

AutoMatters & More



Nissan Z Proto breaks cover in a worldwide online event.

See page 9

Career Advice

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

See page 11

**Your FREE
weekly paper
Take one!**

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

Serving active duty and retired military personnel, veterans and civil service employees

SIXTIETH YEAR NO. 21
THURSDAY, SEPTEMBER 17, 2020

DOD EDUCATES SERVICE MEMBERS, CIVILIAN EMPLOYEES ON THE SOCIAL SECURITY PAYROLL TAX DEFERRAL SEASON

The Department of Defense is taking steps to notify and educate service members and civilian employees of changes to their payroll tax withholding starting in September 2020.

In order to provide relief during the COVID-19 pandemic, a Presidential Memorandum was issued on Aug. 8, 2020, followed by Internal Revenue Service guidance issued on Aug. 28, to temporarily defer the withholding of Social Security taxes for certain individuals beginning Sept. 1 through Dec. 31, 2020.

For service members

Service members whose monthly rate of basic pay is less than \$8,666.66 in any given month will have their 6.2 percent Old Age, Survivors, and Disability Insurance (OASDI) tax, commonly known as Social Security tax, deferred until Dec. 31. This means, service members will see a temporary increase in their net take home pay.

However, this increase in net take home pay is temporary, and under current IRS guidance, repayment of all deferred OASDI taxes will occur from January 1, 2021 through April 30, 2021, in addition to Social Security taxes which are normally withheld from a service member's monthly pay. For example, a



service member whose monthly basic pay is \$3,306.30, could expect to see an increase of \$204.99 in their monthly net take home pay from September through December 2020.

Under current IRS guidance, beginning in January 2021, and continuing through April 2021, the \$204.99 deferred tax amount will be withheld from the service member's pay, in addition to his or her 6.2 percent OASDI taxes that are normally withheld each month.

Due to differences in pay systems, application of the Social Security (OASDI) tax deferral process will be different for most members of the National Guard

and Reserves in the Army, Air Force, or Navy, than for active component members.

For these individuals, if they are eligible for the Social Security tax deferral, their initial net pay will have the OASDI taxes withheld. Two to three business days later a separate pay transaction will be processed to refund the Social Security taxes that were withheld from the initial pay. This will also result in an additional Leave and Earnings Statement being provided members in MyPay with an entry labeled "FICA Refund" reflecting the refunded Social Security tax amount.

The Department is providing

information to service members so that they know why their take-home pay will increase during the last four months of 2020 and so that they can plan ahead the withholding of the deferred taxes during the first four months of 2021.

Service members and families can contact Financial Readiness staff at their installation Military and Family Support Center, or Military OneSource at 1-800-342-9647, if they need assistance in reviewing their Leave and Earnings Statements (LES) or have questions in planning for changes to their net take home pay.

For more information, service

members may view the Defense Finance and Accounting Service page, <https://www.dfas.mil/taxes/Social-Security-Deferral/> and a list of Frequently Asked Questions, here. As more information is determined, updates will be posted on the site. For more information on financial

readiness, visit www.finned.usalearning.gov or www.mil-spousemoneymission.org.

For civilian employees

Effective for pay period ending September 12, 2020, DoD see **Deferral, page 2**

Service members with expiring ID cards need to make appointments immediately

Service members with Common Access Cards (CAC) that have or will expire prior to Sept. 30 need to make an appointment to replace it immediately or risk losing access on Oct. 1.

Service members using CAC that have or will expire prior to Sept. 30 need to make an appointment to replace it immediately per guidance in NAVADMIN 253/20 released Sept. 11.

Members will no longer be able to use CACs for physical access to military installations and CAC-ID certificates won't be updated on Sept. 30, which will impact access to CAC enabled sites and systems.

The new guidance in the message directs ID card facilities to prioritize individuals with expiring CACs and renewal requests to ensure timely and efficient processing.

Expired CAC holders need to contact the nearest Identification Card Issuing Facility as soon as possible to schedule an available time for CAC reissue. Service members can find the nearest site and contact information at <https://idco.dmdc.osd.mil/idco/>.

While expired CAC holders need to update their cards promptly, Uniformed Service Identification (USID) card holders (retirees and family members) will still be able to use expired cards for access to DoD installations until March 30, 2021. Additionally, USID card holders can use expired cards for benefits such as the commissary and exchange services through June 30, 2021.

ID card site personnel will contact all those who have appointments for the month of September to verify the appointment is for CAC issuance. If the appointment is for a USID card used by retirees and dependents, the appointment will be rescheduled for after Oct. 1.

Navy ID card facility at Naval Base San Diego now offers extended hours of operation and additional walk-in time availability. ID card sites.

U.S. Air Force (1947-present) celebrates its 73rd birthday on Sept. 18

The U.S. Air Force was officially founded on Sept. 18, 1947, and in the decades since it has established itself as an air force second-to-none.

Yet the Air Force's history and heritage goes back the turn of the twentieth century.

Between 1909 - when the U.S. military purchased its first aircraft - and 1947, the Air Force didn't exist as a separate and independent military service organization. It went through a series of designations: Aero-

nautical Section, Signal Corps (1909); Aviation Section, Signal Corps (1914); U.S. Army Air Service (1918); U.S. Army Air Corps (1926), and U.S. Army Air Forces (1941).

World War II illustrated the value of airpower, and the need to change the basic organization of the military forces. The result was the creation of a single, Department of Defense with a strong Joint Chiefs of Staff with Army, Navy, and Air Force chiefs. In 1947 President

Truman signed the National Security Act which established this new defense organization, and along with it the creation of the U.S. Air Force as an independent service, equal to the Army and Navy.

Timeline: Air Force milestones

1949: The flight of the "Lucky Lady II" demonstrated the Air Force's capability to fly, non-stop round the world, showing it could take off from the U.S. and drop bombs anywhere in the world.

1950-1953: USAF engaged in the first completely jet aerial combat during the Korean War. The F-86 Sabrejet scored impressive aerial victories against the enemy MiG-15.

1954: The first B-52 Stratofortress came into USAF inventory and has served in every conflict since its appearance.

1960s: The development and deployment of intercontinental ballistic missiles (ICBMs) as a major component of the aerial defense capability of the U.S.

1964-1973: War in Vietnam 1970s: The development of laser-guided bombs and TV-guided air to ground missiles. Air mobility took a major step forward with the introduction of the C-5 Galaxy. Other aircraft systems introduced in this decade were the F-15, A-10, AWACS, and F-16.

1980s: Stealth technology was revealed advent of the F-117; strategic bomber capability was increased with the deployment of the B-1.

1990s: USAF played a major role in the swift defeat of the Iraqi military forces in the first Persian Gulf War. They supported the war in the Balkans, and U.S. intervention Operation Uphold Democracy in Haiti.

2000-Present: The Expeditionary Air Force concept was a major transition in how the Air Force employed forces. The Global War on Terrorism brought them into Operation Enduring Freedom and Operation Iraqi Freedom.

Artificial intelligence In the Spotlight

Partnerships, allies critical to Defense Department artificial intelligence

by Terri Moon Cronk,
DOD News

Artificial intelligence is significant beyond the Defense Department, involving partners and allies, the acting undersecretary of defense for research and engineering said.

Michael J.K. Kratsios, also DOD's chief technology officer, spoke during a fireside chat Sept. 9 at the 2020 Department of Defense Artificial Intelligence Symposium and Exposition.

"[Over] the last three years, we've seen a tremendous emphasis across interagency and all the way up to the White House on ensuring American

The AI executive order laid out a thematic vision for the United States as a country to ensure its leadership, which is around research and development, he noted.

"It is absolutely critical that we are making [the] next great breakthroughs in AI and machine learning here in the United States, and that is something that requires a whole-of-

government commitment to the endeavor," he emphasized.

Other U.S. government agencies looking at AI need to come together and be part of the strategy, releasing a research and development

strategic plan, he said, noting there are four core elements around it.

First, he said, there is a vision guiding document for the larger research and development enterprise across DOD to not only increase funding and support financially toward development, but actually coordinate it and make sure it's done and used effectively.

The second line of effort is always, no matter what technology the DOD is working on, around the workforce.

"Broadly speaking, it's very challenging to build a large-scale robust pipeline of talented AI scientists that want to continue to make breakthroughs and ... figure out what the federal government has to prioritize, grants and fellowships and other types of funding opportunities," Kratsios explained.

The third line of effort is around removing barriers to AI innovation, he said.

"I generally tend to see the world of emerging technologies as two buckets [that] are either technologies born in captivity or technologies that are born free," he added.

Technologies that are born in captivity are often the technologies hardest to commercialize, Kratsios said, adding those are things like drones, autonomous vehicles or nuclear power.

In the fourth line of effort, "We recognize that our adversaries are pushing ahead with a very different view on the way AI should generally be used," Kratsios said.

Allies are critically important in the AI realm because of the way adversaries are thinking about it, Kratsios said.

"Adversaries try to influence the way AI is impacting citizens around the entire world. [so] we need to provide the right positive, Western-based alternative to that, and I think we can do that," he said.

Deferral

continued from page 1
will temporarily defer withholding of employees' 6.2 percent Old Age, Survivors, and Disability Insurance, commonly known as Social Security tax, if their wages, that are subject to OASDI, are less than \$4,000 in any given pay period. Employees can use the Taxable Wages on the LES as a good reference for whether they'll have OASDI tax deferred.

For Non-Appropriated Fund civilian employees the deferral was effective for pay period ending Sept. 9, or Sept. 16, depending on their respective

pay cycles.

Civilians whose wages, subject to OASDI, are less than \$4,000 in any given pay period, will have their 6.2 percent OASDI tax deferred until December 31, 2020. These civilian employees will see a temporary increase in their net take home pay during the 2020 pay periods that their OASDI tax is deferred.

However, this increase in net take home pay is temporary, and under current IRS guidance, withholding of all deferred OASDI taxes will occur from January 1, 2021 through April 30, 2021, in addition to the 6.2 percent OASDI taxes that are normally withheld each pay

period the civilian earns qualified wages.

For more information, civilian employees may view the Defense Finance and Accounting Service page, <https://www.dfas.mil/taxes/Social-Security-Deferral/> and a list of Frequently Asked Questions, here. As more information is determined, updates will be posted on the site. For civilian employees with concerns regarding withholding of the deferred OASDI tax, please consult with an Employee Assistance Program financial counselor or a private financial advisor.

Delivering AI to warfighters is strategic imperative

by David Vergun,
DOD News

The Defense Department is in an important transformational period, taking the conceptual applications of artificial intelligence and harnessing this emerging technology to advance America's security and prosperity, the DOD chief information officer said in prepared remarks.

Dana Deasy spoke last Thursday at the 2020 Department of Defense Artificial Intelligence Symposium and Exposition.

