

Career & Family

DOD launches 'Chill Drills by Military One-Source' mobile application.

See page 6

AutoMatters & More



Racetrack Profile: Auto Club Speedway.

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THE NATIONAL VETERANS MEMORIAL AND MUSEUM

VETERANS PORTRAIT PROJECT: MARINE CORPS VETERAN MARILYN COGSWELL

When Marilyn Cogswell enlisted into the Marines in 1951, she was entering during a point of massive transition within the military for women.

Following World War II, the United States military rapidly scaled down from 12 million troops in 1945 to 1.5 million by 1948. Only a handful of women were allowed to remain in, mostly as advisors and advocates which would prove useful in pushing through the Women's Armed Forces Integration Act, signed by President Truman in 1948. While a major revolution that allowed women to serve on active duty alongside men, it was still very limiting in several ways.

For instance, only two percent of the total force could be women on active duty, though the reserve components had no cap. The Marines, specifically, only allowed for 100 officers, 10 warrant officers, and 1,000 enlisted women by June 1950, just before the outbreak of the

Korean War. Additionally, while entitle to the same pay, leave, allowances, and benefits as men, a married women's husband or children was not considered a dependent unless she provided the chief support for income.

Women were still barred from combat roles or vessels and aircraft that might see combat, and still seen as a way to free up men to fight overseas. But, in only allowing them into administrative duties, it took time to rebuild those schools and integrate them to their new billets. During this, combat divisions were sorely lacking in fighting strength overall. 1951 would see massive expansions to this, as mobilization issues became evident, but women were still restricted to serving stateside.

This was the Marine Corps that Marilyn Cogswell entered. Upon graduating her basic training at Parris Island, she was stationed at Camp Lejeune and selected to be an artist. Shortly after her assignment, she married



The National Veterans Memorial and Museum is in Columbus, Ohio.

Marilyn Cogswell, circa 1950. (Inset) In 2017. Courtesy photo

a fellow marine, John MacDougall, Jr, and begin a family with him, having twins. A woman could ask for administrative discharge based solely on marriage as long as they had completed a year of service if enlisted, reflecting the society's general negative attitude against married women who worked. When factoring motherhood, a 1943 study group set policy on the matter

that would last until 1970.

Without Marilyn's discharge papers, it can only be assumed that she either asked for separation, as she had done a year of service, or was discharged for having children. She and her husband would have six children all together, though tragically four of them would pass before adulthood. Still, Marilyn's re-

solve in life carried her through those impossible times. She's pictured in the Veterans Memorial and Museum's Portrait Project Gallery.

Her photo includes both a picture of her while she served and one of Marilyn in 2017, her a year before Marilyn herself passed away.

Top Defense official: Military's COVID effort 'phenomenal'

by Jim Garamone

Deputy Defense Secretary Kathleen H. Hicks praised the military's work in both the mission to protect DOD people and readiness, and the mission to support federal, state and local officials.

Combating COVID-19 is "Job 1" for the entire government, President Joe Biden said when he took office; DOD is doing its part.

"I think the military is doing a phenomenal job," said Deputy Defense Secretary Kathleen H. Hicks. She believes this is working in both the mission to protect Defense Department people and readiness and in the larger mission to support federal, state and local officials.

COVID-19 colors every decision the DOD officials make, she said.

The department has to cover readiness and the precautions needed to safeguard the force. "With regard to our own workforce, starting to really make sure we're getting shots in arms out into even austere environments: Folks who are deployed in ... the [Central Command] theater, [Africa Command] theater, etc.," she said.

It is in the country's interest that service members and their DOD civilian compadres are protected, she said. "We need our own workforce to be protected in order for it to be ready," she said.

see COVID, page 4

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Awareness Month
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Financial Literacy Month
Fresh Florida Tomatoes

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Genocide and Human Rights
Awareness Month
Global Astronomy Month
Global Child Nutrition Month
Grange Month
Holy Humor Month
Home Improvement Time
Honor Society Awareness
Informed Women Month
Int'l Black Women's History
Int'l Customer Loyalty
Int'l Guitar Month
Int'l Twit Award Month
IBS (Irritable Bowel
Syndrome) Month
Jazz Appreciation Month
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Awareness Month
Nat'l Donate Life Month
Nat'l Facial Protection Month
Nat'l Frog Month
Nat'l Grilled Cheese Sandwich
Nat'l Garden Month
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Nat'l Rebuilding Month
Nat'l Safe Digging Month
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Woman Marine of 34 years leaves lasting legacy

by Cpl. Naomi May,
Marine Corps Recruiting Command
QUANTICO, VA - In 1987, Lt. Col. Sally Ann Falco was just 17 years old. The Cold War was still hot. President Ronald Reagan had recently delivered his famous speech urging Soviet Leader Mikhail Gorbachev to tear down the Berlin Wall, but the wall would remain standing for two more years.

Falco was still in high school in 1987, and she chose to take the Armed Services Vocational - Aptitude Battery to get out of one of her classes. She was surprised when days later, a Marine Corps recruiter visited her at school. When he pulled her out of class, she said she saw his dress blue

uniform and the blood stripe on his trousers, and the first words she said were, "I'm that good to get into the Marine Corps?"

Falco was not old enough to sign her own enlistment papers, so her mother co-signed her six-year contract for the Marine Corps. She stepped on the yellow footprints at Marine Corps Recruit Depot Parris Island on November 2, 1987.

At the time, recruit training lasted only 11 weeks for women, and they were not required or allowed to complete any warrior or combat training.

"Coming in in the late '80's, we ran a mile and a half on the

[Physical Fitness Test], so the men already saw that we were doing half of what they were doing," Falco said. "I found once the PFT was changed to three miles like the men, I could see things already balancing to where those expectations weren't really there anymore."

Today, women are required to participate in the same Marine Combat Training as male Marines. Women are also eligible for all occupational specialties, including combat arms specialties. Women recently arrived at MCRD San Diego for training for the first time in its 100-year history.

"Nowadays, it's amazing

to see the changes as we're integrating, having males and females in boot camp together," Falco said. "I see females and males as equals, and I love all the male Marines like my brothers and the female Marines like my sisters. . . It's so important to unite us."

After graduating recruit training, where she was meritoriously promoted, and field radio operator school, Falco was briefly stationed at Marine Corps Base Camp Pendleton, California, before moving to a new unit in Japan. At Camp Pendleton, she stayed in an all-women Marine barracks, which was the first permanent barracks ever established for women and also the last of its kind. Following her tour in Japan, Falco returned to Camp Pendleton.



Lt. Col. Sally Ann Falco holds photos of two of her female Marine mentors, Sgt. Maj. (Ret.) Tammy Fodey and Sgt. Maj. (Ret.) Sarah Thornton, the first woman Marine to retire after 30 consecutive years of active service. Marine Corps photo by Cpl. Naomi May

It was during this time that she married and gave birth to her two daughters, Lorretta and Gabriella, one and a half years apart.

Unfortunately, her marriage was short-lived, and Falco soon became a single mother.

"I'm proof you can do both, and I'm proof you can do it when you're single."

Falco learned to balance her family life and her career. In fact, despite the challenges that came with single motherhood, she has served almost a third of her Marine Corps career, more than 10 years, outside of the United States.

These 10 years are an accumulation of her time stationed in Japan, Bahrain, and Germany; her deployments to Somalia, see **Falco, page 9**



Total Navy Battle Force:	298
Ships underway	
Deployed ships underway:	59
Non-deployed ships underway:	18
Total ships underway:	77
Ships deployed by fleet	
Fleet Forces:	1
3rd Fleet:	2
4th Fleet:	2
5th Fleet:	20
6th Fleet:	19
7th Fleet:	52
Total:	96

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National Military

SEAC: DOD will 'move fast' against extremism after completion of stand downs

by C. Todd Lopez,
DOD News

The services have just two weeks left to complete a military-wide stand down to conduct training on and discussion of extremism in the ranks with every service member, a task assigned in early February by Secretary of Defense Lloyd J. Austin III.

