



Back at Home,
**WE HAVE
YOUR BACK**



COUNTY OF SAN DIEGO OFFICE OF MILITARY & VETERANS AFFAIRS

A Special Advertising Supplement

Wil Quintong, Director of the County of San Diego Office of Military & Veterans Affairs, works diligently to connect veterans with the benefits they've earned through their service.
PHOTO BY KELLY JETT



Here to Help

The County of San Diego Office of Military & Veterans Affairs advocates for veterans who are trying to obtain state and federal benefits. The office provides the following services to veterans, active military and their families:

- ✓ **Comprehensive benefits counseling**
Get help identifying what type of benefits you qualify for.
- ✓ **Claim preparation and submissions**
Veteran Services Representatives are familiar with the application process and are able to identify the documentation needed to ensure the claim is filed correctly.
- ✓ **Claim follow-up and appeals**
Should a claim be denied, Veteran Services Representatives can help file appeals.
- ✓ **Referrals to service providers**
Veterans who need further help can get information and referrals to public assistance, VA medical care, homelessness services and disability assistance.

To make an appointment with a Veteran Services Representative, call **858-694-3222** or email sdcvso.hhsa@sdcounty.ca.gov.

"If you served, you earned." That's the motto at the County of San Diego Office of Military & Veterans Affairs, where veterans can get help navigating the complicated U.S. Department of Veterans Affairs system to access the benefits they've earned. After leaving the service, vets are often confused about what kind of state and federal benefits they're eligible to receive. At the Office of Military & Veterans Affairs, Veteran Services Representatives provide comprehensive benefits counseling and support throughout the entire process.

"It really does help veterans to have an advocate that is helping them to submit these important documents," says Director Wil Quintong. "A lot of veterans, they don't know what they're entitled to and in a lot of cases they miss out on entitlements. They don't find out until later on in their lives that they could have had some disability compensation from the VA, but by then it may be too late."

Even if veterans are aware of the benefits they qualify for, navigating the system on their own can be a complicated process, where a simple mistake can also be a costly one.

"It's very complex and a lot of it deals with medical terminology," says Michael Piepenburg, Senior Veteran Services Representative. "The average veteran, or their family, is unfamiliar with the whole process and how to go about it. If it's not done correctly, in some cases, it can drag on for years."

San Diego County is home to the state's second largest veteran population. Counting active duty members and their families, 1.2 million people – almost 40 percent of the county's population – are connected to the military. In 2015, over 21,000 people walked through the doors of the Office

Fulfilling Duty With HONOR

Helping connect veterans with well-deserved benefits

BY ANNE STOKES

"A LOT OF VETERANS ... DON'T KNOW WHAT THEY'RE ENTITLED TO."

Wil Quintong

*Director, County of San Diego
Office of Military & Veterans Affairs*

of Military & Veterans Affairs for help with benefits such as disability, health care and education.

"These types of compensation not only help the veteran, it helps their dependents and it helps their spouse," Quintong says.

According to Quintong, while younger veterans are more likely to apply for benefits, many older veterans, especially those who served in Vietnam, can be hesitant. Many mistakenly believe that their earned benefits come at the cost of others'. But Quintong stresses that this isn't the case.

"These are benefits that they're truly entitled to," Quintong says.

For more information, call 858-694-3222 or visit www.sandiegocounty.gov/hhsa/programs/ais/veterans_services



**LIVE WELL
SAN DIEGO**

Live Well San Diego is a regional vision adopted by the San Diego County Board of Supervisors in 2010 that aligns the efforts of County government, community partners and individuals to help all San Diego County residents be healthy, safe and thriving. The vision includes three components: Building Better Health, adopted on July 13, 2010, focuses on improving the health of

residents and supporting healthy choices; Living Safely, adopted on October 9, 2012, focuses on protecting residents from crime and abuse, making neighborhoods safe and supporting resilient communities; and, Thriving, adopted on October 21, 2014, focuses on cultivating opportunities for all people to grow, connect and enjoy the highest quality of life.



The Abayan family has benefited from the VA's Survivors' and Dependents' Educational Assistance (Chapter 35) and California's CalVet programs. Daughter Stephanie (middle) used the benefits to earn a degree in business administration from CSU San Marcos.
PHOTO KELLY JETT

"I'M VERY THANKFUL FOR THOSE ADVOCATES. THEY'RE REALLY WELL-VERSED ON THE BENEFITS AND WHAT'S AVAILABLE."

