Reacting in service of the goal that benefits you is super human.

You won't start the New Year out with a perfect track record of reacting to every single problem over your net only in ways that benefit your goal. You will get closer to changing your reactions so you stop sabotaging your goals just to feel good in the moment.

If you currently have more problems than tools, use 2021 to find a teacher. I've spent years learning from people that had better interpersonal skills than myself. When I have a problem now that I cannot solve I tell myself, "This is a problem where I don't have a solution yet," then I keep asking people smarter than me to coach me on their ideas.

We don't have to struggle alone with that tennis ball problem generating machine called life. We are all better when we can ask for help when there are more tennis balls flying our way than rackets to return that serve.

The last word(s)

*Q: I've been really lonely this year working from home and being single and the only people I meet are people I work with. Is dating people you work with still tricky if that is the only avenue to discover new people?*

**A:** Yes, but complete social isolation is also really bad for your health. Sometimes taking a calculated risk at work for a person you really admire is worth that risk.

*Daneen Skube is an executive coach, trainer, therapist and speaker. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies(C)2020 Interpersonal Edge. Distributed by Tribune Content Agency, LLC.*



## Air Force offers limited Active Duty Service Commitment waivers; expanded PALACE CHASE

*Editor's Note: Refer to <https://www.af.mil/News.aspx> for the full story.*

JOINT BASE SAN ANTONIO-RANDOLPH, Texas - The Department of the Air Force will implement several voluntary officer and enlisted force management programs for fiscal year 2021, including an expanded PALACE CHASE program and limited Active Duty Service Commitment waivers.

These programs provide provisions for both enlisted and officer members who meet specified criteria. The application window runs Jan. 20-April 2.

"Voluntary force management programs provide Airmen with flexible options to retire, separate or affiliate at times that suit their personal circumstances and allow the Department of the Air Force to balance certain specialties to ensure we meet the needs of the high-end fight," said Col. Richard Cole, Military Sustainment and Transition Program Division chief.

The limited ADSC waiver program allows eligible Airmen to retire no later than Sept. 1, or separate no later than Sept. 29. Retirement-eligible Airmen must complete at least 20 years of total active federal military service and, for officers, at least 10 years of total active federal commissioned service, before the requested retirement date.

Enlisted ADSC waivers will be considered for permanent change of station (PCS), date estimated return from overseas (DEROS) curtailment, and senior noncommissioned officer promotions. Officer waivers will be considered for PCS, DEROS curtailment, tuition assistance, direct accession, Extended Active Duty ROTC and OTS service commitments.

The FY21 Expanded PALACE CHASE Program provides an opportunity for Airmen in selected Air Force specialties and grades to apply for a transfer from active military service to an Air Reserve Component position. For enlisted Airmen transitioning into an ARC position, the service commitment is reduced from a "two-to-one" service obligation to a "one-to-one" exchange. For officers transitioning into an ARC position via PALACE CHASE, the service commitment is reduced from a "three-to-one" service obligation to a "one-to-one" exchange.

## Taxes continued from page 2

lyst with the DOD's Military Community and Family Policy. MilTax consultants are available virtually.

An advantage to the MilTax software, Smith noted, is it's designed and tailored for the military community.

E-filing allows service members to file their federal returns along with up to three state returns at no cost.

That's huge in the military community, because our families are [going through permanent changes of station] and moving multiple times," she noted.

Overall, the MilTax services are designed to be stress-free, Smith said.

"[People] can rest assured that they are working with tax professionals who know and are familiar with military tax situations," she said, adding that many MilTax consultants return to offer their services every year in high numbers, which provides continuity and knowledge of the armed forces' needs.

At this point, this year's tax deadline for filing 2020 taxes

is April 15, although last year it was extended to July 15 because of COVID-19. If there is an extension this year, Smith said MilTax is prepared for it.

"Our staff and our consultants are positioned to fill in the gaps where there may be additional need for that support online and over the phone," she said.

MilTax availability runs until mid-October for service members who need extensions.

"That's simply because we know that the tax season usually ends in April, but for our military community, sometimes people are overseas or they are in a combat zone, and, so, they're able to file those extensions, and [we are] there to help them file their taxes at a later time," Smith said.

Smith said she is not tracking any significant changes in tax law for the 2020 filing year that would affect service members and their families.

"But the 2020 Social Security

tax deferral is a big thing at this time," she noted. "We are referring and connecting filers with [the Defense Finance Accounting Service] and with the IRS regarding questions and

concerns they have outside of the tax deferral."

Also, MilTax can guide its military filers who have questions surrounding the economic stimulus package from 2020.