On April 1, the services must collect data from subordinate commands and provide notification to senior Defense Department leadership about having completed the training for every service member, and any feedback they received during the training stand-downs - information the department will use in finding better ways to educate the forces about extremism in the ranks and root it out, Senior Enlisted Advisor to the Chairman Ramon "CZ" Colón-López said.

"I will tell you that we are wanting to move fast on all these initiatives because we're dealing with people, and we

just need to make sure that we provide the results that they need to have an environment that is worthy of serving," Colón-López said during a press briefing today, adding that extremism is not going to be tolerated. "We're committed to confronting and rooting out extremism in the military."

The initial training is just the beginning, Colón-López said. In the future, there will be more training and that follow-on-training will be developed and revised based on feedback from the services.

"Training may actually evolve into something else that we need to go ahead and give [to] specific people, like first sergeants as an example, [who] are the ones that are gauging the behavior of units," Colón-López said. "I foresee that there will be some changes coming based on what we learn from people."

Something else, he said, is that the military services must collaborate on how to set policy regarding extremism and the training on extremism as well, so that it's relatively uniform across the services, because the future wars we fight are going to be joint. For that to happen, there must be uniformity across all services in how things like extremism are addressed.



Senior Chief Electronics Technician Jason Cornelius, assigned to USS Arlington, recites the oath of office during extremism training March 7. Navy photo by MC2 John D. Bellino

"We see that we need to collaborate a lot more," he said. "Nothing that we do is unilateral by service. Everything that we do is likely to be joint. And if you have a commander that's in charge of different people ... then I cannot be applying different rules for [one or the other] ... we need to have a common understanding. And that is the direction that the military needs to go."

Military leaders have speculated that the number of extremists in the ranks is not high, though concrete numbers are not yet available. Colón-López said that right now, what's important is that those who are in the ranks know the military is

seeking them out and will put an end to extremism.

"What is most important to me right now is the prevention of that behavior," he said. "Because even if they exist right now, if they know that the department and the institution is looking for that behavior, and wanting to crush it, then they'll think twice about performing those acts. This is all about prevention. We don't want people to commit criminal activities. ... The key point here is that we need to make sure that we let our personnel right now, past and present, know that we do not tolerate that behavior, and that we're going to educate our people to know right from wrong."

Army

- Woman finds long-lost WWII and later dog tags on Alaska beach
- Army delivers first canisters to its new hypersonic missile battery but won't say where it's based
- Army eases body fat rules for postpartum soldiers after Tucker Carlson mocked pregnant woman in the forces



Navy

- Navy's shaky plan to save its shipyards is getting overhauled
- Navy wants triple-packed hypersonic missile modules on its stealthy Zumwalt destroyers
- USS Winston S. Churchill returns home after 9-month deployment
- Drones could one day make up 40 percent of a carrier air wing, Navy says

Air Force

- Air Force target drone, shot down in Gulf of Mexico, washes ashore in southern Florida
- Air Force's T-38 trainer could soon dogfight with augmented reality adversaries
- Report details systemic issues among aircrew flight equipment airmen
- The Air Force directed units to get rid of problematic logos, but didn't track results

Marine Corps

- Marine Corps launches shortened recon sniper course
- Nearly 70 years later, Korean War Marine veteran awarded Silver Star on his 89th birthday
- Marine Corps to procure 18 MQ-9 Reapers to 'close kill chain,' general says

Space Force

- Space Force increasing international outreach as the service grows

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U.S. sounds support for Philippines in dispute over loitering Chinese fishing vessels



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by **Seth Robson,**
Stars and Stripes

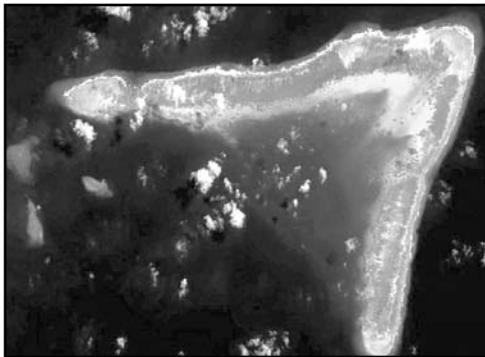
The U.S. State Department is standing by the Philippines in its latest run-in with China over disputed sea territory.

The Philippines protested the presence earlier this month of over 220 Chinese fishing vessels spotted by the Philippine coast guard near Julian Felipe Reef in the Spratly Islands. The two countries are at odds over their respective claims to the Spratlys.

The Chinese Embassy in Manila says the ships are fishing vessels taking shelter from rough seas. But, in a diplomatic protest Monday, the Philippine Foreign Ministry complained that "their swarming and threatening presence creates an atmosphere of in-

stability," and infringes the nation's sovereignty, the Reuters news agency reported the next day.

Also called Whitsun, the boomerang-shaped reef lies about 175 nautical miles west of the Philippine province of



Whitsun Reef, also known as Julian Felipe Reef, is part of the Spratly Islands in the South China Sea. Courtesy of NASA

Palawan, and inside the Philippines' exclusive economic zone.

The ships' presence is a "clear provocative action of militarizing the area" and China should recall them, Philippines Defense Secretary Delfin

Lorenzana said, according to Reuters.

State Department spokesman Ned Price added the U.S. view in a tweet Wednesday: "The U.S. stands with our ally, the Philippines, regarding concerns about the gathering of [Chinese] maritime militia vessels near Whitsun Reef. We call on Beijing to stop using its maritime militia to intimidate and provoke others, which undermines peace and security."

Chinese fishing vessels frequently assist the coast guard and navy in asserting China's maritime claims, according to *The Associated Press*.

The U.S. does not recognize China's claims and conducts frequent freedom-of-navigation patrols in the disputed waters.

China's claim to most of the South China Sea was rejected by an international tribunal in 2016; however, Beijing has ignored the ruling and built military facilities on seven of the disputed Spratly sites, according to the Asia Maritime

Transparency Initiative.

Meanwhile, the Chinese Embassy in Manila tweeted to the U.S. Embassy twice Tuesday.

The first read: "The United States is not a party to the South China Sea issue. Fanning flames and provoking confrontation in the region will only serve the selfish interests of individual country and undermine the regional peace and stability."

The second said: "Both China and the Philippines are

sovereign and independent countries. We have the will, wisdom and ability to properly handle relevant issues through bilateral channels."

The Chinese presence on the reef looks like an effort to expand territorial claims, Patricio Abinales, a Philippines expert at the University of Hawaii, told Stars and Stripes in an email Wednesday.

"They know they can do it because they know the Philippine navy can't do anything about it, and the U.S. will not move," he said.

Army hoping to field new oxygen generator

by **Jerome Mapp**

The Army is currently testing an oxygen generator that has a longer shelf life than the one currently in use and will meet the requirement of supplemental oxygen that medics provide to combat casualties.

The Field Oxygen Generator Resource (FOGR) is being considered as a replacement for the Oxygen Generator, Field Portable (OGFP) that is currently used to supply supplemental oxygen to sick and wounded Soldiers in the field. In February, the Army Medical Department Board conducted an operational test using Soldiers from the 44th Medical Brigade during a field training exercise to test the effectiveness and suitability of the set up and operation of the FOGR to provide critical care.

According to Archie C. Kinnebrew Jr., lead test officer with USAMEDDBD, the success of the February test event will inform decisions that determine if and when the FOGR is fielded to Army units.

"There's truth in operational testing," said Kinnebrew. "Army leadership uses the results from test events to facilitate risk-reduction for product fielding. The test articles under consideration will not only be evaluated by the testing community, but also include input from the intended end-users on the battlefield. These test events ensure that Soldiers have a voice in the acquisition and deployment of new and improved systems."

Kinnebrew had words of praise for the 44th Medical Brigade Soldiers who put the FOGR to the test through a series of exercises.

"They were enthusiastic while putting the FOGR to use during the test," Kinnebrew said. "They provided honest feedback, which greatly assisted the test team in capturing the data needed. Their participation was key to the success of this test event and is greatly appreciated. The professionalism and dedication displayed by these Soldiers really made me feel proud."

Austin Langdon, assistant product manager with Warfighter Deployable Medical Systems, said the Army is replacing the OGFP because of sustainability issues.