The department's vision for AI is guided by the National Defense Strategy, which describes an increasingly complex security environment with technological challenges from adversaries in every domain, he noted.

So, it's a strategic imperative to accelerate AI and deliver tangible solutions for the warfighter to preserve the nation's strategic military advantage, he said.

The DOD Digital Modernization Strategy provides a framework to harness the full potential of AI, tying together the technological capabilities of cloud, data, AI, command and control, and cybersecurity into a common ecosystem, Deasy said, explaining that these capabilities are closely interconnected and each enables the other in very important ways.

"We can't deliver AI at scale without cloud, cyber and a strategic approach to how we manage and utilize the department's vast data resources," he said. This is why AI has to fit into the broader digital modernization ecosystem to effectively deliver at scale and speed to meet the strategic imperative laid out by the NDS.

A key component of this strategy is the Joint Artificial Intelligence Center, he said. The JAIC is the cornerstone of the department's efforts to adopt and scale artificial intelligence.

"The evolution of the JAIC is a journey that is still in the making and we are generating positive

momentum from our early days as AI pioneers toward a mature organization of AI practitioners," he offered.

The JAIC was designed two years ago to scale AI across a vast and geographically dispersed DOD, he said.

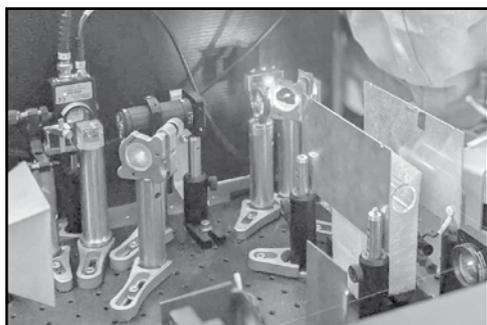
Today, the JAIC is starting to deliver real AI solutions for the warfighter while leading the department in AI ethics and governance, Deasy said.

The JAIC's budget went from \$89 million in fiscal year 2019 to \$268 million in FY 2020 and the department plans to spend about \$1.6 billion over the next few years thanks to strong bipartisan support from Congress and DOD leadership, he said.

The JAIC is already generating early returns on investment in its mission initiatives, ranging from predictive maintenance to business process transformation, he said. The JAIC recently delivered an innovative "engine health model" predictive maintenance capability that is being utilized by Black Hawk helicopter maintainers from the Army's Special Operations Aviation Regiment.

Under "business process transformation," the JAIC is delivering language-processing AI applications to the Washington Headquarters Service and the DOD's administrative and financial management teams," he said. These capabilities are automating the review of thousands of documents and memos for consistency, accuracy and compliance, thus increasing speed and efficiency while reducing manual, laborious processes.

To tackle the department's scaling challenge, the JAIC is laying the groundwork for the Joint Common Foundation, an AI development environment that will broaden opportunities for AI developers across the department to build and deliver AI capabilities, he said. These early projects are providing valuable lessons learned as the JAIC places more focus on the tactical edge to develop AI solutions in support of joint warfighting operations, Deasy said.



A new machine learning framework could pave the way for small, mobile quantum networks at an Army research laboratory. Courtesy photo

leadership in artificial intelligence very early on in," the undersecretary said.

"In this administration, there was the desire to begin to emphasize AI and, particularly, [look at] what the things [are] that we need to do as a federal government to drive leadership in this particular critical domain as our adversaries are stepping up," he added.

The first major step was the signing of an artificial intelligence executive order, and that laid out the national strategy for AI, Kratsios said.

strategic plan, he said, noting there are four core elements around it.

First, he said, there is a vision guiding document for the larger research and development enterprise across DOD to not only increase funding and support financially toward development, but actually coordinate it and make sure it's done and used effectively.

The second line of effort is always, no matter what technology the DOD is working on, around the workforce.

Armed Forces Dispatch (619) 280-2985

Published by Western States Weeklies, Inc.
2604 B-280 El Camino Real, Carlsbad, CA 92008
E-mail: editor@navydispatch.com

Publisher.....Sarah Hagerty

The Dispatch is published weekly on Thursdays, by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. It does not necessarily reflect the opinion of the Department of the Navy and is in no way associated with the Department of the Navy. The editorial objective of the Dispatch, however, is to promote support for a strong military presence. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Dispatch or Western States Weeklies, Inc. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$70 per year to CONUS or FPO address.



Infinitihairtique

WE ARE COVID-19 COMPLIANT

APPOINTMENT BASED ONE-ON-ONE SERVICES

Are you suffering with Hair Loss? Complimentary HAIRCUT

Contact us today for a COLOR CONSULTATION with the purchase of

619-534-9466
www.infinitihairtique.com

*First time clients only. Not valid with other offers or prior services. Exp. 9/30/20

TOP QUALITY FIBERGLASS TONNEAU COVERS & TRUCK CAPS

- Improved gas mileage
- Improved security
- Weather protection
- Low profile design
- Smooth, clean lines
- High-strength honeycombed reinforced
- New SL Model has Patented Hinge System

SoCalTruck.com
ACCESSORIES & EQUIPMENT

10460 Mission Gorge Rd • Santee • 92071
619-749-0742

SNUGTOP

THE PERFECT FIT



Stratcom commander: DOD on track to face two peer nuclear-capable competitors

by David Vergun,
DOD News

Russian and Chinese military capabilities are growing, said the commander of U.S. Strategic Command, who outlined steps the department is taking to meet those challenges.

"Our competitors have continued to develop non-strategic and strategic capabilities in an effort to outpace us," Adm. Charles "Chas" A. Richard said during a Pentagon press briefing Sept. 14.

"We're on a trajectory for the first time in our nation's history

of threatening the U.S. homeland with its ballistic missile submarine fleet.

of threatening the U.S. homeland with its ballistic missile submarine fleet. In response to these challenges, Richard said U.S. Stratcom has been modernizing all of its capabilities.

For instance, the Nuclear Command, Control and Communications Enterprise Center,

of threatening the U.S. homeland with its ballistic missile submarine fleet.

In response to these challenges, Richard said U.S. Stratcom has been modernizing all of its capabilities.

For instance, the Nuclear Command, Control and Communications Enterprise Center,

Military must continue progress to deter competitors

by Jim Garamone,
DOD News

The U.S. military has seen tremendous progress in readiness, equipment, processes and personnel over the past five years, and the United States must continue on that road in order to deter Russia and China, a top DoD official said.

Deputy Defense Secretary David L. Norquist told attendees of the virtual Defense News Conference recently. He spoke about the changing threats, U.S. military moves and what the future may hold.

Russia and China saw America's preoccupation with violent extremism after the events of 9/11 as a "strategic opportunity" to catch up to the United States military, Norquist said. "China and Russia noted how we fought and began designing their militaries and capabilities to counter our strengths and exploit our weaknesses," he said.

And they have closed the gap.

Artificial intelligence

"The United States must continue to lead the way in the responsible and ethical development of artificial intelligence - and more specifically, ... the Department of Defense must remain at the forefront of the military application of this game-changing technology."
~Defense Secretary Dr. Mark T. Esper

~Defense Secretary Dr. Mark T. Esper

is progressing nicely and will eventually be nested with the Joint All-Domain Command and Control, he said.

JADC2 is a combination of new technology and processes that will enable the joint force to connect sensors, data and communications with shooters. NC3 is the nuclear forces command and control element.

In another example, Richard said bomber task force missions are operating worldwide and, in particular, they're supporting allies and partners in the U.S. European Command and U.S. Indo-Pacific Command areas of responsibility.

Despite the COVID-19 pandemic, the 150,000 personnel at U.S. Stratcom are continuing

to do their work, either on-site or remotely, he said.

"We're fully mission capable," he said. "The bottom line is we're ready."

A positive result of the pandemic is that personnel were able to efficiently and effectively telework and engage in distributed learning, Richard said, adding that his command will not go back to the way it did business before the pandemic, meaning he'd like to keep a lot of this capability in place permanently.

Stratcom's purpose is to deter strategic attack and employ forces, as directed, to guarantee the security of our nation and our allies.

Georgia and still occupies two provinces. In 2014, Russia annexed Crimea by force - something we had not seen in Europe since World War II - and entered combat against Ukrainian forces in Eastern Ukraine. Russia seeks every opportunity to weaken NATO.

Navy christens submarine Montana

The Navy christened one of its newest attack submarines, future USS Montana Sept. 12, at Newport News, Va., Shipbuilding.

"The future USS Montana will play an important role in the defense of our nation and maritime freedom," said Under Secretary of the Navy (Acting) Gregory J. Slavonic. "She stands as proof of what teamwork - from civilian to contractor to military - can accomplish. I'm confident USS Montana and her crew will ensure our Navy remains safe and strong to proudly serve our nation's interest for decades to come."

The first USS Montana (ACR-13), an armored cruiser, was commissioned July 1908. She served in the Atlantic and Mediterranean, landed Marines during unrest in Haiti in 1914 and escorted convoys during World War I. She was decommissioned in 1921.

Construction of the current Montana began April 2015 and is the third of the ten Block IV Virginia Class submarines.

Today's Top 4

1. Afghanistan-Taliban talks begin in attempt to end 19 years of bloodshed
2. Trump lauds Medal of Honor recipient for hostage rescue
3. New Air Force chief has a reputation of only asking for what he needs. He's going to need a lot.
4. She once was barred from fighter jets. Now she's the Pentagon's only female four-star

Army

- Recruit from Wisconsin found dead in Fort Jackson barracks
- 59-Year-old Army BCT grad is about to be the new guy in his son's unit
- Operation Convergence' exercise tests Army's modernization efforts

Navy

- Navy fires Lackland training center CO
- Sailor dies in D.C. hit and run
- Hawkeye hits parked Super Hornet's missile during carrier 'hook-skip bolter'
- Future carrier air wing will be effective at extended ranges, admiral says
- Maintenance delays are 'blood in the water' for aircraft carrier critics, admiral says
- Navy vet: For 2 decades, VA never told him he had HIV

Air Force

- MQ-9 Reaper, Howitzer, Rocket Toting F-16 All Shoot Down Mock Cruise Missiles In Huge Test
- Pentagon identifies airman killed in Kuwait vehicle accident, 2 others injured
- Air Force is testing robo-guard dogs to protect it planes

Marine Corps

- Marine who grew up around his father's New York fire station graduates boot camp on Sept. 11



SoCalTruck.com
ACCESSORIES & EQUIPMENT
10460 Mission Gorge Rd.
Santee, CA 92071
619-749-0742
Work Smarter, Play Harder!

- Truck Bed Covers • Camper Shells
- Side Steps • Truck Racks
- Tool Boxes • Fuel Tanks
- Carpet Kits • Tow Hitches

MILITARY DISCOUNT
Get \$25 off \$300 or more with this ad



Spray on Bedliners

Dine Diego
PRESENTED BY SAN DIEGO RESTAURANT WEEK
San Diego CALIFORNIA RESTAURANT ASSOCIATION

Dine Al Fresco. Dine To Go.