"I want to ensure you can turn to Military OneSource and the tax service as a trusted source, and [MilTax services] understand taxes as it relates to the military community," Smith said.

Call M1S at 800-342-9647, or visit: <https://www.militaryonesource.mil/all-the-ways/>.



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## Marine female recruits will soon break a barrier

by Sgt. Sarah Ralph,  
12th Marine Corps District

Leslie Cook and Yasmine Delarosa are on a path to make Marine Corps history.

Both future Marines swore an oath to serve under Recruiting Station Orange County and will soon be a part of the first female platoon to attend recruit training at Marine Corps Recruit Depot San Diego on Jan. 25.

Both Cook and Delarosa originally had different shipping dates to attend recruit training, and were on standby until they both received the call a couple weeks ago asking if they would like to take on the challenge of being a part of the first female platoon trained aboard MCRD San Diego.

Cook said that she has always wanted to attend recruit training in San Diego since it's much closer to her hometown in Gardena, Calif.

"I felt like I had this intuition that this opportunity could arise for me," says Cook. "As soon as the news hit the media, I contacted my recruiter immediately asking if this was an option for me."

Both Delarosa and Cook come from military families and are both wanting to continue the legacy of those who

came before them.

"My grandfather served in World War II," said Delarosa. "I've always wanted to serve in the military in order to continue on the tradition."

Both future Marines said that they're extremely excited to be taking on this challenge, and have been changing their training routines to prepare for the rigors they may encounter during boot camp in San Diego.

"My recruiters have been extremely helpful in challenging me during physical training," says Cook. "Staff Sgt. Shank doesn't take excuses at our station. He expects us to work as a team and persevere to get the training done. Lately we've been running hills with a pack, and making sure to max out on repetitions."

Cook and Delarosa know there has been some controversy on the topic of females attending recruit training in San Diego, but both take the negative commentary as a challenge.

"A lot of people are so stuck in the past," says Delarosa. "They never want to move forward in life. People need to realize that they need to be better today, than they were yesterday. Focus on becoming the person you want to be, the



**Future Marines Leslie Cook (left) and Yasmine Delarosa are shown here in Santa Ana, Calif. Cook and Delarosa are anticipated to become a part of Marine Corps history by serving in the first female platoon to attend recruit training at Marine Corps Recruit Depot San Diego. Marine Corps photo by Sgt. Sarah Ralph**

rest is just background noise."

Cook shared she has some internal tension because although she does take this as a challenge, she wants to be able to live up to the expectations.

"I don't want to fail and take this opportunity away from someone else," says Leslie. "However, I won't stop believing in myself. Because once you stop believing in yourself, you're allowing those looking from the outside in- the win."

Both of these young women

hold some of the top fitness scores when compared to the other females who are in Recruiting Station Orange County's delayed entry program. They have exceeded the expectations that are required of applicants when trying to join the Marine Corps.

Cook and Delarosa will become a part of Lima Company when arriving at the Depot, and will commence training after a 14-day self-quarantine to ensure the safety of all recruits from COVID-19.

## NAVFAC Southwest awards \$750 million for waterfront facilities construction, renovation, repair

by Mario Icarri

SAN DIEGO - Naval Facilities Engineering Systems Command (NAVFAC) Southwest awarded a multiple award, \$750 million maximum value construction contract, Jan. 14 in San Diego, for new construction, repair, and renovation of waterfront facilities at various government installations located in Southwest's area of responsibility.

Contractors awarded the firm-fixed-price, indefinite-delivery indefinite-quantity contract includes joint venture DoD Marine Constructors of Napa, Calif., Dutra Group of San Rafael, Calif., joint venture Granite-Healy Tibbitts of Watsonville, Calif., Marathon Construction Corp. of Lakeside, Calif., R.E. Staite Engineering Inc. of San Diego, Reyes Construction Inc. of Pomona, Calif., Manson Construction Co. of Seattle, Wash., and TNT Constructors of Bremerton, Wash.

"We're excited to award the new Waterfront MACC to these eight contractors to include two small businesses," said Shane Mahelona, NAVFAC Southwest contract specialist. "This MACC will continue to provide waterfront construction, repair, and renovation work that will greatly enhance and support the mission readiness capabilities of our Navy fleet."

The contract work provides for new construction, repair, and renovation of waterfront structures and dredging within the North American Industry Classification System Code 237990, by design-build or design-bid-build. Types of projects may include dredging and disposal, piers, wharves, quay walls, bulkheads, relieving platforms, cellular structures, dry docks/caissons, breakwaters, fixed moorings, docks and marinas, pile driving, primary and secondary fender systems, sheet piles, and sea walls.

