

## Career Advice

Interpersonal Edge: How to look for effective help during social isolation.

See page 6

## The Meat & Potatoes of Life

Columnist Lisa Smith Molinari: The grass is always greener at Quarters B.

See page 9

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SIXTIETH YEAR NO. 45  
THURSDAY, MARCH 4, 2021

## AUSTIN PRAISES NIMITZ CARRIER STRIKE GROUP SAN DIEGO-BASED SHIPS STERETT, PRINCETON RETURN TO SAN DIEGO

by Jim Garamone,  
DOD News

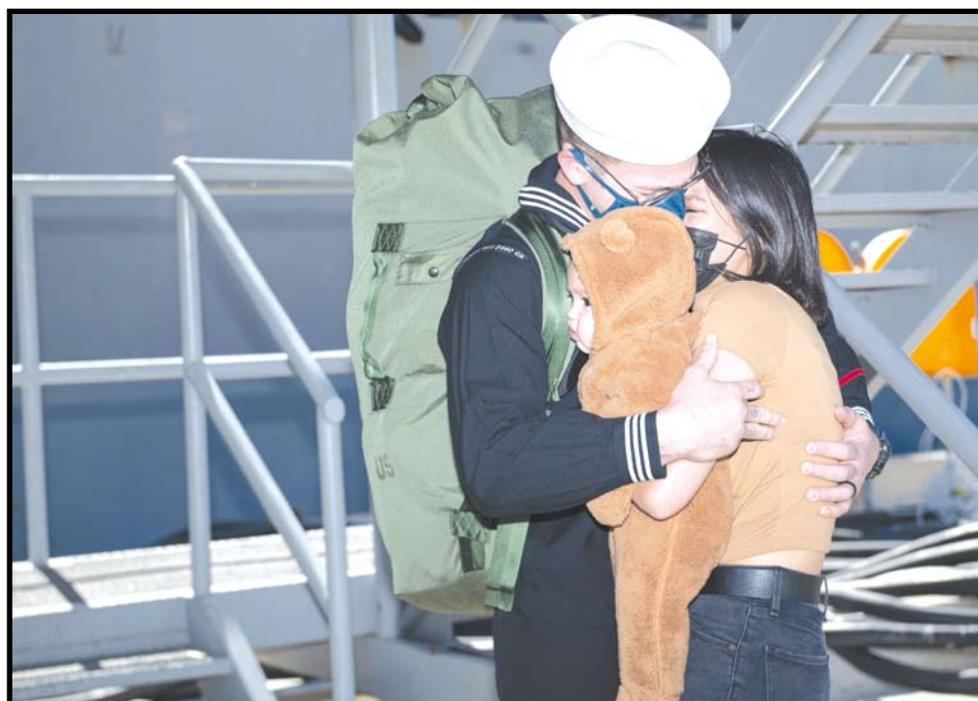
Secretary of Defense Lloyd J. Austin III flew out to aircraft carrier USS *Nimitz* off the coast of California to thank the crew for a record-setting deployment.

The *Nimitz* Carrier Strike Group is returning after operations in U.S. Indo-Pacific Command and U.S. Central Command areas of responsibility. It was the first carrier strike group to deploy under COVID-19 protocols. By the time the carrier strike group reaches home, the Sailors and Marines aboard will have been gone for 321 days.

*Nimitz*, cruiser USS *Princeton*, and destroyers USS *Sterett* and USS *Ralph Johnson* made up the group.

"You've just demonstrated incredible professionalism, resilience and focus," Austin told the crew over the ship-wide public address system. "It's been very impressive."

The group provided carrier support in the Persian Gulf in support of Centcom during a particularly tense time with Iran. The group also participated in maritime exercise Malabar 2020 alongside Indian, Australian and Japanese ships. The carrier strike group also participated in dual-carrier operations with



USS *Theodore Roosevelt* and USS *Ronald Reagan* carrier strike groups. The group also operated in the South China Sea, as well.

Austin praised the group for these efforts. "You've sent a clear message about America's resolve," he told the crew. "Any potential adversary out there — in this ocean or any other ocean — has to know when they look at what you accomplished, that the United States takes very seriously our security commitments around the world."

mander, a position normally reserved for captains.

"A lieutenant taking a battery here in 10th Marines, the largest artillery regiment in the free world, this hasn't happened since Vietnam," the colonel told Langley. "That was a defining moment in my career. I could tell corporate to shove it."

Langley, who assumed command of Marine Corps Forces Europe and Africa in November after his predecessor was removed amid allegations of using a racial slur for African Ameri-

**Fire Controlman (Aegis) 2nd Class Benjamin Stevens, assigned to destroyer *Sterett*, embraces his wife and child after returning to homeport. *Sterett* returned to Naval Base San Diego after a more than 10-month deployment. Navy photo by MCSN Drace Wilson**

He thanked the sailors for working with key allies and partners across the U.S. combatant commands.

The *Nimitz* Carrier Strike Group had the longest deployment since the Vietnam War. It was lengthened by COVID-19 protocols that called for a quarantine before departing and the elimination of port calls during the deployment. The Navy aims for deployments to be roughly six months. The *Nimitz* group will be away from family and friends almost twice that.

Now, the Pentagon under Defense Secretary Lloyd Austin is grappling with how to build a more diverse and inclusive force as it also contends with concerns

about the number of white supremacists in the ranks. The situation has prompted Austin, who has pledged to diversify his senior ranks, to order an upcoming militarywide, daylong stand down to focus on issues of race and discrimination.

"I don't want deployments this long to be the norm," the secretary said. "And so, we need to take a hard look at that, but

first Black defense secretary, and other recent moves to confront the military's complicated legacy, such as the Army's plan to change the names of bases named after Confederate generals, are long overdue moves.

"I think it is a long time coming, but we have a long way to go," said Maj. Jamie Hickman, who serves with the 1st Armored Brigade Combat Team, 1st Cavalry Division. "I think it is necessary to make changes so we can have an impact on tomorrow's Army and tomorrow's military.

you handled it very, very well. You led. You took care of each other in the midst of a pandemic, and you were a team."

In a news conference with Pentagon reporters on the hangar deck, Austin thanked families in particular. "Their families have been very, very supportive as well," he said. "And I want to make sure I give them a shout out again, and provide our thanks for their sacrifices."

*Nimitz* was on its way home from the Centcom area of responsibility when events in the region necessitated its return. Events such as these happen. He noted the year-long deployments to Iraq and Afghanistan that stretched to 18 months, as an example.

"I understand the stress that,

that can place on families," he said. "So as secretary, what I want to do is make sure that ... going forward, we do everything we can to minimize that kind of stress."

That means taking care of equipment, sure, but really ensuring that service members and their families are taken care of. "We're going to continue to learn," he said. "We're going to continue to make sure we have the resources. [We're going to ensure] that we're doing the right things to pace ourselves going forward. Because I really think this is important."

Overall, the carrier strike group steamed more than 87,300 nautical miles during its deployment. The carrier launched 10,185 sorties totaling 23,410 flight hours logged.

## More military exchange locations to get tattoo studios

*Editor's note: Read this story in its entirety at <https://www.stripes.com/news/news>.*

STARS AND STRIPES - The Army is expected to get its first on-base tattoo parlor, as the company that opened the first-ever ink studio in a military exchange expands to three more installations.

American Tattoo Society expects to open a new shop at Fort Bliss, Texas, in the coming months, it said March 1. It also announced a March 12 opening date in a former Dunkin' Donuts at the main exchange on MacDill Air Force Base in Tampa, Fla., home of U.S. Central Command's headquarters.

"We first visited Ft. Bliss in 2017 to talk about opening a studio on a military base," according to the company's Facebook post. "We are amped to begin construction April 1st."

## HOW EARLY PROMOTION KEPT YOUNG BLACK MARINE ON PATH TO BECOME GENERAL

by John Vandiver,  
Stars and Stripes

STUTTGART, Germany - When Maj. Gen. Michael Langley was up and coming in the 1980s, corporate recruiters had their eyes on the young Black Marine lieutenant.

The lure of a well-paid management job in the private sector competed with dreams of a longer career with the Corps, Langley recalled. But then the commander of the 10th Marine Regiment made an offer he couldn't refuse: battery com-

mander, a position normally reserved for captains.

"A lieutenant taking a battery here in 10th Marines, the largest artillery regiment in the free world, this hasn't happened since Vietnam," the colonel told Langley. "That was a defining moment in my career. I could tell corporate to shove it."

Langley, who assumed command of Marine Corps Forces Europe and Africa in November after his predecessor was removed amid allegations of using a racial slur for African Ameri-

cans in front of troops, said the decision to stick with the Corps was based on trust won that day more than 30 years ago.

Yet Langley, as one of only six Black generals in the Marines, is a statistical outlier in the Corps and the military more broadly, where minorities have long been underrepresented in the senior ranks.

Now, the Pentagon under Defense Secretary Lloyd Austin is grappling with how to build a more diverse and inclusive force as it also contends with concerns

about the number of white supremacists in the ranks. The situation has prompted Austin, who has pledged to diversify his senior ranks, to order an upcoming militarywide, daylong stand down to focus on issues of race and discrimination.