Dine Diego.

September 15 - October 15

FOR MORE INFORMATION VISIT
SanDiegoRestaurantWeek.com

U.S. wants to carry out drone strikes against al-Shabab in Kenya, report says

STARS AND STRIPES - The U.S. military is seeking permission to strike terrorist targets inside Kenya, a partner country where three Americans were killed earlier this year after their base came under attack by insurgents, the *New York Times* reported.

U.S. Africa Command wants to be able to carry out drone strikes against al-Shabab, an al-Qaida linked group that is based in neighboring Somalia, from where it launches occasional attacks in eastern Kenya, the Times reported Sept. 16, citing unnamed government sources.

AFRICOM declined to comment Sept. 16 but said al-Shabab is a threat to the region and "the

most capable terrorist group on the African continent."

"As such, there is a need to apply consistent international pressure on the terrorist organization and to monitor their activity and presence," AFRICOM spokesman Col. Chris Karns said in a statement sent to *Stars and Stripes*. "We will continue to actively place pressure on their network and work with partners to prevent their spread."

The request for new strike authorities requires the approval of Defense Secretary Mark Esper and the White House, the Times reported. If approved, strikes could be authorized either in defense of U.S. and partnered

Kenyan forces or to launch an offensive strike to preempt an attack.

The proposal comes eight months after militants stormed the Manda Bay Airfield in coastal Kenya, killing one U.S. Soldier and two American contractors.

Immediately after the attack, AFRICOM sent in reinforcements to secure the compound, raising questions about whether there was sufficient force protection in the area. The facility at Manda Bay plays a role in supporting U.S. operations in neighboring Somalia.

Currently, the U.S. regularly carries out airstrikes in Somalia and launches occasional air attacks against militants inside Libya.

Armed U.S. drones have also been flying out of Niger since an ambush in the West African country by militants in 2017 left four U.S. soldiers dead. To date, AFRICOM has not reported any drone strikes conducted inside Niger.



Army Gen. Stephen J. Townsend, commander, U.S. Africa Command, addresses U.S. military service members at Camp Simba, Kenya, Feb. 12. The U.S. wants permission to strike terrorists in Kenya, where three Americans were killed by al-Shabab earlier this year. Air Force photo by Christopher Ruano

Acting Under Secretary of Defense for Policy Dr. James Anderson co-chairs the 11th Strategic Security Policy Dialogue in Singapore

Acting Under Secretary of Defense for Policy Dr. James Anderson and Singapore Permanent Secretary for Defence Chan Heng Kee co-chaired the 11th Strategic Security Policy Dialogue in Singapore Sept. 16.

They discussed regional developments, including regional the COVID-19 response, developments in the South China Sea, counterterrorism, and the upcoming ASEAN Defense Ministers' Meeting-Plus.

The Acting Under Secretary and Permanent Secretary also used the occasion to discuss relevant areas of bilateral defense cooperation, including continued U.S. military access, Singapore's future fighter detachment presence in Guam, cybersecurity, and defense technology cooperation.

They affirmed the importance of these annual discussions, and all bilateral defense dialogues, for strengthening cooperation and deepening the countries' trusted partnership.

The defense relationship has continued to advance, amid the mix of opportunities and challenges for bilateral ties.

The two countries continue to interact regularly through a string of exchanges, exercises, and training opportunities.

THINK ABOUT WHAT MESSAGE IS BEING COMMUNICATED AND WHO COULD POTENTIALLY VIEW IT.
TYPE MESSAGES THAT ARE CONSISTENT WITH OUR U.S. ARMY VALUES.
POST IF THE MESSAGE DEMONSTRATES DIGNITY AND RESPECT FOR SELF AND OTHERS.



Total Navy Battle Force: 296

Ships Underway

Deployed Ships Underway: 71

Non-deployed Ships Underway: 20

Total Ships Underway: 91

Ships Deployed by Fleet

Fleet Forces: 3

3rd Fleet: 5

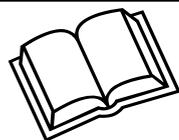
4th Fleet: 4

5th Fleet: 21

6th Fleet: 15

7th Fleet: 56

Total: 104



Places of Worship



Bethany Lutheran Church
 Lutheran Church - Missouri Synod
 2051 Sunset Cliffs Blvd, Ocean Beach 92107
 (Parking off the Alley - North of the building)
 Worship 10:30am Sundays
 Bible Class, Wednesdays 10am
 (619)222-7291 LivingWaterSD7@gmail.com

Bayview Church
Attract... Assimilate... Activate
 6134 Pastor Timothy J Winters St., San Diego 92114 (619) 262-8384
 Sunday 6:45am, 8:30am, 11am Worship Service
 Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am
 www.bayviewbc.org info@bayviewbc.org

Canyon View Church of Christ
"Love God, Love People, Serve the World"
 Sunday Bible Classes for all ages 9am
 Sunday Worship 10am, 6pm
 Wednesday nights 6pm Fellowship & Pizza! 6:30pm Bible Classes for all ages
 4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org
 (Near corner of Balboa Ave & Clairemont Dr) (858) 273-5140
 www.canyonview.org @gotochrist facebook.com/cccsd

Christ Community Church
Helping people love God and each other!
 Saturdays at 6pm & Sundays at 8:45am & 10:30am
 Children's Ministries for All Kids!
 Small Groups for Teens & Adults of All Ages!
 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15
 www.gotoChrist.com or (858) 549-2479

First Baptist Church
"Reach Up, Reach Out, Reach the World"
 Interim Pastor Jim Baize www.fbcoronado.com
 Sunday Bible Study 8:45am, Sunday Worship Service 10 am
 Friday's Women's Bible Study 9:30-11:30am
 445 C Ave., Coronado, CA 92118 (619) 435-6588
 ariel@fbcoronado.com FB: First Baptist Church of Coronado

La Jolla Lutheran Church
"We Follow Jesus"
 Sunday 9:30am Worship and Sunday School
 Wednesday 6:30pm Bible Study
 7111 La Jolla Blvd., La Jolla, CA 92037
 (858) 454-6459
 LaJollaLutheranChurch.com

New military families are moving to San Diego every day. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985

Living Water Lutheran Church
 Meeting at Green Flash Brewery Gathering Room
 6550 Mira Mesa Blvd.
 (Entrance Directly in back - off Sequence Dr.)
 Worship 8:45am
 (858)792-7691 LivingWaterSD7@gmail.com
 Pastor: Rev. Steven Duescher

Mesa View Baptist Church
 Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant
 CW03, USMC (Ret.)
Seeking Sinners; Saving Souls, Strengthening Saints
 Sunday Church School at 8:45am • Morning Worship at 10am
 Wednesday Night Bible Study 7pm
 13230 Pomerado Rd., Poway CA 92064
 www.mesaview.org (858) 485-6110

Military Outreach International Church
"Supporting all families, all people, at all times"
 Pastor Dennis Eley, Jr, MBA
 Sunday Worship Service 12:30pm to 2:30pm
 Thirsty Thursday Bible Study 7pm to 8:30pm
 7997 Paradise Valley Rd, San Diego, CA 92139 • 619-773-6023
 www.militaryoutreachministries.org
 Download APP "MoMinistries"

Mt. Moriah Christian Church
"Purpose Driven" Gospel Church"
 Multi- Cultural, Non-Denominational
 Services on Sunday at 9am and 11am
 Near Miramar Base
 7055 Carroll Rd., San Diego CA 92121
 (858) 695-9692 www.mtrmoriahcc.org

St. Luke's Lutheran Church
 5150 Wilson Ave., La Mesa, CA 91942
 Phone: (619) 463-6633
 website: www.st-lukes-la-mesa.org
 Worship: 9am
 Pastor: Mark Menacher, PhD.
We thank you for your service!

Ask Rusty - Can I hide My Social Security in a tax-advantaged account?

by Russell Gloor

Dear Rusty: I will be 62 years of age at the end of this year. Can I start drawing my Social Security at age 62 and have it directly deposited into my IRA (arm's length), not spend it and continue to work without affecting my tax position? I will defer actually using it until a later date Signed: Curious Investor

Dear Curious Investor: Regardless of where you have your Social Security benefits deposited, if you continue to work after claiming early benefits, you'll be subject to Social Security's earnings test. The earnings test applies to anyone who collects benefits before they reach their full retirement age (which for you is 66 years and 8 months).

It doesn't matter if you spend your benefits, save them, or invest them; you'll still be subject to Social Security's earnings limit. And, since IRS rules say that only earned income (which excludes Social Security benefits) can be deposited into an individual retirement account (IRA), it is not possible for you to direct-deposit your Social Security benefits into an IRA. In any case, even if you otherwise save your benefits for later use; you will still be subject to Social Security's earnings limit. For 2020 the annual earnings limit is \$18,240 (the limit changes annually) and if that is exceeded, Social Security will take back benefits equal to \$1 for every \$2 you are over the limit. The earnings limit goes up by about 2.5 times in the year you reach your full retirement age (FRA) and goes away once your FRA is attained.

Social Security gets your earnings information from the IRS when you file your income taxes, and you cannot avoid the earnings test by having the money deposited for later use. The earnings test will still apply, and they will take back some of your benefits if you exceed the limit. For information, by "take back" benefits, I mean they will notify you that they have overpaid you (due to your earnings from working) and will give you the option of either paying them back in full with a lump sum payment, or they will withhold your future benefits until they recover what you owe because you exceeded the earnings limit.

As for your "tax position" on your benefits, that will depend upon your combined income from all other sources (investments, interest, pensions, earnings, etc.), plus 50 percent of the SS benefits you received during the tax year, plus any non-taxable interest you may have (combined this is known as your Modified Adjusted Gross Income, or "MAGI"). If you file your income taxes as a single and your MAGI is more than \$25,000 (or if you file "married-jointly and your MAGI is more than \$32,000) then 50 percent of your SS benefits will become part of your taxable income. And filing single with a MAGI of more than \$34,000 (or \$44,000 if married-filing jointly), up to 85 percent of your Social Security benefits will become part of your taxable income (by the IRS). Once again, it doesn't matter how you dispose of your benefit payments; they will still be taxable if you exceed the clip levels mentioned above, and you will still be subject to Social Security's earnings test until you reach your full retirement age.

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).



VA expands veteran access to telehealth with iPad services



WASHINGTON - The U.S. Department of Veterans Affairs (VA) announced Sept. 15 a new collaboration with Apple to increase veterans' access to virtual care benefits.

VA's iPad program provides qualifying veterans with cellular-enabled iPads to access telehealth services and currently helps more than 50,000 veterans across the country connect to VA health care services virtually.

