

## Career Advice

Interpersonal Edge dispenses information and advice to help successfully navigate the workplace.

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## AutoMatters & More



Remembering Bob Fria, automotive enthusiast, historian, decorated Air Force veteran.

See page 9

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# ARMED FORCES DISPATCH



Navy Reserve extends drill postponement ... see page 4

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FIFTY NINTH YEAR NO. 52  
THURSDAY, APRIL 23, 2020

## SURFACE WARFARE ADVANCED TACTICAL TRAINING CREATES COMBAT READY, SAN DIEGO-BASED WARSHIPS, BATTLE-MINDED CREWS

from SMWDC Public Affairs  
SAN DIEGO - Naval Surface and Mine Warfighting Development Center (SMWDC) led Navy warships through Surface Warfare Advanced Tactical Training (SWATT) exercise March 30 through April 17 in the eastern Pacific Ocean.

Units included in the training were assault ship USS *Makin Island*, transport docks ships USS *Somerset* and USS *San Diego* and littoral combat ship USS *Freedom*.

"This advanced tactical exercise was the most demanding we've had to date for the Surface Force as we navigated being able to safely execute this critical training amidst the challenges presented by COVID-19," said Rear Adm. Scott Robertson, commander of Naval Surface and Mine Warfighting Development Center. "The ultimate intent was to increase the lethality and combat power of naval surface forces by preparing our units to do what warships are designed to do - fight and win at sea - and that's exactly what was accomplished here."

SMWDC facilitated the advanced level training to increase the tactical proficiency, lethality, and interoperability of amphibious and littoral combat ships within 3rd Fleet.



USS *Makin Island* fires a rolling airframe missile in the eastern Pacific. Navy photo by MC1 Harry Andrew D. Gordon

"It was exciting to witness the strength of our ships and Warfare Tactics Instructors (WTI) during the SWATT exercise," said Lt. Cmdr. Ryan Downing, SMWDC lead SWATT planner. "The team was united, maximized force readiness, and minimized exposure to the harmful conditions the world is experiencing. They were ready and leaned forward into SWATT, an exercise dedicated

to improved warfighting skills, increased lethality, and overall tactical proficiency across multiple warfare disciplines.

"During this unprecedented time the ships, with embarked WTIs and supporting teams, employed combat and weapon systems across several live-fire and training events during the at-sea period. The result was as expected, a sharpened and more

lethal ARG and LCS force."

The warships conducted several training exercises, including anti-submarine warfare, surface warfare, air defense and amphibious warfare. Complex live-fire events included missile exercises, torpedo exercises and gunnery exercises.

The Navy evaluates all exercises and operations on a case-

by-case basis during the coronavirus pandemic. Prior to ordering crews to sequester on board and continuing with a planned evolution, commanders of all units, and at all levels, balanced the need to maintain unit readiness and the health of the force with the impact to families and

the Sailors. SMWDC and each ship followed all CDC and Navy guidelines regarding COVID-19 during the evolution. The training provided essential and vital tactical training and proficiency to the operational fleet, in order to ensure that units remain lethal and ready.

## VA, Treasury will automatically send stimulus checks to veterans

by Nikki Wentling,  
Stars and Stripes

WASHINGTON - The Department of Veterans Affairs and Treasury Department said last Friday they had found a method to distribute stimulus payments to many low-income and disabled veterans who otherwise might not receive them. The departments said the money would be automatically sent to veterans and family members who receive VA benefits, even if they hadn't filed tax returns for 2018 or 2019. The announcement came after lawmakers and veterans organizations alerted the government that a "significant" number of disabled veterans and surviving family members may never receive the direct payments, which Congress approved in a \$2 trillion stimulus package March 27. Their concern was for disabled or low-income veterans and surviving family members who receive monthly compensation from the VA but don't file tax returns or benefit from Social Security. The IRS is using the addresses or direct deposit information on file from Americans' 2018 or 2019 tax returns to send the stimulus checks, which amount to \$1,200 for many Americans. For some veterans, the VA payments are their only income. Those payments aren't taxable, so the IRS lacks payment information for many veterans and families - potentially millions, advocates said. Lawmakers asked that the VA



see **Stimulus**, page 5

## Pentagon's latest stop-move order exempts recruiting, overseas deployments

by Jared Serbu,  
Federal News Network

Defense Secretary Mark Esper told the military services April 20 they must notify him before they take any steps to curtail recruiting as a result of the coronavirus pandemic.

The directive came as part of a new stop movement order that relaxed some of DoD's existing travel restrictions while extending the bulk of them through the end of June.

Recruiting activities were one of two of the major new exemptions, said Esper.

"Travel associated with uniformed personnel recruiting and accessions activities, to include accessions, basic training, advanced individual training, and follow-on travel to the first duty station [is exempt from the restrictions]," he wrote. "The military departments will notify me prior to reducing or suspending recruiting, accessions, basic

training, or advanced individual training."

The military services had already taken some steps to slow their accessions pipelines. The Navy and Air Force each stopped accepting new recruits at basic training for about a week in order to clean barracks and restructure their programs to accommodate social distancing. The Air Force said earlier this month it was only accepting about 460 new trainees each

week, compared to the usual 600 to 800.

The Army announced a two-week pause in sending recruits to basic training on April 6, while letting new Soldiers who were already at boot camp continue their training. Officials said April 16 that new recruits would begin arriving again this week after they'd been screened at recruiting stations and gone through a two-week quarantine.

Monday's travel order also

adds exceptions for overseas deployments and redeployments, or "global force management activities," as the memo terms them. 90,000 service members' overseas travel had been disrupted since March 25, when the department began restricting international deployments and exercises.

Many of those restrictions are now lifted, although personnel on naval ships will need to be isolated for 14 days before they

can move to another assignment. DoD has issued similar guidance for any other service members who have been living in "open-bay" settings or quarters with shared bathrooms.

"In partnership with host nations, the services and combatant commands will make decisions based on the circumstances of each deployment and the status of COVID-19's spread," Defense officials wrote in an update Monday. "

# DoD paved way for internet, now so crucial in helping to fight COVID-19

by David Vergun,  
DOD News

The internet went live in 1969, thanks, in part, to the Defense Department's Advanced Research Projects Agency and DARPA's partnership with scientists, industry and academia.

Today, DOD is using the internet in novel ways as a tool to enhance traditional health care practices and to help in battling the coronavirus.

For example, telework, email, video conferencing, telehealth, telemedicine, distance learning, virtual counseling, virtual funerals and sharing COVID-19 medical research data across the globe are just a few of the internet applications being used by civilians and the military to share information and mitigate the impact of this deadly virus.

Prior to the internet, long-distance communication could be accomplished only via the telephone or shortwave radio.

During the height of the Cold War, the Pentagon wanted a

more secure means of communication, particularly in the event of a nuclear attack.

Internet pioneer Vinton Cerf,

*We're made up of resilient people. We will come out of this on the far end. We're learning a lot about relationships and taking care of each other that's going to make us a stronger institution.*

then working in the Pentagon, collaborated with others to design a network system that could continue operating under any conditions. The key to this is that information - text, photos, voice and video - can travel from point A to point B over multiple routes in the network, bypassing routes that are slow or nonfunctional.

Information being sent is broken up into chunks that are called packets that might take many network routes. Once they

reach their final destination, they are reassembled into a cohesive whole. That was unlike the telephone, which had only one line, or route, to follow.

DARPA-funded projects continued to create internet and computing innovations: graphical user interfaces, the mouse, technological achievements that support speech recognition, touch-screen displays, accelerometers, the wireless capabilities at the core of today's smartphones and tablets, and much more.

DARPA also has long been a leader in the development of emerging technologies such as artificial intelligence, machine learning and semi-autonomous systems.

A silver lining from the coronavirus pandemic is that ex-



Army employees from Fort McCoy, Wis., holding an April 14 video teleconference as they telework during the COVID-19 pandemic illustrate that facetime doesn't necessarily mean that everyone is in the same location. DoD graphic illustration by Scott Sturkol

panded virtual health care, distance learning and other virtual life-enhancing experiences may become the new normal for service members and their families in a post-COVID-19 world.

Jim Helis, Army Resiliency Directorate director, referenced the importance of connecting virtually. "There's a sacred trust

that is established with us who provide care, the caregivers, to the soldiers and their families, and civilians, and the retirees and veterans in our care," he said.

That partnership isn't just the key to helping others during the COVID pandemic, but all year round, he noted.

"We want families to be optimistic and hopeful. We are a resilient institution," Helis said.

"We're made up of resilient people. We will come out of this on the far end. We're learning a lot about relationships and taking care of each other that's going to make us a stronger institution."

## USS Vermont becomes latest Virginia-class fast-attack submarine in service

The Navy commissioned USS *Vermont* (SSN 792), the 19th Virginia-class attack submarine April 18.

Although the traditional public commissioning ceremony was cancelled due to public health safety and restrictions of large public gatherings, the Navy commissioned USS *Vermont* administratively and transitioned the ship to normal operations. Meanwhile, the Navy is looking at a future opportunity to commemorate the special event with the ship's sponsor, crew and commissioning committee.

"This Virginia-class fast-attack submarine will continue the proud naval legacy of the state of Vermont and the ships that have borne her name," said Acting Secretary of the Navy James E. McPherson. "I am confident the crew of this cutting edge platform will carry on this tradition and confront the challenges of today's complex world with the professionalism and dedication our nation depends on from warriors of the silent service."

Vice Adm. Daryl Caudle, commander, Submarine Forces, said *Vermont's* entry to service marks a new phase of American undersea warfare dominance for a global Submarine Force that is ready to deter, defend and defeat threats to our nation, allies, and

rules-based international order.

"This warship carries on a proud Vermont legacy in naval warfare and unyielding determination stretching back to the birth of our nation," Caudle said. "To her crew, congratulations on completing the arduous readiness training to enter sea trials and prepare this ship for battle. I am proud to serve with each of you! Stand ready to defend our nation wherever we are threatened - honoring your motto - freedom and unity. May God bless our Submarine Force, the people of Vermont, and our families! From the depths, we strike!"

The ship's sponsor, Gloria Valdez, former deputy assistant secretary of the Navy (Ships), offered her gratitude to everyone who played a role in delivering USS *Vermont* to service. She said she is proud to represent the crew and the first Block IV Virginia-class submarine to enter service.