"The job of the Department of Defense is to keep America safe from our enemies. But we can't do that if some of those enemies lie within our own ranks," Austin told Congress in January. For some Black officers, the arrival of Austin, who is nation's

first Black defense secretary, and other recent moves to confront the military's complicated legacy, such as the Army's plan to change the names of bases named after Confederate generals, are long overdue moves.

"I think it is a long time coming, but we have a long way to go," said Maj. Jamie Hickman, who serves with the 1st Armored Brigade Combat Team, 1st Cavalry Division. "I think it is necessary to make changes so we can have an impact on tomorrow's Army and tomorrow's military.

"If my daughter decides to join the Army, I want her to come into a safe environment where everyone is treated equally, with dignity and respect."

Hickman and her sister, Erika Walker, who serves as a major in the Army reserves in Vilseck, Germany, say plans to rename bases are a needed step.

"We can't consistently memorialize those periods of time," Walker said, referring to bases named after Confederate generals and statues like the one of  
see Langley, page 9

# Navy EOD shows CNO current and near-future unmanned capabilities of Navy Expeditionary Combat Force

by Lt. John Mike

SAN DIEGO - Chief of Naval Operations Adm. Mike Gilday visited components of Explosive Ordnance Disposal Group (EODGRU) 1 at Naval Base Point Loma Feb. 23, to learn how Navy Expeditionary Combat Force utilizes and develops unmanned systems to help the fleet and Joint Force to execute a full spectrum of military operations.

Operations Specialist 1st Class Sean McNamara briefed Gilday on how the Mark 18 Model 1 Swordfish and Mark 18 Model 2

Kingfish unmanned underwater vehicles currently used by Navy EOD give theater commanders a wide range of options in the maritime domain.

"He's extremely knowledgeable about UUVs, and we talked about my experience employing their capabilities," said McNamara, a UMS operator who has deployed with Explosive Ordnance Disposal Mobile Unit 1.

Lt. Cmdr. Nick Stoner and the CNO discussed emerging technologies being developed by Navy EOD and integration of

those capabilities with surface, submarine and special operations forces.

"It's really about the aggregation of enabling technologies," said Stoner about the development of advanced sensors, deep-learning algorithms and data transport pathways. "This is allowing us to process and analyze data on the vehicles, during mission and disseminate that critical information in the timely manner required by the fleet."

"Our engineering teams are the behind the scenes heroes.



Lt. Cmdr. Nick Stoner discusses unmanned underwater vehicle capabilities with CNO Adm. Mike Gilday at Point Loma. Navy photo by Lt. John J. Mike

Multivehicle collaborative autonomy is not a future concept anymore; the capabilities will be embedded in our fleet vehicles sooner than many anticipate," said Stoner, a Navy EOD officer at EODGRU-1.

Further advancements will increase the capabilities of Navy EOD to illuminate and reduce threats that prohibit freedom of maneuver in the blue water and littoral environments, said Stoner.

"It was a great," said McNamara about Gilday's visit, adding "it doesn't get much better" than earning the CNO's challenge coin.

EODGRU-1 is a critical part of the NECF that clears explosive hazards to provide access to denied areas; secures the undersea domain for freedom of maneuver; builds and fosters relationships with capable and trusted partners; and protects the homeland.



<b>Total Navy Battle Force: 297</b>	
<b>Ships underway</b>	
Deployed ships underway: 56	
Non-deployed ships underway: 21	
Total ships underway: 77	
<b>Ships deployed by fleet</b>	
Fleet Forces: 2	3rd Fleet: 2
4th Fleet: 2	5th Fleet: 19
6th Fleet: 19	7th Fleet: 55
Total: 99	

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# Women's History Month: We honor our women in uniform past and present



In the Women's Army Auxiliary Corps, established May 14, 1942, women worked in primarily four fields: baking, clerical, driving, and medical. Within one year, this expanded to more than 400. Army Signal Corps photo

Hazel Ying Lee, one of two Asian-American women accepted in the Women Airforce Service Pilots, or WASPs, sits aboard a Link trainer. During World War II, the Army Air Forces set up the organization, which functioned as a paramilitary body of female pilots. Although these women were not formally in the military, they flew military planes in a variety of noncombat roles. Lee died in a crash in late 1944. National Archives photo



The 6888th Central Postal Battalion, pictured here in 1945, was the first and only African-American Women's Army Corps unit deployed overseas during World War II. Army photo

*"Both in uniform and through the civilian sector, American mothers, daughters, sisters and wives have selflessly served to defend and protect the land of the free and home of the brave. Even in grim situations and under austere conditions, these women have persevered—standing tall and strong as defenders of freedom, liberty and justice."*

~DoD Observance Memo



File photo: P03 Elizabeth Robles kisses her daughter on the pier at NBSD as USS *America* returned from its maiden deployment, Feb. 2, 2018. Navy photo P02 Jonathan A. Colon

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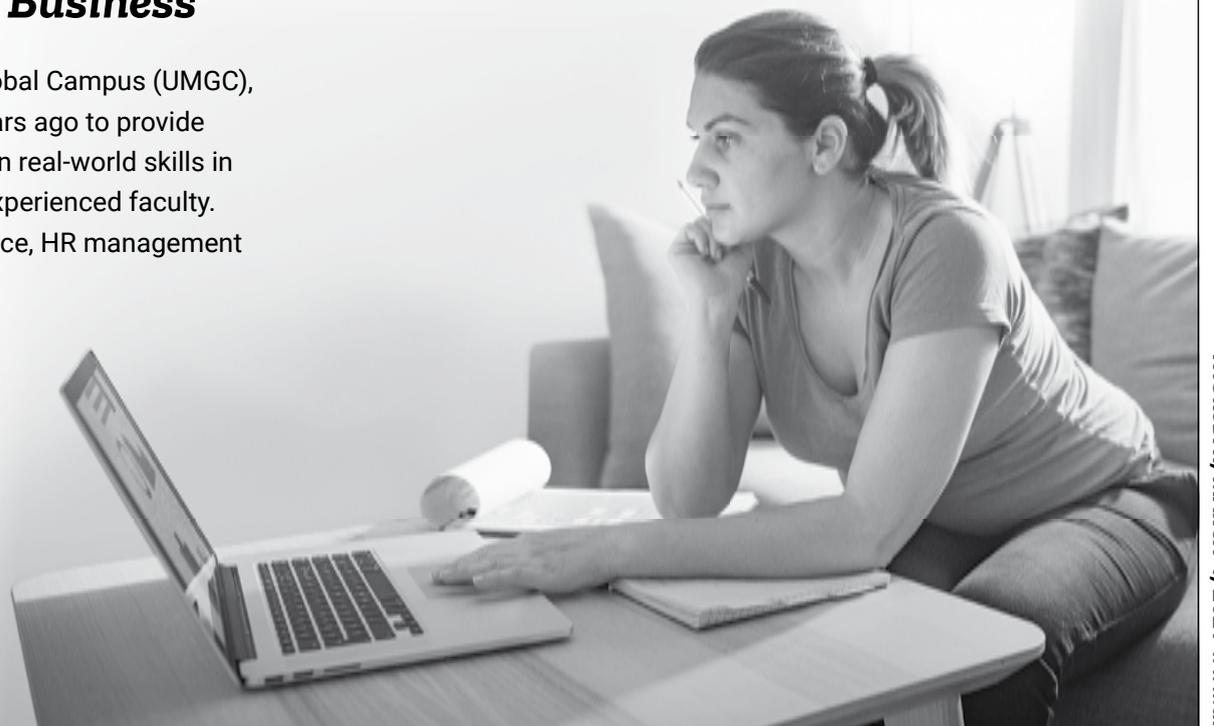
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## Former White House advisor to lead commission on sexual assault

by C. Todd Lopez,  
DoD News

The Defense Department announced today that Lynn Rosenthal will head an independent review commission on sexual assault in the military, the Pentagon press secretary said.

“To carry out the president’s direction, [Secretary of Defense Lloyd J. Austin III] ordered the establishment of a 90-day independent review commission on sexual assault in the military ... to review department policies and processes as directed by the president,” said John Kirby.

“The secretary has designated Lynn Rosenthal, formerly the first-ever White House advisor on violence against women and a longtime advocate for survivors of gender violence, to lead this commission.”

In addition to the independent review commission, Austin has also directed actions to bring the department in compliance with evidence-based practices to ensure accountability of sexual assault and harassment efforts at every level across the department, Kirby said.

“Every member of the total force deserves a workplace free

of sexual assault and harassment and personal fear,” Kirby said. “We must commit ourselves to eliminating this illegal and corrosive behavior.”

“The trauma and life-altering effects of sexual assault are devastating in any context,” Rosenthal said. “What I’m struck by here, as I listen to stories of military survivors, is how much their service meant to them, how their life was about this dream of serving in the military, and the dream was a part of their identity.

“And for many, their dreams were shattered by the trauma of sexual violence and sometimes

retaliation for coming forward. This must end.”