NAVFAC Southwest's AOR includes California, Arizona, Nevada, Utah, Colorado, and New Mexico. The terms of the contracts are not to exceed 60 months, with an expected completion date of winter 2026. Fiscal year 2021 operation and maintenance (O&M), Navy contract funds in the amount of \$5,000 are obligated on this award and will expire at the end of the current fiscal year. NAVFAC Southwest is the contracting activity.

## This week's snapshots



**PACIFIC OCEAN**  
Jan. 7, 2021

Lt. Cmdr. Kelly Altschul, a catapult officer, signals the pilot of an EA-18G Growler to take off from the flight deck of *Theodore Roosevelt* aircraft carrier. The *Roosevelt* Carrier Strike Group is deployed to the 7th Fleet. Photo by MC3 Sean Lynch



**MCRD SAN DIEGO**  
Jan. 12, 2020

Recruits with Hotel Company, 2nd Recruit Training Battalion, overcome an obstacle during a confidence course. Drill instructors kept a close watch to ensure that the obstacles were being executed correctly and safely. Marine Corps photo by Lance Cpl. Tyler A. Ware

Marine Lt. Col. Michael Liguori (left), commanding officer of Marine Corps Tactical Systems Support Activity, chats with Rear Adm. Douglas Small, commander of NAVWAR, during a visit to base facilities. The visit was a learning moment for officials, viewing what capabilities MCTSSA could contribute for communicating solutions across joint domains. Photo by Amy Forsythe



**CAMP PENDLETON**  
Jan. 8, 2021



**NAVAL MEDICAL CENTER**  
SAN DIEGO  
Jan. 6, 2021

A Navy surgical team, led by neurology resident Lt. Cmdr. Scott Donoughe (left), perform a herniated disk repair procedure utilizing a 3D surgical microscope. Navy photo by MC3 Jake Greenberg



**USS ESSEX**  
Jan. 15, 2021

Seaman Francis LermaGomez uses a sound-powered telephone during a replenishment-at-sea aboard *Essex* amphibious assault ship. *Essex* is conducting routine operations in the eastern Pacific. Navy photo by MC2 John McGovern



**USS JOHN FINN**  
Jan. 14, 2021

Boatswain's Mate Seaman Shannon Hagen uses signal paddles aboard *John Finn* guided-missile destroyer to communicate with *Theodore Roosevelt* aircraft carrier during a fueling at sea. Navy photo by MC3 Jason Waite

# Learning to lose for the win

This month, we all bore witness to the horrific extremes that some people will go to in order to avoid losing. Although no one wants to fail, the vast majority of us won't turn to insurrection, violent assault, or malicious destruction of property to win.

Besides, for most of us, personal success or failure is not gauged by national elections, the stock market report, or the Super Bowl. Winning and losing happens in small moments throughout our daily lives. We all experience failure when we burn the toast, are late for a meeting, or eat too much dessert. We succeed when we have a good hair day, make it to the gym, or have a bonding moment with our teenage daughter.

Hands down, my husband, Francis, has the most self-esteem in our family. He nurtures his iron-clad ego by remaining in complete denial of his shortcomings, and celebrating himself daily. I, on the other hand, am one of those annoying women who can't accept a compliment, point out my flaws, and minimize my accomplishments.

I recognize those tendencies in our children, too. Our son overcame symptoms of autism but has a limited sense of social awareness, so he's generally secure and oblivious to judgement from others. Our middle child inherited Francis' self-assuredness, but our youngest struggles with confidence at times.

When Francis and I witnessed each child's sense of self emerge during adolescence, it was hard not to panic. Knowing that parenting contributes to whether a person feels like a winner or a loser was daunting. We recognized our children's accomplishments, and

told them they were smart, funny, beautiful, and talented. But being a self-doubter, I wondered if I was making mistakes.

When I was in 10th grade, I came home one day with big news. Throughout middle school, my self image was skewed: Fat, desperate, goofy, not very good at anything in particular. But a small personal triumph in 9th grade (I improved from worst swimmer on the

## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

team to middle of the pack) instilled a twinge of newfound ambition.

"Dad, guess what?" I announced at dinner.

"What is it, Lee Lae," my father said affectionately, between bites of Swiss steak. My older brother, the family super star, was a new plebe at the Naval Academy, and of course they were thrilled with his accomplishments. This was my chance to make them proud of me, too.

"I'm my homeroom's new representative for Student Government Association. They voted for me!" I stared at my father, waiting for his reaction.

He scooped a forkful of potatoes dotted with peas and chewed, his eyes

glued to his plate...another bite of steak...more chewing.