Charlie Abayan
U.S. Navy veteran

Deployment to **DIPLOMA**

Educational benefits open doors for veterans and their families

BY ANNE STOKES

Charlie Abayan served his country with honor for 20 years. After retiring from the U.S. Navy in 2005, he struggled with post-traumatic stress disorder and other injuries stemming from his service in Iraq, earning him a 100 percent disability rating with the VA. With help from the County of San Diego Office of Military & Veterans Affairs, he was able to connect with health, disability and educational benefits for himself as well as his family.

Programs such as the Survivors' and Dependents' Educational Assistance (Chapter 35), Post-9/11 GI Bill (Chapter 33) and CalVet College Tuition Fee Waiver for Veteran Dependents can provide financial

assistance for degree programs, vocational or technical training. Last year in San Diego County, the Office of Military & Veterans Affairs processed 7,400 college fee waivers totaling \$33 million in educational benefits. Abayan credits Veteran Services Representatives with helping him navigate the system and connecting him with benefits.

"Without their assistance, I wouldn't have known anything about it," he says. "I'm very thankful for those advocates. They're really well-versed on the benefits and what's available out there."

With help from those benefits, Abayan's daughter Stephanie graduated with a degree in business administration from CSU San

Marcos. Because of the added financial support, she was able to concentrate on school rather than working to pay bills like so many students are forced to do. She was even able to take a business development internship at the World Trade Center.

"I wouldn't have had the experiences I had without it ... I was also able to do internships and not have a financial burden," she says. "It allowed me to have more opportunities, and I'm very grateful for it."

For more information, call the County of San Diego Office of Military & Veterans Affairs at 858-694-3222 or visit www.sandiegocounty.gov/hhsa/programs/ais/veterans_services/.

The benefits you deserve

The County of San Diego Office of Military & Veterans Affairs connects veterans with a variety of benefits. Whether getting an education or medical care, vets are entitled to many services at both the state and federal levels.

Disability

Benefits are available to veterans — or their surviving spouse or child — with a disability due to a service-connected injury, disease or condition. Related or secondary disabilities are also included, even if they develop after discharge. The VA also provides adapted housing grants and financial compensation for disabled veterans.

Education

Since the end of World War II, the GI Bill has helped millions of honorably discharged veterans and their dependents get an education. Benefits include tuition assistance for college courses, vocational training and professional certification. Under California's CalVet program, qualified veteran dependents can be eligible for tuition fee waivers at any UC, CSU or state community college.

Health care

Service members discharged under any condition other than dishonorable can qualify for medical benefits. The VA offers a full range of health care for veterans and dependents, including mental health, dental and long-term care.

Home loans

Depending on length of service, veterans and their families can be eligible for home loan benefits. Working with private lenders, the VA provides a loan guaranty. Loans can then be used to purchase or build a new home, as well as repair or modify an existing home.

Burial

Eligible veterans, their spouses and their dependents may choose to be buried in any of the 134 national cemeteries with perpetual care, a government headstone or marker, burial flag, presidential memorial certificate and burial allowances. Families may also request military funeral honors.

Connecting With **SUPPORT THAT WORKS**

Veteran's wife gets the assistance she needed

BY KATE GONZALES



Helen Miller met her husband, veteran George Miller (pictured in the framed portrait at right), later in life. The Office of Military & Veterans Affairs helped her access VA benefits.

PHOTO BY KELLY JETT

Helen Miller and her late husband, George Miller, fell in love as seniors.

He had served as a lieutenant colonel in the Marines during Vietnam, and was a recipient of three Purple Hearts and additional military honors. Miller remembers her husband as tall and good-looking, with a great sense of humor.

"His blue eyes hit mine and my knees buckled," Miller remembers. "I knew this was it."

The two were married four years. After a series of illnesses and surgeries, Miller's husband died in February, 2014. After he passed away, Miller had trouble paying her bills on her income alone.

She knew she was eligible to receive benefits, but was not sure where to turn. Miller managed to submit paperwork, including her husband's death certificate, to receive Dependency and Indemnity Compensation. When the U.S. Department of Veterans Affairs denied her benefits, she connected with the County of San Diego Office of Military & Veterans

Affairs and got the help she needed.