"The old device was designed to operate 10-12 hours a day and 7 days a week. This is the case for most portable Oxygen Concentrators (POCs) on the market. However, when the device sits on a shelf, maintenance issues arise from lack of use, which are very costly," Langdon said.

COVID

continued from page 1

"[The workforce] needs to get vaccinated, and it needs to have testing protocols."

"We've seen a tremendous drop just here in the Pentagon in the rate of COVID-19 cases from January to February, so we know these efforts are paying off," Hicks said. "We know we're protecting our long-term readiness in our workforce."

It is a whole-of-government approach, and DOD does play its role. From the beginning of the pandemic, National Guardsmen have been crucial in aiding their fellow citizens. In addition,

active duty medics deployed to New York and Los Angeles and El Paso, Texas, and Chicago and many other areas to help overwhelmed medics. Now, active-duty vaccination teams have deployed around the country in support of the Federal Emergency Management Agency's efforts to get shots in arms. DOD medics provided 50,000 shots in one day and also vaccinated 500,000 Americans in under a month.

Hicks also praised the department's efforts in support of Health and Human Services in regard to vaccine distribution. "It is such a tremendous, phenomenal effort," she said. "Now, it's about making sure that we

help stand up civilian capacity that can endure over the long term. We're here for the surge, if you will. We know we have to build out that civilian capacity, and we want to make sure we help do that."

Hicks urged service members and their families to consider being vaccinated. "We took a photo of me being vaccinated [with] my second shot so that we could demonstrate that people shouldn't be afraid of the vaccination," she said. "Really, to the extent that they're in an eligible group, we hope that they're going out there and getting vaccinated. And I'll just also say [that] we're trying to make sure, as we move now

into a period of greater supply, that we have approaches to bring vaccines to make it easier for people to get vaccinated and bring vaccines closer to the workforce."

Vaccine numbers are moving in the right direction within DOD and in America as a whole. "We're very worried, of course, about the variants, the UK variant, for instance, and the speed of spread that we'll see from that," Hicks said. "I think, as Dr. [Anthony] Fauci and others have said, it's a race between vaccination and variants; and that's why masking, social distancing, et cetera, those are all so important even as we're getting vaccines out there."

<h1>Places of Worship</h1>		
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<p>Bayview Church <i>Attract... Assimilate... Activate</i> 6134 Pastor Timothy J. Winters St., San Diego 92114 (619) 262-8384 Sunday 6:45am, 8:30am, 11am Worship Service Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am www.bayviewbc.org info@bayviewbc.org</p>	<p>First Baptist Church of Coronado <i>"Reach Up, Reach Out, Reach Our World"</i> Jim W. Baize, Pastor www.fbcoronado.com Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am Meeting in person and online on YouTube or Facebook FB: First Baptist Church of Coronado email: secretary@fbcoronado.com 445 C Ave., Coronado, CA 92118 (619) 435-6588</p>	<p>Military Outreach Ministries Int'l Church <i>"Transforming the World, One Person at a Time"</i> Dr. Dennis Eley, Jr. Th.D., MBA dennis@militaryoutreachministries.org Sunday Worship Service (in-person) 12pm to 2pm 7997 Paradise Valley Rd, S.D., CA 92139 619-773-6032 Live Stream: 12:30pm-1:30pm on "Moministries" free church app Or www.militaryoutreachministries.org click on 'live stream' blue button</p>
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Finding romance in Army boots and a mess hall

by Les Goldberg,
Special to CalVet Connect

After a few less-than-rememberable dates in high school and college, the last place Les Goldberg expected to find his future bride was in the Army - especially right at the start of the Vietnam War. But, believe it or not, that is exactly what happened.

Just a few months following his graduation from college, and during his first professional job as a journalist, Les was drafted in the first call-up in September 1965. He decided to enlist in the Army in November and was shipped off to basic training at Fort Hood, Texas, a virtual shrine to General Patton and the same place where Private Elvis Presley was stationed a couple years earlier. From there he was transferred to Fort Sam Houston in San Antonio, Texas, where he was assigned to the Fourth Army Public Information Office. To his surprise, his barracks was right next door to those occupied by the Women's Army Corps (WAC). Male and female soldiers shared the same Mess Hall and the men outnumbered the women by a 50-1 ratio.

In June of 1965, Mary Elizabeth Fahey graduated from Taunton, Mass., High School and decided to seek adventure while furthering her education by joining the Army. After her basic training at Fort McClellan, Ala., she went on to complete a clerical training program at Fort Knox, Ken., and was assigned to Fort Sam Houston and Fourth Army Headquarters.

On one sunny day in early 1966, Les said "Hi" to a smiling lady on the steps of the

WAC barracks, and she politely returned the greeting. Soon after, the two would be standing in line waiting to enter the Mess Hall. It didn't take long for Les to ask Mary to go out with him on a date, and to his delight she accepted the invitation again and



Courtesy photo

again. But if you ask Mary, she will tell you that Les "stalked" her. If you ask Les, he will tell you that it was love at first sight for him, and he didn't want to lose her to the hordes of his fellow soldiers who lined up at the barracks' doors to date her.

The seeds of romance bloomed and Les and Mary became an "item" on base, and their friends began to bug them with the same question over and over: "So, when are you guys getting married?" By 1967, the couple didn't need any prodding. Les popped the question, Mary said "yes" and on May 13, in front of some wonderful Army friends and a Justice of the Peace, vows were exchanged and their life together took flight.

With two weeks of leave,

the newly married couple spent their immediate honeymoon in Les' hometown of Culver City, California, where his parents greeted them with a backyard reception. Upon their return to San Antonio, they rented an apartment just off the base. It was the

bottom floor of a two-story old Victorian home, complete with parlor, sunroom, dumbwaiter, and wrap-around veranda.

They learned through Les' colleague at his office that the home once was occupied several decades earlier by another honeymoon couple - 2nd Lt. Dwight D. Eisenhower and his new bride, Mamie. The historic mansion was built by Mamie's parents, the Dowds, who allowed the newlyweds to live there while Ike underwent his training in the U.S. Cavalry unit. It was soon after his arrival from West Point when he met Mamie, fell in love, and got married.

(Unfortunately, the historical significance of the home was lost for many years during the 1960s and 1970s, and it fell victim to

urban renewal. When Mary and Les returned to San Antonio to celebrate their 30-year anniversary in 1997, they learned that the home had been destroyed. They also learned that the site where the home once stood is now the site of the Dwight D. Eisenhower Memorial Post Office. Throughout their 53 years of marriage, Mary and Les have always been honored to share such a precious piece of history.)

While serving in Texas, Les became part of the Fourth U.S. Army Public Information team that worked with a search and rescue operation to help locate, pickup, and assure the safety of victims of Hurricane Beulah, which hit south Texas on the Gulf of Mexico, September 20, 1967. He received the Army Commendation Medal for his efforts.

But just six months later, Uncle Sam sent Les and Mary on another "honeymoon" - a one-year tour in Europe. Based in Frankfurt, Germany, the couple took advantage of every moment to enjoy the adventure while serving the European Transportation Command headquarters. They rented a one-bedroom apartment or flat in a partially bombed out but livable building near downtown, bought an old and rusty Volkswagen bug, and worked in the I.G. Farben building - former headquarters of the Allied Forces following Germany's surrender ending World War II in Europe.

Upon their return home at the end of 1968, they settled in LA where Les began life as a civilian, and Mary worked at Fort MacArthur in San Pedro until she was discharged a few months later. Les realized one of his goals - to work at a metropolitan daily newspaper - when he was hired by the Los Angeles Herald-Examiner as a reporter, covering high-profile stories such as Charles Manson, East LA riots, Bel Air fires, the Oscars and Emmys, the Western White House, and the 1971 Sylmar earthquake.

In 1969, when their uniforms

still fit, Les and Mary wore them to the then nationally acclaimed Steve Allen Show in Hollywood where they were asked to stand under a bright TV spotlight and explain their military romance to a massive theater and TV viewing audience while the band played the Army song, "When Johnny Comes Marching Home." For months afterwards, strangers approached the couple to say, "Aren't you the couple that we saw on TV?" The "15 minutes of fame" was fleeting but fun while it lasted.