"VA will continue working diligently to provide veterans with the tools and resources necessary to access quality health care when and where they need it," said VA Secretary Robert Wilkie. "VA's partnership with Apple is an integral step in helping to bridge the digital divide for veterans everywhere. This is particularly critical during the COVID-19 public health emergency, when telehealth is being leveraged to protect the safety and well-being of both our veterans and clinicians."

VA has been a leader in telehealth services for decades and began the Connected Tablet program in 2016. A VA study found veterans who received tablets, reported high levels of satisfaction with care, were less likely to miss appointments and found it easier and more convenient to access VA care.

To standardize the program and provide veterans a consistent, quality experience, VA will exclusively distribute iPads to veterans. iPads offer Veterans the combination of portabil-

ity, user experience, data privacy and security made possible through Apple's integrated hardware and software platform. The collaboration between VA and Apple, facilitated by the VA Secretary's Center for Strategic Partnerships, provides VA with Apple's expertise to help enhance the platform and ensure veterans and health care professionals have the best telehealth experience.

"VA's iPad program provides unparalleled convenience and flexibility when attending my VA appointments," said Fiona Garcia, an Air Force veteran who served from 2001-2011. "After receiving an iPad in March, I've been able to receive VA care when and where I need it most. The technology also allows me to stay connected with my doctors when I am not near a Wi-Fi connection or near the VA medical center."

As part of VA's commitment to supporting veteran health care, patients can also securely view and download their personal medical data using the Health Records on iPhone feature from Apple.

Veterans who don't currently have a video-capable device or internet service and are interested in VA's telehealth iPad program should consult their VA health care team to determine their eligibility.

Visit Connected Care at <https://connectedcare.va.gov/> for more information about VA telehealth.

VA offers debt relief to veterans impacted by natural disasters

WASHINGTON - The U.S. Department of Veterans Affairs (VA) announced its commitment to extend debt relief to veterans adversely impacted by natural disasters.

The department recognizes Veterans and beneficiaries are negatively impacted by the wildfires and hurricanes prompting the offering of financial debt relief.

"Veterans and their families should be focused on their health and safety during the natural disasters," said VA Secretary Robert Wilkie. "VA is taking action to give those with pending debts greater flexibility during these challenging times."

This includes the suspension of debt collection action for up to 90 days or extending repayment terms on preexisting VA debts, whichever the Veteran prefers.

To request assistance for VA financial debt relief, Veterans should contact the VA Debt Management Center at 1-800-827-0648.

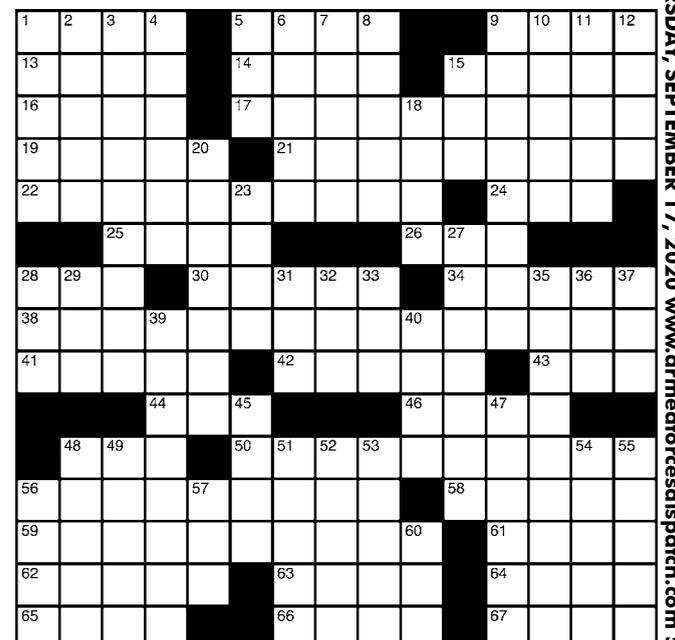
Crossword Puzzle

Across

- 1 Penthouses, e.g.: Abbr.
- 5 Smartphone downloads
- 9 Metaphor for responsibilities
- 13 Adriatic port
- 14 March Madness org.
- 15 "Beavis and Butt-head" spin-off
- 16 Bickering
- 17 Start of a Charles M. Schulz quote
- 19 Rub the wrong way
- 21 Twelve-step helper
- 22 Quote, part 2
- 24 Non-neutral atom
- 25 Light sleeper's distraction
- 26 Living area in "The Martian," with "the"
- 28 A Gabor sister
- 30 Acts of faith?
- 34 Classic sci-fi villain
- 38 Quote, part 3
- 41 1980s attorney general
- 42 Shade related to violet
- 43 Responsibility
- 44 Bend
- 46 Cope with
- 48 Dept. head
- 50 Quote, part 4
- 56 Source of a siren
- 58 "Mio"
- 59 End of the quote
- 61 Avian crop
- 62 Score symbols
- 63 "You're kidding!"
- 64 Whodunit canine
- 65 Club with a blue and white diamond logo
- 66 Phillies slugger Hoskins
- 67 Nair rival, once

Down

- 1 Old counters
- 2 Hiking network
- 3 Defense attorney's concern
- 4 Be paid to watch, as children
- 5 Prefix with -gram
- 6 Techie training site
- 7 Caroline Islands republic
- 8 Dost speak
- 9 Legendary Carthaginian general
- 10 "You ___ busted!"
- 11 Attach with string
- 12 ___ City, Iraq
- 15 The Carpenters, for one
- 18 Deep-water fish
- 20 More wicked, in Worcester
- 23 Touching competition?
- 27 Guacamole fruit
- 28 Disease-stricken tree
- 29 Face off
- 31 Knee injury initials
- 32 Key letter
- 33 La preceder
- 35 Long shot
- 36 Coming-in hr., roughly
- 37 Sales staff member
- 39 Romanov adherents
- 40 Lyricist Sammy
- 45 Tech tutorials site
- 47 ER diagnostic tool
- 48 Bucks
- 49 Sparkle
- 51 Yellowish brown
- 52 "Brideshead Revisited" novelist
- 53 Assortment
- 54 Thrill
- 55 Unfamiliar with
- 56 Sharable PC files
- 57 Brain and spinal cord: Abbr.
- 60 Saints' achievements: Abbr.



THURSDAY, SEPTEMBER 17, 2020 www.armedforcesdispatch.com 5

San Diego County Veterans Service Offices		
Chula Vista (Boicita) M-F: 8 a.m. - 4 p.m. 180 Otay Lakes Rd. Phone: (619) 618-6534	La Mesa Adult Center Fri. 9 a.m. - 3 p.m. 8450 La Mesa Blvd. Phone: (619) 527-5822	Rancho 44 W. 44th St. 2nd fl. County Library Phone: (760) 788-5270
Escondido M-F: 8 a.m. - 5 p.m. 649 W. Mission Ave. Phone: (760) 740-5572	Mission Valley Thurs. & Fri. appointments only 8898 Rio San Diego Phone: (619) 694-3222	El Cajon 201 E. Douglas 2nd & 4th Mon. monthly Phone: (619) 588-3718
Fallbrook 2nd Fri. & 4th Wed. monthly 135 S Mission Road. Phone: (760) 723-7570	Oceanside VA Clinic M-F: 8 a.m. - 4 p.m. 1300 Rancho Del Oro Dr. Phone: (760) 643-2049	Jullian County Library Thurs. (by appt. only) Phone: (760) 765-0370

VA Disability Claim Denied?

Know Your Rights and Don't Take "No" for an Answer!

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

760-585-4665

www.VetDisabilityAid.com



Here for you[®]

Toll Free

877-917-7990

www.StorageWest.com

Need Legal Counsel?

San Diego Criminal Defense Attorney & Former U.S. JAG Corps Attorney

25 Years of Successfully Defending:

**FREE
CONFIDENTIAL
CASE
EVALUATION**

- Sex Crimes Defense & All Court-Martial Crimes
- Domestic Violence Crimes
- Admin OTH Discharge Boards/Officer Boards of Inquiry
- Upgrading OTH to Honorable Discharges
- NCIS, Command, EO, Sex Harassment Investigations
- Security Clearances

Affordable Fees, Payment Plans • Se Habla Espanol • Open 24/7

SPECIAL MILITARY DISCOUNTS!

DON'T PROCRASTINATE! CALL TODAY TO PROTECT YOUR LEGAL RIGHTS!

San Diego • 619-231-2151

Riverside • 951-477-9990



Navy 9/11 tribute ship USS Somerset remembers Flight 93

SAN DIEGO - The crew of USS *Somerset* paid respects to the heroes of their namesake with a remembrance ceremony aboard the ship, Sept. 11.

The ship was named specifically for Somerset County, Penn., in honor of 40 passengers and crew who died on United Airlines Flight 93, hijacked during the terrorist attacks of Sept. 11, 2001. The passengers and crew prevented the plane from reaching its intended target, but tragically crashed in Stoneycreek Township in Somerset County.

"For continued generations, people will study the four flights of that fateful morning – the fallen twin towers, the crash at the Pentagon, and the story of Flight



Operations Specialist 2nd Class Jalen Houseworth places a carnation in a vase aboard USS Somerset Navy photo by MC2 Heath Zeigler

93," said Master Chief Myla Presco, *Somerset's* command master chief. "They'll learn that individual choices make a difference, that love and sacrifice can triumph over evil and hate, and that what happened on 9/11 is among the most courageous acts in American history. Sailors and Marines aboard USS *New York*, USS *Arlington* and USS *Somerset* will carry the fallen heroes' courage and bravery with them forever."

Somerset's crew honored the sacrifices on Flight 93 by ringing a bell and placing a flower for each person lost in the crash.

"The 40 souls who perished on the plane left a great deal behind," said Capt. Dave Kurtz, *Somerset's* commanding officer.

"They left spouses, children, and grandchildren who miss them dearly. They left successful businesses, promising careers, and a lifetime of dreams they will never have the chance to fulfill. They left something else - a legacy of bravery and selflessness that will always inspire America - and that inspires our crew to act with selfless courage."

Somerset stands as a memorial for the victims on the flight. The ship's keel contains steel from a mining machine standing near the crash site. Every deck of the ship contains mementos of Flight 93, including a dedicated passageway leading to the memorial room, which bears the names of the passengers.

BARBERSIDE BARBERSHOP

Open Until Midnight

\$28
Haircut
7pm-Midnight

We Love
Our Military
to see you

\$25
Haircut
10am-7pm

Tues-Fri
10am-12 midnight
Sat 11am-12 midnight
Sunday 11am-4pm
Closed Mondays

Barberside
3506 Adams Ave.
San Diego, Ca. 92116
10 minutes from Miramar Base or
10 minutes from 32nd St. Base

BarberSide.com

Severe Traumatic Brain Injury Research Study

UC San Diego is conducting a research study to find the best way to deliver high dose oxygen under pressure so that patients with severe traumatic brain injury (TBI) may recover with less disability. Because TBI is a life threatening condition requiring immediate treatment, some patients will be enrolled without consent if a family member is not rapidly available. For more information or to decline participation please visit: hobitrial.org or contact our study staff at (619) 543-7218.