While the commission’s primary task is to provide accountability for those who commit crimes of sexual assault, Rosenthal also said the commission will be looking at climate, culture and prevention.

Right now, she said, the commission is working with Deputy Defense Secretary Kathleen H. Hicks on developing a charter for the commission. Rosenthal said within 60 days the commission will have initial recommendations, including those on accountability issues.

## Defense official says F-15s struck Iranian-backed militia facilities in Syria

DOD NEWS - U.S. military airstrike over eastern Syria on Feb. 25 involved two F-15E Strike Eagles that dropped seven, precision-guided munitions, which totally destroyed nine facilities and partially destroyed two others, functionally destroying them, Pentagon Press Secretary John F. Kirby said. The airstrike was conducted against the infrastructure used by Iranian-backed militant groups, Kirby told reporters Feb. 26.

“The strike was authorized in response to recent attacks against American and coalition personnel in Iraq and to ongoing threats to those personnel. We recognize the significance of this operation as the first of its kind under the new administration” of President Joe Biden, he said.

The structures were in the city of Abu-Kamal, Syria, near a terrorist entry-control point close to the Syria-Iraq border, Kirby said, adding that the location is known to facilitate activity by Iranian-allied militia groups.

### Army

- Prosecutor seeks death penalty in 2018 slaying of Fort Campbell Soldier
- Two injured in Apache crash at Fort Rucker
- Study finds possible link between blast exposure and Alzheimer’s disease
- In a changing military, the Army eases its rules for women’s hair
- Soldiers call for consequences, changes to prevent sexual assault

### Navy

- Warship *Vella Gulf* suffers fuel leak, heads back to Norfolk a week into deployment
- Eying China, CNO plans hypersonics & lasers on Zumwalt destroyers
- Navy has high hopes for robotic ships
- First at-sea F-35C engine power module replenishment

### Air Force

- Commander of 71st Flying Training Wing at Vance AFB relieved
- B-1B Lancers conduct first Bomber Task Force mission from Norway
- Top general isn’t ready to buy E-7 Wedgetail just yet
- Extremism ‘has reared its head’ in Air Force special operations, general says
- Air Force about to make first hypersonic missile flight, after recent failure

### Marine Corps

- Marine awarded Purple Heart 16 years after being wounded in Fallujah
- After COVID-19 delay, Marine Corps adds more athletic trainers, force fitness instructors
- Crayon-eating Marine launches edible crayon business was doing what Marines do best: nomming on crayons.
- Marines, infantry most highly represented among veterans arrested after Capitol riot
- F/A-18 legacy Hornets have left the Navy’s carrier decks for the last time



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## Court awards \$2.3 billion to former USS Pueblo crew, more than 50 years after they were held in North Korea

by Rose L. Thayer,  
Stars and Stripes

A federal court has awarded \$2.3 billion to several crewmembers and families of USS Pueblo, a Navy ship taken hostage by North Korea more than 50 years ago.

Split evenly for compensatory and punitive damages, the amount is among the largest ever awarded in a state-sponsored terrorism case, according to Mitchell Silberberg & Knupp, the Washington-based law firm that filed the case three years ago on behalf of 61 crew members and 110 family members in the U.S. District Court for the District of Columbia.

“Even though we didn’t expect anything, it’s a relief to be recognized for what we went through. Maybe now it’s finally settled, and we can move forward,” said Don Peppard, a surviving crew member and president of USS Pueblo Veteran’s Association. He served as



**Cmdr. Lloyd M. Bucher, skipper of USS Pueblo, says goodbye to Gen. Charles H. Bonesteel III, commander in chief of the United Nations Command in Korea, as Pueblo crew members applaud at Kimpo Air Base, South Korea, on Dec. 24, 1968. The newly-freed Sailors were about to leave for the U.S., having spent the past 11 months in captivity after the intelligence ship’s capture by the North Koreans. Photo by Chung Tae Won/Stars and Stripes**

a chief cryptologic technician on the ship.

Feb. 25’s announcement fol-

lows a 2019 default judgment that held North Korea liable for taking the crew hostage in 1968.

North Korean warships and fighter aircraft surrounded and fired upon Pueblo on Jan. 23, 1968, during an intelligence-gathering mission in international waters off the Korean Peninsula. One crew member was killed, and the remaining 82 members - consisting of Sailors, Marines and civilians - were held hostage by North Korea for 11 months until the United States negotiated their release.

The plaintiffs of lawsuit sought damages for torture, hostage-taking, and personal injuries that they suffered as a result, according to the law firm.

Catherine Soto, a daughter of crew member Herman Baldrige, said her whole family suffered alongside her father as a result of his captivity. Baldrige, who was a hospital corpsman in the service, died in November at 89 years old.

“I wish he was still here for me to tell him that justice is served, and this is finally over,” she said.

The case was filed under the

Foreign Sovereign Immunities Act’s terrorism exception, the law firm said. This exception allows victims to sue a state sponsor of terrorism for torture, hostage-taking, personal injury or death resulting from its actions or its material support for such actions.

Former President Donald Trump re-designated North Korea as a state sponsor of terrorism on Nov. 20, 2017, shortly after a visit to South Korea. During a speech on that trip, Trump highlighted the USS Pueblo incident as part of North Korea’s history of terrorist acts.

Though the U.S. court can’t compel North Korea to pay the damages, the ruling does allow for plaintiffs to apply for compensation from the U.S. Victims of State Sponsored Terrorism Fund, a Justice Department fund for certain Americans who were injured in acts of international state-sponsored terrorism.

“We’re thrilled to finally have our clients recognized by the U.S. government for the pain and suffering they endured in 1968 and the impact it has had on them and their families since then,” said Mark Bravin, lead attorney.

He said the plaintiffs have already been submitted to the fund, which is expected to conduct its next round of payouts in 2022.

The fund accumulates money through fines and penalties paid by companies that are found doing business with state sponsors of terrorism. When the account reaches more than \$100 million, it issues payments.

USS Pueblo remains moored in Pyongyang, the capital of North Korea, and is open to the public as a museum. It was never decommissioned and is the only U.S. naval vessel in captivity.

## VA to increase participation of women veterans in genetic research to aid in improving women’s health

WASHINGTON - On the first day of Women’s History Month, the Department of Veterans Affairs launched efforts to increase women veteran participation in VA’s Million Veteran Program (MVP) to aid in genetic research focused on women health issues.

MVP is currently researching genetic and clinical markers to predict breast cancer risk in women veterans.

“While there are roughly 2 million living women veterans,

only 75,000 are currently enrolled in MVP representing only 9 percent of the MVP cohort,” said VA Assistant Secretary Public and Intergovernmental Affairs Kayla Williams, who is also an MVP participant. “If more women veterans consider joining, VA researchers would have a larger gene pool to be able to study women’s health in greater detail and offer women the specialized care they need and deserve.”

With increased participa-

tion, research could focus on investigating treatments and preventions of diseases that affect women veterans including depression, hypertension, heart disease, osteoarthritis and others.

Since 2011 more than 830,000 veterans have joined MVP, allowing researchers to learn how differences in genes, lifestyle and military experiences affect veterans’ health and illnesses.

Participation in MVP is entirely voluntary and Veterans go through an informed consent process to ensure MVP is right for them.

Learn more about enrolling in MVP on their website (<https://www.mvp.va.gov/webapp/mvp-web-participant/#/public>) or by calling 866-441-6075.

## Premium reductions coming to enrollees of Veterans’ Group Life Insurance

All veterans insured under Veterans’ Group Life Insurance (VGLI) will receive a reduction in premiums effective April 1, ensuring that VGLI remains a cost effective option for vets and transitioning uniform service members who choose VA insurance products.

Premiums will be reduced by an average of 7 percent across all age groups - allowing separating service members to continue their SGLI coverage level as a renewable term insurance policy after leaving service.

“The reduction in VGLI premiums will make life insurance even more affordable for Veterans,” said Acting Under Secretary for Benefits Thomas Murphy. “Offering our veterans better rates for their life insurance as they transition to civilian life is just one effort the department is taking to address the needs of our customers.”

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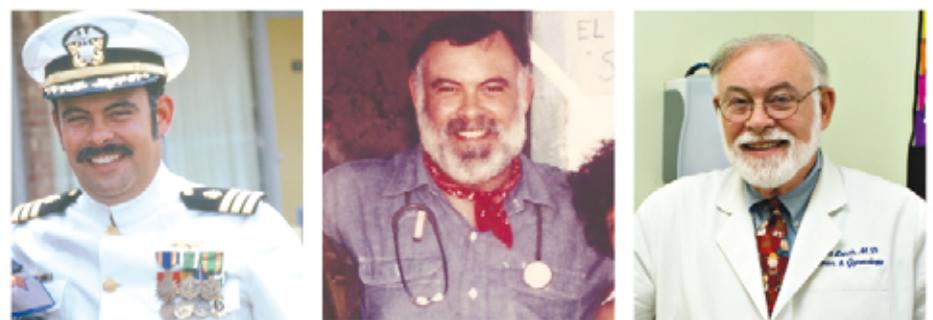
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**Joel Barry Lench, M.D., Capt. (Ret.) USN**  
May 9, 1940 - February 19, 2021

Joel B. Lench, MD, Capt. (Ret.) USN, died peacefully on February 19, 2021, at Belmont Village Senior Living in Cardiff-by-the-Sea, CA, from Alzheimer’s Disease.