"I'm very proud of the Sailors and families of USS *Vermont* who worked so hard to bring her to life, and also feel extremely grateful to everyone who played a role preparing her to defend our nation for generations to come," Valdez said. "I look forward to commemorating this special occasion together with the crew in the future."

Pentagon bracing for three-month slowdown on major defense equipment  
Defense Department study calls for cutting 2 of the US Navy's aircraft carriers  
U.S. Military Cutting Medevac Flights for Troops in West Africa



The military continues to diagnose more than 100 new COVID-19 cases a day

Millions of cloth masks ordered for military personnel won't arrive until summer

Pentagon urges Mexico to reopen COVID-closed factories that supply US weapon makers

### ARMY

- Pope Airfield needs tens of millions in repairs for the paratroopers and spec ops units who use it

- Army enlists Nine Inch Nails for new coronavirus-themed recruiting video

### NAVY

- DoD, Norway partner on ramjets for Navy hypersonic missiles

### AIR FORCE

- Air Force building medical facility in Guam to accommodate Roosevelt sailors with COVID-19

- Airman and Marine will head to space in first US manned launch since 2011

### MARINES

- Quantico COVID-19 posters echo World War II and French resistance against Nazi Germany

- III MEF instructs Marines on Okinawa to prepare for 72-hour shelter in place order

### SPACE FORCE

- U.S. Builds Ground-Based Arsenal to Jam Russia, China Satellites

### NATIONAL GUARD COVID-19 UPDATE:

- Troop count at 36,750 - 11 percent jump since April 17

### Armed Forces Dispatch (619) 280-2985

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## NEX creates new program to bring the store to a Sailor's door

The Navy Exchange Service Command's (NEXCOM) NEX Downrange Program was originally created overseas to support troops who are forward-deployed without access to a NEX. But due to the impact of the COVID-19 crisis, the program has transformed into a quarantine support program to support service members who have either been placed on restriction of movement by their commands or aboard a ship in port overseas and unable to disembark.

The NEX Downrange Program, or now also known as the NEX Quarantine Support Program, has been adopted by over 20 NEX locations around the world and filled approximately 3,000 orders in a little over a week. The program will continue to expand to other NEX locations where there is a need.

At most NEX locations, service members can submit an order and pay for their merchandise via a secure encrypted internet site. The customer receives an email acknowledging the order and an estimated time the order will be delivered or will be available for pick up by the Sailor's command. Customers can purchase a variety of items from the NEX including food, non-alcoholic beverages, electronics, personal hygiene, health and comfort items, sports nutrition and cleaning supplies. Due to social distancing guidelines, all orders are delivered or picked up without coming into close contact with the associate or customer.

"NEXCOM's sole mission is to support our Navy, our Sailors and their families, especially in times of crisis," said Greg Thomas, Senior Vice President, NEXCOM Operations. "Now more than ever our command must get creative and dig deep to support our service members, and this program does just that! For everyone's safety and well-being, these men and women can't come to a store... so we're bringing the store to them!"

NEX locations that are providing the downrange or quarantine support program include Bahrain; Guam; Djibouti; Jebel Ali, Dubai; Guantanamo Bay, Cuba; Naples, Italy; Jacksonville, Key West, Orlando and Pensacola, Fla.; Newport, R.I.; Great Lakes, Ill.; San Diego; Norfolk, Little Creek and Oceana, Va.; Bremerton and Everett, Wash.; Pearl Harbor and New London, Conn.

## Vertical wiper blades reduce aircraft drag, tests show

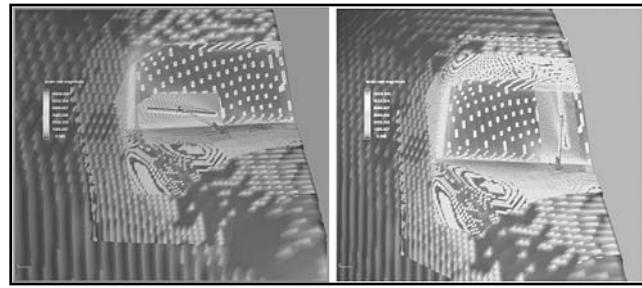
by Corrie Poland,  
Air Force News

Aerodynamics testing on the KC-135 Stratotanker confirmed vertically mounted wiper blades reduce aircraft drag by approximately 1 percent during cruise conditions, potentially saving the Air Force \$7 million annually in associated fuel costs.

Across the KC-135 fleet, blades are positioned horizontally on the windshield as part of the aircraft's original 1950s design. However, as the understanding of aviation aerodynamics advanced, research indicated placing the wipers vertically when not in use could improve aerodynamic efficiency and optimize fuel use.

Commercial airliners first demonstrated the concept on the McDonnell Douglas MD-11, a jet used by the cargo industry, proving that retro-fitting the blades vertically could decrease costly drag by 1.2 percent.

As part of the effort to increase the capability of legacy aircraft, the Advanced Power and Technology Office, or APTO, part of the Air Force Research Laboratory, identified the KC-135 as a candidate for



**Computational fluid dynamics analysis, conducted by Air Force Research Laboratory and Southwest Research Institute, shows the nose of a KC-135 Stratotanker, as the wiper blades are positioned horizontally (left) and vertically (right). Courtesy photo**

the modification in 2019, citing its horizontal wiper design and significant fuel use.

According to 2019 data from the Air Force Total Ownership Cost database, the KC-135 fleet consumed over 260 million gallons last year, accounting for almost 14 percent of total Air Force aviation fuel use.

"We're partnering with the Southwest Research Institute, the Air National Guard and the Air Force Operational Energy office to validate the concept and determine actual efficiency gains," said Ed Clark, APTO aviation program lead overseeing the initiative.

report, data showed a reduction in drag of 0.8 percent for repositioning the blade vertically, and 0.2 percent for the slimmer wiper design.

"This is a significant milestone for us. Over several months, we performed thousands of flight configurations during CFD testing to prove efficiency gains on the KC-135," said Clark. "Now, we're ready to move on to airworthiness testing and certify its use with the (Federal Aviation Administration)."

The team plans to further refine the wiper design and layout over the coming months, with the next phase scheduled for summer 2020. They have also partnered with Delta Airlines, which plans to leverage some of the lessons learned on the KC-135 effort to assess the potential of utilizing vertical wipers on their Boeing 767 fleet.

"While 1 percent efficiency may not seem like a lot, it equates to millions of dollars in fuel savings each year, which can then be re-invested into other programs," said Daniel Pike, acquisition manager and chief of future operations for Air Force Operational Energy.

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# Navy Reserve extends drill postponement through May 31, consolidates Covid-19 guidance

NORFOLK - On April 16, Commander, Navy Reserve Force (CNRF) issued ALNAVRESFOR 011/20, which announces several new policies for Navy Reserve Sailors, consolidates temporary COVID-19 guidance for ease of reference, and postpones all drill weekends until the end of May.

"We are extending our current drill weekend-postponement until May 31 in order to protect our force and provide predictability for our Sailors," said Rear Adm. John Schommer, deputy commander, Navy Reserve Force. "Reservists should continue to use the liberal telework policy we implemented last month to complete their Inactive Duty Training (IDT) requirements in order to ensure a 'good year' and maintain mission readiness."

Reservists are encouraged to read the entire official message, located at the N.R. Message Library

site, [https://www.public.navy.mil/nrh/Pages/library\\_messages.aspx](https://www.public.navy.mil/nrh/Pages/library_messages.aspx), for complete details.

In addition to postponing drill weekends, 13 other topics are addressed, including annual participation waivers, funeral honors, and military school impacts. The telework policy implemented by CNRF March 19 will also be extended until May 31.

"Over the past month, we have implemented several policies to ensure maximum flexibility for our Reservists," said Schommer. "It's important for the Navy Reserve team to know we have their backs, and we want to ensure their success."

Although the annual participation waiver process remains unchanged, Navy Reserve leadership recognizes the undue effect the COVID-19 crisis poses on an individual Reservist's ability to meet

their participation requirement. Therefore, when a waiver request is submitted, unit leaders' endorsements and Navy Operational Support Center (NOSC) commanding officers' and wing commanders' adjudication shall strongly consider COVID-19 response effects on a Sailor's ability to participate. It is directed that each waiver request be individually reviewed with a favorable bias toward approval, as appropriate.

For added flexibility, the deadline for the waiver submission has been adjusted from May 1 to June 30.

Annual participation and a qualifying year for retirement have different requirements. For retirement, Selected Reserve (SELRES) Sailors must achieve 50 points in their anniversary year. Points include drills (paid/non-paid), funeral honors, correspondence courses, AT/ADT, active duty,

and 15 membership points. The anniversary year is different for everyone. Visit the Points Frequently Asked Questions page to determine your anniversary year at <https://www.public.navy.mil/bupers-npc/career/reservepersonnelmgmt/pages/pointsfaq.aspx>.

For more detailed highlights, refer to [https://www.navy.mil/submit/display.asp?story\\_id=112678](https://www.navy.mil/submit/display.asp?story_id=112678).

## STATUS OF THE NAVY (as of April 20, 2020)

**Active duty: 339,448**  
 •Officers: 54,830  
 •Enlisted: 280,205  
 •Midshipmen: 4,413  
**Ready Reserve: 103,395 as of Jan 2020**  
 •Selected Reserves: 49,942  
 •Individual Ready Reserve: 48,815  
 Reserves currently mobilized: 3,077 as of April  
**Navy Department civilian employees: 282,121**  
**Ships and submarines**  
 Deployable battle force ships: 296  
 •Deployed battle force across the Fleet including forward deployed submarines:  
 •Deployed ships underway: 66  
 •Ships underway: 96  
 •Local ops / training: 30  
**Aircraft carriers underway:**  
 USS Dwight D. Eisenhower - 5th Fleet  
 USS Harry S. Truman - 2nd Fleet  
**Amphibious assault ships underway:**  
 USS Bataan - 5th Fleet  
 USS America - 7th Fleet  
 USS Makin Island - 3rd Fleet

# Russian fighter buzzes U.S. aircraft for second time in four days



A Russian SU-35 fighter, shown here, cut within 25 feet of a U.S. P-8A submarine reconnaissance plane. Courtesy photo

by John Vandiver,

Stars and Stripes

STUTTGART, Germany - A Russian fighter plane cut within 25 feet of a U.S. military aircraft April 19, marking the second time in less than a week that unsafe maneuvers by Russian pilots put Navy pilots at risk, the military said.