We invite you to complete a brief survey https://umich.qualtrics.com/jfe/form/SV_eMbgRQh0vko8w3r



BREEZELINEHOMES.COM

BREEZELINE

1166 HOLLY

Tour one of 15 homes in Imperial Beach's newest community.



WEST COAST
INVESTMENTS

CODY MICHAELIS REALTOR
(619)972-0007
codymichaelis@gmail.com

DRE#01873403
Broker DRE#01725531

All information shown is approximate only, and may be subject to errors and omissions. No representation of a guarantee, warranty, or certification is intended, expressly or implied to the accuracy of this concept.





Our Mission: Your Education

Although times have changed, Saint Leo University's commitment to serving military servicemembers, veterans, and their families has not.

For nearly 50 years, Saint Leo University has helped servicemembers and veterans build on their skills and experience to find fulfilling careers. With online degree programs in criminal justice, cybersecurity, emergency and disaster management, and computer science, we can help you seamlessly prepare for a career in civilian life.

Saint Leo University offers 38 fully online undergraduate and graduate-level degree programs, which can be paired with a variety of specializations and minors. Military tuition discounts, dedicated resource centers, and staff are available to support you and help make your career goals possible.



LEARN MORE saintleo.edu/active-military-veterans | (800) 334-5532

NAVWAR discusses revitalization project at San Diego Economic Development meeting

by Elisha Gamboa,
NAVWAR Public Affairs

SAN DIEGO - Naval Information Warfare Systems Command (NAVWAR) Executive Director John Pope spoke at a San Diego Economic Development Corporation (EDC) meeting Sept. 4 where he emphasized the importance of the Navy Old Town Campus (OTC) Revitalization Project to NAVWAR's high-tech mission and rapidly growing cyber and information warfare requirements.

During the meeting, Pope joined committee members, investors and stakeholders in a panel titled "The Future of Midway District," where he highlighted the need for modern, more secure facilities and provided an overview on the OTC Revitalization Project. The project centers around the redevelopment of NAVWAR Headquarters, which is currently located in 1941 World War II aircraft factories, on 70.5 acres of Navy-owned land, in the Midway-Pacific Highway Community.

"With more than 11,000 military and civilian personnel worldwide and 5,200 located in San Diego, these historic warehouses don't meet the standards and efficiency needed for NAVWAR's high-tech, high-security mission today," said Pope.

NAVSUP leaders join industry at small-business event

by Hannah Rainey

Naval Supply Systems Command (NAVSUP) recently participated in the San Diego Chapter of the National Defense Industrial Association's (NDIA) 32nd Annual Department of the Navy Gold Coast Small Business procurement event, *Small Business: Providing Innovation for the Navy the Nation Needs*.

The event tackled today's pressing topics delivered by government and industry experts, including a Head of Contracting

"The revitalization of our Old Town Campus would provide us with the new and modern facilities needed for us to best develop, acquire, and secure cyber and information warfare systems for national defense and deterrence, so that we can continue to compete and win now and for decades to come."

Moderated by Dike Anyiwo, Policy Advisor for the San Diego Regional Chamber of Commerce and Vice Chair of the Midway Pacific Highway Community Planning Group, the panel included:

- John Pope, executive director, NAVWAR
- Zach Adams, Vice President, Development, Brookfield Properties
- Hasan Ikhtrata, Executive Director, San Diego Association of Governments

During the panel, Pope spoke about the project's benefits to both the Navy and the San Diego region, as they represent unique synergies.

"It's a shared benefit of NAVWAR, a technical leader in information warfare, and the City of San Diego, a global high tech hub, for NAVWAR to continue excelling in executing its important mission here in support of the warfighter," said Pope.

"While NAVWAR brings

Activity (HCA) roundtable with NAVSUP Assistant Commander for Contracting Mark Bennington, who stressed the importance of ongoing dialogue with the small business community.

"Small businesses want to know what we're looking for," Bennington said, "and we want to know what they're capable of."

Bennington said the Navy's need to be clear in defining requirements and proposal expectations. NAVSUP's small



major economic, technological and educational benefits to the region, San Diego provides NAVWAR with an unmatched network of defense contractors, research firms and institutions, talent and proximity to Navy operational forces, installations and essential test facilities."

In addition to providing the ability to execute the mission, a new high-tech facility would attract and retain the skills and talent needed to outpace adversaries in today's fast moving, more complex and increasingly competitive environment. It would also act as a catalyst for increased economic growth in the region, as NAVWAR directly employs nearly half of all cybersecurity workers in San Diego and its presence is a contributing factor for many cyber companies to remain located in the city.

business office also recently launched an online tool via the NAVSUP public web page, that allows vendors to submit their capability statements and list what previous contract actions they have performed, and would like to support in the future.

This information is then captured in a database that all NAVSUP contracting personnel can view and utilize for market research purposes throughout the DoD.

Visit www.navsupsup.navy.mil.

Pope concluded with an update on the status of the Navy OTC Revitalization project.

He spoke about how in January 2020, in accordance with the National Environmental Policy Act (NEPA), the Navy published a notice of intent to prepare an Environmental Impact Statement (EIS) to analyze the potential environmental effects associated with revitalization of OTC to support NAVWAR's current and future operational readiness.

The Navy then completed a 30-day public scoping period in February 2020 to identify community interests and issues to be considered during preparation of the draft EIS.

Additional opportunities for public participation will occur after the publication of the draft EIS later in 2020.

Once complete, the new NAVWAR facilities would serve as a cornerstone for the Midway-Pacific Highway community, a hub for technology development, and as the nation's premier center for cyber and information warfare supporting the City of San Diego, the Navy and the nation for generations to come.

For more information on this project visit www.NAVWAR-Revitalization.com.

Local Military NEWS BRIEFS

Navy command established to manage China Lake earthquake reconstruction ... Officer In Charge of Construction (OICC) China Lake was established recently to manage the \$2.5 billion reconstruction and repair of facilities damaged at the air weapons station from two July 2019 earthquakes in Ridgecrest, Calif. Capt. Laurie Scott was installed as the command's commanding officer. The ceremony was held at Michelson Laboratory, a facility that is critical to the mission of Naval Air Warfare Center Weapons Division. The laboratory is a historic 571,032 square foot facility and portions suffered significant damage from the earthquakes and will be repaired and returned to service by the OICC China Lake.

"I'm both excited and humbled to be leading the team that will bring NAWCWD and NAWS China Lake back to fully mission capable," said Scott. The OICC was established to provide engineering, acquisition, and execution oversight for military construction and repair projects caused by the devastating damage from the magnitude 6.4 and 7.1 earthquakes that occurred on July 4 and 5, 2019.

Coast Guard crew offloads more than 26,000 pounds of cocaine, marijuana worth \$390 million in San Diego

The crew of *Bertholf* Coast Guard cutter offloaded more than 26,000 pounds of seized cocaine and marijuana in San Diego Sept. 10. The drugs, worth an estimated \$390 million, were seized in international waters of the Eastern Pacific Ocean. They represent 13 suspected drug smuggling vessel interdictions off the coasts of Mexico, Central and South America between late May and late August by five other cutters - *Stratton*, *Confidence*, *Decisive*, *Venturous* and *Tampa* - and two Navy destroyers - *Kidd* and *Preble*. Embarked Coast Guard Law Enforcement Detachment (LEDET) was responsible for one interdiction.

U.S. Indo-Pacific Command forces come together for Valiant Shield 2020 ...

U.S. Indo-Pacific Command forces are participating in exercise Valiant Shield (VS), now through Sept. 25, on Guam and around the Mariana Islands Range Complex. Participants include *Ronald Reagan* aircraft carrier, USS *America*, USS *New Orleans*, USS *Germantown* and multiple surface ships - approximately 100 aircraft and an estimated 11,000 personnel from the U.S. Navy, Air Force, Army, and Marine Corps. Valiant Shield focuses on integration of training in a blue-water environment. This training enables real-world proficiency in sustaining joint forces through detecting, locating, tracking, and engaging units at sea, in the air, on land, and cyberspace in response to a range of mission areas. "Exercises such as Valiant Shield allow U.S. forces the opportunity to integrate warfighting concepts such as all-domain strike group operations in a joint high end warfare training environment to continuously improve joint lethality," said Rear Adm. Michael Boyle, director maritime operations, Pacific Fleet. "It is vitally important that we demonstrate to our allies and partners our strong commitment to a free and open Indo-Pacific."

Specialized Navy Sailors deployed with Marine squadron ahead of V-22 transition ...

by Capt. Joshua Hays
KUWAIT - In February, the Navy took delivery of the first CMV-22B Osprey aircraft as the primary aircraft to conduct airborne re-supply/logistics to the sea base. The CMV-22B platform will eventually replace the C-2 Greyhound across the Navy. Modernization of any program, regardless of service, is a complex process to ensure the proper manpower, training and equipment meets the highest standards for operation. At times, this requires creative solutions and opportunities to train service members and ready the force. Navy Sailors, who will eventually transition to the CMV-22B Osprey, are currently deployed to the Middle East with the MCAS Miramar-based Marine Medium Tiltrotor Squadron 166, a Marine Corps MV-22B Osprey squadron. The squadron currently serves as the Aviation Combat Element for Special Purpose Marine Air-Ground Task Force - Crisis Response - Central Command. "The Navy sent us some of their best Sailors," said Lt. Col. James Ford, the ACE commander.

"These Sailors have seamlessly filled many manpower gaps in our maintenance department, which increased our crisis response readiness."

- Lt. Col. James Ford, ACE commander

Typically, Sailors are assigned to Fleet Marine Force units to provide medical and limited administrative support. However, qualified naval aviators, aircrew, and maintainers have embedded within VMM-166 to gain a better understanding of V-22 operations, achieve qualifications, and meet operational milestones nascent to the future of the Carrier Onboard Delivery Mission. "When we transition to the CMV-22B, we will fully understand the requirements and nuances of day-to-day Osprey operations and maintenance," said Aircrew Survival Equipmentman 2nd Class Corey Black. "It is a rare opportunity for Sailors in the aviation field to deploy with our Marine brothers and sisters."

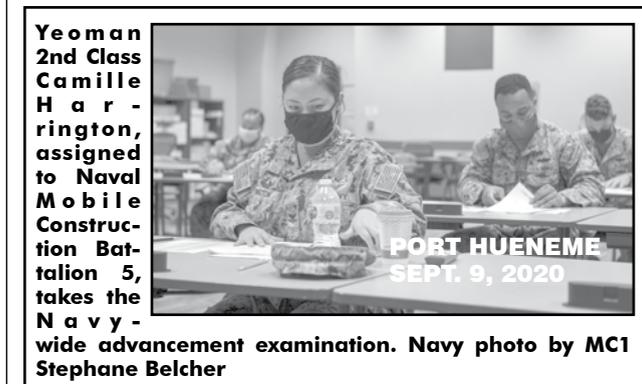


ENTRANCE BY APPOINTMENT ONLY
SHOWERS AND LOCKERS ARE NOT AVAILABLE. ARRIVE IN PT GEAR.