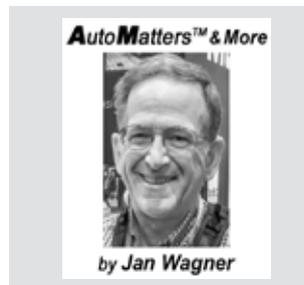
Finally, he raised his eyes and his fork, and proclaimed, "You know what you need to do? You need to become President of Student Government. That's what you should do."

My father meant well. He was trying to say that he believed in me, that I had the potential to do anything. But what my fragile constitution heard was, "You're not good enough." This simple moment had the potential to bolster my burgeoning sense of confidence, but instead, it reinforced my insecurities. In my adolescent mind, I'd failed.

As parents, how do we encourage our kids to try, to improve, to practice, to achieve, without making them feel they aren't good enough? Ironically, experts say that we must teach our kids to fail if we want them to succeed. Disappointments represent a learning experience, when children can develop coping skills, resilience, creative thinking and perseverance.

At the same time, parents should help kids build self esteem without showering them with so much praise that they become dependent on validation. Studies show that "[s]uccess leads to feeling good about yourself, not the other way around." And one of the best ways parents can build a child's self worth? To model confidence themselves.

I never did run for SGA President, but I survived the gauntlet of adolescence and went on to become a lawyer, a writer, a Navy wife, and a mother of three resilient military children. I guess I am a winner after all.



In his introduction to the General Motors keynote at CES 2021, we learned from Gary Shapiro, president and CEO of the Consumer Technology Association, that GM's vision of transportation is one in which there are zero crashes, zero emissions and zero congestion. To do this requires a massive investment in electronic and self-driving vehicles and infrastructure, "spending \$27 billion through 2025 to develop electric vehicles and autonomous vehicles," and retool auto manufacturing plants, creating thousands of new, green tech jobs.

Mary Barra is chairman and CEO of General Motors. She's leading GM's efforts to reimagine transportation in the years ahead. In the General Motors keynote, she and others said GM's strategy for achieving their ambitious, worldwide transportation goals.

The key to GM's vision for the future of transportation is electrification, to "help reduce emissions and power the advanced systems and connectivity between vehicles and transportation infrastructure to help reduce congestion and crashes." General Motors' pioneering efforts in vehicle electrification included the introduction at CES 25 years ago of the Chevrolet Volt, "the world's first affordable long range EV."

Currently, "global EV market penetration stands around 3 percent." GM believes that's about to change, that we're at "an inflection point, the moment when our world's reliance on

# Electrifying General Motors

gas and diesel-powered vehicles will begin transitioning to an all-electric future."

Mei Cai, technical fellow and lab group manager of GM, said that to meet this challenge, GM is introducing a new electric vehicle platform, Ultium. You'll be hearing a lot about the Ultium vehicle platform in the coming years. It's "a combination of groundbreaking battery architecture, highly flexible electrical propulsion systems, and the common high energy battery cell that'll power our entire range of next generation EVs."

Whereas Lithium ion batteries typically use a blend of nickel, manganese and cobalt to produce reliable power, "Ultium's battery chemistry reduces the reliance on cobalt by 70 percent through adding aluminum, thereby addressing challenges of sourcing sufficient cobalt to match growth in demand as the number of EVs on the road increases." A single common cell design can be used across all vehicles, optimized to provide sufficient power for multiple vehicle designs. The cells will produce 60 percent more energy capacity than our existing electrical battery cells and use a flat rectangle approach design that reduces the space between cells and can be stacked more efficiently into modules for higher energy density in a smaller space. GM is manufacturing those cells in-house as part of a joint venture with LG Chem.

According to GM, they'll be the first automaker to use an almost completely wireless battery management system for its production of electric vehicles. Each vehicle's battery pack is "a structured enclosure which doubles as part of the vehicle's chassis and protects the cell from damage in the event of a crash," and incorporates six, eight, 10 or 24 modules in a single

pack, depending on the power requirements of the vehicle.

GM says the the end result of all of these innovations is a battery that'll produce up to 450 miles of range on a single charge and nearly 40 percent less cost and 25 percent less weight than our current EV batteries.

This battery technology will be combined with what GM calls "an incredibly flexible propulsion system called Ultium Drive, which uses five interchangeable drive units to deliver front, rear, or all-wheel drive from a single system."

"We're working on our next gen, high energy battery chemistry that will reduce the reliance on cobalt and nickel even further, while reducing cost by 60 percent compared to the current batteries," said GM. "Providing 500 to 600 mile range on a single charge."