At the same time, Mary put her military service experience to work for the civil service at the Armed Forces Entrance and Examining Station in downtown LA. She also attended college

business classes which came in handy when she later joined Les at his public relations agency.

As a proud former Women's Army Corps member, she is equally proud to be one of many former military women who attended the dedication of the Women in the Military Memorial at the Arlington National Cemetery and is in the Registry.

Today the retired couple lives in Santa Ana, have two sons - Randy, 46 and Cameron, 43 - and two granddaughters, ages 13 and 10.

Both their sons continue to tell anyone who knows them that their "mom and dad wore combat boots."

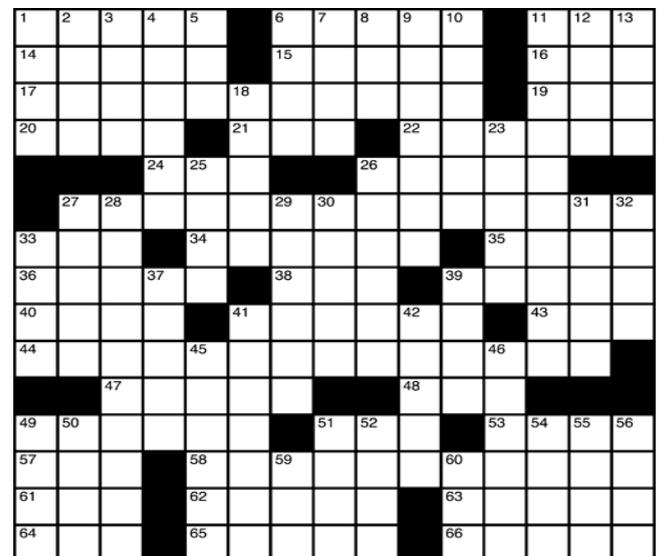
Crossword Puzzle

Across

- 1 Turning point
- 6 Pagoda instruments
- 11 Outdo
- 14 Big game setting
- 15 No-frills type
- 16 "Yo, Hadrian!"
- 17 Where the farmer relaxed to update the books?
- 19 Cooper's creation
- 20 Not behind
- 21 Long-term digs in orbit: Abbr.
- 22 Landscaping stones
- 24 Three-time Cy Young Award winner Scherzer
- 26 Visibility reducers
- 27 Story of how the spider monkey climbed the tree?
- 33 Asian language
- 34 Takes up
- 35 Cookware brand
- 36 Dethrones
- 38 Low digit
- 39 Tries
- 40 One with a password
- 41 Notably different, with "a"
- 43 JFK alternative
- 44 Obstetrician's job, sometimes?
- 47 Manicurist's tool
- 48 NBC skit show
- 49 Sad-eyed hound
- 51 Moody rock genre
- 53 Not too many
- 57 Hundred Acre Wood know-it-all
- 58 Put the fix in on Black Friday?
- 61 Med. scan
- 62 "Middlemarch" novelist
- 63 Mastery
- 64 Competition pass
- 65 Nicks
- 66 Cut back

Down

- 1 Nickname for Haydn
- 2 Press
- 3 Cumberbund alternative
- 4 As scheduled
- 5 ___ sushi: Japanese sea bream
- 6 April 1 array
- 7 Swingers on a perpetual-motion desk toy
- 8 "NCIS: Los Angeles" actress Long
- 9 Laverne and Shirley, e.g.
- 10 Vulgar content
- 11 Is arrested, in slang
- 12 Exceeding
- 13 Cello parts
- 18 Put the kibosh on
- 23 Sporty Chevy
- 25 Sounds of realization
- 26 Sophisticated, in a way, briefly
- 27 Take a minute
- 28 Ygritte portrayer on "Game of Thrones"
- 29 ___ public
- 30 Cricket, for one
- 31 Tee size
- 32 Idina's "Frozen" role
- 33 Vibrant, as colors
- 37 Cuts back
- 39 "His Eye Is on the Sparrow," e.g.
- 41 Good for growing
- 42 Do a lawn job
- 45 Went off course
- 46 Yukon neighbor
- 49 Have a rough night at the comedy club
- 50 Not as planned
- 51 Four-award acronym
- 52 1969 MLB upstarts
- 54 Midway event
- 55 Redbook rival
- 56 Fuse
- 59 Sling spirits
- 60 Deadly biter



THURSDAY, MARCH 25, 2021 www.armedforcesdispatch.com 5

San Diego County Veterans Service Offices

Chula Vista (Bonita) M-F: 8 a.m. - 4 p.m. 180 Otay Lakes Rd. Phone: (877) 618-6534	La Mesa Adult Center Fri., 9 a.m. - 3 p.m. 8450 La Mesa Blvd. Phone: (858) 527-5822	Ramona 4th Wed. monthly, 9:30 a.m. - 3 p.m. County Library Phone: (760) 788-5270
Escondido M-F: 8 a.m. - 5 p.m. 649 W. Mission Ave. Phone: (760) 740-5572	Mission Valley Thurs. & Fri. appointments only 8898 Rio San Diego, Phone: (858) 694-3222	El Cajon 201 E. Douglas 2nd & 4th Mon. monthly Phone: (619) 588-3718
Fallbrook 2nd Fri. & 4th Wed. monthly 135 S Mission Road, Phone: (760) 723-7570	Oceanside VA Clinic M-F: 8 a.m. - 4 p.m. 1300 Rancho Del Oro Dr. Phone: (760) 643-2049	Julian County Library Thurs. (by appt. only) Phone: (760) 765-0370

For a complete list of SD County offices, go to <https://www.calvet.ca.gov/VetServices/Pages/CVSO-Locations.aspx>.

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Interpersonal Edge: A Spring of hope

by Dr. Daneen Skube,
Tribune Content Agency

Q: People seem to be in two camps right now; vaccinated and hopeful, and unable to find vaccines and despairing. How do you think the vaccine process is going to impact our workplaces? Do you think we have a reason to be hopeful or is this virus just going to throw us another rotten curveball?

A main way the vaccine will impact our workplaces is we'll finally have the freedom to stop worrying about death and disability. Yes, I think this will be a spring season of hope and slow return to normalcy. Lastly, I think we'll return to our workplaces full of gratitude and innovation after surviving this global adversity.

Global crisis in many ways is like a storm of enormous magnitude that destroys but also creates. Crisis destroys our Old World but opens a door to a new improved world. We will return to our workplaces more conscious of kindness, the benefit of relationships, equality and value of collaboration. The only reason we have the gift of returning to a

new normal is the global medical and scientific community came together to develop a breakthrough vaccine.

When we work together, we're truly capable of miracles. When we pull apart, we cannot benefit from our joint skills and talents. I tell clients the distance between heaven on earth and hell on earth is simply this willingness to either work with or against others. In every moment we decide

whether we will live in heaven or hell through our interpersonal choices with others.

In this column I teach the technology of how to work with people in a concrete, behavioral and specific manner because good intentions make no difference in our ability to cooperate. If we want to listen but do not know how to paraphrase our intentions do nothing. If we want to negotiate but don't know how to separate a person from a problem we just create a conflict.

Many new clients think interpersonal issues at work are a

result of a character defect or just bad luck. I quickly point out that interpersonal problems at work are simply a result of what you currently do and say. We often create our own suffering because of our lack of awareness that what we are doing and saying is creating problems for us.

Some clients become argumentative or full of self-criticism when they see how ineffective what they are doing has been.

They have to get over this hump of self-hatred to be able to apply the tools I offer.

People in your workplace really aren't in a position to judge your value as a human being and they cannot read your mind. They can only react to the words you chose, your nonverbal communication, your tone of voice, and interpersonal skills.

Sometimes a client will say, "Well I cannot change I'm just the kind of person that is honest!" I point out that our interpersonal habits are just that ... habit and not a genetic factor like brown

eyes. Our interpersonal habits are as flexible as our capacity to learn. If we refuse to learn, then we chose a lot of unnecessary suffering.