Born in Pittsburgh, PA, on May 9, 1940, Dr. Lench grew up in Beaver Falls, PA. He was preceded in death by his parents, Bessie and Morris Lench. He is survived by his brother Ronald G. Lench, by two nieces, five grand nieces and nephews, and by his partner-in-love, Carla Brown.

After receiving his BA degree from The Johns Hopkins Univ. and his MD from the Univ. of Pennsylvania, Dr. Lench joined the Navy. He served as a flight surgeon aboard the USS Coral Sea, an aircraft carrier that saw combat during the Vietnam War. Remaining in the Navy, he then received training leading to Board Certification in OBGYN and served in duty stations around the world, rising to the rank of Captain.

Dr. Lench received military citations and decorations including the Air Medal, the Vietnam Service Medal, the Navy Achievement Medal and the Humanitarian Service Medal. He was proud of being in the Navy and of his service to his country.

Retiring from the Navy after 20 years, Dr. Lench became the Medical Dir. of the Nurse

Midwifery Service, Naval Medical Center, San Diego and worked at Planned Parenthood. He volunteered at St. Vincent de Paul Homeless Shelter Medical Clinic in San Diego and on relief missions to disaster areas after earthquakes, etc.

Dr. Lench had a special gift for friendship, making many devoted and loving friends from all walks of life around the world. He was a wonderful storyteller who loved to tell of travels and events often using slide shows to add life to his tales. He loved to travel with his family and friends. People came from far and wide to be with Dr. Lench; everyone loved being in his warm and optimistic company, full of great humor and camaraderie. He was a devoted amateur photographer, especially loving to take award winning pictures of children.

Dr. Lench was proud of his Jewish heritage, which he expressed by living a life of Tikkun Olam (improving the world), supporting charitable organizations, traveling to Israel and seeking out the best Jewish delis in the land.

Donations in memory of Dr. Lench can be made to Planned Parenthood, the Alzheimer’s Association or the Navy-Marine Corp Relief Society.

# How to look for effective help during social isolation

**Dr. Daneen Skube,**  
Tribune Content Agency

*Q: I was reading that depression and anxiety have gone through the roof and I can relate. I'm not just socially isolated but feel my mental health and functioning deteriorating. At least I have a remote job but I feel my problem solving at work is poor and my irritability is constant. How can I get practical help and still be safe from the virus?*

**A:** You can get help in a socially isolated world if you realize that both mental health and executive coaching experts have adjusted by providing flexible venues for help. In my practice I use Skype, Zoom, phone and other platforms to make sure my clients both new and old can

reach me from anywhere. I also got creative and built an outdoor COVID-19 safe gazebo with a heater, comfortable furniture, twinkling lights and rain curtains

## INTERPERSONAL EDGE:

for local clients. Many clients have decided they like the convenience of remote work with me so much they choose remote even when they are in my city of Seattle.

Most people in my profession have thought long and hard about how to offer effective help to solve the serious rampant mental health crisis. The virus is not our only health crisis and you're right that depression and anxiety

have indeed doubled while seeking mental health support has dropped by 50 percent.

Counselors and executive

coaches have worked creatively this year to make sure the platforms we use are convenient, simple and confidential. The good news is now clients are no longer limited to only seeking help from professionals in their city. As consumers of mental health and coaching we can select the best help from anyone anywhere.

I know it may sound awkward to start a relationship as intimate as therapy over a remote platform. However, new clients tell me they find remote platforms actually allow a fast assessment of whether my style, tools and strategies will benefit their needs. Also realize ethical professionals are happy to refer you to someone more suited if you don't feel a connection.

Be wary of any professional that offers a first session for free. What a free session means is that professional isn't busy, doesn't have good boundaries or self-care (so can't teach you), and doesn't

think that first session is valuable enough to pay for.

A skilled counselor or executive coach will provide solutions to your problems, tools for your challenges, and strategies for your optimal well-being. Practicing and learning live with a professional will provide you with approaches you can't learn through a book. Rather like martial arts training, you need a sensei (teacher), you need a dojo (live training), and you need a willingness to show up and believe you are worth protecting.

### The last word(s)

*Q: Once the vaccine becomes widely available will things go*

*back to normal?*

**A:** No, not everyone will be willing.

*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". You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. No personal replies.*

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## Crossword Puzzle

### Across

- 1 Puts at ease
- 6 Pinot alternative
- 9 Something about a painting?
- 14 Ryan of "Paper Moon"
- 15 Brouhaha
- 16 Paint choice
- 17 \*Mechanical plaything
- 19 \_\_\_garde
- 20 Ambulance gp.
- 21 Quick inhalation
- 22 Horseshoe-shaped letter
- 23 Pennant \_\_\_
- 25 \*Dark as can be
- 28 Patronizes, in a way
- 30 "Insecure" actress/writer Issa \_\_\_
- 31 Enero, por ejemplo
- 32 Foil alternative
- 33 Rock's \_\_\_ Supply
- 34 Campus suffix
- 35 \*Duke led one
- 40 Keeps in the email loop
- 43 Comprehend
- 44 Litter's littlest
- 47 Chef's dish words
- 48 Med. country
- 49 Web page banners
- 52 \*Nursery rhyme arachnophobe
- 55 Barter
- 56 Cause friction
- 57 Be up against
- 59 Diner slice
- 60 Scoville unit food
- 61 Ump's call, often based on a sequence found in the answers to starred clues
- 63 Muscle beach bro
- 64 Bedazzle
- 65 When left turns are rarely allowed
- 66 Off-mic comment
- 67 Furry foot
- 68 Fills up

### Down

- 1 Hides in fear
- 2 Do some work at Pixar
- 3 Protective camera piece
- 4 Sore
- 5 Whack over the wall
- 6 Keep a Persian company, perhaps
- 7 Take in, as a Persian
- 8 Huck Finn, for one
- 9 Served blazing
- 10 "Bolero" composer
- 11 In the ballpark?
- 12 Intimidated
- 13 Interoffice no.
- 18 Bear whose bed was too hard
- 22 Maureen of "Rio Grande"
- 24 Focuses on, as the catcher for signals
- 26 Bed with sliding sides
- 27 Sunflower St. school
- 29 Patch, perhaps
- 33 Ticket price determinant, at times
- 36 A single Time?
- 37 Soft ball
- 38 New Deal agcy.
- 39 Outfit
- 40 Engine part
- 41 Trite expressions
- 42 Bento box selection
- 45 Jazz festival site
- 46 One learning the ropes
- 48 "Nothing's wrong"
- 49 Bar mitzvah language
- 50 Notions case
- 51 Races round the bases
- 53 Caesar \_\_\_
- 54 Mufti's proclamation
- 58 17 of Laila Ali's wins, for short
- 60 "\_\_\_ching!"
- 61 Weaken
- 62 "Bambi" doe

## Air Force finalizes PT uniform design; will begin production process

by Brian Brackens

WRIGHT-PATTERSON AIR FORCE BASE, Ohio - After numerous tests and feedback from Airmen around the world, the Air Force Uniform Office has finalized the design of the new Physical Training Gear uniform, or PTG, and is preparing to begin the production process.

This is the first update to the PT uniform in more than

16 years, and more than 150 Airmen participated in testing the uniform.

"Our main requirement (from Air Force leaders) was to develop a PT uniform that people really wanted to wear and is as good as, if not better than, commercially available athletic wear," said Tracy Roan, chief of the Air Force Uniform Office which is aligned under the Agile

Combat Support Directorate's Human Systems Division. "The new uniform now includes all of the great performance features that you find in athletic wear today."

In addition to improving performance, the uniform is designed to accommodate various athletic interests.

"In the past, there was one uniform for all athletic pursuits, whether you were running, playing basketball or lifting weights," said Col. Paul Burger, 88th Air Base Wing Mission Support Group commander, one of the test participants and an official with the Air Force Marathon. "The approach the Air Force has now taken, is to develop a uniform that is earmarked for runners or running and one that is better designed for some of those other athletic activities."

With the new gear, Airmen will be issued a jacket, a pair of pants, T-shirt and shorts.

The ensemble will have improved fabrics that include soft, quick-drying material and have antimicrobial technology that helps with moisture and odor control.

Other significant changes include the design of the jacket.

"With the 'notorious' track

jacket, we've made updates to the fabric to minimize the noise it makes during workouts," said 2nd Lt. Maverick Wilhite, the uniform office's program manager for PT gear. "The jacket will be sleeker looking, so instead of having a bulky jacket, you'll have a fit and tailored design. In addition, the jacket will have a zipper chest pocket for holding things like your CAC (common access card)."

The workout ensemble will include two variations of shorts; a shorter running style, and a longer all-purpose short. The all-purpose shorts are unlined knit with zipper hip pockets you can close.