Of course, vehicle electrification involves much more than the battery technology, containing many advanced technologies like driver assist features that draw on the vehicle's electrical bandwidth. GM's Vehicle Intelligence Platform "is a new, innovative digital, electrical architecture that provides more rapid communications between the vehicle's system and to the outside world and is capable of managing 4.5 terabyte data processing power per hour, a five-fold increase in capability over GM's current electrical architecture. VIP will serve as the software foundation for our EV ambitions, and will be integrated into nearly every GM vehicle globally by 2023."

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## Veterans News



# Medal of Honor Spotlight: Marine Corps PFC Robert Jenkins Jr.

by Katie Lange,  
DOD News

Many of the service members who gave their lives in service to our country barely had a chance to begin their own. Marine Corps Private 1st Class Robert Jenkins Jr. falls into that category. What he lacked in age, he more than made up for in courage, commitment and dedication. For that, he earned the Medal of Honor.

Jenkins was born June 1, 1948, in Interlachen, Fla., just east of Gainesville. He had a brother and three sisters and graduated from Palatka Central Academy, an all-Black high school, in 1967.

Jenkins' family and friends said he was a nice teen who got good grades, had a lot of friends and worked hard for his family, according to the Florida Depart-

ment of Military Affairs. He had a talent for masonry and wood-working, but he was also looking forward to a career in the Marine Corps. His mother said during a 1996 *Tampa Tribune* interview that he wanted to volunteer instead of being drafted.

Jenkins enlisted on Feb. 2, 1968, as the war in Vietnam was raging. Within five months, he was deployed to the Southeast Asian country. Attached to the 3rd Reconnaissance Battalion, 3rd Marine Division, Jenkins initially served as a scout and driver.

During the several months that he was in Vietnam, a lot of defensive battles broke out for control of U.S. Marine fire control support bases on or near the demilitarized zone, which split the north from the south. So, he was eventually assigned as a machine gunner with the battalion's Company C.

Early on the morning of March 5, 1969, Jenkins' 12-man reconnaissance team was prepared to defend Fire Support Base Argonne, just south of the DMZ, from an impending attack. When it came, a North Vietnamese Army platoon started bombarding them with fire from automatic weapons, mortars and grenades.



Private 1st Class Robert Jenkins Jr. poses with bands of ammunition during his deployment to Vietnam. Photo by Vietnam Veterans Memorial Fund/Facebook

Jenkins and another private first class, Fred Ostrom, were fighting off the enemy together in a ditch when a North Vietnamese soldier threw a hand grenade at them. Jenkins immediately pushed Ostrom to the ground and jumped on top of him to shield him from the blast.

Ostrom survived. Jenkins did not. He was a few months shy of his 21st birthday.

"He saved more than my life - I have two kids," Ostrom said in a November 1996 interview with the *Tampa Tribune*.

U.S. helicopters eventually

arrived at the scene to keep the North Vietnamese at bay long enough for the Marines to be airlifted out. Two other men in Jenkins' units were killed in the firefight. Six were wounded, including Ostrom.

Ostrom said that, while he only knew Jenkins for a few months, the young Marine left an indelible mark on his life.

"He was someone I could trust, someone I could count on," said Ostrom. "What happened was in Robert's character. If it hadn't been me, it would've been someone else [he saved]. I'm proud of him and I miss him."

The valor, courage and selflessness it requires to give your life for another was not overlooked the day of his death. Jenkins received a posthumous recommendation for the Medal of Honor. On April 20, 1970, his family accepted it on his behalf from Vice President Spiro Agnew during a White House ceremony.

When Jenkins' body was returned home, his family decided that he would be buried in Sister Spring Baptist Cemetery in his hometown.

In the decades since Jenkins' death, Interlachen has made a concerted effort to remember his sacrifices. Jenkins' high school was integrated in the 1970s and

has since been renamed Robert Jenkins Middle School. The Robert H. Jenkins Jr. Memorial Park was built during the same decade, and a post office was eventually named in his honor.

But the biggest tribute may have been from Ostrom, the man Jenkins saved. When Ostrom first visited Jenkins' grave in 1995, he told the *Tampa Bay Times* that the plot was in disarray and not befitting a hero. So, he spent a year working with vets organizations and Jenkins' family to get it cleaned up. By Veterans Day of 1996, a rededication ceremony was held for Jenkins, complete with a Medal of Honor headstone and a footstone donated by several veterans' groups.