The incident over the eastern Mediterranean Sea involved a Russian SU-35 fighter conducting two high-speed intercepts of a U.S. P-8A submarine reconnaissance plane, U.S. Naval Forces Europe-Africa said late Sunday, without specifying the location.

While the first intercept was judged safe, the second was deemed "unsafe and unprofessional due to the SU-35 conducting a high-speed, high-powered maneuver that decreased aircraft separation to within 25 feet," NAVEUR said in a statement.

The encounter exposed the U.S. aircraft to wake turbulence and jet exhaust, forcing the P-8A to "descend to create separation and ensure safety of both aircraft," the Navy said.

Russia's defense ministry said in a statement April 20 it scrambled a fighter from Hmeymim air base in Syria to shadow the U.S. aircraft, which it said was flying toward Russian military facilities. The defense ministry didn't ad-

dress the Navy's complaint that the Russian fighter performed unsafe maneuvers.

On April 15, an SU-35 also risked a midair collision over the Mediterranean when it performed an inverted high-speed maneuver 25 feet in front of a Navy P-8A.

The incidents are part of a recent string of close military encounters with adversaries. Earlier this month, Air Force fighter jets intercepted a pair of Russian maritime patrol planes 50 miles off the western coast of the Aleutian Islands in what military officials said at the time was a test of U.S. capabilities amid the coronavirus pandemic.

Last week, 11 Iranian military vessels moved dangerously close to several American ships conducting operations in the northern Persian Gulf, the Navy said.

On April 16, U.S. European Command's Gen. Tod Wolters told reporters that last week's encounter with the Russians over the Mediterranean appeared to be more about the actions of one air crew rather than a strategy aimed at testing American combat capabilities.

"I've studied the intent, and my conclusion at this point is that it was probably something that was more along the lines of unprofessional as opposed to deliberate," Wolters said.

Sunday's incident occurred in international airspace where the P-8A was operating within international law and did nothing to provoke the Russian response, the Navy said.

"The unnecessary actions of the Russian SU-35 pilot were inconsistent with good airmanship and international flight rules, seriously jeopardizing the safety of flight of both aircraft," NAVEUR said.



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## Ask Rusty - Why are our Medicare premiums different?

Dear Rusty: What is the Medicare monthly payment based on? I pay \$139.60, my husband pays \$144.60, a friend pays \$136.60. I receive \$388 per month in Social Security, my husband receives \$1,200, and my friend receives \$1,000 per month. There seems to be no rhyme or reason for the amount we pay. Signed: Curious to Know



Dear Curious: It may not seem so, but there is actually "rhyme or reason" to the amount of everyone's Medicare premium. I'll try to explain.

Each year Medicare determines a standard premium amount for Part B - coverage for doctors and other outpatient services. For 2020, the standard premium is \$144.60; last year it was \$135.50. Higher earners may even pay more, as a supplemental amount is added to the base Part B premium if someone's income exceeds certain high clip levels set by Medicare. In short, those with high income pay a higher (than standard) Medicare premium. The rest of us pay the base \$144.60 amount, unless the "hold harmless" provision is in play.

The "hold harmless" provision is a law passed by Congress to prevent Social Security benefit payments from decreasing as a result of an increase in the Medicare premium (most Medicare premiums are deducted from Social Security benefit payments). The disparity in premiums you refer to results from the hold harmless provision, which also permits all or part of a Social Security cost of living adjustment (COLA) to be applied to your Medicare premium increase, instead of going to you. Here's what can happen: If the Medicare premium goes up in any year, some (or all) of your annual Social Security COLA increase can be used to pay for your monthly Medicare premium increase. But, if the COLA increase to your SS benefit isn't big enough to cover the entire Medicare premium increase, your net SS benefit stays the same and your Medicare premium amount becomes whatever level your COLA increase brings it to (up to the base premium for that year). That means that your Medicare premium could be lower than the standard Medicare Part B premium for the year.

Since the dollar value of a COLA increase varies according to the size of your Social Security benefit, those with a higher benefit may receive a COLA increase which more than covers the Medicare premium increase and the remainder is given as additional SS benefit. But those with a lower SS benefit will get a smaller COLA, which may not be enough to cover the increase in the Medicare premium. In that event, the Social Security benefit stays the same and the COLA is used to bring the Medicare premium up to, or closer to, the base premium amount. If the COLA doesn't cover the entire Medicare premium increase, the premium stays at a lower-than-base number. And this recurs every year, which results in many people, especially those with a smaller SS benefit amount, paying a different (smaller than base) Medicare premium amount.

Here's an example: If your husband's SS benefit is \$1,200/month, he got a \$19.20 COLA increase for 2020 (1.6 percent). The Medicare premium for 2020 went up by \$9.10, which was taken from his COLA increase. The remaining \$10.10 of his COLA increase was added to his SS benefit amount.

If your benefit is \$388 your COLA increase was \$6.20 (1.6 percent). That \$6.20 COLA wasn't enough to cover the \$9.10 Medicare premium increase, but it was applied to your previous Medicare premium amount to bring you to a Medicare premium of \$139.60. Your net SS payment stayed the same because your current SS benefit cannot be used to pay for the rest of the premium increase. But \$5 of any COLA increase you get next year will go toward bringing you up to the base Medicare premium amount. While this may not fit your idea of "rhyme or reason" it is, nevertheless, based upon a well-intentioned "hold harmless" rule which protects your Social Security benefit from decreasing.

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

## Doolittle Raid on Japan 78 years ago buoyed American spirits

by David Vergun,  
DOD News

The April 18, 1942, Doolittle Raid on Japan early in World War II bolstered American spirits just months after the surprise attack on Pearl Harbor and the loss of the U.S. territories of Guam and the Philippines.



The crew of one of the Doolittle Raid B-25B Mitchell medium bombers poses for a photo before launching the April 18, 1942, raid. Photo by Army Air Force

The other goals of the mission were to bomb Japanese war industries and to lower the morale of the Japanese people.

The problem was that the U.S. didn't have long-range strategic bombers that could take off from Hawaii on their bombing run to Japan and then return. So with the help of the Navy, a plan was hatched.

The Army Air Force's North American B-25B Mitchell was selected as the best bomber available that could take off from an aircraft carrier. The commander of the raid, Lt. Col. Jimmy Doolittle, planned to fly his squadron from a carrier to the Soviet city of Vladivostok after the bombing run.

But they wouldn't return to the carrier. B-25B tests showed that it had difficulty landing on the deck of a carrier, as it was meant to be a land-based runway aircraft. Also, the carrier group could get out of harm's way quickly enough, as enemy planes and ships were anticipating such an attack and had positioned vessels at sea to spot U.S. warships. The bombers also lacked radar.

Although the Soviet Union was a U.S. ally against Germany, it had signed a nonaggression pact with Japan, so it declined an offer to participate.

To get within range of Japan, the plan was to sail carrier USS Hornet within 400 miles of mainland Japan, launch the 16 aircraft with a crew of 80 airmen and quickly sail out of harm's way, along with carrier Enterprise; a cruiser; eight destroyers and two oilers.

However, when the task force was 750 miles from Japan, they were spotted by a Japanese patrol vessel, which cruiser USS Nashville, promptly sank. However,

the patrol vessel had time to radio a warning to the Japanese military, so the decision was made to launch the 16 B-25B's immediately and get out of the area as quickly as possible.

Six hours after launch, the aircraft bombed military and industrial targets in Tokyo and other large cities on the main island of Honshu.

Of the 16 planes, 15 crash-landed in China and one aircraft, which was low on fuel, landed in the Soviet Union, which was closer. Crew members from that plane were detained because the rules of neutrality were such that the men couldn't be returned. However, they all managed to escape.

In total, three crew members were killed in action. Another three were executed by the Japanese, and one died in captivity. This was considered a relatively low fatality rate for such a risky mission.

One of the survivors, Doolittle, received the Medal of Honor in 1942 from President Franklin D. Roosevelt.

One of those who was captured by the Japanese, Army 2nd Lt. George Barr, was treated horribly while in custody, and at one point was near death. After the war and after recovery, he returned to Japan as a missionary, serving there for 30 years.

The Doolittle Raid, while doing relatively minor damage to Japan, did serve to greatly boost the morale of the American people, which was the primary aim.

## Stimulus

continued from page 1

share direct deposit information with the IRS that veterans use to receive their monthly VA benefits. The VA is sharing that information now, the department announced Friday. "Many have expressed concern that veterans and their beneficiaries would be overlooked ... simply because they don't file an annual tax return," said VA Secretary Robert Wilkie. "This collaboration will ensure our veterans receive CARES Act payments without any additional action or paperwork required."

The VA couldn't give a date when the payments may be distributed but indicated it could take weeks. The department referred vets to the IRS website to track payments.

"For non-tax filing VA beneficiaries, please note their information will be loaded on this tool within the next few weeks," the VA said in a statement.

The VA acknowledged that some veterans in this category may have already entered their payment information through an online tool the IRS created for non-filers. The department said there would be no interruption in payment for those veterans.

The VA encouraged veterans to use that IRS tool if they have children. Otherwise, it was unclear whether they would receive the extra financial support for their dependents. Under the \$2 trillion CARES Act, families are supposed to receive \$500 per child.