Even Dr. Fauci seems to be optimistic that the worst of this virus is behind us. This year as life bursts forth into a joyous celebration of new growth I feel confident we will also be slowly emerging from our isolation into a new spring of collaboration.

The last word(s)

Q: Do you think there is a mental health benefit around getting the vaccine?

A: Yes, those two little shots offer us the significant mental health advantage of moving away from that dark cloud of doom and back into the sunlight of ordinary life.

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

DOD launches 'Chill Drills by Military OneSource' mobile application

The Department of Defense launched a new mobile app designed to help the military community manage stress. The free Chill Drills by Military OneSource mobile app is now available for download on Google Play and Apple's App Store.

The Chill Drills app includes a collection of mindfulness audio exercises that give service members and military families access to expert stress-relieving techniques, which can help:

- Slow heart rate
- Lower blood pressure
- Reduce the levels of stress hormones in the body
- Improve sleep quality and the ability to fall asleep
- Encourage muscle relaxation

"Life in the military comes with many opportunities and also unique challenges, so managing stress is critical," said Deputy Assistant Secretary of Defense for Military Community and Family Policy Patricia "Patty" Montes Barron. "The Department of Defense is thrilled to deliver one of our most popular and highly-requested web products in the form of a new mobile application, so the military community can regenerate and be well anytime and anywhere."

To ensure the Chill Drills app

continues to meet the needs of the military community, the department will review and evaluate the new app to help inform ongoing updates and enhancements.

Chill Drills is one of two apps recently launched by the department. The My Military OneSource mobile app, launched in 2020, offers a fast, 24/7 gateway to personalized military benefits, access to experts, guides for the military community and much more.

To learn more about the Chill Drills app or to download the app, visit www.MilitaryOneSource.mil/ChillDrills. Users can also stream Chill Drills from the Military OneSource website with an internet connection.

Military Community and Family Policy is directly responsible for establishing and overseeing quality-of-life policies and programs that help our guardians of country, their families and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community. These DoD services can be accessed 24/7/365 around the world.

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Local Military

Female warfare tactics instructors lead warship *Rushmore*



Abaard USS *Rushmore*, Lt. Cmdr. Tammi Ballinger (left) and Cmdr. Emily Royse, both graduates of the same Naval Surface and Mine Warfighting Development Center WTI course. Navy photo by Ensign Heather Brown

Cmdr. Emily Royse, an amphibious warfare tactics instructor (WTI) from South Pasadena, Calif., became the first female WTI to command at-sea in a commander-level command, when she assumed command of USS *Rushmore* dock landing ship in February.

Royse fletched-up from her position as *Rushmore's* executive officer, after being relieved by Lt. Cmdr. Tammi Ballinger, from Berea, Ky. a fellow female graduate from the same October 2017 AMW WTI course.

"I'm extremely proud to continue leading the crew of *Rushmore* to tactical excellence," said Royse. "Building the tactical proficiency and warfighting skills of our Sailors is critical to maintaining the peak operational readiness required of all warships in support of the high-end fight."

Naval Surface and Mine Warfighting Development Center (SMWDC) accepts applications from top-talented junior Surface Warfare Officers, and develops them into expert tacticians in four surface warfare areas – AMW, Integrated Air and Missile Defense, Mine Warfare, and Anti-Surface Warfare/Surface Warfare.

"After completing the warfighting curriculum, we are assigned to WTI production tours where we hone our skills in billets at-sea or ashore," said Ballinger. "During production tours we bring our skills to bear by providing advanced tactical training, developing tactics and doctrine, providing operational support, and crafting capability assessments."

WTI candidates complete instructor and tactics training and 14-33 weeks of warfighting tactics training (dependent upon the warfare area). The 15-week AMW WTI course of instruction is focused on all aspects of AMW. Students apply amphibious doctrine and tactics, techniques, and procedures during

the course through student-led briefings, practical applications, and open forum discussions. Students exercise tactics in synthetic training evolutions conducted at the Center for Surface Combat Systems' Ship Self-Defense Systems trainer on board Wallops Island, and one-on-one immersion training with Marine Corps personnel from each element of the Marine Air-Ground Task Force onboard Camp Lejeune, N.C. The immersive experience teaches students to plan and execute missions across the range of military operations with their Marine Corps counterparts, a crucial element of AMW mission success.

Royse completed her production tour at SMWDC headquarters in San Diego where she planned and executed the first Amphibious Ready Group Surface Warfare Advanced Tactical Training exercise aboard USS *Essex*. Ballinger completed her production tour at Expeditionary Warfare School (EWS) located at Quantico, Va., where she facilitated the 7-week capstone table top exercise in Marine Air Ground Task Force operations - utilizing the Marine Corps Planning Process to the Marine Corps, Army, Air Force and Navy students attending the 41-week EWS resident professional military education.

Royse said the road to suc-

cess varies, but that it's important to keep charging towards your goals no matter what they are, and if something interests you, pursue it with a passion. Maintain professional curiosity and do things outside of your comfort zone – and volunteer for every opportunity to broaden your expertise.

"All of the successful men and women I know in these positions [CO, XO, CMC] are passionate about their jobs and are intensely driven to succeed in both their personal and professional lives," said Royse. "They also realize it takes friendship, mentorship, and a strong support network to succeed. You can't do it alone; leverage the experience around you; ask questions, be bold, and don't let a fear of failure hold you back from trying."

Ballinger spoke about the importance of working hard, learning from your mistakes, and seeking guidance when needed. "My advice would be to seek out a successful mentor who is on a similar career path in the Navy as to what you wish to pursue," said Ballinger. "Set professional goals for yourself, seek constructive feedback, and keep doing your best for the Navy in the billets you are assigned. Some day you could find yourself the next CMC, executive officer, and/or commanding officer of a U.S. warship."

Sweetwater Woman's Club of Bonita Spring Craft Faire March 27



The Sweetwater Woman's Club of Bonita is hosting a Craft Faire on Saturday, March 27 from 9 a.m. to 3 p.m. in their upper parking lot at 3855 Sweetwater Road in Bonita, 91902.

Many crafters will have a variety of items for sale including handmade crafts, jams and jellies, jewelry, décor, and more. The Club itself will have

a treasures galore area including gently used home goods, décor, pillows, ornaments, books, and more.

Many plants and pots will also be for sale - perfect for the yard, displays, and gifts.

The Sweetwater Woman's Club Quilters will have handmade quilted table toppers as well as child and adult size quilts for sale.

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15th MEU commander fired following investigation into deadly training accident

by Caitlin M Kenney,
Stars and Stripes

WASHINGTON - The commander of the 15th Marine Expeditionary Unit has been fired following an investigation into an assault amphibious vehicle accident in July that killed nine people, the Marine Corps announced March 23.

Col. Christopher J. Bronzi was relieved Tuesday of his command by Lt. Gen. Steven Rudder, the commander of U.S. Marine Forces Pacific, "due to a loss of trust and confidence in his ability to command," according to a Marine Corps statement.



Bronzi took command of the unit in November 2019.

His firing comes after the completion of a command investigation into the cause of the assault amphibious

vehicle accident that occurred July 30 off the coast of San Clemente Island in California. Assault amphibious vehicles, which are used for landing on beaches, weigh about 26 tons and can carry up to 21

people. Fifteen Marines and a sailor were being transported in one of the vehicles back to their ship after training with the Makin Island Amphibious Ready Group when they noticed the vehicle was taking on water, Lt. Gen. Joseph Osterman, the commander of I Marine Expeditionary Force, said at the time.

The vehicle was found four days later after it had sunk 385 feet almost a mile from shore, according to the Marine Corps. Eight Marines and a Navy Corpsman from Bravo Company, Battalion Landing Team 1/4 were killed in the accident. They were:

Pfc. Bryan J. Baltierra, 18, of Corona, Calif.; Lance Cpl. Marco A. Barranco, 21, of Montebello, Calif.; Pfc. Evan A. Bath, 19, of Oak Creek, Wis.; Petty Officer 3rd Class Christopher Gnem, 22, a Navy hospital corpsman from Stockton, Calif.; Pfc. Jack-Ryan Ostrovsky, 20, of Bend, Ore.; Cpl. Wesley A. Rodd, 22, of Harris, Texas; Lance Cpl. Chase D. Sweetwood, 18, of Portland, Ore.; Cpl. Cesar A. Villanueva, 21, of Riverside, Calif., and Lance Cpl. Guillermo S. Perez, 19, of New Braunfels, Texas.