The runner's short is a lightweight stretch-woven fabric with mesh side panels to improve airflow and improved stretch liner for modesty. The performance shirt is designed to be untucked during workouts or tucked as required by command.

Overall, the entire PTG uniform has updated styling with stretch materials to provide comfort and increase performance.

The new uniform will be available to Airmen in 2022, and there will be a four-year transition period for mandatory wear.

## Stand-down training material to address extremism in the ranks

The Department of Defense released the stand-down training materials to address extremism as one of the initial steps in support of the memo directing commanding officers and supervisors at all levels to conduct a one-day "stand-down". The training materials provide services and components information on training and facilitated discussions to address the issues of extremist ideology within the ranks.

The training material can be found at <https://www.defense.gov/Newsroom/Releases/Release/Article/2517651/stand-down-training-material-to-address-extremism-in-the-ranks/source/GovDelivery/>.

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## Naval hospital launches MHS Genesis

by MC1  
Vernishia Vaughn

SAN DIEGO - Naval Medical Center San Diego (NMCS) celebrated the launch of a new electronic health record system, MHS Genesis with a ribbon-cutting ceremony at the hospital, Feb. 27.

Before cutting the ribbon, Capt. Brad Smith, NMCS's commanding officer share remarks thanking the MHS Genesis team for their hard work.

"You've all done an amazing job and I thank you," said Smith.

"I appreciate all of your hard work and look forward to what's to come."

The hospital's launch of MHS GENESIS followed months of extensive preparation to include staff training, internal infrastructure changes and equipment upgrades. Patients were informed of the change via pamphlets, flyers, social media and provider education during patient visits.

When the electronic health record system is fully launched across the enterprise, all patient records will be found in one single records system. In addition,

for the first time ever, all military branches will use one electronic health records system so that no matter where patients receive their care, their records will follow them.

A key feature and benefit for patients is the MHS GENESIS Patient Portal, a one-stop shop for viewing personal health care and history that allows two-way communication between patient and provider. The portal is a secure website for around-the-clock access to individual and family health information, including visit notes, test results, **see MHS, page 9**

## 5th Fleet responds to COVID-19 aboard *San Diego*, *Philippine Sea*

U.S. 5th Fleet took immediate actions to identify, isolate, test, and treat affected Sailors and Marines aboard two ships.

On Feb. 26, approximately a dozen service members aboard amphibious transport dock USS *San Diego* (LPD 22) tested positive for COVID-19, and guided-missile cruiser USS *Philippine Sea* (CG 58) has identified several persons under investigation.



Amphibious transport dock ship USS *San Diego*. Marine Corps photo by Staff Sgt. Kassie McDole

Medical health professionals are conducting a thorough contact investigation to determine the source of COVID-19 aboard the ships and whether any other personnel may have been exposed.

*San Diego* is currently pier-side in the Kingdom of Bahrain. All positive cases have been isolated on board, and the ship remains in a restricted COVID bubble. The port visit and medical support have been coordinated with the host nation government and Bahrain Ministry of Health. The ship has a robust medical capability, including embarked medical

staff, operating rooms, a 24-bed hospital ward and additional overflow capacity.

*Philippine Sea*, currently underway, is expected to pull into port to conduct further testing of all who have possibly been exposed and provide rapid testing capability and medical treatment centers, as needed. The port location will not be disclosed, in advance, due to operational security.

Personnel identified as having close contact have been isolated and mitigation measures

are followed in accordance with the Centers for Disease Control and Prevention, Bahrain Ministry of Health, and Navy-specific guidelines to minimize the spread of COVID-19 and protect the health of the crews.

5th Fleet is committed to taking every measure possible to protect the health of our force. While the health and well-being of our personnel are a priority, we remain ready to support the U.S. Central Command mission and our regional and coalition partners.

## Miramar Marines mark final deployment of F/A-18 Hornet as transition to F-35 accelerates

by Chris Jennewein, Times of San Diego  
MCAS Miramar-based "Death Rattlers" of Marine Fighter Attack Squadron 323 ended the last deployment of Marine F/A-18 Hornets as USS *Nimitz* returned last week to San Diego, enroute to homeport Bremerton, Wash., from a 10-month mission.

The historic deployment wculminated in one last carrier fly-off by the Death Rattlers' Hornets.

The squadron is set to transition to the new F-35 Lightning II, a fifth-generation stealth fighter that is being built by Lockheed Martin in three variants for the United States and its allies.

Different Marine squadrons will fly both the F35B, the short-takeoff version which can operate from amphibious assault ships, and the F35C Navy variant that is optimized for aircraft carriers.

The venerable Hornet became operational in 1978. It's stealthy successor entered service in 2015 and over 2,400 have been ordered for the Marines, Navy and Air Force.

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# NAVWAR meets milestone transition to risk management framework

## Achieves improved cyber readiness Navy-wide

by Elisha Gamboa

Naval Information Warfare Systems Command (NAVWAR) completed the transition of more than 1,300 systems from the Department of Defense Information Assurance Certification and Accreditation Process (DIACAP) to Risk Management Framework (RMF), ahead of deadline set by U.S. Fleet Cyber Command/10th Fleet.

The transition began in August 2019, when U.S. Fleet Cyber Command issued an operational order, known as Operation Triton Bastion (OTB), requiring the on-time transition to RMF, bringing the Navy into alignment with U.S. Government and DoD guidance to implement a risk-based cybersecurity assessment and authorization process.

Despite COVID-19 challenges, NAVWAR not only finished the task of moving all systems to RMF, but also finished six weeks early, before the Dec. 31, 2020 cutoff date. In addition, NAVWAR consolidated more than 1,300 system packages to less than 500, which will reduce the time and effort required to manage and maintain these authorizations.

"This was an incredible achievement for both NAVWAR and the Navy," said Ed Lazarski, director of Cybersecurity for Program

Executive Office for Command, Control, Communications, Computers and Intelligence (PEO C4I) and Space Systems. "Maintaining and accelerating this transition schedule during the COVID-19 telework environ-



Cybersecurity graphic

ment was very challenging. We had to work through less available people, labs, and secure environments but our team was committed to making this transition happen. As RMF becomes more ingrained into the development cycle, incorporating cybersecurity early on will result in increased cyber resiliency, supporting the Navy's ability to protect, detect, react, and restore system operability, even when under attack."

RMF uses a risk-based cybersecurity approach for enterprise-level authorization of IT systems and services. It incorporates

cybersecurity early on in system development and promotes continuous monitoring of security controls throughout the system lifecycle. It is a rigorous six-step process that can take anywhere from six to 12 months, with an end goal of receiving the authorization to operate (ATO) on the Navy's network.

The steps include categorizing systems, selecting, implementing and assessing security controls, authorizing systems and monitoring security controls. The sixth step, monitoring security controls, is significant, as it is moving towards a continuous monitoring process throughout the system lifecycle. The goal of this continuous monitoring is to have a properly maintained system that can then maintain its ATO, rather than having to repeat the entire process every 1-3 years, saving both time and money. This would allow systems to stay operational in the fleet longer, given the risk posture has not changed.

Getting NAVWAR systems through the ATO process is a team effort, beginning with program offices and system owners and assisted by the NAVWAR Package Submitting Office (PSO). The PSO conducts quality assurance reviews on RMF packages, performs metrics analysis, and coordinates and prioritizes packages with the

Security Control Assessor and Navy Authorizing Official.

Now that NAVWAR has completed the transition to RMF, it is looking for ways to improve and streamline the overall process and reduce the six to 12 month timeline. To achieve this, NAVWAR developed the Rapid Assess and Incorporate Software Engineering (RAISE) process, one of the many RMF reform programs NAVWAR is leading.

RAISE is the Navy's development, security and operations (DevSecOps) RMF process to rapidly assess and authorize software for deployment to the fleet.

RAISE leverages RMF and applies it to containerized applications, helping the Navy to quickly field applications through pre-approved assessment criteria while bringing automated testing and cybersecurity services into the DevSecOps environment. This streamlined approach significantly reduces the RMF workload and timeline, with applications completing the process in as little as 50 days. It also allows for continuous updating and direct delivery of newer versions of applications to the fleet at a faster pace.

"This is not just speed to capability, it is speed to capability with security," said Bryan

Dennie, NAVWAR cybersecurity division head and RAISE technical lead. "Thanks to the NAVWAR team, RAISE will allow us to deliver safe, secure and reliable applications and application updates at the speed of relevance."

Approved for use Jan. 2021 for applications hosted on the Consolidated Afloat Network and Enterprise Services (CANES), RAISE will deliver applications to the fleet faster while maintaining cyber rigor.

"Cyber is an all-hands on deck part of our mission," says Rear Adm. Kurt Rothenhaus, PEO C4I and Space Systems commander. "I'm proud of the whole team's focus on building increasingly cyber-tough systems."

Moving forward, as the cybersecurity technical authority, NAVWAR is working to get RAISE approved for use on all Navy applications and is continuing to grow application-hosting platforms.

NAVWAR identifies, develops, delivers and sustains information warfighting capabilities and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space and through cyberspace. NAVWAR consists of more than 11,000 civilian, active duty and reserve professionals.