**SAN DIEGO
SEPT. 10, 2020**

Hospital Corpsman 2nd Class Meghan Audibert (left), and Carla Henley, a registered nurse, both assigned to Naval Medical Center San Diego's (NMCS) Intensive Care Unit, perform a code blue drill on a simulation mannequin in the hospital's ICU. Cardiac or respiratory arrest drills, signified as code blue, are performed on mannequins to ensure proper readiness in the event of real-world, medical emergencies. Navy photo by MCSN Luke Cunningham



Yeoman 2nd Class Camille Harrington, assigned to Naval Mobile Construction Battalion 5, takes the Navy-wide advancement examination. Navy photo by MC1 Stephane Belcher

**PORT HUENEME
SEPT. 9, 2020**

Ensign Robert Papp, left, trains Ensign Philip Hugginson standing the helm safety officer watch station aboard New Orleans transport dock ship. Photo by MC2 Kelby Sanders



**PHILIPPINE SEA
SEPT. 14, 2020**

Celebrating 50 years of the Navy's Ombudsman Program

Sept. 14 was Ombudsman Appreciation Day. It was a day to show appreciation to command Ombudsmen for their dedication to supporting our Navy and its families.

This year is especially meaningful as they celebrate the 50th anniversary of the Ombudsman Program. Take time to recognize your command Ombudsman and the many benefits of the Ombudsman Program. This practice goes back to the inception of the Ombudsman Program in 1970, when Adm. Elmo R. Zumwalt, Jr., introduced the Navy Family Command Ombudsman Program via Z-Gram 24.

These selfless volunteers are crucial to the success of the Navy. The contributions Ombudsmen make to the success of a command's mission are immeasurable. Their support to Navy families enable Sailors and commands to focus on mission requirements while knowing that their families have a trained and reliable resource to provide support on the home front.

Commanders and command triads play a critical role in ensuring Ombudsmen are properly prepared and always feel there's a direct line of communication with you to assist Sailors.

Ombudsman Coordinators serve as an invaluable resource to both Ombudsmen and Commanders. Ombudsmen guidance and understanding of the Ombudsman Program provide a firm foundation to all who are affiliated with the program.

Ombudsmen, congratulations on 50 impressive years of dedicated service and support. Thank you for all you do and BRAVO ZULU.



AutoMatters™ & More



by Jan Wagner

Fifty years ago, the iconic 1969 Datsun 240Z first went on sale in the U.S. – the Z's largest market by far. I was one of the lucky few to own a first-generation Z – a Mandarin Orange 1971 Datsun 240Z.

As new Zs have been introduced over the years, I have been longing for a worthy spiritual successor to the Datsun 240Z. Its styling was timeless and its performance exhilarating, yet it was also economical, affordable, practical and reliable.

Certainly, the overall power and performance of Zs has increased dramatically over the decades since the 240Z, yet these newer Zs did not really possess that classic, unmistakable 240Z look – the look that could let you tell at a glance that it was related to the iconic original. I am very pleased to tell you that the long wait for such a car is finally over.

Live, online from the Nissan Pavilion in Yokohama, Japan, the bright yellow pearlescent Nissan Z Proto has officially been revealed to the world. Even though this car is a prototype, we were assured by Nissan that it is nearly in its production-ready form.

Think of the Nissan Z Proto as an evolution of the iconic Datsun 240Z – a sports car that still looks and drives great today, 50 years after its introduction. It was an sports car that was inspired by expensive European

Nissan Z Proto breaks cover in a worldwide online event

sports cars, and yet it sold in large numbers at an affordable price. We were reminded that Nissan did not make the 240Z an icon - generations of Z faithful did.

The Nissan Z Proto is visually similar to the 240Z but it is thoroughly modern, just as the 240Z was, back in its day so long ago. There are strong visual reminders of that car, as well as later generations of Zs. It is both familiar and yet overall it is unique unto itself – both in terms of how it looks and surely how it will drive. It is a new, modern sports car that is intended to appeal to Z enthusiasts old and new, for years to come.

The Nissan Z Proto may well represent the best of all worlds, a blending of old and new. It successfully captures the look of the original 240Z – most noticeable in the sloping roofline that gracefully flows from the long hood to the short rear deck. It is there at the rear, however, that it is less like the 240Z and more like the 300ZX.

That difference was intentional, since this all-new Z is intended to be reminiscent of multiple generations of Zs, adding the latest in high performance, modern technology and safety standards requirements with an eye towards the future.

It was nice to see a familiar three-binnacle instrument housing atop the center of the dash, reminiscent of the 240Z. Contrasting nicely with the predominantly black interior are the contrasting yellow stitching on the instrument panel and yellow piping on the seats. "All vital information is found in the 12.3-inch digital meter display and arranged to help the driver grasp it at a glance, such as the redline shift point at the twelve o'clock position."

Power for the Z Proto is provided by a V6 turbocharged engine. True to its sports car heritage, it has a 6-speed manual transmission. An automatic is under development.

The original 240Z embodied the essence of a sports car. There were no unnecessary additional details that might visually clutter and detract from its pure design.

To the new Z has been added a traditional Japanese Samurai "Katanas sword" treatment above the side windows, running the length of the car's roof. I'll leave it up to you to decide if you agree with that decision or if that is somewhat of an unnecessary distraction.

The new car's clear-covered headlights are a modern nod to the similarly covered headlights of the 240ZG from the early 1970s and the optionally available G-nose kit. You also have to love the much wider tires. This car clearly means business in today's world of high performance sports cars.

The global reveal was shared live on big screens at the week-long, 33rd annual, International Z Convention (ZCON) in Franklin, Tenn.

To see the hour-long event for yourself, and to learn more about the Nissan Z Proto, go to <https://www.thenissannext.com/en/z-proto.html>.

To see photos, visit www.drive-tribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #659" in their search bar. Please send your comments to AutoMatters@gmail.com. Copyright © 2020 by Jan Wagner – AutoMatters & More #659

The Meat & Potatoes of Life



by Lisa Smith Molinari

I've always wanted to say, teeth clenched with haughty intonation, "We were on the Vineyard yesterday," as if it was my regular routine now that we live in New England. So, last weekend, the unofficial end of summer, my husband, Francis, and I took a day trip to Martha's Vineyard, the preppy vacation spot for the rich and famous.

Four years ago, Francis transitioned out of the Navy after 28 years on active duty, and we decided to stay in Rhode Island. Even though we're technically New Englanders now, we have yet to put a hard "r" on the end of words like "pizza." We don't call water fountains "bubblahs." We root for the Steelers over the Patriots. And we can't eat whole-belly clams without getting the heebie-jeebies.

However, we jumped head-first into New England's fascinating history. We're no longer offended when people are shockingly blunt. We understand terms like "wicked smaht," "carriage," and "jonny-cakes." And we now appreciate bread from a can and pudding made from Grapenuts.

However, to be true New Englanders, we must experience its most famous places, so off we went with our bikes to Martha's Vineyard last weekend.

We caught the first ferry to Oak

Champagne dreams, Dirty Banana realities on season's last getaway

Bluffs, planning a bike route that would allow us to ogle million-dollar seaside homes, tour the historic whaling port of Edgartown, watch yachts on the harbor, and end the day with a pricy but well-deserved seafood dinner.

We were somewhat surprised by Oak Bluff's honky tonk vibe. "This must be an anomaly on such a hoity toity island," we thought, before biking five miles south to Edgartown.

In Edgartown, we spent the day lounging like Kennedys on Katama Beach, window shopping at high-end boutiques, admiring grand sea captains' houses, and paying a premium for fancy coffee.

After riding back to Oak Bluffs, we had three hours before our return ferry - plenty of time to find the perfect dinner. Our mouths watered at the thought of fresh oysters, lobster bisque, and trendy cocktails.

For an hour, we walked our bikes through crowded streets in search of an acceptable restaurant. Our standards lowered as pangs of hunger hammered our stomachs. We grew tired, parched and annoyed, and snapped at each other. "What about that place down on the waterfront?" Francis suggested.

"You mean that greasy fish and chips joint?" I barked, "No way!" But after realizing that our only other available option was buying a bag of Fritos and a 40-ounce can of malt liquor at the gas station, we high-tailed it to the greasy fish and chips joint.

"May we sit on the deck if we buy a couple drinks?" I desperately

asked the hostess.

"You must purchase food to sit here," she said blankly, pointing to long lines at the food and drink order windows.

"You gotta try the Dirty Banana!" a hulking man slurred to Francis in the bar line. His drunken companion, slurping the frozen concoction from a cheap plastic cup, elaborated, "It's got like eight different liquors in it. Delicious!"

A half hour later, we ordered draft beers and fish and chips from an eye-rolling teenager, who gave us an electronic hockey puck that would buzz when our order was ready. For the next half hour, we waited on a sticky bench, watching the two drunken guys swilling those Dirty Bananas.

It took another half hour, and an inquiry to the eye-rolling teenager, but our hockey puck finally buzzed. We trudged back to the hostess with an orange plastic tray carrying our fried fish, fries and plastic cups of beer. "It took me a while, but I finally got that food so we can sit on the deck!" I announced with a breathless grin.

"You can only sit here with premium entrees. With that food, you sit there," she said, pointing back to the sticky benches being hawked by seagulls.

Back on the ferry, I sat in silence, trying to reconcile our dinner experience with the rest of the day. "They were right," Francis interrupted my pity party. "These ARE delicious." I sipped my Dirty Banana, looked at the stars, and smiled at life's unexpected adventures.

CLASSIFIEDS

Turn the page

by Dr. Glenn Mollette, www.glennmollette.com

Fall season officially begins September 22 this year. For every season there is a change. Most of us like the seasons especially if we can have four of them.

I like the fall as the weather seems more stable in my part of the country. For our neighbors in California they are desperate for anything that will bring rain and an end to the devastating fires. This has been a cruel, harsh time that we pray passes by and ends very quickly for California.

On the east and gulf coast there is always another looming hurricane this time of year. Flooding and devastation have already occurred in Louisiana with the potential of more to come. Every season brings the possibilities of pleasant weather but also severe weather.

Very much like our lives every season brings change because we have no choice but to deal with the change. When snow comes, we adapt and enjoy the change.

Our lives are like seasons - change comes. If we are fortunate, aging occurs. Children grow up. Our vocational lives and dreams change, mature, flourish or become a distant memory. Our lives are like an interesting book. Your life is probably very interesting if you were able to write out the whole story. Maybe you should write about your life? Write it out for someone later to read about. If you decide to do so, write about the hard times as well as what you want everyone else to know.