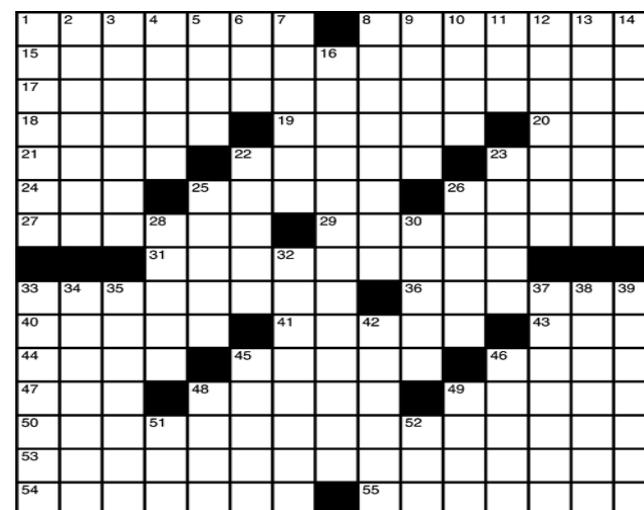
## Crossword Puzzle

### Across

- 1 Renewable fuel source
- 8 Licorice-flavored liqueur
- 15 Loaded
- 17 Side dish in a sauce
- 18 Rashness
- 19 Came across by chance
- 20 Sch. that moved from the Mountain West Conf. to the Big 12 in 2012
- 21 Prefix with analysis
- 22 Odd page, normally
- 23 Critter with tusks
- 24 Barley wine, e.g.
- 25 First child of Henry VIII to survive to adulthood
- 26 Rummy
- 27 Leaf producer
- 29 Like stucco
- 31 Lavish supply
- 33 Gateway Arch designer
- 36 Author Huxley
- 40 "The Empire Strikes Back" director Kershner
- 41 "Tell It to My Heart" singer Taylor
- 43 One abroad
- 44 B&W chamois base
- 45 Easing of govt. control
- 46 Bingo call
- 47 Nature-nurturing org.
- 48 State of ...sterreich
- 49 California's \_\_\_ Bay
- 50 Cub, for one
- 53 Saint-Exupéry classic
- 54 Caustic solution
- 55 Sells off

### Down

- 1 King pen name
- 2 Beersheba native
- 3 Euripides tragedy
- 4 Japanese two-seater
- 5 Top
- 6 Miss
- 7 British potter James known for Brown Betty teapots
- 8 FDR's Fala et al.
- 9 Film beeper, familiarly
- 10 Complaint
- 11 Jump in the pool?
- 12 Bob Hope venue
- 13 Mark of a shark
- 14 Guaranteed
- 16 Sushi bar selection
- 22 Didn't stop talking
- 23 Destined
- 25 Muir Woods' county
- 26 It's a wrap
- 28 Sail-extending pole
- 30 Yangtze tributary
- 32 Form a political union
- 33 Solo pianists often provided music for them
- 34 Cheyenne allies
- 35 Worked with props?
- 37 Beats to the finish line
- 38 Stoop-shouldered, say
- 39 Many in Espa-a
- 42 Raised the roof
- 45 \_\_\_ Moore: film brand
- 46 '30s-'50s film nickname
- 48 Hard labor
- 49 Pro Football Hall of Fame coach Levy
- 51 Waterfront gp.
- 52 Prefix with Pen



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## Crisis exposes our weaknesses, but it doesn't have to destroy us

by Dr. Daneen Skube  
Tribune Content Agency

*Q: I think one of the worst parts of this virus is the fear that I'm slowing losing my mind. It seems to me that most people are also going nuts as we collectively imagine what fresh disaster awaits us. I know you have both therapy and business clients that rely on you for sane advice, especially now. What're you telling them?*

**A:** All my corporate and private client sessions right now can't avoid focusing on the Covid-19 crisis. I'm telling clients that if they're freaking out, they are normal. I'm also pointing out that most people have about 50 percent of their

brain power absorbed in worrying. Thus, we have to work pretty hard to use that other 50 percent to stay engaged in problem solving.

Realize some folks have 90 percent of their brains engaged

### INTERPERSONAL EDGE:

in worry. You're going to notice who functions well despite tough conditions and who goes completely offline. You'll find this information useful in the future. Adversity may introduce us to ourselves, but this adversity will also introduce us to the core strengths and weaknesses in others.

Here are Interpersonal Edge pandemic guidelines I'm providing to my private clients:

--You must become a discerning consumer of media. Don't get addicted to staring at news feeds. Only read legitimate news sources once a day for

10 or so minutes to get the big picture. Look for trends. The rate of infections dropping will be a big one.

--Be aware you're not entirely powerless in the face of this virus. If we work together by choosing physical separation, we deprive this virus of its host.

--We're not coming out of this crisis the same country, society or people who went into the pandemic. Our choices dictate whether we come out better or worse. Crisis exposes our weaknesses. We can let that information demoralize us or motivate us.

I'm also emphasizing with clients the critical role of comforting normal routines during a

time that is anything but normal. Whatever you find comforting that is not self-destructive, do that every day. My husband and I, no matter how hectic things are, make certain we have a cup of coffee in our hot tub before our day begins.

The most powerful part of Interpersonal Edge is not just the relationship we have with others but the relationship we have with ourselves. We're going to be spending a lot of time undistracted from the one person we never get away from.

Some of you will find this uncomfortable and choose numbness. Some of you will stare into the vast expanse of your inner space and start a personal growth adventure that will en-

rich the rest of your lives.

So much of how we handle our work and personal lives is not what happens to us but how we react. You can't control the storm swirling around you, but you can accept help and use this time to grow. My thoughts and prayers go out to you, dear reader. I intend to make my column one source of comfort until we emerge from our global and national crisis.

The last word(s)

*Q: Every stupid piece of technology in my life seems to be failing at exactly the time I need it most. As if I needed one more problem right now! Do you think I'm cursed, or is this something others are*

*experiencing?*

**A:** No, the curse you're experiencing is millions of people switching online for everything. I also wonder if our intense collective anxiety is frying the circuitry of some of our tech!

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

### Special leave accrual for service members

On April 16, Under Secretary of Defense for Personnel and Readiness Matthew Donovan signed a department-wide authorization for service members to accrue and retain an additional leave balance of up to 120 days.

The department's actions to stem the spread of COVID-19 has significantly limited the ability of service members to take leave during this national emergency, and we know that leave is vital to the health and welfare of our force.

The memo can be found via <https://www.defense.gov/Newsroom/Releases/Release/Article/2153213/special-leave-accrual-for-service-members/source/GovDelivery/>.

### Department-head course hones tactics, collaboration for int'l surface warfare students

by MC2 Derien Luce

NEWPORT, R.I. - The International Surface Warfare Department Head Operations Specialty course is one of four international courses offered by the Surface Warfare Officers School at Naval Station Newport, with the latest group of students set to graduate June 19.

The 15-week course prepares mid-grade international surface warfare officers with previous sea experience to execute both operations and combat systems department head duties.

This course broadens students' skills in warfare and to build relationships. Students learn the basic knowledge of seamanship, navigation and damage control, but the focus of

the course is warfare and warfare planning.

"These future operations department heads will be fighting their ships from the combat information center as tactical action officers," said Lt. Benjamin Grayson, a course instructor. "We need to ensure that they are ready for this constant, tactical-minded watch station."

Lt. Tunggal Adya Dewangga, a member of the Indonesian navy and student in the course, believes there are also benefits to training with students from all over the world.

"We can exchange knowledge, cultures and perspectives," said Dewangga. "One thing that is certain is that we'll make new friends."

Grayson said strengthening international bonds is vital to building strong, joint forces.

"I think the more those different nations of the world can work together, the less conflict we'll have, and that's the goal," said Grayson. "If we should ever need to work together, having these bonds will help us have an easier time integrating with each other."

Dewangga said he enjoys the course and looks forward to taking what he has learned home with him.

"This course opens up a new viewpoint for me," said Dewangga. "It has shown me how I can improve my performance at work in the future."

### Pacific Submarine Force announces Sailors of the Year

PEARL HARBOR, Hawaii - Commander, Submarine Force, Pacific Fleet (COMSUBPAC) announced the 2019 Shore and Sea Sailors of the Year (SOY) via Naval message April 1.

The 2019 Sea Sailor of the Year was awarded to Machinist's Mate (Nuclear) 1st Class Britany Acker, assigned to USS *Michigan*. She was selected for the Enlisted Women in Submarines Program after working as a junior staff instructor at Naval Nuclear Power Training Command in Charleston, S.C. She reported to Michigan Blue in February 2017.

"When given the opportunity to serve on submarines I was ecstatic," said Acker. "Serving with my fellow submariners, past and present, is an honor I cannot put into words."

The 2019 Shore Sailor of the Year was awarded to Master-at-Arms 1st Class Will Finley, assigned to Naval Submarine

Support Center Pearl Harbor.

Having served in the Navy for 18 years, Finley's completed tours in Afghanistan and South Korea, to name a few. He reported to NSSC Pearl Harbor in January 2018.

"Every command that I have been assigned to, I have worked hard and taken care of people," said Finley. "The submarine force works extremely hard, and they value and recognize hard work."

Rear Adm. Blake Converse, commander of COMSUBPAC, thanked all of the command's SOY for their outstanding performance in 2019.

"We're a Force comprised of talented, capable and motivated Sailors, and these exemplary First Class Petty Officers represent the best of the best," said Converse. "They are the backbone of our operational readiness today, and the future

leaders of our Submarine Force for years to come.

**The finalists for Sea Sailor of the Year were:**

- Logistics Specialist 1st Class Jamie Jacob, USS *Frank Cable*
- Machinist's Mate (Nuclear) 1st Class William Bowes, USS *Tucson*
- Electronics Technician (Nuclear) 1st Class Thomas Jones, USS *Seawolf*
- Machinist's Mate (Nuclear) 1st Class Jacob Pellowski, USS *Nebraska* (Gold)

**The finalists for Shore Sailor of the Year were:**

- Legalman 1st Class Stacy Oglesby, Submarine Squadron 15
- Logistics Specialist (Submarines) 1st Class Corey Borgan, Priority Material Office
- Navy Diver 1st Class Benjamin Bowen, Undersea Rescue Command
- Sonar Technician (Surface) 1st Class Andrew Mullen, Naval Ocean Processing Facility, Whidbey Island

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## Pacific Fleet names hard-charging Sailors of the Year

PEARL HARBOR - Pacific Fleet (PACFLT) announced the selection of Aviation Ordnanceman 1st Class Jason Webley and Utilitiesman 1st Class Joseph Rubino as the 2019 Sea and Shore Sailors of the Year.

PACFLT's Master Chief Jim Honea praised all 16 SOY nominees for their hard work and dedication throughout their careers, and especially during these trying times.

"I'm incredibly proud to know that we have Sailors like these representing PACFLT," said Honea. "Every one of these finalists exemplify the competency and character we desire in our leaders. They are each technical experts, leaders of exemplary character, and outstanding teammates. They're all winners."

Webley, assigned to the Pacific Missile Range Facility Far East Det. Okinawa, hails from Brooklyn, N.Y., and joined the Navy in January 2007.