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## This week's snapshots



**BARSTOW**  
Feb. 24, 2021

Heavy Mobile Equipment mechanics work together with mechanics from the original equipment manufacturer, Flyer Defense, to learn every aspect of maintenance and repair of the Special Operations' Ground Mobility Vehicle at Production Plant Barstow, Marine Depot Maintenance Command. Courtesy photo.



**USS ESSEX, AT SEA**  
Feb. 25, 2021

Secretary of Defense Lloyd J. Austin III speaks with service members. DoD photo by U.S. Air Force Staff Sgt. Jack Sanders



**USS JOHN FINN, AT SEA**  
Feb. 19, 2021

Logistics Specialist 2nd Class Jason Aguirre fights a simulated fire during a damage control drill on the flight deck of Arleigh Burke-class guided-missile destroyer USS John Finn (DDG 113). John Finn is part of the Theodore Roosevelt Carrier Strike Group.

Navy photo by MC3 Jason Waite



**USS THEODORE ROOSEVELT, AT SEA**  
Feb. 23, 2021

Quartermaster Seaman Katherine Royal uses a laser rangefinder to measure the distance between fleet replenishment oiler USNS John Ericsson (T-AO 194) and aircraft carrier Theodore Roosevelt during a replenishment-at-sea. Navy photo by MCSN Aiko Bongolan



**SAN DIEGO**  
Feb. 26, 2021

Sailors prepare to receive line as USS Nimitz aircraft carrier arrives Naval Air Station North Island. Nimitz Carrier Strike Group returned after a more than 10-month deployment to 5th Fleet and 7th Fleet. Navy photo by MC3 Class Timothy Heaps

## Langley

continued from page 1

Gen. Robert E. Lee that still stands at West Point. "It's important to understand our history, but it is important to learn and grow from it."

For Hickman, who spent three years working as an instructor and assistant professor at West Point from 2015-2018, the chance to interact with a mostly white student body and faculty served as a chance to break stereotypes. "I got to impact the masses," she said.

Langley said the military, like society in general, is "evolving" when it comes to racial issues. Still, Langley said his personal experiences in the Marines have been almost exclusively positive on racial matters.

"Ninety-nine percent of my experiences coming up through the ranks have been positive ones that can be characterized as opportunities to excel, to gain success," he said.

"As far as adversity, it came in moments. They were always learning experiences to me. But they were few and far between."

When problems emerged, they were outside Marine Corps gates, Langley said.

Langley spent a part of his childhood growing up on racially diverse Air Force bases as the son of a noncommissioned officer. He got his first taste of discrimination when his father retired as a master sergeant in the early 1970s.

"He said, you guys have been sheltered, you've lived on bases. You've played with who you wanted to play with," Langley recalled.

When they moved to the west side of Fort Worth, Texas in 1972, they were the only Black family in an area referred to as "cowboy country."

"At that time we were taking it from all sides," Langley said. "The Blacks didn't like us because we lived out in a white neighborhood. And the whites considered us different and wondered why we were there."

Langley said those experiences made him more resilient and taught him how to lead.

"Yes, we had challenges at an early age, and I think that prepared me for leadership of



**Marine Corps Maj. Gen. Michael E. Langley, right, and Army Gen. Joseph L. Votel, commander, U.S. Central Command, left, depart to visit USS Essex Amphibious Ready Group, Oct. 26, 2018. Langley now commands Marine Forces Europe and Africa. Courtesy photo**

all Marines, regardless of color, regardless of creed, religion, orientation," he said. "That experience at a young age prepared me to be a platoon commander years after that."

Now, leading Marines in Europe, he said he tries to make sure he is developing a command culture in which his staff can raise concerns if they encounter bias.

Langley declined comment on the circumstances surrounding his predecessor, Maj. Gen. Stephen Neary, who was re-

lieved of command in October amid allegations he used a racial slur that denigrates Black people at his Germany headquarters. That case continues to be investigated by the Corps.

Regarding's Austin's stand down mandate, Langley said Corps leadership is still working on the plan for how it will execute the directive.

"We encourage the Marines to communicate up if something doesn't look right," he said.

## MHS Genesis continued from page 7

scheduling appointments, and online prescription renewal.

As with other facilities who have already launched MHS GENESIS, patients can expect to see reduced appointment availability during the coming weeks.

"This is necessary to ensure that the provider teams have sufficient time during and between appointments to deliver safe care while navigating the new system," said Capt. Matthew Wauson, MHS Genesis Lead.

During a brief meeting, Wauson shared that wait times may take longer than usual, however, things should be back to normal soon and encouraged patience and understanding during this time.

MHS GENESIS replaces a patchwork of legacy systems and will make inpatient and outpatient information instantly available wherever it is needed across the continuum of care, from point of injury to the military treatment facility. When fully implemented, each service

member, veteran, and family member will have a single health record.

During the 2019 Society of Federal Health Professionals' annual meeting, Air Force Maj. Gen. Lee Payne, assistant director for Combat Support at the Defense Health Agency, said the



**Naval Medical Center San Diego celebrates the launch of MHS Genesis electronic health records with a ribbon-cutting ceremony. Navy photo by MC1 Vernishia R. Vaughn**

MHS GENESIS implementation process has included careful and comprehensive testing of medical devices, cloud computing resources, and other computer security protocols that make MHS GENESIS "probably the most secure system on the planet right now."

NMCS D is just one of many DoD-wide treatment facilities to implement MHS GENESIS. Full deployment of this new electronic health records system is expected to be complete by 2022 and serve more than nine million beneficiaries.

## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

I remember it like it was yesterday. I was walking back to our stairwell apartment from dropping my daughter off at Patch Barracks Elementary School, minding my own business along Florida Strasse with our labradoodle, Dinghy.

Suddenly, Dinghy spotted a hare munching grass in General So-and-so's backyard.

Now, mind you, Dinghy was 110-pounds, and a keen hunter. Every place our family lived, he was on the hunt for indigenous prey as soon as we stepped outside. Prior to Germany, we lived in Virginia, where Dinghy dug a WWI trench across our back yard in pursuit of a mole. After Germany, we moved to Florida, where Dinghy frantically tunneled his head into the sand until a "crunch" indicated that he'd cornered a poor crustacean.

But during our years in Germany, Dinghy longed to taste a hare. Anyone who has seen these long-legged rabbits run knows Dinghy didn't stand a chance. Nevertheless, upon seeing that hare off of Florida Strasse years ago, he gave chase.

"Dinghy! No!" I yelled in a fruitless attempt to stop the inevitable. He took off like a bullet, yanking the leash, which I had wrapped around my waist, holding a full dog doo bag in one hand and my travel coffee mug in the other. Before I knew it,

## The grass is always greener at Quarters B

I was flying, hitting the ground, then being dragged fifteen feet across General So-and-so's front lawn before the leash broke loose.

As expected, the hare got away. Dinghy returned nonchalantly as if to say, "What's the matter with you?"

I hadn't spilled a drop of coffee; however, my white sweatshirt showed proof of the incident. No scratches on my knees, no dirt on my elbows, no mud on my rear. Just two large, round, bright green grass stains, right over each breast.

I wanted to bury my head in the sand. But as fate would have it, I ran into every soul I knew on my way home.

"Dinghy dragged you ... in front of General So-and-so's house?" they each said. My idiocy was the hot topic at Building 2500 that day.

Living on base, we have moments when we just want to be alone, away from judgement, prying eyes, ringing doorbells, shared parking lots, and communal dumpsters.

Sharing walls with your neighbors makes you involuntarily privy to every thump, groan, argument, and flush. There's always someone watching to make sure you're picking up after your dog. There's no sneaking out to throw a weekend's worth of wine bottles away, because everyone hears every clink, clank, clunk in the dumpster bay. You can't pop into the commissary undetected, because you'll likely run into your husband's boss when your cart

contains a jumbo box of super plus tampons and a Party Size pack of Double Stuff Oreos. If you tell your children to play outside to give you a moment's peace, your unruly kids will quickly become the subject of judgmental parent chit chat under the picnic pavilion.

When you hear laughing, you'll know someone saw you in your kitchen window, spraying whipped cream into your upturned mouth. Trust me. I know this first hand.

My family lived on base for eleven of my husband's 28 active duty years in the Navy. I sometimes turned my lights out and ducked behind the couch, pretending I wasn't home. We got good at "whisper-yelling" so they wouldn't hear us arguing. I closed our shades those mornings when I just wanted to watch Real Housewives reruns while eating a can of Pringles.

Despite it all, my only regret is that we didn't live on base more.

The benefits of companionship and community in military housing far outweighed the sacrifice of privacy. I lost count of the moments when I relied on my base neighbors to force me outside for fun, keep an eye on kids, help carry heavy things, talk something through, cheer me up when I was feeling low. The special brand of camaraderie found only in base neighborhoods — with pot luck picnics, spontaneous parties, commune-like feel, and got-your-back mentality — will be remembered fondly long after one's experience in the military is over.

Trust me, I know this first hand.