"For a layperson like myself, you're ... in a sea out there," she says. "You need a little branch to hold onto."

Veteran Services Representative Jesse Andrews made the process smoother. Miller's application was initially denied because the death certificate did not list all of the service-related illnesses that contributed to her husband's death. Andrews helped Miller get a new, updated

death certificate, and together they resubmitted the application.

Two months later, Miller received her first check from the VA, which included back pay. She now receives monthly benefits that help with groceries, gas and other necessities.

Miller says

Andrews helped

streamline the experience and made her more comfortable. Andrews says he takes pride knowing he's helping veterans and their dependents get the benefits they've earned.

"The best thing in the world is when they come in with a smile on their faces because they got their benefits," says Andrews. "It's a privilege to help them."

"IT'S A PRIVILEGE TO HELP."

Jesse Andrews

Veteran Services Representative

Community programs form broad network of support for vets

When it comes to serving the military community, programs throughout County of San Diego have strength in numbers and through strong partnerships. Here are some of the programs for veterans the Office of Military & Veterans Affairs partners with:

Legacy Corps: Trustworthy volunteer caregivers offer **respite for family caregivers of veterans or military members**. The Office of Military & Veterans Affairs refers potential volunteers to the program. *Family caregivers can request an assessment for scheduled visits at 858-505-6305.*

San Diego Veterans Independence Services at Any Age (SD-VISA): This program **keeps disabled veterans in their homes** and communities by providing a monthly stipend with a VA-approved care plan. Funds can

go toward hiring caregivers and purchasing items to facilitate independent living. *Find out if a veteran you know qualifies by calling 858-495-5442.*

San Diego Veterans Coalition: A growing group of more than 140 nonprofits that **address the housing, employment, legal and other needs of vets** and those about to transition out of the military. The group meets monthly at the Office of Military & Veterans Affairs. *Visit sdvetscoalition.org for more information.*

Live Well San Diego: This countywide, long-term vision is intended to **build healthier, safer and more thriving communities**. The Office of Military & Veterans Affairs encourages all of San Diego's veteran-related nonprofits to become *Live Well San Diego* partners.

Veterans Employee Resource Group (VALOR):

One of eight Employee Resource Groups, VALOR **promotes networking, professional development and discussion of common issues** among county employees with shared interests.

Vets' Community Connections: This initiative, sponsored by 2-1-1 and the San Diego Regional Chamber of Commerce, provides the community an opportunity to do more for vets than simply say, "Thanks for your service." **VCC connects vets with businesses and individuals who have expertise and services to offer in a variety of areas**, including education, health, business, recreation, arts and community service. *Visit vetscommunityconnections.org or dial 2-1-1 to participate.*

Senior Veteran Services Representative Mike Piepenburg enjoys helping veterans and members of the military access the benefits they have earned.
PHOTO BY KELLY JETT



Extending a **HELPING HAND**

Outreach efforts make it simpler to access benefits and services

BY KATE GONZALES

What does Mike Piepenburg enjoy most about his job? “That’s easy,” he says. “The smile on the face of that veteran sitting across the table.”

Piepenburg is the Senior Veteran Services Representative with the County of San Diego Office of Military & Veterans Affairs. He is one of nine Veteran Services Representatives who help veterans and active military members navigate through paperwork and connect with organizations to claim benefits and access services. Piepenburg, himself a vet, says Veteran Services Representatives receive training to understand the nuances of applying for benefits.

The office is proactive in connecting with vets, and Director Wil Quintong says although the staff is small, they are highly committed.

“There’s an essential pride among our staff, that we go beyond what is expected. We’re small but mighty,” he says. “And the support from the county’s CAO and Board of Supervisors has been tremendous.”

In 2015, the office conducted

outreach at more than 80 events countywide, reaching approximately 8,000 vets.

The office has expanded its outreach in other ways, like establishing a presence in county libraries and opening the Military & Veterans Resource Centers in Escondido and National City. Vets and military members now have more opportunities to meet face-to-face with Veteran Services Representatives.

“Veterans want to see who they’re talking to,” Quintong says. “It just helps them feel more confident that they’re being taken care of.”