"It is a blessing," said Webley. "It's a direct reflection of the leadership and mentorship that my superiors have given me throughout my career. But it's also a direct reflection of

the hard work that my peers and subordinates have put forth with and for me throughout the years."

Webley will be meritoriously promoted to chief petty officer as part of his selection as PACFLT SOY.

Rubino, assigned to **Construction Battalion Maintenance Unit (CBMU) 303, San Diego**, is originally from Belleville, N.J., and has been in the Navy for 18 years.

"This is incredible," said Rubino. "I just checked in to a new command, and with the social distancing measures it's been a challenging adjustment. But once this is all over, I owe my leadership and my Sailors back at CBMU 303 some handshakes. I would not be in this position without their support."

Rubino will represent PACFLT in the Chief of Naval Operations' Shore Sailor of the Year competition.

Other sea SOY finalists were:

Personnel Specialist 1st Class Barbara Karas, of Carrier Strike Group 3

Operations Specialist 1st Class Diana Park, of Commander, Expeditionary Strike Group 7

Yeoman 1st Class Vinish Nair, of USS *Decatur* (DDG 73)

Operations Specialist 1st Class Kenneth James, of Commander, Pacific Fleet Det. Joint Mobile Ashore Support Terminal

Machinist's Mates (Nuclear) 1st Class Britany Acker, of USS *Michigan* (BLUE)

Hospital Corpsman 1st Class Jesus Alvarado, of 1st Marine Division

Builder 1st Class German Dunlop, of Naval Mobile Construction Battalion 5, Port Hueneme

Operations Specialist 1st Class Jamonte Wilson, of Naval Special Warfare Group 3

The shore SOY finalists were:

Cryptologic Technician (Networks) 1st Class Autumn Yarbrough, of Commander, 3rd Fleet

Musician 1st Class Vincent Moody II, of 7th Fleet Band

Legalman 1st Class Karen Bobb, of Commander, Electronic Attack Wing Pacific

Navy Counselor 1st Class Brenda Lemas, of Littoral Combat Ship Squadron 1

Culinary Specialist 1st Class Abraham Beck, of Commander, Pacific Fleet

Master-at-Arms 1st Class Ardis Finley, of Naval Submarine Support Command Pearl Harbor

Former CNO Adm. Elmo Zumwalt and former MCPON John Whittet established the SOY program in 1972 to recognize an individual Sailor who best represents the group of dedicated professional Sailors at each command and ultimately the Navy. The SOY program was expanded to include the shore establishment and Navy Reserve Sailors.

Due to travel restrictions and social distancing requirements resulting from the COVID-19 pandemic, this year's selection panel was held via video teleconference.

## Navy identifies USS *Theodore Roosevelt* Sailor who died of COVID-19

PEARL HARBOR - Aviation Ordnanceman Chief Petty Officer Charles Robert Thacker Jr., 41, of Fort Smith, Ark., assigned to USS *Theodore Roosevelt* (CVN 71), died from COVID-19 April 13 at Naval Hospital Guam.



Official photo released of Aviation Ordnanceman Chief Petty Officer Charles Robert Thacker Jr., 41, of Fort Smith, Ark. assigned to USS *Theodore Roosevelt*, who died from COVID-19 April 13 at Naval Hospital Guam. Official Navy photo

Thacker tested positive for COVID-19 March 30, was removed from the ship and placed in isolation on Naval Base Guam. On April 9, Thacker was found unresponsive during a daily medical check and transferred to Naval Base Guam via ambulance where he was placed in intensive care.

"Our thoughts and prayers are with the family during this difficult time," said Capt. Carlos Sardiello, *Theodore Roosevelt's* commanding officer. "Our number one priority continues to be the health and well-being of all members of the *Theodore Roosevelt* strike group and we remain steadfast in our resolve against the spread of this virus."

Thacker's spouse, an active duty member stationed in San Diego, was flown via Navy Air Logistics Office flight to Guam, arriving April 11. At the time of his passing, Thacker's spouse was by his side.

Marine Corps 3rd Medical Battalion.

To support Sailors, USS *Theodore Roosevelt* has a civilian resiliency counselor, a chaplain team and medical psychologist assisting as needed. The crew is also being supported by Joint Region Marianas and Naval Base Guam chaplains.

Crew members who tested positive for COVID-19 remain in isolation at controlled locations on Naval Base Guam, where they receive daily medical supportive care. All medical care is being provided by medical personnel from *Theodore Roosevelt*, U.S. Naval Hospital Guam, and elements of the U.S.

USS *Theodore Roosevelt* arrived in Guam March 27 for a scheduled port visit for resupply and crew rest.



## NAVFAC Southwest awards \$99.8 million for China Lake earthquake reconstruction

SAN DIEGO - Naval Facilities Engineering Command (NAVFAC) Southwest awarded a \$99.8 million task order to Reyes Construction Inc. of Pomona, Calif., for the design and construction of 25 new magazines and an inert storage facility at Naval Air Weapons Station, China Lake.

The task order, awarded April 14, is part of a multiple award construction contract. Reyes was one of multiple companies to submit proposals for the task order.

"This is the first major new construction project awarded in support of the NAWS China Lake earthquake recovery effort, and is an important part of restoring the installation to its full operational capability," said Capt. Mike Oestereicher, NAVFAC Southwest commanding officer.

"Mission critical operations and RDT&E support to the Fleet were adversely impacted by the damaged magazines," he said, "with ordnance being jam-stowed in the handful of remaining adequate magazines or shipped off-base to other sites. This project will restore that lost capability and help bring NAWS China Lake back up to

full readiness."

Naval Air Station China Lake experienced two major earthquakes in July 2019. The task order will fund the demolition, removal, design and construction of facilities damaged by the earthquakes.

Reyes Construction will demolish an inert storage facility and 32 critically damaged magazines and design and construct 25 new modern magazines and an inert storage facility. The construction will include electrical, telecommunications, intrusion detection systems, roadway and apron paving, a bridge crane and positive drainage for the new magazines and storage facility.

"Award of this project in such a short time represents a tremendous team effort with support from a myriad of stakeholders and support organizations," said Cmdr. Dan Stokes, NAVFAC SW assistant operations officer. "We're eager to move forward into the construction phase to help restore full mission capability to the base, and to provide support to the Fleet."

"This critical investment will bring our weapons storage capability into the modern era and will support testing programs

for current and future weapons systems," said Capt. Jason Sherman, Navy Munitions Command Pacific and Naval Weapons Station Seal Beach commanding

officer. "Importantly at China Lake, these new magazines will be seismically rated to modern standards for increased environmental resiliency."

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Aviation Electrician's Mate 3rd Class Kyle Hernandez disinfects a berthing aboard carrier USS Theodore Roosevelt (CVN 71) with a multi-surface sanitizer. Photo by MCSN Kaylianna Genier

## NAVFAC Southwest battles COVID-19 with \$2.6 million for disinfecting services

by Lee H. Saunders,  
NAVFAC SW Public Affairs

SAN DIEGO - Naval Facilities Engineering Command Southwest awarded a not-to-exceed \$2.6 million contract recently for critical cleaning and disinfecting of areas with confirmed COVID-19 cases at military facilities in the NAVFAC Southwest area of responsibility.

"Requests for cleaning and disinfecting of confirmed COVID-19 cases have been fast and furious," said Alan Lacuesta, NAVFAC Southwest Facility Support Contracts Product Line director. "We have processed 43 requests since the blanket task order was awarded, an average of nearly two per day. It's definitely a unified effort between

NAVFAC Southwest, EWA Direction and our military installations."

The indefinite delivery-indefinite quantity blanket task order was awarded to EWA Direction of Honolulu, Hawaii.

Requests for cleaning are typically processed in less than 3 hours and EWA Direction,

a certified service disabled veteran owned business, has consistently mobilized in under 24 hours. EWA Direction had an existing biomedical waste disposal contract with NAVFAC Southwest and was selected to provide COVID-19 cleaning services because of its proven ability to safely handle hazardous cleaning situations.

"Our main objective is to ensure the safety of our military, civilian and contractor personnel and we are proud to support the global battle against this invisible enemy," said Lacuesta.

NAVFAC Southwest, located in San Diego, is the contracting activity. NAVFAC Southwest personnel support our clients with services in planning, design, construction, real estate, environmental and public works support for U. S. Navy shore facilities, Marine Corps, Army, Air Force, and other federal agencies in California, Nevada, New Mexico, Utah, Arizona, and Colorado.

## USS Theodore Roosevelt's clean fight

by MCI Chris Liaghat,  
NAVAL BASE GUAM - Sailors aboard aircraft carrier *Theodore Roosevelt* are pushing hard and making progress toward keeping their fellow Sailors safe and returning their ship to sea.

Following routine naval operations in the South China Sea the Sailors of USS *Theodore Roosevelt* are face-to-face with a new, silent and invisible enemy, the coronavirus disease 2019 (COVID-19). They are fighting back, and the crew is now winning.

In the beginning, fighting the virus resembled a damage control scenario, similar to fighting a fire or flood. Capt. Dan Keeler, executive officer aboard *Theodore Roosevelt*, established a command center akin to damage control central in a ship casualty, in the executive officer's conference room. Cmdr. Jennifer Huck, *Theodore Roosevelt's* combat directions center officer, was appointed as the initial officer in charge.

"We have two tasks, taking care of Sailors and cleaning the ship," said Huck. "We are focused on taking care of the Sailor's health and ensuring the ship's crew is following all centers for disease control and prevention guidelines to include personal protective equipment (PPE). Our medical department is doing great work testing, isolating and treating Sailors. We are going to thoroughly clean the ship. We have already started and are about finished."

Sanitizing the ship has become an all hands effort, including a roving cleaning team that is constantly transiting the ship, cleaning along the way. Each day begins and ends with what the crew now refers to as "bleach-a-palooza."

"I have been here since day one of bleach-a-palooza," said one of the Sailors responsible for controlling, mixing and is-

uing cleaning solution to the crew. "It's an all hands effort and everyone is trying their best. Supply and medical work hand-in-hand to monitor every department on the ship to make sure they're cleaning twice a day. If they want to clean after hours we support that as well." *Theodore Roosevelt's* supply department has worked tirelessly to ensure the crew has all the tools they need to fight this new enemy. "We supply gloves, rags, bleach, buckets and any other items needed to support the mission," said the Sailor. "It's important to make sure every department gets what they need while also supporting the cleaning task force who clean all day."