AutoMatters™ & More



by Jan Wagner

This fascinating, informative, beautifully illustrated and well written book uses official GM archives material and input from numerous Corvette team members to present the complete, licensed story of the development of the 2020, eighth generation (C8) Corvette — the first mid-engine production Corvette.

Since 1953, through GM's good and bad times, the Corvette has not only endured but thrived. Ironically, however, its sales success worked against risking its replacement with a mid-engine production car - until the C8.

As early as the 1950s, a mid-engine Corvette was envisioned and strongly championed by Chief Engineer Zora Arkus-Duntov. At Le Mans he had raced Porsches in 1954-55, winning his class both years. "He firmly believed that a great race car, particularly a mid-engine race car, would make the best sports car."

Chevy's mid-engine prototypes first appeared in the late 1950s with the CERV 1 (Chevrolet Engineering Research Vehicle 1) open-wheel race car - despite Chevrolet having pulled out of racing in 1957. The CERV 1 proved that with sound engineering it was possible to design a well-handling, powerful, light-weight, high-performance car that was tail-happy yet not inherently dangerous to drive - incorporating one of the first uses of a fuel cell in a race car.

The V8-powered Astro II—XP-800, designed by Larry Shinoda and appearing at the 1968 New York International Auto Show, looked production ready. It was "meant to be Chevrolet's answer

## Corvette Stingray: The Mid-engine Revolution

to the threat of a road-going version of Ford's Le Mans-winning GT40."

Despite Arkus-Duntov's misgivings about using the small, light and powerful Wankel rotary engine, Ed Cole believed that powerplant was ideally suited for a mid-engine Corvette — and for small, high-volume Chevrolets like the Vega. With fewer moving parts than a piston engine, it should also have been less expensive to produce. Two such concepts were developed, including the 4-rotor Aerovette, but problems with the engine doomed it before its planned introduction at the 1973 Paris and London auto shows.

In 1974, deviating from Corvette's traditional fiberglass body, Arkus-Duntov championed the light-weight, aluminum-bodied XP-895, dubbed the Reynolds Aluminum Corvette.

Arkus-Duntov, who passed away in 1996 without seeing a production mid-engine Corvette, was a visionary - ahead of his time in many ways. For example, the 1991 Acura Legend LS adopted the concept of the Aerovette's patented driveline that ran through the oil pan, after Arkus-Duntov's 17-year patent expired.

Development of the all-new, production, mid-engine 2020 Corvette began in earnest - and in secret, even within GM - with a test mule known as "Blackjack," designed and built by the Advanced Vehicle Integration (AVI) team at the Warren, Michigan Tech Center. Tested mainly under the cover of darkness at GM's Milford Proving Grounds and at GM's Yuma, Arizona proving grounds, "Blackjack" wore the disguise of a black, custom made, El Camino-like body that resembled GM Australia's Holden Ute. At first, its roof, interior and engine did not matter, so these were derived from the C7 Corvette. The engineers' initial attention was focused on the attachment points for the suspension's upper and

lower control arms, overall vehicle mass, front-to-rear weight distribution, wheelbase, track and the position of the occupants relative to the wheels.

The design brief for GM's flagship C8 Corvette mandated that it be suitable for everyday driving and for track use. This mid-engine, exotic supercar also needed to be attainable by buyers of ordinary means — hence the starting price under \$60,000. With superior handling, more interior and trunk space, and quicker acceleration than the C7 Corvette that it replaced, the C8 succeeds in all areas — and it is gorgeous. Forward visibility is enhanced by not having to look over an engine.

For inspiration for the form, function, materials, craftsmanship and overall aesthetic of the Corvette's driver-centric cockpit, the interior designers studied high-end exotic supercars and even analyzed contemporary fashion.

The 2020 C8 Corvette proves that the benefits of a mid-engine layout overcome the limitations inherent in front-engine, rear-wheel-drive sports cars. According to Mark Reuss — longtime executive and the current President of General Motors, this is the best Corvette by far, not just because of its mid-engine layout but also due to "the way it feels, the way it sounds, the way it looks and the incredible attention to every detail." "C8, to me, with its perfect balance, superior handling and outstanding design, is the best Corvette ever."

To see additional photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #681" in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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# CLASSIFIEDS

# Social Security Matters

## Will my UK pension affect my social security?

*Dear Rusty: I lived and worked in the United Kingdom prior to coming to the US at age 45, which qualified me for a UK State Pension worth the equivalent of about \$740 US dollars per month. Since moving to the US I have contributed to the US Social Security system for 14 years and my estimated US Social Security benefit is \$1,643 per month. I have heard about something called "WEP" and must be honest and say I don't fully understand. Can you provide some advice or references so I can understand what happens to these sums when I retire? I don't have any other pension income, so understanding these numbers is important. FYI, I hold both US and UK passports and will retire in the USA.*

*Signed: Blessed from the UK*

Dear Blessed: The "WEP" provision you refer to is known as the "Windfall Elimination Provision." It affects anyone who is eligible to collect Social Security benefits, but who also has a pension from another entity (corporation, public agency, or foreign country) which did not participate in the U.S. Social Security program (meaning that SS FICA payroll taxes weren't paid during that employment). WEP will reduce your US Social Security benefit by using a special formula to compute your benefit amount. Generally, the WEP reduction is determined either by the number of years of substantial SS-covered earnings that you have, or the WEP maximums (one of which is that your U.S. Social Security can't be reduced by more than half of your non-covered pension). With less than 20 years paying into the US system, you will incur one of the maximum WEP reductions.

Something else important to understand is that the current estimate you have from Social Security doesn't include the WEP reduction. That estimate assumes that you will continue to earn at your current level until you reach your full retirement age. You haven't shared your birthdate, but from your email I assume you are now about 60 years old. If you were born in 1959, your full retirement age (FRA) for U.S. Social Security purposes is 66 years and 10 months (if you were born after that your FRA is 67, and if you were born before that subtract 2 months for each year prior to 1959). Your FRA is when you will get your "full" SS benefit. If you claim before that (age 62 is the earliest you can claim) your benefit will be reduced (even before WEP), and if you wait beyond your FRA you'll earn Delayed Retirement Credits (DRCs) which will increase your benefit amount. DRCs stop at age 70.

Based upon what you've told me, I believe that your WEP reduction will probably be limited to one of the maximums, either half of your monthly U.K. pension, or the maximum for your "eligibility year" (2022?). We don't yet know what the standard maximum WEP reduction for 2022 will be, but for 2020 it is \$480. That is the most that your Social Security benefit could normally be reduced. But if your U.K. pension is about \$740 USD then your maximum reduction should be about \$370, because the WEP reduction can't be more than half of your non-covered (U.K.) pension. So, your US Social Security benefit of \$1643 will most likely be reduced by about \$370 to about \$1303. You will need to contact the UK pension system to see if any of your UK pension will be offset by your US Social Security benefits.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.*

### Roy's Sudoku

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

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1-800-273-8255  
Confidential chat at [MilitaryCrisisLine.net](http://MilitaryCrisisLine.net) or text 838255

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

C	A	L	M	S	C	A	B	F	R	A	M	E		
O	N	E	A	L	A	D	O	L	A	T	E	X		
W	I	N	D	U	P	T	O	Y	A	V	A	N	T	
E	M	S	G	A	S	P	O	M	E	G	A			
R	A	C	E	P	I	T	C	H	B	L	A	C	K	
S	T	A	S	A	T	R	A	E	M	E	S			
E	P	E	E	A	I	R	E	D	U					
			S	W	I	N	G	B	A	N	D			
C	C	S		S	E	E		R	U	N	T			
A	L	A		I	S	R		H	E	A	D	E	R	S
M	I	S	S	M	U	F	F	E	T		S	W	A	P
C	H	A	F	E		A	B	U	T	P	I	E		
C	H	I	L	I		S	T	R	I	K	E	O	N	E
H	E	M	A	N		A	W	E		O	N	R	E	D
A	S	I	D	E		P	A	W		S	A	T	E	S

## Farmers Insurance, Caliber Collision, ASYMCA provide lucky Sailor with car

On Wednesday, March 3, **Farmers Insurance** collaborated with **Caliber Collision-Spring Valley** and the **Armed Services YMCA San Diego** to donate a newly restored vehicle to an active-duty Navy sailor as part of the National Auto Body Council's (NABC) Recycled Rides program.

Mr. Renz Michael Palaylay received the keys to a 2015 Hyundai Elantra during a small ceremony at Caliber-Spring Valley's location. Mr. Palaylay was nominated by the Armed Services YMCA San Diego, a nonprofit organization that enhances the lives of military members and their families through programs and services that are relevant to the unique challenges of military life.

Technicians at **Caliber Collision in Spring Valley** donated their personal time to refurbish the vehicle provided by **Farmers Insurance**. NABC's Recycled Rides program provides refurbished vehicles to citizens and service organizations that would benefit from reliable transportation.

The Farmers team remains committed to its World War I veteran founders' mission of serving others, giving back and helping make a positive impact in communities.

"We are truly dedicated to making a difference for our service members and their families and this fundraising event helps make many of our programs and services possible." Tim Ney, Executive Director of the **Armed Services YMCA San Diego**.