Fridriksson in command of the Camp Pendleton-based 15th MEU, which is deployed to the U.S. Central Command area, according to the statement. Bronzi is now assigned to I Marine Expeditionary Force, the command above 15th MEU, said Capt. Andrew Wood, a Marine Corps spokesman.

The families of those killed in the accident are being notified this week about the results of the command's investigation, Wood said. Once the families have been given the report's findings, it will be made available to the public.

Following Bronzi's firing, Rudder appointed Col. Fridrik

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Capt. Dave Kurtz, commanding officer of amphibious transport dock ship *Somerset*, observes Egyptian guided-missile frigate *ENS Sharm El Sheikh (FFG 901)* during a passing exercise in the Red Sea. Navy photo by MC2 Heath Zeigler

Egyptian frigate, USS *Somerset* perform passing exercise

RED SEA - Egyptian guided-missile frigate *ENS Sharm El-Sheikh (FFG 901)* and U.S. amphibious transport dock ship *USS Somerset (LPD 25)* conducted a passing exercise (PASSEX) March 14.

"Operating with the Egyptian Navy is a highlight for our deployment. As the U.S. Navy operates forward to reassure friends and deter adversaries, strengthening partnerships is important," said Capt. Dave Kurtz, *Somerset's* commanding officer.

The PASSEX commenced with *Sharm El-Sheikh* and *Somerset* performing divisional tactics and maneuvers in formation. Additionally, the ships performed replenishment-at-sea approaches to strengthen our ability to operate together and increase ship-handling skills.

"Our work with the Egyptians was coordinated in detail, and took advantage of common maritime operating procedures," said Kurtz. Although brief, it solidifies that our two navies can and often do operate from the same playbook. By capturing those lessons, the next exercise can build on that foundation and become even more complex."

Somerset is deployed to the U.S. 5th Fleet area of operations.

Independent review commission on sexual assault in the military

At the direction of President Biden, Secretary of Defense Lloyd J. Austin III ordered a 90-Day Independent Review Commission (IRC) on Sexual Assault in the Military to take bold action to address sexual assault and harassment in the force. The IRC will make recommendations related to: accountability; prevention; climate and culture; and victim care and support.



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Falco

continued from page 2

Iraq, and Afghanistan; and her time spent on multiple overseas exercises.

“As a single parent, it was extremely difficult, but it could have been more difficult,” Falco said. “I chose to be a mother, and I’m so grateful. It was very hard deploying unaccompanied, touring overseas, and leaving my daughters, but that is one of the many things I love about the Marine Corps, is the camaraderie. I could have never done it without my fellow Marines.”

After 14 years of active, enlisted service, Falco’s determination and her dedication to the Marine Corps was evident to her command. She was a staff sergeant looking toward her next promotion when her command nominated her for the Meritorious Commissioning Program so she could become an officer.

Falco attended Officer Candidates School and commissioned as a United States Marine Corps officer in August 2001, just a month before 9/11 and the beginning of the Global War on Terror.

Falco’s time as an offi-

cer has been characterized by multiple, invaluable achievements. She graduated from Park University Magna Cum Laude, earning a Baccalaureate of Science degree in Social Psychology and a Baccalaureate of Administration degree in Criminal Justice. She was the

Falco said she always strives to think positively and to be a good person, mother and Marine. She said she has one main lesson that she hopes to leave the Marines around her.

“It is so important to know the difference between judgment and character,” Falco said. “Many things can affect our judgement. To err is human. We

“The one thing I wasn’t going to let myself do is, I wasn’t going to let myself stop being a Marine because I chose to be a mother, because you can do both.”

- Lt. Col. Sally Ann Falco

first ever Marine Corps Sexual Assault Response Coordinator of the Year. Combined with her enlisted time, Falco has been an honor graduate of seven Marine Corps technical schools and courses.

“I’ve been very, very blessed with the opportunities the Marine Corps gives,” Falco said. “The thing is, regardless of what [Military Occupational Specialty] we are, the Marine Corps has so many opportunities that you could step outside of those boundaries, and you could apply some of the skills of your MOS while learning others.”

Despite the challenges she has faced in the Marine Corps,

learn from our mistakes. We pick up and we move on – resiliency and recovery; but to be who you are, that is your choice. Be known as someone of good character. That is something you own and others don’t forget.”

Falco will soon retire after 34 fruitful years in the United States Marine Corps.

“I’ve just been privileged to be allowed to be a Marine,” Falco said. “I still love it as much as the day I came in, and I would stay in forever, but I want to make room for others to climb the ladder and at the same time, contribute to society in another capacity, and spend time with my daughters.”

Flying Leatherneck Museum to close

A long-time museum at Marine Corps Air Station Miramar is closing its doors for good, according to NBC 7 San Diego.

The Flying Leatherneck Aviation Museum, which is operated by MCAS Miramar, will close forever on March 28, according to a spokesman for the base.

The museum is run by a “group of Marine aviation historians, veterans and enthusiasts dedicated to preserving the aviation history of the United States Marine Corps.”

In the NBC 7 report, that group includes Brig. Gen. (Ret.) Michael Aguilar. Aguilar said there were discussions about an agreement that would absolve MCAS Miramar and the Marine Corps of the overhead, but the two parties were unable to make an agreement to the satisfaction of the Marine Corps.

According to MCAS Miramar director of communications Capt. Matt Gregory, the base’s commanding officer, Col. Charles Dockery, decided to close the museum due to budgetary constraints.

“Over the past 10 to 15 years, we’ve tried various different



The Flying Leatherneck Aviation Museum. Courtesy photo

strategies to align all those rules, regulations, and get that into a coherent strategy for the museum to move forward, and we were just never able to get there,” Dockery said.

“The air station annually pays over \$400,000 to the museum’s salaries and operations, and that money is now being planned for reallocation toward higher-priority missions - breathing apparatus equipment for flight-line firefighters and rescue, for example,” Gregory told NBC 7.

The museum originally opened in 1989 on MCAS El Toro, just up the I-5 in Orange County, moving south to San Diego in 2003. As many as 35,000 people have visited the

museum in a year.

There are 40 historical aircraft in various states of preservation at the site, including the World War II-era General Motors FM-2 Wildcat, “one in the line of production models of the better known F4F Wildcat” that was a workhorse in the Pacific, and a Sikorsky HUS-1 UH-34D Sea Horse, a helicopter model that flew thousands of missions in Vietnam.

Military officials are now working with other aviation and Marine Corps museums to find new homes for the 30,000-plus artifacts - including aviation art and NASA logos - as well as the decommissioned aircraft currently housed at the the Leatherneck Museum.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

My husband has been working from home since the pandemic began over a year ago. Francis took his cyber security job in 2017 after retiring from the Navy, and initially commuted to New York City weekly. For those years, his neglected home office on the third floor of our house was more of shrine than anything else. He would take friends up there on weekends to show off his military coins, plaques, and photos.

I called it his “Yay me!” room.

Now Francis uses his home office for work. He’s there from sun up to sun down, in virtual meetings and on phone calls, every weekday. A creature of habit, Francis takes short breaks I can set my clock by, to hit the head, refill his coffee, grab lunch or make a smoothie.

During his breaks, Francis, an admitted narcissist, rattles off his work schedule to anyone within earshot. He’s very important, after all. “I had three meetings this morning, I’ve got to interview a candidate for that open position, then I’ll check the mail,” he’ll say regardless of who’s listening. When his break is over, he starts back up the stairs to his office, but not before calling out, “Back to the salt mines!”

We giggle at Francis’ inflated sense of self-importance, but we

Not-so-smoothie operator

keep the house quiet so as to not interrupt his work because we respect him as our hard-working, dedicated, primary breadwinner. As a military spouse, I’ve worked from home for two decades. My writing, military nonprofit work, and Zoom meetings all take place at our kitchen island. After a year of creeping around in hushed tones so as to not disturb Francis, one would think he would extend me the same courtesy.