Piepenburg enjoys being able to deliver a human touch in serving those who’ve served our country.

One of Piepenburg’s first clients is also one of his most memorable. An elderly veteran and his wife, who had only \$29 in the bank, needed help obtaining their compensation. When they received the check, the veteran tearfully thanked Piepenburg and said he planned to take his wife to her favorite restaurant. He took her to Denny’s.

“Every time I think of that I just smile again,” says Piepenburg.

**“VETERANS WANT TO SEE
WHO THEY’RE TALKING TO. IT
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TAKEN CARE OF.”**

Wil Quintong

Director, County of San Diego Office of Military & Veterans Affairs

Collaborative efforts to deliver more

San Diego County has a huge military community. It is estimated that the county is home to the third-largest population of veterans nationwide, and more than a third of the people who call the county home are connected to the military.

The County of San Diego Office of Military & Veterans Affairs recognizes the importance of helping veterans, military members and their dependents access the assistance and services they’ve earned. Here’s a look at the ways the office works to reach out to the community and connect those who qualify with services:

Intel & Recon for Military & Veterans Project

In 2015, the Office and 38 county departments collaborated to identify ways to improve and expand their services to veterans, active military and dependents. The effort focused on five areas: benefits; housing and employment; behavioral health and family stress; outreach; and data. As a result, the office created the comprehensive **Military & Veterans Resource Guide, which details services and programs throughout the county**, available at www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/veterans_services.

Library partnership

Seven library branches now offer resources, including information on stress management, health and nutrition and life skills for vets and service members. At Julian and Poway libraries, people who need help completing and submitting VA benefits claims can get individualized assistance through Vet Connect, which links them virtually with a Veteran Services Representative.

The office partners with one city and six county libraries, and plans are in the works to expand to more libraries throughout the county.

Military & Veterans Resource Centers

These centers house nonprofits and service providers, so they’re each a one-stop shop for resources, including computer access, mental health and housing services, and more. Vet and military clients can meet with Veteran Services Representatives. REBOOT Workshops, which help veterans successfully transition to civilian jobs and life after the military, are also held at these centers.

The MVRs are housed in the North Inland Live Well Center in Escondido and the South Region Live Well Center in National City.

It's Up to Us

The It's Up to Us campaign empowers everyone in San Diego to talk openly about mental illness, recognize symptoms and connect with help. By educating the public and raising awareness about mental health and suicide prevention, the campaign aims to inspire wellness and create a more supportive community.



KNOW THE SIGNS

Suicide is preventable, but pain isn't always obvious. These signs may mean someone is at risk for suicide. Risk is greater if the behavior is new or has increased and if it seems related to a painful event, loss or change. Take the situation seriously and reach out if someone you care about is showing any combination of the following behaviors:

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about being a burden to others
- Increasing use of alcohol or drugs
- Acting anxious, agitated or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

WHAT TO DO

- 1 Do not leave the person alone.
- 2 Remove any firearms, drugs, alcohol or sharp objects that could be used in a suicide attempt.
- 3 Call one of the helplines below.

HELPLINES

Call 911

For life-threatening emergencies or immediate response.

Call the Access & Crisis Line at 1-888-724-7240

The San Diego Access & Crisis Line offers crisis intervention and mental health services referrals, 24/7.

Chat online at Up2SD.org

Chat online, learn more and access resources.

Call Courage to Call at 877-MyUSVet (877-698-7838) or dial 2-1-1

This free 24/7 helpline and support program is especially for vets, service members and military families.

Call the National Suicide Prevention Lifeline at 1-800-273-8255

Reach someone 24/7.

You're NOT ALONE

Courage to Call peer support program serves vets

BY KATE GONZALES

No one can understand a veteran's experiences better than a fellow veteran. That's the idea driving the free support program Courage to Call, which matches veteran peer navigators to veterans, current service members and loved ones in need of support.

The effort, funded by County of San Diego Behavioral Health Services and run by Mental Health Systems, in collaboration with Veterans Village of San Diego and 2-1-1 San Diego, also works to reduce stigma around the mental health challenges that members of the military community face.

Program Manager RanDee McLain, herself a Navy veteran of the Iraq war, says addressing mental health concerns and the risk of suicide in the military community is vital. Service members face unique challenges while transitioning from military to civilian life, such as a loss of identity, she says.