### Veterans top headlines

- Tens of thousands of veteran caregivers now eligible for the coronavirus vaccine through VA
- Army to review more than 3,500 'bad paper' discharges for post-9/11 vets
- Gulf War vet reflects on 30th anniversary of conflict through his photography

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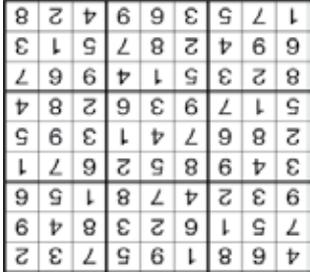
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### SUDOKU SOLUTION



## Social Security Matters

### When should I claim social security?

Dear Rusty: I'd like to get advice on when I should begin taking my Social Security benefit. I turned 66 in October of 2020.

Signed: Pondering Retirement

Dear Pondering: Deciding when to claim your Social Security benefit is a personal choice which should consider several factors, most importantly:

- Your need for the money at this time
- Your current health and expected longevity
- Your marital status

Since you have already reached your full retirement age (FRA) for Social Security purposes, you are no longer subject to the "earnings test" which limits how much you can earn. So, working won't affect your monthly SS benefit amount in any way. But it could influence your decision on when to claim, because if working enables you to delay claiming Social Security until after your FRA, your benefit amount when you eventually claim will be higher.

In October 2020 you started earning Delayed Retirement Credits (DRCs) at the rate of .67% for each full month you delay past your FRA. That means that for each full year you delay claiming, your benefit will be 8% more. You can earn DRCs until you are 70, at which point your Social Security benefit would reach maximum and be 32% more than it would be at your FRA. But delaying only makes sense if you don't urgently need the money now, and if you expect to enjoy at least average longevity (which is about 84 for a man your age today). If you delay until age 70 to claim, your "breakeven age" (the age at which you will have collected the same amount of SS money as if you claim now) will be about 83. And if you live longer than that, you'll continue to enjoy that higher SS benefit for the rest of your life, and you'll collect more in cumulative lifetime benefits.

A higher benefit at an older age can be quite beneficial to offset inflation and is especially helpful if you're married and your wife outlives you. If you are married and you predecease your wife, she will get 100% of the benefit you are receiving at your death, if that is more than her own benefit from her own lifetime work record and if she has reached her own FRA when she claims her widow's benefit. So, for example, if you claim now at your FRA, your widow later will get your FRA amount when you pass. But if you delay past your FRA to claim, when you pass your widow will get the higher benefit amount you are receiving because you delayed claiming. In other words, when you claim your Social Security benefits can, if you are married, affect the benefit your widow will get if you die first.

So, the bottom line is this: In deciding when to claim your Social Security you should consider your current financial needs, your health and expected longevity, and your marital status. Carefully evaluating the above factors will help you to decide the best age at which to claim your Social Security benefits.

Column by AMAC Certified Social Security Advisor Russell 'Rusty' Gloor, Association of Mature American Citizens (AMAC). 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](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).



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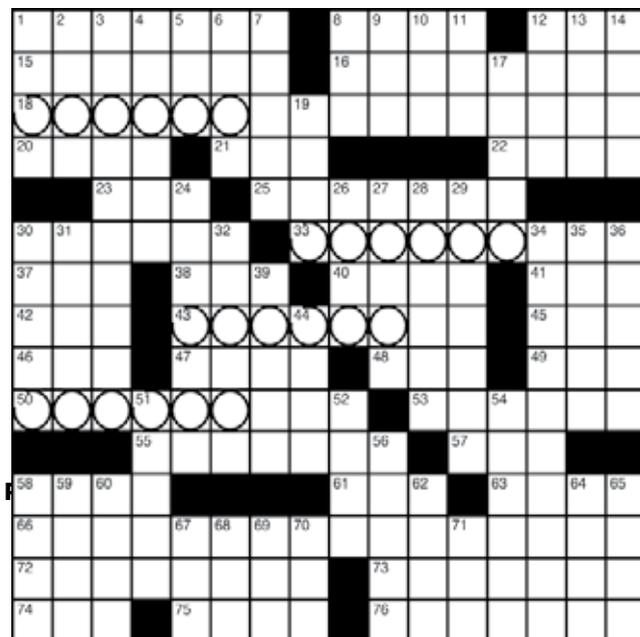
### Across

- Foreboding
- Optimistic
- Pump product
- "Give me an example"
- "The real story is ..."
- Collision simulation aids
- Scapula neighbor, for short
- Big name in nail polish
- "Yeah, sure"
- Partnership letters
- Cleaning conveniences
- "Scary Movie" reaction
- Extraordinary little one, in folklore
- Poke tuna
- Chocolate dog
- Nabisco cookie
- Neither's partner
- Part of a relay
- Junk collector
- Overly
- "So-so"
- Mark for good
- Spanish bear
- Hong Kong lang.
- Place with drawing rooms
- Womb occupant
- Apparition
- Kobe cash
- About
- Duracell size
- Salty waters
- Begin all over again ... and what 18-, 33-, 43- and 50-Across all do (almost), as indicated by the circled letters
- Ready for sleep
- Lady Gaga's debut album
- Squid's defense
- Therefore
- Left formally