Whenever you read or write a book it requires turning the page or writing a new page. You can't finish the book if you stay on the same page. When our parents die, we have to turn the page. When we bury a spouse or loved one, we have to turn the page. When we change jobs or careers that require transition it's tough but we have to turn the page. When children grow up and move away or no longer have time to be with us then we must turn the page.

A good friend is selling his lovely home. I can see that's it a tough time emotionally as he has invested so many years into where he lives. He and his wife are moving into a smaller condominium. He loves his beautiful yard but he knows it's time to turn the page as their age and health have changed.

The one difference between reading a book and life is that you may not finish reading the book but we all finish life. You either turn the pages of life or in time they are turned for you. The worst decisions we make are no decisions. We procrastinate. We delay paying into retirement. We delay a health test. We put off what we dread and it doesn't make it better.

Live a good life. Make decisions. Turn the page and keep going. Don't get stuck on the same page in the same chapter. Run your race. Finish your course. Turn the page.

SD Automotive Museum reopens!

The San Diego Automotive Museum is thrilled to welcome our guests back to the museum beginning Thursday, September 17, 2020! We are committed to ensuring your visit to the Museum is a safe one and we will be following protocol established by the State and County for a safe public reopening.

Temporary Reopening Hours
Thursday to Sunday 10am to 4pm
Last Admission at 3:30 pm

That 70s Car Show Extended - with new cars!! We have extended That 70s Car Show with a new fleet of retro cars! Exhibit ends January 16, 2021.

Shifting Gears Car Rally Save the date for The 'Shifting Gears' Car Rally on Saturday, October 10, 2020! Participants will start their day with coffee and donuts and a tour of the museum. The first stop will be at JBA Speed Shop in Kearny Mesa for photos and an experience at JBA. The next stop is Veloce Motors, The Vault in Miramar, to enjoy unique vintage and new car collections and take a private tour. Then we will hit the back roads of San Diego County to arrive at Sycuan Resort Casino for our celebration with light lunch, music, trophies and awards. Along with our Honorary Chairs Dr. Perry and Judith Mansfield and David Young of Precious Metals we hope that you will join us! Car Rally & Raffle Details 1968 Dodge Coronet Raffle Win this 1968 Dodge Coronet while supporting the San Diego Automotive Museum! Exceptional ground-up restoration with a subtly modified 440" V8 and other muscle upgrades! \$100 per ticket Purchase tickets by calling (619) 398-0307. 1:3,500 to win; maximum of 3,500 tickets will be sold. Sept. 1, 2020 -Dec.18, 2020.

San Diego Automotive Museum is located at 2080 Pan American Plaza, in Balboa Park.

USS Ranger CVA/CV-61 reunion

The USS Ranger CVA/CV-61 Reunion Association will hold its 33rd annual reunion in Norfolk, VA, Sept. 30-Oct. 3. All former crew members, squadrons, Marine detachments or TADs. For more information contact Tom Ballinger at 210-403-3302.



Friends don't make friends wait in hot cars!

When the outside temp is 85° your car heats up to 104° in 15 minutes and 119° in 30 minutes.
 @cocotheadventurepup

ARMED FORCES DISPATCH CLASSIFIEDS

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

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

ATTORNEYS

LOW COST DIVORCE

Recordon & Recordon, Attorneys

- SUPPORT •
- CUSTODY •
- VISITATION •
- MEDIATION •
- ADOPTION •

PAYMENT PLANS

Free Consultation
 (619) 232-1717

Mission Valley ... 283-7777
 El Cajon 442-6999
 Chula Vista 427-3404

LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys

STOP
 Creditor Calls
 Home Foreclosure
 Repossessions

PAYMENT PLANS

Free Consultation
 (619) 232-1717

Mission Valley ... 283-7777
 El Cajon 442-6999
 Chula Vista 427-3404

AUTO FOR SALE

'93 CHEVY CAPRICE CLASSIC - 1 owner, all orig. fully loaded, 4 door, 48k orig miles, clean as a whistle. \$3000 firm. 619-674-8513. **SALE**

1966 FORD F-100 CUSTOM CAB PICKUP TRUCK "Old Blue." 3 on the tree. Runs but needs lots of TLC on interior and body. Project truck. It runs and has non-op filed this year. We're downsizing. Call for info. 619-246-2461 leave message.

BUSINESS OPPORTUNITIES

WHAT WE OFFER:

- Weekly Pay
- Monthly Pay
- Long-Term Pay
- Legacy Program
- Daily Coaching
- Ongoing Training
- Turn-Key Operation
- Company Guarantees
- Real E-Commerce Home Based Business

IF YOU ARE:

- Highly Motivated
- Success Driven
- Teachable
- Trainable
- Coachable

CALL 619-243-4301

HELP WANTED

ACTIVE DUTY MILITARY

Now hiring part-time.
 \$12-\$15/hour
 Call now!!
760-990-9148

HORSE BOARDING

HORSE BOARDING CARLSBAD \$400/month

Western casual, family-oriented ranch. We have roomy 12x48 or 12x24 corrals and provide a veterinarian recommended diet twice daily.
760.840.0187

LANDSCAPING

Landscaping/Tree Service
 Free estimates, 25 years experience.
 Any day. 760-685-7585.

MASSAGE

New Energy Massage

3817 University Ave. • SD, Ca. 92105
 1 Block West of I-15

619.795.0955

\$10 Discount on any Massage

Open 7 Days a Week • 9am-10pm
 NO APPOINTMENT NECESSARY

Advertise to the assured-income military community.

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

RENTALS APARTMENTS

AVAILABLE NOW!!!
 1, 2 or 3 BR's Apartments,
 Townhouse & Houses
MOVE-IN SPECIAL!
LEADINGHAM REALTY

1062 Palm Ave., Imperial Beach
 619-424-8600

RENTAL HOMES

EL CAJON - 4BR/2-1/2BA. Brand new, available now. Lots of upgrades. 2 car garage. \$3500/mo. 619-592-5201.

HILLCREST/MISN HILLS - 3BR/2BA, 2 story dplx. Priv yrd, travertine marble downstrs, carpet upstrs, Indry in bldg. \$3250/mo. 619-992-9927.

ROOM FOR RENT

NATIONAL CITY - Fully furnished room, shared bath, very clean, \$550/mo. Credit check. 619-709-7389.

ROOM FOR RENT

SOUTH EAST SAN DIEGO - Large furnished room, shared bath, kitchen priviledges. \$800/mo. util included. 619-646-2857.

ROOM WANTED

SENIOR LADY looking to rent a furnished room, bath for \$400 and light housekeeping. I am quiet, keep to myself and enjoy books and movies. (619) 980-8498.

CROSSWORD ANSWERS

APTS APPS HATS
 BARI NCAA DARIA
 ATIT ALLYOU NEED
 CHAFE AASPNOR
 ISLOVEBUTATION
 DRIP HAB
 EVA LEAPS VADER
 LITTLECHOCOLATE
 MEES LILAG RAP
 ARC HACK
 MGR NOWANDTHEN
 POLICECAR OSOLE
 DOESNTHURT CRAW
 FLATS EGAD ASTA
 SAMS RHYS NEET

WANTED TO BUY

WANTED TO BUY

GI Military Uniforms and Gear.
 Must be legitimate. Do not bring anything that will cause trouble.

SUNDAYS ONLY 10am-3pm

Call Jerry 760-525-0053

GI Joe's Army-Navy Surplus
 799 El Cajon Blvd., El Cajon, CA 92020

SUDOKU SOLUTION

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

'Dine Diego' presented by San Diego Restaurant Week

2020 DINE AL FRESCO. DINE TO GO. DINE DIEGO. Tuesday, September 15, 2020 through Thursday, October 15, 2020

Dine Diego hits the San Diego scene this Fall for a blowout month of dining deliciousness. The one time only Dine Diego is a one month dining celebration featuring a diverse line up of top San Diego eateries showcasing their safe dining offerings for alfresco, to go and in house promotions.

Dine Diego takes the place of San Diego Restaurant Week for 2020 in an effort to support the unique and timely needs of the San Diego restaurant industry that is facing dynamic and ongoing challenges as a result of the COVID-19 pandemic.

Tickets are not necessary for this mouthwatering month of dining, but reservations are recommended!

WHEN: Tuesday, September 15, 2020 through Thursday, October 15, 2020. With more days, more restaurants and more opportunities to play, Dine Diego is more than a one & done! Dine once, Dine twice, Dine Diego all month long!

WHERE: At over 300 participating restaurants across San Diego County.

HOW MUCH: Prices vary depending on the restaurant.

WEBSITE: Visit San Diego Restaurant Week on the web at SanDiegoRestaurantWeek.com for more information, a complete list of restaurants, or to make reservations in advance!

BENEFITS: By supporting our local restaurants, we are giving back to our employees, our farmers, our suppliers and so many more. Together, we can ensure that our restaurants continue to create spaces and opportunities to celebrate the big moments, the small moments and all those delicious meals in between. In an effort to support all San Diego restaurants the California Restaurant Association has waived all participation and membership fees for Dine Diego. Dine Diego is completely free for San Diego restaurants to participate in.

Roy's Sudoku

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

No act of KINDNESS no matter how small is ever wasted.
 -Aesop

NATIONAL
SUICIDE PREVENTION LIFELINE
 1-800-273-TALK (8255)
suicidepreventionlifeline.org

Shutting down meeting monologues

by Dr. Daneen Skube,
Tribune Content Agency

Q: Now that most of my meetings are on the computer I am noticing one member of my team cannot shut up. He monopolizes meetings, and monologues endlessly. I've tried changing the topic, or interrupting him but nothing works. He always talked too much but now we cannot get our work done. How do I shut him up?

A: You'll be able to shut him up if you realize your master of the meeting monologue is talking because he's anxious. If you understand the emotional root of annoying office behavior you have a prayer of stopping the behavior. You need to address his anxiety by paraphrasing him and asking for his help.

Any compulsive activity where we do too much of anything is based in fear. Moreover, people that engage in obsessive behavior struggle with shame that they cannot control their behavior. Whether we obsessively check a stove, drink, overeat or talk too much compulsive behavior and shame are common bed fellows.

If you directly confront the other person will feel ashamed

which will make him or her afraid and then the behavior will get worse. Instead listen closely to what is making your co-worker anxious. In compul-

INTERPERSONAL EDGE:

sive behavior the fear is usually unconscious and making what is unconscious conscious settles people down. A fear that we can articulate and understand diminishes in power and influence. Many of our fears are irrational. When someone puts our fear into words we can see it is unlikely.

An example of paraphrasing would be, "So Fred, sounds like you worry our department might be shut down if we make a mistake?" Notice that our fear causes us to exaggerate our risk and maximize perceived threats.