One would think.

Last week, the house was empty. The girls were out, and Francis was at the VA Hospital getting his first COVID-19 vaccination. All was quiet — the perfect time for a work-related Zoom call. My other meeting participant was running late, so I sat at our kitchen island, waiting for her to click in.

Suddenly, the front door opened, and I heard Francis rattling off his schedule. “The shot went quick, so I stopped and got a haircut, but I’m gonna try to make my two-thirty meeting,” he announced as he clopped into the kitchen.

I put a finger to my lips, “Shh, Zoom meeting.” But Francis had more important matters to tend to.

He scanned the kitchen counter, then opened the fridge. “Where’s the smoothie cup?” he blared, then clopped off to find it. I extended a leg and kicked the fridge door closed, just as my meeting participant appeared on my laptop screen.

“Hi! Thanks so much for taking the time to—” I began, as Francis appeared, swung the fridge doors

open again, and put ice into his cup with a “CLUNKCLUNK-CLUNK!”

“I’m sorry, my husband is making a smoo—” Before I could explain, the Nutribullet’s jet engines squealed, “WHRRRRRRRR!” I held a finger up to my laptop, the universal sign for, “Just gimme a minute.” But Francis prefers his smoothies thick, so he took his sweet time blending while we waited. Finally, the whirring stopped, and I dared, “So, about the military scholarship program—”

“Did anyone feed the dog?”

I shook my head, and Francis tsked his disapproval, clapping off to the dog’s bowls. Once again, I extended a leg, and kicked the fridge doors closed. “So, scholarship funding,” I re-started, but heard a loud crash. Francis’s smoothie cup spun wildly on our tile floor, splattering to a rest against the dog’s bed in the kitchen corner.

“Oops, I dropped it!” Francis blurted, relieved that only a little spilled where the cap had popped off. He set the cup on the island beside my laptop, and pounded the cap back on with his fist, “THUMPTHUMPTHUMP!”

“Honey, can’t you fix that later?” I said through gritted teeth.

Sucking on his straw, Francis finally climbed the stairs back to his office — now able to finish his very important work, thanks to the life-giving sustenance of an extra-thick strawberry smoothie — but not before stopping to reassure us, “Back to the salt mines!”

AutoMatters™ & More



by Jan Wagner

Auto Club Speedway, in Fontana, Calif., is scheduled to undergo a major redevelopment project, including reconfiguration of the superspeedway into a high-banked short track. In anticipation of that, and of racing returning to California after the coronavirus pandemic runs its course, this seems like a good time to look back at the history of this Speedway.

Originally named “California Speedway” - a name that some people still refer to it by - Auto Club Speedway is a two-mile, wide and fast, low-banked, D-shaped, oval superspeedway. It is located on the abandoned and badly deteriorating site of the former Kaiser Steel Mill, which is an interesting story in itself.

According to a Nov. 27, 1995, story in the *Los Angeles Times*, the 475-acre site was so badly run-down that Les Richter, the new track’s project manager, reportedly said: “Well, I can tell you this. It was used to shoot the TV movie ‘Hiroshima’ - and it didn’t need any help.” The story went on to say that “demolition could not begin until 13 acres that required special environmental remediation were cleansed and approved by the state’s Department of Toxic Substances Control.” The site was toxic.

Construction of California Speedway began in 1995, and was completed in 1996. It was originally a Penske Speedways track. It was, and remains, a world-class motorsports facility. In addition to the oval track, the facility also includes a road course

Racetrack Profile: Auto Club Speedway

and Auto Club Dragway.

Prior to COVID-19 - and hopefully soon after that becomes a sad memory - it hosted over 320 days of track activity each year, including the NASCAR Cup Series Auto Club 400 weekend. Activities have included NASCAR and IndyCar races, concerts; movie, TV and commercial productions; new car testing, club racing, racing schools and more, attracting thousands of fans and visitors from around the world, and world-wide media coverage.

From an Oct. 23, 2017, news release from Auto Club Speedway, we learned about its huge financial impact. Citing a report by the UC-Riverside Center for Economic Forecasting and Development, it contributes more than \$105 million in economic impact to San Bernardino County. The Impact Analysis for Planning System goes on to report \$148.7 million in economic output in Southern California and \$156.2 million in economic output in the state of California. Visitor spending and jobs generate millions of dollars in tax revenue for the various levels of government in the state.

A major part of motorsports is their social impact. Motorsports can be and are enjoyed by entire families. 20th District State Sen. Connie Leyva said (as reported in that same news release), “As a longtime resident of the Inland Empire, I know that Auto Club Speedway has created many fond memories for countless families, including my own, over the years.”

The Speedway improves the quality of life through community outreach programs, including Lefty’s Reading Challenge, fund drives and charitable donations. On Lefty’s Track Day,

members of the public have driven their personal vehicles on the oval.

Auto Club Speedway is enormous. It’s enclosed by 17 miles of fencing. Its buildings are 739,000 square feet in area. Total seating capacity, including the main grandstand and the skyboxes, is 122,000.

The track is 75 feet wide with a 15-foot apron, enabling thrilling, five-wide racing action.

Auto Club Speedway has witnessed significant changes over the years. Perhaps most noticed and still lamented by race fans was the demolition in 2013 of the speedway’s historic, 100-foot water tower from the Kaiser Steel days.

Due to the extended duration of the coronavirus pandemic, the NASCAR race weekend scheduled for 2021 at Auto Club Speedway was realigned to the Daytona road course. No NASCAR weekend will take place at Auto Club Speedway in 2021. Instead, the next NASCAR weekend there will be in 2022. According to a Dec. 2020, release from the track, all customers who purchased tickets to the 2021 race weekend will automatically be moved to the 2022 race weekend. Furthermore, the decision was made to delay the superspeedway’s reconfiguration into a high-banked short track until after that event.

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NMCS D offers robust TBI program, services

SAN DIEGO – Naval Medical Center San Diego (NMCS D) recognizes Traumatic Brain Injury (TBI) Month throughout March.

TBI is classified as any impact or puncture to the head that causes a loss or alteration of consciousness.

“TBI is an intimidating term for a fairly common condition,” said Lt. Tara Haugen, an occupational therapist assigned to NMCS D’s TBI Clinic. “TBI ranges in severity. It can be caused by everyday occurrences such as bumping your head, playing sports and motor vehicle accidents.”

Service members may experience a TBI from a number of unique causes, such as blast exposure, strenuous training environments or other duty-related incidents.

TBI cases are rated from mild, moderate to severe. A TBI’s rating is determined by the amount of time a person is unconscious, and what they can remember from the event.

“A mild case may be as small as hitting your head, seeing stars and moving on with your day,” said Haugen. “A more severe case may cause a patient to be hospitalized in a coma for several days.”

Symptoms of a TBI can include memory loss, attention issues, headaches, dizziness, or tinnitus, as well as secondary emotional symptoms such as anxiety, depression, irritability or decreased interest in social participation.

“Primary symptoms can lead to secondary symptoms, which can push patients into a vicious cycle,” said Haugen. “That’s why we have TBI programs to get patients out of that cycle, and reintegrate them into normal life.”

NMCS D, in association with the Traumatic Brain Injury Center of Excellence (TBICoE), offers a robust TBI program.

When a patient is referred to NMCS D’s TBI Clinic, a nurse practitioner conducts an initial intake to better understand the patient’s background and TBI history. Afterwards, patients may receive helpful medication, and a referral to a specialist in speech therapy, occupational therapy, physical therapy, neuropsychology, optometry and audiology.

NMCS D also offers other services to help patients cope with a TBI outside of traditional, medicinal practices. Its services include sleep classes to help patients who are having trouble sleeping, and group therapy sessions to help bring a more holistic approach to dealing with the anxiety of reintegrating back into normal life.

During the intake process, patients with a TBI are asked to prioritize their roles in life.

“I get to learn about the person as an individual,” said Haugen. “Getting to learn each individual’s story and how resilient people are is empowering.”