## Emergency rental assistance applications now open

Low-income San Diegans who have experienced a financial impact due to the ongoing COVID-19 pandemic can now apply for rental and utility assistance grants from the County. The County's Emergency Rental Assistance Program is funded by over \$100 million in state and federal monies.

To be eligible, households must be renting and have experienced a financial hardship related to COVID-19 or have qualified for unemployment during the pandemic. Both landlords and tenants can apply; however, tenants will have to co-sign applications submitted by the landlord. For more information or to apply, visit [www.sdhcd.org](http://www.sdhcd.org). The application period will be open for three weeks and will be extended if necessary.

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## Service members doing what they do best: Serving, saving

by Jim Garamone, DOD News

U.S. military history is replete with stories of service members stepping in to save the lives of others. Whether in war or peace, it is second nature for U.S. service members to want to help and protect their fellow citizens.

They are doing the same in the war on COVID-19.

Active-duty personnel are working with their National Guard colleagues in California to ensure people get life-saving vaccines. Another team is operating in Texas, and another is beginning to get vaccinated in Pennsylvania. More teams are working in New York, New Jersey, the U.S. Virgin Islands and Florida. Service members are also scheduled to deploy to Illinois and North Carolina in the coming days.

These teams are working in support of the Federal Emergency Management Agency and cooperate with local and state authorities.

The 222-member team at the California State University, Los Angeles vaccinates an average of 6,000 people a day. Built around the 299th Brigade Engineer Battalion from Fort Carson, Colorado, the team also contains members from other posts around the Army. The unit contains a command and control element, vaccinators, registered nurses, clinical staff and "general purpose" personnel.

Registered nurse Army 2nd Lt. Taylor Nehlig, from Brooke



**Army 2nd Lt. Taylor Nehlig, a medical surgical nurse from Brooke Army Medical Center at Fort Sam Houston, Texas, provides guidance to soldiers providing COVID vaccinations at California State University Los Angeles, Calif., Feb. 14, 2021. Photo by Army Capt. Daniel Parker.**

Army Medical Center at Fort Sam Houston, Texas, volunteered to oversee four vaccination lanes where people actually get their shots. She is there to monitor the health of those getting inoculated and to ensure her team follows the appropriate protocols.

COVID-19 has dominated her military career. "I feel like I've seen actually all three sides of COVID," she said in a recent interview.

At the beginning of the pandemic, she was swabbing people

at her hospital to see if they had the virus. "I've seen people at their most fearful when they're getting swabbed for COVID," she said.

For the past nine months, the lieutenant worked on the COVID-19 floor at the hospital. "So, I've seen people at their weakest," she said. "The entire time COVID has been a thing, we've been a thing. We've seen some super sick people."

The third side of COVID-19 is the vaccination effort. "Being able to come here and see people

in their most joyful moments of getting the vaccine is finally a breath of relief," she said. "It's truly amazing. I'm so happy to be here."

Air National Guard Senior Airman Samantha Campos is another part of the effort. From Ridgecrest, California, her civilian job is as a locksmith for the Navy. Her military job is as an aircraft crew chief at March Air Reserve Base in Riverside, California.

Campos was called up for this mission. She said it was her turn to deploy, and she is happy to be there.

She doesn't have a medical background, but she does any job she is asked to do. Her job when interviewed was in the drive-up lines of the vaccinations. She sees the people as they drive into line to receive the shots. "I see them from when they pull up until they leave," she said. "They pull up, and I kind of just hang out. I answer any questions that they have. Sometimes, I have to refer them to the medics."

Some people are visibly nervous, she said, and she does her best to calm them down or distract them. "One lady came in, and she was very afraid of needles," Campos said. "So, I had her roll her passenger-side [window] down, and I just asked her about what color her shoes were," she said. "While she was answering, she got vaccinated, and she was like, 'Oh, I'm done already.' It's pretty fun to

interact with everyone here."

Campos went back to work and directed people driving up to get their vaccinations. After receiving the shots, they must stay in place for 15 minutes. At the comple-

tion of that time, she waves them through. People waved to Campos as they left. "Thank you, soldier!" one driver yelled to her.

She laughed. "I'm Air Force, sir," she yelled back.



**U.S. Air Force Senior Airman Samantha Campos, 163d Aircraft Maintenance Squadron, California Air National Guard, manages a lane at the drive-thru site of the COVID-19 community vaccination center at California State University Los Angeles, Feb. 21, 2021. Campos was assigned to Joint Task Force Mustang in support of the nation's first response to the pandemic that includes federal, state, active duty military, and the National Guard. U.S. Air National Guard video by Senior Airman Neil Mabini.**

### March is Brain Injury Awareness Month

## Guidance on COVID-19 vaccines for persons with brain injury

As COVID-19 cases continue, the medical leadership of the Brain Injury Association of America (BIAA) wrote an open letter encouraging all individuals with brain injury to get vaccinated in order to avoid additional neuroinflammatory issues and keep themselves, their families, and their communities safe.

According to the American Academy of Neurology, anyone with a neurologic disorder such as brain injury is particularly vulnerable to diseases like influenza and COVID-19. In the medical community, brain injury is widely recognized as a chronic disease, meaning that it may further increase the risk of negative complications from COVID-19. Brain injury treatment programs are therefore trying to get their patients and staff vaccinated as quickly as possible.

"When one is infected with COVID-19, the virus attacks the 'weakest link' it finds in the body, which is why individuals with longstanding chronic medical issues are at greatest risk for infection, complications, and even death," explained BIAA National Medical Director Brent E. Masel, M.D. "Studies have shown that traumatic brain injury triggers an inflammatory process in the

brain that causes an individual to experience chronic issues. This process places those individuals at far greater risk of developing complications from COVID-19, which itself is well known to cause chronic neuroinflammatory issues."

BIAA has received multiple inquiries as to the safety of the COVID-19 vaccine. While it may cause transient symptoms, these are related to the general protective immune response that is desired to be triggered, such as arm soreness, headache, and fever. These symptoms generally resolve rapidly, often in as little as a day. "There is no evidence that receiving the vaccine will make TBI symptoms worse; however, a COVID-19 infection can do just that," said Gregory J. O'Shanick, M.D., national medical director emeritus of BIAA. "Our clinical experience has seen severe neurobehavioral disturbance, delirium, psychosis, and, sadly, deaths."

"Individuals who have sustained brain injury have led a lifelong courageous struggle to recover their health and independence," said Dr. Masel. "Don't quit now based on rumors from poorly informed or unknowledgeable sources. Get vaccinated. Get safe."

The Association will address

additional questions about the COVID-19 vaccine in an upcoming webinar. Individuals in need of information, resources, and support may speak with a brain injury specialist by contacting BIAA's National Brain Injury Information Center (NBIIC) at 1-800-444-6443.

**About the Brain Injury Association of America:**

*The Brain Injury Association of*

*America is the country's oldest and largest nationwide brain injury advocacy organization. Our mission is to advance awareness, research, treatment, and education and to improve the quality of life for all people affected by brain injury. We are dedicated to increasing access to quality health care and raising awareness and understanding of brain injury.*

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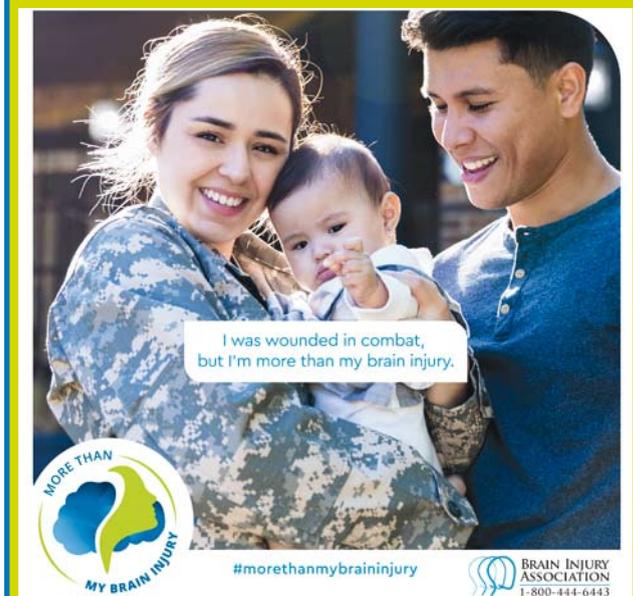
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## 'More than my brain injury' is the theme for Brain Injury Awareness Month



There are more than 5.3 million children and adults in the United States who are living with a permanent brain injury-related disability.

**That's one in every 60 people.**

If you know someone who is living with brain injury – or if you have one yourself – you know that brain injury is not an event or an outcome. It's the start of a misunderstood, misdiagnosed, underfunded neurological disease.

**Join the #MoreThanMyBrainInjury campaign and help us educate others about what it's like to live with a brain injury. We want everyone, everywhere to join us in:**

- Increasing understanding of brain injury as a chronic condition
- Reducing the stigma associated with having a brain injury
- Showcasing the diversity of injury and the demographics of the community
- Improving care and support for individuals with brain injury and their families

**One injury, many causes.**

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