The cleaning task force is led by Cmdr. Chad Hollinger, *Theodore Roosevelt's* weapon's officer, who the crew has taken to calling "Mr. Clean," and Master Chief Aviation Ordnanceman Patrick Maxie, *Theodore Roosevelt's* weapons department leading chief petty officer.

"The team's mission is to fully sanitize the ship," said Hollinger. "To complete the mission we are going to clean this ship from top-to-bottom and forward-to-aft to create a clean zone for everyone coming back to the ship, so we can get back to business."

Hollinger and Maxie's primary mission when the ship is out to sea is leading teams of Sailors in the delivery of ordnance and ammunition used to fight an enemy that can be seen with the naked eye. While the enemy may have changed, their mission remains the same, to eliminate the enemy.

"We hit the virus with chemicals we know will kill it, and after that space is clean, we seal it off," said Maxie. "Along with cleaning solution and disinfectant, we use a number of things to complete the mission. Most important on the list is PPE. The safety of our Sailors is our top

priority. To protect them from the cleaning solution and the virus, our teams are required to wear goggles, gloves, face shields, and coveralls while cleaning. Once they enter a space they go through with tough wipes, rags and cleaning spray and then go back through with a disinfectant or bleach solution."

According to Hollinger, the most helpful tools in completing the mission are large area sprayers. The team uses the sprayers in spaces without large machinery or electrical equipment. With this equipment, the team can cover a large space, such as a berthing or mess deck, in a third of the time it would take to do by hand.

"We have cleaned over 2,000 spaces so far and have cleaned over 80 percent of the ship," said Hollinger. "I couldn't be more proud to take on the task of leading this team and I couldn't have asked for a better team to get this done. It hasn't been easy; it's hard work, but we are fighting through it. There is a light at the end of the tunnel, and we are going to get there."

While the crew cleans the ship, the first round of Sailors that left after testing positive for the virus are completing their own recovery said Capt. Carlos Sardiello, *Theodore Roosevelt's* commanding officer.

"It's a journey, but supporting each other is how we get through this," said Sardiello. "We are extremely thankful for the overwhelming support from the local government here on Guam, in cooperation with Joint Region Marianas in the fight against COVID-19.

"I look forward to giving the conning officer permission to order, all ahead 2/3, out the breakwater of Apra Harbor to the Pacific Ocean. There is a saying, no ship sails on yesterday's wind. We move forward by what we do here and now."

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### Warfare center designs face shields for staff at state prison

by Candice Villarreal

NORCO - Naval Surface Warfare Center, Corona Division designed a low-cost, quick procurement face shield prototype for prison staff at an adjacent correctional facility in the midst of the COVID-19 pandemic.

The center's Corona Expeditionary Solution Cell - engineers and scientists developing rapid engineering solutions to Navy and Marine Corps challenges - designed the face shields for California Rehabilitation Center-Norco using computer-aided design software, 3-D printing technology and readily-available plastic document protectors available at office supply retailers.

The face shields were designed to help prison staff within the facility in a worst-case preparation scenario, bringing together federal, state and private sectors to meet emerging safety requirements at a marginal cost.

"The prison reached out and asked us if we had the capability to produce face shields to augment their current personal protective equipment (PPE) resources in case they needed them to fight the COVID-19 threat," said Chris Curran,

technical program manager for advanced/digital manufacturing at NSWC Corona's Fallbrook detachment. "Within four hours, we were able to provide them with a potential solution to fit their needs."

The team developed a precision-designed face shield prototype that could maximize available resources, minimize the number of required parts and still serve its purpose of helping to prevent droplet travel. The finalized prototype was designed to print at the fastest speeds and largest print volume settings to enable mass production at minimal costs, giving the prison an additional option to augment its supply stockpile if needed.

"Even in a situation like COVID-19, where a large part of the population is sheltering in place and some of us are teleworking, we're focused on mission accomplishment and ready to execute," said Curran. "We leveraged three employees to design it from the ground up according to requirements, prototype it and print it to deliver a viable solution in a very short amount of time."

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# NAVWAR team installs next-gen network in record time on USS Ronald Reagan

by Elisha Gamboa

SAN DIEGO - Naval Information Warfare Systems Command (NAVWAR) Enterprise efficiently and effectively completed a major upgrade

legacy network programs to provide a common computing environment for more than 40 command, control, intelligence and logistics applications.

To rapidly meet changing warfighter requirements, technical experts across NAVWAR enterprise worked together to deliver CANES Hardware Version 1.2 and Software Version 3.0 to *Reagan*, strengthening

network infrastructure, improving security, reducing the existing hardware footprint and decreasing total ownership costs.

"The threats to our mission - and our nation - are evolving too rapidly for us to remain comfortable in the established pace of defense acquisition and technology transition," said Rear Adm. Christian Becker, NAVWAR commander. "We

must accelerate internal processes, from identifying and maturing advanced technology to developing, delivering and sustaining systems that enable information superiority across all warfare areas. Increasing speed to delivery, the CANES HW1.2/SW3.0 team quickly delivered a critical capability to the warfighter, enabling the ability to fight and win the wars of the future."

This effort, led by NAVWAR Fleet Readiness Directorate Installation Program Office, Naval Information Warfare Center Pacific Yokosuka and Program Executive Office for Command, Control, Communications, Computers and Intelligence and Space Systems, included support from Naval Information Warfare Center Atlantic, Puget Sound Naval Shipyard, Naval Ship Repair Facility and Naval Network Warfare Command, to name a few.

"As the NAVWAR organization that is closest to the fleet, it is our goal to translate fleet expectations for delivery of time-critical products and services into actionable and repeatable

activities," said Mike Spencer, FRD executive director. "In the case of *Reagan*, we successfully executed our goal in record time. In close collaboration with our partners across the enterprise, we accelerated the delivery of the new CANES baseline, providing the fleet with the most advanced C4I capabilities available, so that they are able to effectively meet current and future mission requirements."

Despite logistical, technical

and current coronavirus challenges, NAVWAR enterprise successfully completed this comprehensive software reload and technical refresh with intensive C4I alterations in less than four and a half months, resulting in the fastest installation on a force level ship to date, returning valuable time to the warfighter. The overall effort included the installation of 52 racks of equipment across the platform and an upgrade of over 2,400 workstations throughout the ship.

"The *Reagan* installation employed several innovative techniques for shortening the installation time, said Susie Hartzog, NIWC Pacific department head for communications and networks. "This included pre-installing several of the shipboard applications in a San Diego facility prior to shipment to Japan, as well as deploying a pre-built and reusable temporary local area network infrastructure on *Reagan*, allowing for the rapid migration of existing data."

These innovations - along with automation - resulted in minimal downtime for sailors who still needed to perform their regular duties, even during the installation period.

"Automation was foundational to the rapid imaging of workstations as well as the installation of applications on the network using a novel Hosted and Connected System Integrated Manual (HACSIM) technique," said Hartzog. "Getting the ship installation done more quickly means *Reagan* is back to mission capable in short order."



USS Ronald Reagan and USS Boxer sail in formation during recent operations in the 7th Fleet. Navy photo by MC2 Erwin Jacob V. Miciano

and installed a new baseline of the Consolidated Afloat Networks and Enterprise Services (CANES) in record time recently on USS *Ronald Reagan* (CVN-76) while forward deployed in Japan.

The CANES program is the Navy's next generation tactical afloat network. CANES represents the consolidation and enhancement of five shipboard

## AutoMatters™ & More

## Remembering Bob Fria



by Jan Wagner

On April 1, the Coronavirus Pandemic struck close to home, taking Robert (Bob) Fria as one of its many victims. Bob was an automotive enthusiast and historian, and a decorated veteran of the U.S. Air Force. He was also very active in the San Diego car community and beyond.

For many of us, Bob included, owning cars is more than just about having convenient access to personal transportation. It is the common element in an automotive lifestyle that is shared by like-minded people around the world. That lifestyle may include participation in motorsports, taking "club runs" on country roads with fellow car club members, enjoying social gatherings, giving back through charity fundraisers, participating in car shows, sharing and learning from each others' automotive technical expertise and resources, collecting automotive memorabilia and more. It has been said many times that some people take better care of their cars than they do of themselves. Bob reportedly took a great deal of pride and pleasure in caring for the cars in his personal collection.

Part of the fun of owning a car - and certainly my motivation for buying one car over another - is participation in that car's related enthusiast community. In various capacities and degrees of participation, I have enjoyed membership in

many such clubs and organizations in my lifetime, having owned many cool cars. One of those was a white 2011 Mustang GT with a beautiful red leather interior and a powerful V-8 engine. I joined the Mustang Club of San Diego, which led to many years of friendships, fun and great memories. That is where I met Bob Fria.

As we learn from Bob's obituary, published in The San Diego Union Tribune, he loved flying from a young age. He obtained his student pilot license at age 15, and went on to fly the C-130 in the U.S. Air Force, serving in Vietnam. He earned the Distinguished Flying Cross and Air Medal, and achieved the rank of Captain. After leaving the service, Bob flew for United Airlines, retiring as a Captain.

In 1997 Bob purchased the very first Mustang hardtop ever offered for retail sale. His Caspian Blue Mustang hardtop had been manufactured in 1964 - hand-assembled first as a pilot car, with final production in Ford's Dearborn Assembly Plant in Michigan. It had been intended for delivery to Vancouver, British Columbia, Canada, but due to a shipping snafu it ended up at a Ford dealership in Canada's Yukon Territory, where the first of its 14 eventual owners bought it. Its list price was \$2,471.10 (FOB Detroit).

As his Mustang was being restored, Bob did three years of research into the development of the Mustang. Then in 2010, encouraged to share his knowledge with the Mustang faithful by Jim Smart - renowned Mustang historian and keeper of an immense photo archive, Bob put what he had learned into his book entitled: "Mustang Genesis: The Creation of the Pony Car" (with a forward by Lee Iacocca).

As I had written in my review

of Bob's book (in "AutoMatters & More" #270) back in 2013: "This book, richly illustrated with archival photographs, was extensively researched through interviews of many of the remaining people who were responsible for the birth of the Mustang, including Lee Iacocca." To this day it remains a fascinating and informative read.