After summarizing the core fear in a paraphrase ask your co-worker for help. A statement like, "Fred my understanding is our team needs to get our budget set for 2021 in this meeting can you help us finish getting those numbers estimated before we leave this meeting?"

If the above techniques do not

work to stop your master of the monologue then appeal to your team for help. As your co-worker is talking say, "Fred I want to check in with the team. What did

the team need to get done before we finish our meeting today?"

What you never want to do is personally confront your co-worker. Ironically the team will end up seeing you as the problem since it appears you started a fight. If instead you first paraphrase the fear, then ask your co-worker for help, and lastly get the group to help you'll have less talk and more task.

Most people right now are more anxious than they have ever been. They worry about dying, worry about having no job, and worry about our world falling apart. Anyone that is normally talkative may be trying to disperse their higher anxiety through constant conversation.

There's a saying that you can never get enough of what you never really needed in the first place. If we try filling the hole in our souls that the wind whistles through with compulsive activi-

ties it doesn't work and leaves us feeling emptier. Facing our empty and frightening places is the only path that reduces compulsions.

No amount of talking will remove your co-worker's fear. However, your ability to perceive, articulate, and make room for his or her anxiety will allow your team to get back to the task at hand.

The last word(s)

Q: Is there any tool that could help me cope with this seemingly unending slog until we get a vaccine?

A: Yes, I guarantee you we will find solutions for this problem and then we will have new problems to solve. Work on becoming an expert problem solver and realize a good life is having new problems not no problems.

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."

Prepping for a successful school year

(StatePoint) Whether heading back to the classroom or back to a digital device this fall, it's important to be prepared. Get your children set up for academic success with the following resources and gear:

- **Comfortable workstation:** A few considerations will improve ergonomics and comfort, for better focus when working at home. Consider a height-adjustable table or desk as well as an adjustable chair in order to accommodate your growing child's needs. If possible, select an area for your child to work that gets plenty of natural light. A good desk lamp is also essential.

- **Math tools:** Did you know that there are free math resources available online that can help to alleviate the challenges posed by remote-learning? Check out Casio's learning site, available at CasioEducation.com/remote-learning, which provides math activities, YouTube videos, an online calculator and downloadable resources. The brand also offers a variety of models of scientific and graphing calculators, providing students of all levels with the features they'll need to make the grade.

- **Headphones:** With so many distractions that can derail a student's attention, a good set of noise-canceling headphones can make all the difference.

- **Music instruction:** Give kids the tools they need to play music wherever and whenever they'd like. With the ultra-compact LK-S250 keyboard, novices can easily learn to play favorite songs using the instrument's Key Lighting system and library of built-in songs. By connecting to the free Chordana Play app, they can take lessons further by mastering favorite tunes from downloaded MIDI files. The class-compliant USB port connects to any Mac, PC, iOS or Android device with no drivers needed.

- **Functional fashion:** The best accessories also serve a purpose. Look for a watch that has a range of features that help students stay on task. Check out the Pro Trek line of watches. Its different alarm settings can be used to keep a schedule.

NIH News in Health

The Power of pets: Health benefits of human-animal interactions

NATIONAL INSTITUTES OF HEALTH - Nothing compares to the joy of coming home to a loyal companion. The unconditional love of a pet can do more than keep you company. Pets may also decrease stress, improve heart health, and even help children with their emotional and social skills.

An estimated 68 percent of U.S. households have a pet. But who benefits from an animal? And which type of pet brings health benefits?

Over the past 10 years, NIH has partnered with the Mars Corporation's WALTHAM Centre for Pet Nutrition to answer questions like these by funding research studies.

Scientists are looking at what the potential physical and mental health benefits are for different animals - from fish to guinea pigs to dogs and cats.

Possible health effects

Research on human-animal interactions is still relatively new. Some studies have shown positive health effects, but the results have been mixed.

Interacting with animals has

been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood.

The NIH/Mars Partnership is funding a range of studies focused on the relationships we have with animals. For example, researchers are looking into how animals might influence child development. They're studying animal interactions with kids who have autism, attention deficit hyperactivity disorder (ADHD), and other conditions.

"There's not one answer about how a pet can help somebody with a specific condition," explains Dr. Layla Esposito, who oversees NIH's Human-Animal Interaction Research Program. "Is your goal to increase physical activity? Then you might benefit from owning a dog. You have to walk a dog several times a day and you're going to increase physical activity. If your goal is reducing stress, sometimes watching fish swim can result in a feeling of calmness. So there's no one type fits all."

NIH is funding large-scale surveys to find out the range of

pets people live with and how their relationships with their pets relate to health.

"We're trying to tap into the subjective quality of the relation-



ship with the animal - that part of the bond that people feel with animals - and how that translates into some of the health benefits," said Dr. James Griffin, a child development expert at NIH.

Animals helping people

Animals can serve as a source of comfort and support. Therapy dogs are especially good at this. They're sometimes brought into hospitals or nursing homes to help reduce patients' stress and anxiety.

"Dogs are very present. If someone is struggling with something, they know how to sit there and be loving," says

Dr. Ann Berger, a physician and researcher at the NIH Clinical Center in Bethesda, Md. "Their attention is focused on the person all the time."

Berger works with people who have cancer and terminal illnesses. She teaches them about mindfulness to help decrease stress and manage pain.

"The foundations of mindfulness include attention, intention, compassion, and awareness," Berger says. "All of those things are things that animals bring to the table. People kind of have to learn it. Animals do this innately."

Researchers are studying the safety of bringing animals into hospital settings because animals may expose people to more germs. A current study is looking at the safety of bringing dogs to visit children with cancer, Esposito says. Scientists will be testing the children's hands to see if there are dangerous levels of germs transferred from the dog after the visit.

Dogs may also aid in the classroom. One study found that dogs can help children with ADHD focus their attention. Researchers enrolled two groups of chil-

dren diagnosed with ADHD into 12-week group therapy sessions. The first group of kids read to a therapy dog once a week for 30 minutes. The second group read to puppets that looked like dogs.

Kids who read to the real animals showed better social skills and more sharing, cooperation, and volunteering. They also had fewer behavioral problems.

Another study found that children with autism spectrum disorder were calmer while playing with guinea pigs in the classroom. When the children spent 10 minutes in a supervised group playtime with guinea pigs, their anxiety levels dropped. The children also had better social interactions and were more engaged with their peers. The researchers suggest that the animals offered unconditional acceptance, making them a calm comfort to the children.

"Animals can become a way of building a bridge for those social interactions," Griffin says. He adds that researchers are trying to better understand these effects and who they might help.

Animals may help you in

other unexpected ways. A recent study showed that caring for fish helped teens with diabetes better manage their disease. Researchers had a group of teens with type 1 diabetes care for a pet fish twice a day by feeding and checking water levels. The caretaking routine also included changing the tank water each week. This was paired with the children reviewing their blood glucose (blood sugar) logs with parents.

Researchers tracked how consistently these teens checked their blood glucose. Compared with teens who weren't given a fish to care for, fish-keeping teens were more disciplined about checking their own blood glucose levels, which is essential for maintaining their health.

While pets may bring a wide range of health benefits, an animal may not work for everyone. Recent studies suggest that early exposure to pets may help protect young children from developing allergies and asthma. But for people who are allergic to certain animals, having pets in the home can do more harm than good.

This story is from a recent monthly newsletter from the National Institutes of Health.

FRANK TOYOTA

2400 NATIONAL CITY BLVD.
866.217.1866
www.franktoyota.com

2021 Toyota Corolla LE

Lease for 4 Cyl, Auto.

\$224
PER MONTH PLUS TAX
36 MONTHS



1 at this payment. Stk#: 59906, VIN#: MJ133821, Model#: 1852. Net capitalized cost \$19,818.28. \$224 plus tax monthly for 36 months with \$3,300 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 9/30/2020.

2020 Toyota Camry LE

Lease for 4 Cyl, Auto.

\$258
PER MONTH PLUS TAX
36 MONTHS



1 at this payment. Stk#: 59583, VIN#: LU964173, Model#: 2532. Net capitalized cost \$23,216.13. \$258 plus tax monthly for 36 months with \$3,550 due at lease signing. Includes \$1225 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 9/30/2020.

2020 Toyota Prius LE

Lease for 4 Cyl, Auto, Hybrid.

\$265
PER MONTH PLUS TAX
36 MONTHS



1 at this payment. Stk#: 59320, VIN#: L3118257, Model#: 1223. Net capitalized cost \$24,804.19. \$265 plus tax monthly for 36 months with \$3,999 due at lease signing. Includes \$145 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 9/30/2020.

FRANK HYUNDAI

3150 NATIONAL CITY BLVD.
866.542.8238
www.frankhyundai.com

2020 HYUNDAI ACCENT SE

\$12,277 FRANK'S PRICE
-\$1000 RETAIL BONUS CASH
-\$500 MILITARY

NET PRICE
\$10,777



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 9/21/20. 1 at this price. #120820.

2020 HYUNDAI ELANTRA SE

\$16,777 FRANK'S PRICE
-\$2000 RETAIL BONUS CASH
-\$500 HMF FINANCE
-\$500 MILITARY

NET PRICE
\$13,777



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 9/21/20. 2 at this price #601787 & #605369.

2020 HYUNDAI VENUE SE AUTOMATIC

\$15,277 FRANK'S PRICE
-\$1500 RETAIL BONUS CASH
-\$500 MILITARY

NET PRICE
\$13,777



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 9/21/20. 1 at this price #028724.

FRANK SUBARU

2829 NATIONAL CITY BLVD.
888.207.1891
www.franksubaru.com



2020 SUBARU IMPREZA 5 Door MANUAL TRANSMISSION

LEASE FOR **\$209** PER MONTH PLUS TAX
36 MONTHS

ZERO DOWN!



*1 at this payment, STK# 23756, VIN# L1727774, Model # LLA 01. \$209 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 9/30/20.

2020 SUBARU FORESTER

LEASE FOR **\$279** PER MONTH PLUS TAX
36 MONTHS

ZERO DOWN!



*1 at this payment, STK# 23217, VIN# LH533753, Model # LFB 01. \$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 9/30/20.

4-WHEEL ALIGNMENT

\$89⁹⁵ + tax
~~WAS \$119⁸⁵~~



- Precision computerized wheel alignment
- Adjust caster, camber & toe
- Inspect suspension for wear
- Center steering wheel • Inspect tires

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 9/30/20.

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

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

Military Special Only

OIL & FILTER CHANGE

\$39⁹⁵ + tax
~~WAS \$49⁸⁵~~



- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE Check & set tire pressure to vehicle specifications
- FREE Multipoint inspection
- FREE Car Wash
- FREE Battery Test

Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 9/30/20.

FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL
\$50 OFF

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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 9/30/20.

Plus **10% OFF**

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

WE HONOR OUR MILITARY!!