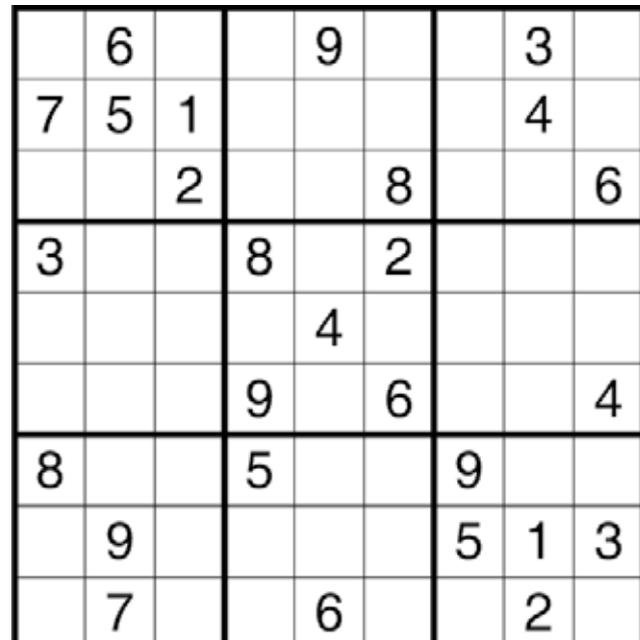
### Down

- How music can be stored
- Farm female
- "Don't worry about me"

- Settle snugly
- Awed reaction
- Golden rule preposition
- Trickles (through)
- Tell (on)
- Med. condition with repetitive behavior
- Man's name that sounds like a slow-cooked dish
- "Delicious!"
- Smooth-talking
- Out of the wind
- Part of CBS: Abbr.
- "Scary Movie" reaction
- Extraordinary little one, in folklore
- Pasadena institute
- Texter's "Then again ..."
- Bust maker
- "Summer Nights" musical
- Political bragging point, when it's thriving
- Actress Hayek
- Joyful shout
- First first lady
- Online promo
- Senseless
- Khal \_\_\_, Daenerys' husband in HBO's "Game of Thrones"
- Strips for breakfast
- Opportunity
- Hybrid picnic utensil
- Fertile soil
- "Take care of yourself"
- Mariner's supports
- Sparkling Italian wine
- Knock for a loop
- Wall map marker
- Feel sore
- Apex
- Spot for a mower
- Begin a hole, with "up"
- Four-term prez
- Oil field sight
- Musician Yoko
- \_\_\_ center



### Roy's Sudoku



## Aircraft carrying supplies for emergency field hospital lands at Plant 42

by Giancarlo Casem

A DC-8 cargo aircraft from Samaritan's Purse landed at NASA Armstrong Flight Research Center, Edwards Air Force Base last week carrying supplies for the construction of an emergency field hospital at Antelope Valley Hospital in Lancaster, California.

The field hospital will be set up to support the Antelope Valley community by treating COVID-19 patients. The effort is spearheaded by Samaritan's Purse, a faith-based humanitarian aid organization that has provided physical aid to victims of war, poverty, natural disasters, disease and famine.

To support the effort, Air Force Plant 42 in Palmdale has allowed use of its airfield for delivery of the initial components as well as resupply missions. The 412th Test Wing leadership at Edwards Air Force Base, California, has also requested for volunteers to help staff the emergency field hospital.

"Plant 42 is often referred to as the 'downtown' Air Force. Our location puts us strategically in the heart of the Lancaster/Palmdale communities in the Aerospace Valley," said Dr. David Smith, Air Force Plant 42 director. "As such, our personnel and more



**A NASA Armstrong Flight Research Center crewmember offloads supplies from a DC-8 for an emergency field hospital at Air Force Plant 42 in Palmdale, Calif., Jan. 11, 2021. Samaritan's Purse is a charitable organization which has partnered with Lancaster Baptist Church, the city of Lancaster and Antelope Valley Hospital to provide a 70-bed temporary field hospital to support COVID-19 patients. Photos by Giancarlo Casem, Air Force.**

importantly our thousands of mission partners call this home. We are delighted to extend medical care to our community as it

directly impacts our 'home team' area of operations. This care facility also directly supports our own personnel's medical needs,

which in turn directly support the warfighter."