In 2014 Bob, recognized as an expert about the Mustang's long history, spoke on that topic at the car's 50th Birthday celebration at the Las Vegas Motor Speedway in Nevada. An article about Bob appears in that event's commemorative program. Ford's historic 1962 Mustang I Roadster concept car made a rare appearance there, on loan from the Henry Ford Museum (see "AutoMatters & More" #332).

An active member of the Mustang Club of San Diego, Bob took great pleasure in sharing his own rare Mustang in car shows. His Caspian Blue Mustang hardtop always got attention for both its historical importance and also as an excellent example of the first generation of Mustangs.

Bob was happily married for 52 years. He authored many nationally published articles, gave many radio/TV interviews and "was a consultant for the Ford Motor Company, the Henry Ford Museum, and for numerous radio and TV productions." Bob will be missed. Please join me in extending sincere condolences to his family and friends.

To see photos, visit [www.drive-tribe.com](http://www.drive-tribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #639" in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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## The Meat & Potatoes of Life



by Lisa Smith Molinari

Our family members are the people we know best. Living together makes us intimately familiar with each other's personalities, likes, dislikes, quirks and habits. We know intuitively what the other person is thinking or feeling, without a single spoken word...

I believed all that gibberish - hook, line and sinker - until I spent a month with my family in quarantine. Now I'm wondering, who are these people?

Sheltering in place has revealed minute details we never noticed before. Mannerisms, sensitivities, idiosyncrasies, temperaments, peculiarities, flaws, tendencies, imperfections, weaknesses and egocentricities are brought into excruciating focus under the unavoidable microscope of sheltering in place together for weeks on end.

Ironically, the person who I'm learning the most about is my Navy veteran husband of 27 years. If you'd asked me a month ago to describe Francis, I'd give the same comical commentary I've given for years. I'd mention his keen sense of humor, his unapologetic lack of mechanical skills, his hilarious self-centeredness, his charming charisma, his Italian temper, his penchant for unmanly things like candles and pastel sweaters, and his iron-clad ego. To summarize, I'd just that Francis is "our lovable narcissist" like I always do.

However, I never really knew Francis. Ever since the coronavirus

## Under the quarantine microscope: What I've learned about my husband of 27 years

crisis locked us into this unending house arrest, I realize that, for 27 years, I was too distracted by the minutia of our daily lives to see the outer reaches, hidden underbellies, and far corners of my husband's unique personality.

It all came into focus one day last week, when Francis gathered our daughters, Anna and Lilly, and me for an announcement. He sat at the head of the table, cleared his throat and began, "Ladies, I've made a decision. You've all been good during the coronavirus shut down, so you deserve a treat. Macy's is having an online sale today, so go to their website and get whatever you want." The girls' eyes widened at the thought of trendy outfits and accessories. My mind flashed with images of updated home decor.

"You each get fifty dollars for your shopping spree," he added with a self-approving nod, "because you deserve it."

"Only fifty bucks?" I thought, but didn't spoil the fun. Lilly's 19-year-old-broke-college-kid face beamed with delight, and Anna's 22-year-old-fashionista face got to the serious business of shopping on a budget.

At the end of the day, Lilly, who had unfortunately inherited my sickness for buying things just because they're on sale, had put thirteen clearance items into the Macy's online shopping cart. Anna, on the other hand, carefully selected one pair of pricy designer track pants. I picked a \$20 set of cloth napkins, hoping that Daddy Warbucks would be happy that his little

orphans came in under budget.

But I noticed that the Macy's online shopping cart total was over \$300. How did that happen? It was no surprise that our lovable narcissist had ordered himself a jacket for \$50. But a \$170 porch rocking chair?

That night while trying to sleep, I couldn't make sense of my husband. He announces that he wants to reward us, limits us to \$50 each, buys himself a jacket, and a rocking chair? He says he's treating us, but instead, splurges on himself? As if contemplating the vastness of the universe, my mind went blank, unable to process the unknown complexities of my life partner.

The next day while we were walking the dog, I gingerly approached the subject. "Honey, just curious. Why did you buy that rocking chair?" Completely unaware of how bad it looked, he explained that he'd always wanted one, and besides, it was a good price.

Rather than dig deeper, I took his simple answer at face value and added, "Well, you should have ordered two, because I'll need a place to sit on the porch, too." Although he never acknowledged his original transgression, Francis was embarrassed that he hadn't thought to order two rockers instead of one.

Thanks to Francis' imperfect combination of character traits, we now have two chairs to rock in, side by side. Unfortunately, we won't be rocking anytime soon, because they were delivered in boxes, assembly required.

# CLASSIFIEDS

## Fleet and Family Services still open for business over phone, web

by **Tim McGough**  
 WASHINGTON (NNS) -- Commander, Navy Installations Command has found a way to continue supporting Sailors and families while maintaining physical distancing.

Although Fleet and Family Support Centers (FFSC) at Navy installations have temporarily closed their doors, they remain open for business – virtually and through teleconferences.

“We are still offering numerous services to our customers through telehealth, online training, webinars and numerous other virtual services,” said Shauna Turner, director of CNIC’s family readiness division. “The CNIC family readiness professionals are still providing services that are only a phone call or a mouse click away.”

FFSCs are currently offering telehealth, non-medical services over the phone instead of face-to-face counseling. For telehealth services, customers can call their local FFSC to schedule an appointment or for more information.

Virtual classes include Live Well Resiliency webinars, which offer participants with tips, tools and resources to support the Navy lifestyle. Webinars are open to all Sailors and family members. Webinars are scheduled throughout the month with each webinar lasting about an hour and a half.

The next scheduled webinar, “Time Management During a

Crisis,” is scheduled April 16. Webinars scheduled for May include “Setting Healthy Boundaries During COVID-19,” “Household Goods and Smooth Moves” Q&A session, and “Stress Management in Times of Crisis.”

Registration is required. To register for webinars, go to <https://learning.zeiders.refineddata.com/enrol/index.php?id=7367>.

Another helpful online resource is CNIC’s Navy Spouse Navigation webpage, which serves as a one-stop-shop of information and other helpful resources for specifically for Navy spouses. From the page, which can be accessed at [www.cnic.navy.mil/ffr/family\\_readiness/navy-spouse.html](http://www.cnic.navy.mil/ffr/family_readiness/navy-spouse.html), offer quick links to various Navy and federal programs, such as the Navy Family Accountability and Assessment System (NFAAS), Navy Exchange and the Navy App Locker.

The CNIC’s Navy Spouse Navigation webpage also includes links to the coronavirus-related information and the latest updates from the Center for Disease Control and Prevention (CDC).

To find the information you need and more, visit [www.cnic.navy.mil/ffsp](http://www.cnic.navy.mil/ffsp)

To connect with FFSC San Diego visit them on Facebook at <https://www.facebook.com/FFSCSD/> or the website <https://sandiego.navylifew.com/> and look for the fleet and family link at the top.

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

## See DOD's Coronavirus response webpage

The Department of Defense has created the Coronavirus Spotlight web page providing easy access to the latest information on DOD's efforts to combat COVID-19. The Spotlight also provides important information separating facts from myths and how DOD supports the whole-of-government COVID-19 response.

- Topics found on the spotlight include:**
- DOD Guidance and Publications
  - News Releases and Briefing Transcripts
  - DOD Response Timeline -- NEW!
  - News stories from around the globe on DOD's actions in the fight against COVID-19
  - Videos and Photos
  - Essential Links to Additional Resources

The spotlight is updated as events take place and it can be found at <https://www.defense.gov/Explore/Spotlight/Coronavirus/>.

## Food insecure? SD Hunger Coalition website has valuable resources for hunger relief

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

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

Check back regularly as the page will be continuously updated as information becomes available. For a list of food resources and other helpful information visit <https://www.sandiegohungercoalition.org/covid19>

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

### COUNSELORS AVAILABLE FOR TR FAMILIES

FFSC provides private & confidential non-medical counseling services for USS Theodore Roosevelt families.

When calling to make an appointment please inform the scheduler that you are a TR Family member. You will receive a call back within the hour.

Schedule your appointment at (866) 923-6478

If this resource is not a good fit, please reach out! We are happy to provide alternative options.

## Courage To Call co-hosts drive-thru food distribution April 25 for active duty military, Reservists, Guard, veterans & their families

A first-come-first-served, drive-thru only, free food distribution for military and veterans will be held Saturday, April 25 at noon at Southwestern Community College, 900 Otay Lakes Rd, Chula Vista.

The entrance will be on H Street. Again this will be DRIVE-THRU ONLY. No RSVP required. Military/Veteran ID required.

Hosted by Southwestern College in partnership with Feeding San Diego and Courage to Call. If you have any questions please email [couragetocall@mhsinc.org](mailto:couragetocall@mhsinc.org)

For more Courage to Call events visit their Facebook page @ [couragetocall](https://www.facebook.com/couragetocall)

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## Don't let COVID-19 keep you from the Emergency Department

by Regena Kowitz,  
Naval Medical Forces Pacific  
Public Affairs

SAN DIEGO (NNS) -- Got a medical emergency? Then you should go to the emergency room, even during a pandemic. That's what the Director of Emergency Medical Services for Naval Medical Forces Pacific (NMFP), Capt. Ben Walrath, wants people to know.

As concerns rise about the spread of coronavirus disease 2019 (COVID-19) and people are encouraged to stay home to stop the spread of the virus, Walrath and his fellow emergency medicine providers want to let patients know that emergency departments across the military health system remain open and ready to provide emergent care.

"We want people to stay home right now to help stop the spread of COVID-19, even if they're mildly ill, but if someone is experiencing a medical emergency, such as choking or difficulty breathing, a head injury with passing out, or chest pain or pressure, please don't delay care" said Walrath. "They

should absolutely call 911 or seek treatment in the nearest emergency department immediately."

Acknowledging that people have concerns about contracting COVID-19 by visiting a hospital, Lt. Cmdr. Robert Fowler, a clinical nurse specialist who works at Naval Medical Center San Diego's (NMCS) emergency department, said staff are taking every precaution to protect patients from COVID-19.

"Upon arrival to our emergency department, all patients are being screened for COVID-19 symptoms and risk factors," Fowler said. "This screening process helps us to quickly isolate any patients suspected of having COVID-19 away from the rest of our general patient population. We have increased patient safety and our critical care capability by dedicating specific COVID-19 patient care areas and, at NMCS, through expansion of negative-pressure isolation areas."