"[They're] already a vulnerable population and it's really important that we take care of them," McLain says. "They've given up so much for us."

In addition to challenges like depression and post-traumatic stress disorder, many vets also face financial, housing and employment barriers to wellness.

Courage to Call provides a connection to support for these issues and more. Clients can call or go online to be matched with veteran peer navigators, who are knowledgeable about services and eligibility requirements and guide clients down a seamless path to help. Navigators consistently check in with their clients to ensure their needs are being met, for up to a year and a half.

McLain says clients can find comfort knowing it's another vet who is offering a helping hand.

"... YOU CAN REGAIN YOUR LIFE."

RanDee McLain

Courage to Call program manager and Navy veteran



PHOTO BY KELLY JETT

"We're showing through our own staff and our own veterans here that ... you can regain your life," she says.

Courage to Call also empowers the broader community to help by providing suicide-prevention classes to military service providers and county residents.

Connect with Courage to Call: Dial 877-MyUSVet (877-698-7838), visit courage2call.org or dial 2-1-1.

Participants in the November 2015 Year of the Veteran Conference gathered to discuss County of San Diego's services and programs for vets, military members and dependents. Speakers included veterans, caregivers and county officials.
PHOTO COURTESY MELISSA JACOBS



HONORING

Those Who Served

Conference commemorates vets, service members and families

BY KATE GONZALES

In November 2015, the San Diego County community came out in full force to pay tribute to the region's veterans, active service members and those closest to them at the 2015 Year of the Veteran Conference.

The event capped off a yearlong effort to align, add and strengthen services across the county for the veteran and military community. The county's Board of Supervisors, vets, military members and their families, and many others gathered to celebrate the strides made to improve the lives of local veterans and military members.

The conference was held at the North Inland Live Well Center in Escondido,

the site of the new Military & Veterans Resource Center. The center is home to more than a dozen nonprofits, so the military community can access services in one place. It was one of the county's most significant achievements in making military-related services more accessible.

District 5 Supervisor Bill Horn points out it's not only service members who make major sacrifices; their families do, as well.

"They're also veterans even though they may not be in combat," Horn says. "They have to live in a lifestyle that's pretty tough."

Nikki Stephens knows this all too well. Stephens is a caregiver for her husband,

"THE ENTIRE COUNTRY CAN LOOK TO [THE COUNTY OF SAN DIEGO] AS AN EXAMPLE."

Nikki Stephens

Spouse and caregiver of veteran

a Marine veteran who was diagnosed with post-traumatic stress disorder and traumatic brain injury. During the conference, she spoke of her struggles and triumphs as a caregiver, and shared something she overheard her husband say days earlier.

Stephens shared that her husband told

others, "I fought the first half of the war, and now my wife is fighting the second half."

Stephens also noted the exemplary work being done locally to support veterans.

"I'm sure you're all proud of what San Diego County is doing," she said. "The entire country can look to you as an example."

Giving back to service members

Vets' Community Connections is giving the community a chance to show veterans just how grateful they are for their service. The newly launched initiative provides veterans and active service members and their families with **connections to community members, businesses and organizations to help ease their transition from military to civilian life**. The service taps into the community's knowledge to benefit veterans and families who may have recently relocated to the area.

"The goal and mission of Vets' Community Connections is to provide the community with an opportunity to give back to our veterans," says Meg Storer, Vice President of Government and Community Relations for 2-1-1 San Diego. "It's more of an opportunity than just saying, 'Thank you for your service.' It's an opportunity to give life services and resources and provide a whole community approach to transition for our veterans."

VCC connects vets with:

- **Advice** on things like business and professional development, education, health, recreation, arts and money management.
- **Discounts** on goods and services from auto mechanics to legal advice, and community service opportunities.
- **Employment opportunities** for veterans.

Connect with VCC

- **Call 2-1-1 or 1-844-VET-CONX**
- A vet connector can put you in touch with an appropriate community member via phone or email.
- Get **advice from an actual person** – not a website or recorded message!



Volunteer

Support our veterans! **VCC is looking for businesses, organizations and individuals** who are willing to:

- Hire veterans.
- Offer discounts on goods and services.
- Share professional expertise and experience.