Samaritan's Purse's Assistant to the Vice President of Programs and Government Relations, Edward

Graham, was accompanied by Plant 42 and NASA Armstrong leadership as the DC-8 arrived and its contents were off-loaded by NASA and Samaritan's Purse crews. They have partnered with Lancaster Baptist Church and Antelope Valley Hospital to construct the 70-bed field hospital. The field hospital will serve COVID-19-positive patients who do not need the support of a ventilator.

Plant 42 is no stranger to supporting the local community, from providing support to STEM engagements at local schools to

executing mutual aid for major wildland fires and nearby vehicle accidents, Smith explained.

"The entire Plant 42 team is delighted to support our community. This is our home, so the dedication and selfless service from our personnel and our mission partners is most satisfying," Smith said. "Service is a core value of our Air Force, and the folks at the plant exemplify this valued characteristic."

(Giancarlo Casem is assigned to the 412th Test Wing.)



**Dr. Roderick Davis, Air Force Plant 42 deputy director, and Ken Neitzel, Air Force Plant 42 airfield operations director, talk with Edward Graham, assistant to the vice president of Programs and Government Relations for Samaritan's Purse.**

## County plans to offer COVID-19 vaccine to people 65 years and older

by José A. Álvarez,  
County of San Diego

Gov. Gavin Newsom has announced that people 65 years of age and older are the next priority group for COVID-19 vaccination, and the County is planning to make the vaccine available to them as soon as possible.

The region is currently vaccinating the 620,000 health care professionals and other priority groups in Phase 1A. Vaccinations to the more than 600,000 people in Phase 1B will begin to be available later this month, provided there are COVID-19 vaccination doses available.

However, some San Diegans in this age group might be able to get vaccinated if their health care providers have doses available. The County has asked local providers to give priority to people 65 and older with underlying medical conditions.

"It would be ideal if we could vaccinate everyone who wants to be immunized at the moment, but unfortunately we don't have enough COVID-19 vaccine to do so," said Wilma Wooten, M.D., M.P.H., County public health officer. "We understand people are anxious to get vaccinated and they will get to do it when more vaccine arrives in the region."

When County sites begin vaccinating San Diegans 65 years and older, the public will be informed in a number of ways, including on



**A nurse prepares a COVID-19 vaccine to be administered at Petco Park.**

coronavirus-sd.com.

The region is expecting the arrival of more COVID-19 vaccine doses, but a figure and a date have not been released by the California Department of Public Health and Centers for Disease Control and Prevention.

Starting in February, the County will begin to open three more vaccination super stations in other parts of the region.

To date, about 242,000 COVID-19 vaccine doses have been shipped to the region – an amount that does not include doses shipped to vaccinate people in long-term care facilities, multi-county entities and military and veterans' hospitals.

**Healthy Living**

### Breathe easy

*Studies have found that eating apples can be good for your lungs.*

**Leave the peel**

- Apples are rich in antioxidants, especially in quercetin and flavonoids; the skin contains more antioxidants than the flesh
- Eating two apples a week can improve overall lung health and reduce the risk of asthma

Source: Nutritional Journal, TNS Photo Service

### Science Matters

## How roaster dials up coffee's flavor

*Most of the taste difference between different roasts of coffee comes from a series of chemical reactions that happen in the coffee beans at certain temperatures.*

**1** The Maillard chemical reaction (which gives cooked meat its tasty brown surface) is the key step in coffee roasting; sugars and proteins are converted to hundreds of aroma and flavor compounds

**2-furfurylthiol**  
Potent aroma flavor compound gives coffee its "roasted" flavor

**Trigonelline**  
Gives coffee its bitter taste

**2** Sugars start **caramelizing** into buttery or burnt flavors; if roasting is too light in this step, bitter chemicals remain

**Diacetyl** has a butter or butterscotch flavor

CC(=O)C(C)=O

**1** 150-200°F (66-93°C)

**2** 170-200°F (77-93°C)

**3** About 205°F (96°C)

**4** About 220°F (104°C)

**5** 225-230°F (107-110°C)

**3** First crack can be heard when steam expands; light roast is finished now

**4** Second crack; beans break, darken and release earthy aromas

**5** Pyrolysis, a chemical change, releases carbon dioxide

Beans turn medium brown, lose 13% of their weight

**The roaster controls** these reactions to produce aromatics, acids and other flavor components

They can be balanced and altered to produce the desired flavor, acidity, aftertaste and body in the coffee.

**The last steps** in making coffee come in the way the roasted beans are stored, ground, brewed and mixed with added flavorings

**Terry Miller operates a Diedrich roaster**

Source: Robert McGorin; coffeeresearch.org; American Chemical Society  
Graphic: Helen Lee McComas, Tribune News Service

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