NMCS's emergency department is not unique in taking extra measures to reduce the risk of

transmitting the virus to patients and staff alike. Across the region, every emergency department is leveraging their resources and maximizing their spaces to implement rigorous patient safety and infection control precautions, such as conducting COVID-19 patient screenings to isolate suspected cases to designated areas.

But when should you go to the emergency room? What constitutes a medical emergency? Aside from the more well-known indications like difficulty breathing and chest pain, Fowler said with any illness or injury, patients may find it difficult to determine when to seek care from their primary health care provider or go to the emergency department. If that happens, he encourages patients to visit <https://www.MHSNurseAdviceLine.com> for web and video chat, or dial 1-800-TRICARE (874-2273), option number 1, and a registered nurse can provide advice.

While patients with minor symptoms, particularly symptoms of COVID-19, should stay home to limit the spread of the virus, patients should not hesitate

to come to the emergency department if they develop more severe symptoms like trouble breathing, pain or pressure in the chest, confusion, or a bluish discoloration of the face or lips.

Recently, Walrath and his colleagues have seen patients who have delayed medical care for potentially life-threatening conditions due to fear of getting exposed to COVID-19 by going to the hospital. These patients, he said, are often quite sick and require many more interventions.

"We've seen patients with appendicitis not coming until their appendix has ruptured," said Walrath. "Patients having chest pain but ignoring it until their heart is failing and they are struggling to breathe because their lungs are full of fluid. There are very few areas left untouched by COVID-19 but this risk does not outweigh the potential risk of delayed medical treatment," said Walrath.

Another way emergency departments throughout the NMFP region are reducing the risk of spreading COVID-19 is through

modified visitor policies.

"To protect our staff, patients, and community, routine visitation has been suspended in the emergency department," said Cmdr. Travis Deaton, department head and academic chair for the emergency department. "Visitors will only be allowed for patients who are under the age of 18, have developmental delays, or an altered mental status. Patients meeting these criteria may still have one visitor, parent, or guardian present; however, they must be screened for COVID-19 and stay in the patient's room for the duration of the visit."

Right now, hospitals everywhere are reducing services and delaying elective procedures while leveraging telehealth and virtual appointments for routine care to encourage patients to stay home, because the

best way to beat COVID-19 is through social distancing.

But if you are having a medical emergency, the best thing you can do is call 911 or head to the nearest emergency department. Not only will Navy Medicine providers do everything they can to treat your illness or injury, they will do everything they can to protect you and the community from COVID-19.

Naval Medical Forces Pacific (NMFP) provides oversight for 11 Navy Medicine Readiness and Training Commands (NMRTC), on the West Coast and Pacific Rim that train, man, and equip medical forces, primarily in military treatment facilities. Globally, NMFP oversees eight research laboratories that deliver research expertise in support of warfighter health and readiness.

### Guidance on the use of face coverings

All individuals on DoD property, installations, and facilities are required to wear cloth face coverings when they cannot maintain six feet of social distance.

## Pre-register for Armed Services YMCA's weekly food distribution for military families on Fridays at 6pm on Facebook at @ASYSanDiego

The Armed Services YMCA San Diego will be distributing food boxes to military families via "drive through" pick-up to support social distancing. Pre-registration for the event is **required** which ensures every participant receives a food package.

Prior to the Coronavirus the Armed Services YMCA San Diego hosted two food distributions monthly at Murphy Canyon, 210 families, and Bay View, 210 families, for a total of 410 military families served. The new process provides an average of 400 food boxes weekly for a total of 1600 military families served per month, an increase of 281%

The food is provided by the San Diego Food Bank and the Smart Food Foundation. Lowes donated boxes which are packed by only 10 active duty military members in support of social distancing. A special thank you to Lowes, Starbucks, Kroger, Wells Fargo, and COX Communications for supporting the program.

"We ask all participants to preregister for the event to ensure that everyone receives a food box with 25 pounds of food with less than a 10 minute wait time," said Tim Ney, Executive Director of the Armed Services YMCA San Diego.

See their Facebook page for details @ASYSanDiego.

**About the San Diego Armed Services YMCA**

The Armed Services YMCA San Diego, (ASY) strives to give military members and their

families the support and resources they need to be resilient, confident, connected, and secure. Founded in 1920 as a national affiliate of the Armed Services

of the YMCA of the USA, its mission is to enhance the lives of military members and their families in spirit, mind and body through programs relevant to the

unique challenges of military life. The Armed Services YMCA San Diego is, and always will be, dedicated to strengthening our military family.

### Nine USS Theodore Roosevelt Sailors in Navy hospital as ship's coronavirus cases surpass 700

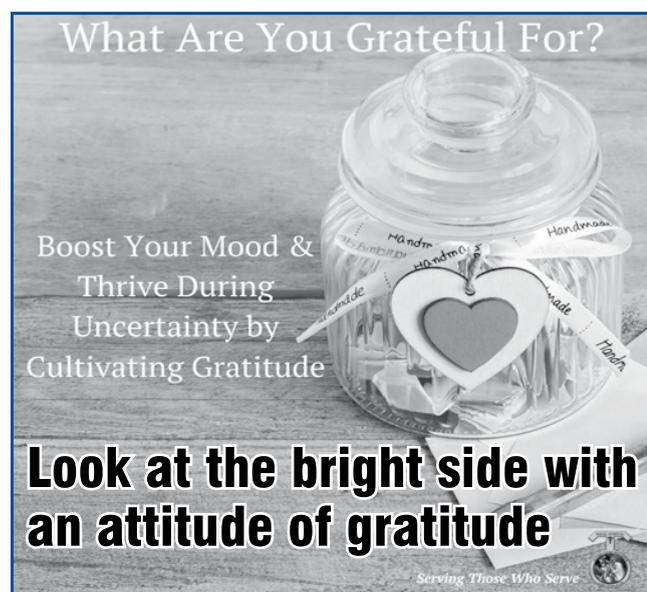
by Caitlin M. Kenney,  
Stars and Stripes  
WASHINGTON — The USS Theodore Roosevelt has nine sailors now hospitalized with coronavirus symptoms, the Navy announced Tuesday, April 21, as positive cases of the illness increased to more than 700 among the crew.

However, none of the sailors being treated at the U.S. Naval Hospital Guam is in the intensive care unit.

As of Tuesday, 94% of the Roosevelt's crew has been tested for the coronavirus as the ship nears a month since it docked in Guam due to the outbreak aboard the ship. About 710 sailors have tested positive, with 42 sailors now recovered from the virus, according to the Navy. About 3,872 crewmembers have received a negative test result.

Most of the aircraft carrier's crew — 4,158 sailors of about 4,800 — has been transferred from the ship to Guam.

Overall, the Navy said there are 999 current cases of the virus within its military personnel as of Tuesday.



**Look at the bright side with an attitude of gratitude**

Boost your mood and keep calm by taking time for yourself. With a slower pace of life, during the at-home movement, it's a great opportunity to reassess your priorities. Be intentional with your days and find purpose behind what you're doing.

We know that this time will pass, and we can choose to be overwhelmed and anxious during it, or we can choose to take the recommended precautions and have an attitude of gratitude for the life we have.

When we choose to look at the bright-side of a situation and express gratitude our mental health, and overall health, improves. Consider making a "Gratitude Jar" with your family and writing down one thing you're grateful for each day. This simple practice will boost your mood and not only survive, but thrive during this season of seeming uncertainty.

Source: Naval Hospital Camp Pendleton Facebook page

### Register for Armed Services YMCA meals for kids program

Armed Services YMCA San Diego will be distributing one week's worth (5 meals) of grab-and-go meals to anyone 17 years of age or younger at no cost on a weekly basis.

When: Every Wednesday from 12:30-1:30pm

Where: 3293 Santo Rd, San Diego, 92124

Please note:

- 1) Pre-registration through Amilia is **REQUIRED** ahead of time to participate
- 2) Please register ALL kids that would like to receive a meal.
- 3) The registration link will be posted to their Facebook page (@ASYSanDiego) every Monday at 6pm

**THEIR STORY, OUR MISSION**  
Supporting the 1.65 million U.S. military-connected children

- WATCHED HER DAD BOARD 16 BUSES FOR TRAINING AND DEPLOYMENTS
- SPEAKS 2 LANGUAGES FLUENTLY
- MISSING 4 BEST FRIENDS AROUND THE WORLD
- 2,187 MEALS EATEN OVERSEAS
- 324 TESTS TAKEN IN 5 SCHOOLS

MCEC and a strong community of partners are committed to supporting an environment where military-connected children thrive.  
Visit [militarychild.org](http://militarychild.org) to learn more

STAYS GROUNDED WITH TRANSPLANTED ROOTS BECAUSE SHE'S A **MILITARY KID**

THURSDAY, APRIL 23, 2020 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 11

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Lease for 4 Cyl Automatic

**\$209**  
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36 MONTHS



\*1 at this payment. Stk#: 59177, VIN#: LJ095542, Model#: 1852. Net capitalized cost \$18,746.71. \$209 plus tax monthly for 36 months with \$3,550 due at lease signing. Security deposit not required. Includes \$600 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 4/30/20.

## 2020 Toyota RAV4 LE

4 Cyl Automatic 4x2

Lease for  
**\$298**  
PER MONTH PLUS TAX  
36 MONTHS



\*1 at this payment. Stk#59171, VIN#: LD052677, Model#: 4430. Net capitalized cost \$26,272.42. \$298 plus tax monthly for 36 months with \$4,250 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 4/30/20.

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\*1 at this payment. Stk#: 58857, VIN: LLM126873, Model#: 7146. Net capitalized cost \$32,895.90. \$349 plus tax monthly for 36 months with \$3,850 due at lease signing. Includes \$1,500 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 4/30/20.

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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 4/27/20. 3 to choose from #090952, #120240, #092491.

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## 2020 SUBARU FORESTER 2.5

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**\$279** PER MONTH PLUS TAX  
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\*1 at this payment, STK# 22708, VIN# LH476649, Model # LFB 02. \$279 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 4/30/20.

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\*1 at this payment, STK# 22683, VIN# L3443926, Model # LCC 12. \$369 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 4/30/20.

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FRONT BRAKE SPECIAL

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**WE HONOR OUR MILITARY!!**