For more information on how to connect or volunteer, visit www.vetscommunityconnections.org.

Working Together Toward a **COMMON GOAL**

Teamwork can make or break a successful mission. Beginning in basic training, soldiers, airmen, Marines and sailors all put their lives in the hands of their brothers- and sisters-at-arms.

The County of San Diego Office of Military & Veterans Affairs continues that tradition of teamwork. Veteran Services Representatives can help you every step of the way, from determining the benefits you qualify for, preparing and submitting claims, appealing denials and connecting veterans to a network of community support. VSRs are committed to achieving the county's *Live Well San Diego* vision by supporting veterans in Building Better Health, Living Safely and Thriving. Contact a VSR for assistance at one of the many locations throughout San Diego County.

County of San Diego Office of Military & Veterans Affairs



5560 Overland Ave., Ste. 310
San Diego, CA 92123



858-694-3222



Monday-Friday, 8 a.m.-5 p.m.



www.sandiegocounty.gov/hhsa/programs/ais/veterans_services



The staff at the County of San Diego Office of Military & Veterans Affairs are skilled at helping veterans and their families access the benefits earned through their service.

PHOTO BY KELLY JETT

Find a location near you

Military & Veterans Resource Centers

The two newly opened Military & Veterans Resource Centers each cohouse other nonprofit organizations, creating convenient access for vets. Find help with employment, housing, transitional issues, health care, family resources and more.

North Inland Live Well Center

649 W. Mission Ave., Ste. 2400
Escondido, CA 92025
760-740-5572 / 760-740-5573
Monday-Friday, 8 a.m.-5 p.m.

South Region Live Well Center

401 Mile of Cars Way, Ste. 300
National City, CA 91950
619-731-3345
Monday-Friday, 8 a.m.-5 p.m.

Veteran outreach stations

Chula Vista Vet Center

180 Otay Lakes Road, Ste. 108, Bonita, CA 91902
877-618-6534
Monday-Friday, hours vary

Fallbrook Foundation for Senior Care

135 S. Mission Road, Fallbrook, CA 92028
760-723-7570
By appointment on second Fridays and fourth Wednesdays.

La Mesa Adult Center

8450 La Mesa Blvd., La Mesa, CA 91942
858-527-5822
Fridays, 9 a.m.-3 p.m.

Mission Valley VA Regional Office

8898 Rio San Diego Drive (Annex B Building)
San Diego, CA 92108
858-694-3222
By appointment, Thursday-Friday

Oceanside VA Clinic

1300 Rancho De Oro, Ste. 138
Oceanside, CA 92056
760-643-2049
By appointment, Monday-Friday

VA Medical Center, La Jolla

3350 La Jolla Village Drive, Ste. 1596
San Diego, CA 92161
858-552-8585 ext. 1813
Monday-Wednesday, 8 a.m.-2 p.m.

Veterans Association of North County

1617 Mission Ave., Oceanside, CA 92058
760-722-1510
By appointment, Monday-Friday, 8 a.m.-3 p.m.,
closed Wednesdays.

Library veteran outreach stations

Chula Vista Public Library

365 F St., Chula Vista, CA 91910
619-691-5069
Third Wednesdays, 10 a.m.-2:30 p.m.
By appointment. Call: 858-694-3222

El Cajon Branch

201 E. Douglas, El Cajon, CA 92020
619-588-3718
Second and fourth Mondays,
9:30 a.m.-1 p.m.

Julian Branch

1850 Highway 78, Julian, CA 92036
858-694-3222
By appointment, Thursdays (via Vet Connect
teleconference)

Pine Valley Branch

28804 Old Highway 80, Pine Valley, CA 91962
619-473-8022
Third Thursdays, 9:30 a.m.-1 p.m.

Poway Branch

13137 Poway Road, Poway, CA 92064
858-513-2900
By appointment, Wednesdays (via Vet Connect
teleconference). Call: 858-694-3222

Ramona Branch

1275 Main St., Ramona, CA 92065
760-788-5270
Fourth Wednesdays, 9:30 a.m.-3 p.m.

Rancho San Diego Branch

11555 Via Rancho San Diego
El Cajon, CA 92019
619-660-5370
Second Thursdays, 9:30 a.m.-1 p.m.