Patients who go through the clinic are put through a variety of physical and cognitive challenges that help improve symptoms of TBI.

“It’s helped me out a lot in life,” said Mikhail Lugg, one of NMCS D’s TBI Clinic patients. “I have three little girls. This clinic helped me so I could build a bike and dollhouse for them.”

According to the TBICoE, more than 430,000 cases of TBI were reported between 2000 and 2020.

Whether a person with a TBI was involved in an accident, a sports injury or suffered trauma during wartime, they are faced with an invisible scar. NMCS D’s TBI Clinic responds to those in need when the wound cannot be seen.

NMCS D’s mission is to prepare service members to deploy in support of operational forces, deliver high-quality healthcare services and shape the future of military medicine through education, training and research. NMCS D employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere.

Visit navy.mil or facebook.com/NMCS D for more information.



Confidential chat at MilitaryCrisisLine.net or text 838255

Social Security Matters

Does paying FICA tax now increase my benefit?

Dear Rusty: If a person retires at age sixty-six and continues to work full time, Social Security taxes are still taken out of his weekly paycheck. Will this taxation for Social Security contribute more to the person’s Social Security benefit, even if already retired?

Signed: Curious Retiree

Dear Curious Retiree: Since its inception in 1935, Social Security has been a “pay as you go” program where contributions from those who are working are used to pay benefits to those who are collecting Social Security benefits. That remains true even if, after you start collecting Social Security, you work and pay payroll taxes into the system.

Those Social Security (SS) payroll taxes you are contributing now aren’t deposited into a personal account for you, they’re used to help pay benefits to all recipients. So, paying SS FICA payroll taxes after you start collecting benefits doesn’t affect your benefit payment. However, what might affect your benefit amount is if your current earnings from working are more than any of those in the 35 years used to originally compute your Social Security benefit when you filed.

When you apply for SS benefits, Social Security adjusts every year in your lifetime earnings record for inflation to bring those earlier earnings up to today’s dollar values. They then select the 35 highest-earning years over your entire lifetime, and from those 35 highest-earning years they develop your “Average Indexed Monthly Earnings” (AIME). Your AIME, in turn, is used to compute your Social Security benefit at your full retirement age (FRA).

Social Security examines your earnings every year after your earnings for the previous year are reported to Social Security by the IRS. After your benefits have started, and if your current earnings are higher, Social Security will replace an earlier year’s earnings with your more recent earnings and recompute your benefit, resulting in a small benefit increase (“small” because it would represent only 1/35th of the average lifetime earnings used to compute your benefit).

A key thing to remember is that each of your past year’s earnings (up until you are 60) are adjusted for inflation before computing your benefit amount. So, for example, \$25,000 earned in 1990 is worth more than \$60,000 in today’s dollars, and it is the inflation-adjusted amount that your current earnings would need to exceed increase in your benefit. I recently published an article on this topic which you may find helpful: www.socialsecurityreport.org/ask-rusty-does-paying-social-security-payroll-tax-increase-my-benefit/.

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Roy’s Sudoku

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



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Military researchers gain new insights into brain injuries

by DoD Hearing Center of Excellence, Public Affairs Office
Military researchers have recently found that headache, dizziness and cognitive dysfunction occur far more frequently among military personnel with mild traumatic brain injury than in those without injury. Sleep disorders and emotional issues are also significantly more common in members with this injury.

These findings are from a study supported by the Defense Health Agency's Hearing Center of Excellence (HCE) that evaluated a battery of neurologic assessment tests to help diagnose mild head injury. The Madigan Army Medical Center at Joint Base Lewis-McChord in Washington, and the Naval Medical Center San Diego in California served as enrollment sites from 2014 through 2017 for the study called, "Assessment of Oculomotor, Vestibular and Reaction Time Response Following a Concussive Event."

The Center for Disease Control and Prevention defines a traumatic brain injury (TBI) as a disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury. The severity of a TBI may range from mild, commonly called concussions, to severe. According to the Armed Forces Health Surveillance Branch, mild traumatic brain injury, or mTBI, is the most common traumatic brain injury affecting military personnel, and includes concussion, subconcussion that does not cause symptoms, and exposures to blasts like improvised explosive devices.

"The objective of the research was to collect data to advance our understanding of oculomotor, vestibular and reaction time responses in relation to mTBI," said HCE division chief, Dr. Carlos Esquivel. "Three of the tests yielded an 89% sensitivity and 95% specificity for confirming a current diagnosis of mTBI."

The hearing center is facilitating several other research projects to better understand hearing injury and its connection to traumatic brain injury.

A multi-site field study, called CHASMPAS (Characterization of Acute or Short-term Acquired Military Population Auditory Shifts) has been underway since 2019 to characterize short-term changes in hearing among military personnel exposed to blast. Researchers are using advanced boothless hearing test technology to conduct in-field hearing evaluations immediately before and after a service member's blast exposure, and state-of-art blast measurement technology from the federally funded Massachusetts Institute of Technology - Lincoln Laboratory.

"This comprehensive study approach may identify risk factors,

Study team members from Naval Medical Center Camp Lejeune and the Hearing Center of Excellence conduct pre-exposure auditory testing on Marines during an Integrated Training Exercise at Marine Corps Air Ground Combat Center Twenty-nine Palms, California in January 2020. The CHASMPAS study is working to better understand noise-induced hearing loss by collecting audiometric data before and after noise exposure Photo by Quintin Hecht.



mitigating factors and dose-response relationships, which could result in refinement of acoustic standards, new hearing protection strategies, and direction of future research to explore pharmaceutical intervention for hearing loss," said Dr. Douglas Brungart, chief scientist of the HCE and the National Military Audiology and Speech Center at Walter Reed National Military Medical Center in Bethesda, Maryland.

According to Brungart, so far, roughly 95 service members have taken part in the study with future data collection and analysis planned at Fort Benning, Georgia; Camp Lejeune, North Carolina; and Quantico, Virginia.

Esquivel said the HCE will continue to support the CHASMPAS project and other related ongoing projects, to advance work in this area of study.

According to Esquivel, research efforts to date have shown that people can suffer from a form of hidden injury, signaling the importance of continuing these studies.

"When people report having difficulties hearing, we cannot dismiss their complaints when their hearing test results are normal. Research in this area will be critical in understanding these impacts

as risk factors, and short-term and long-term auditory effects may be identified from the retrospective and prospective, longitudinal analysis," Esquivel explained.

Additional plans in brain injury research are underway for MAMC and NMCS D to participate in a study called, "Clinical Trial of Etanercept (TNF-a Blocker) for Treatment of Blast-Induced Tinnitus." Led by Wayne State University, the project will test an FDA-approved medication for the treatment of blast-induced tinnitus.

The NMCS D has also started enrolling participants for a study called, "The Use of a Standardized Instrument to Provide Diagnostic and Prognostic Information in Traumatic Brain Injury." This Uniformed Services University of the Health Sciences-funded study is a collaboration with the University of Miami and University of Pittsburgh to evaluate the utility of a multi-modality suite of

tests for diagnosing TBI, as well as the ability to provide prognostic information about recovery.

Esquivel explained the symptoms of TBI, such as headaches, hearing loss, and dizziness, generally resolve within six weeks, but for some, these symptoms persist and can worsen over time."For that reason, examining tests to determine the presence of TBI is a pressing need in this field. Equally as important is a test or set of tests that can be prognostic in nature, and predict a person's return to duty and other activities," said Esquivel.

The center's regional research administrators at MAMC and NMCS D have supported multiple local and multi-site studies sponsored through the Congressionally Directed Medical Research Programs and industry grants. In addition, the HCE research coordination branch supports multi-site hearing injury research in collaboration with WRNMMC to collect

data at Marine Corps Base Camp Lejeune, North Carolina; Marine Corps Combat Development Command, Quantico, Virginia; and Ft. Benning, Georgia.

"These research projects are

providing invaluable data to address previously identified knowledge gaps in this area, but our work is not done. We must continue to support this area of research as the state of science advances," Esquivel summed up.

Fleet and Family Support Center San Diego

MIND BODY MENTAL FITNESS

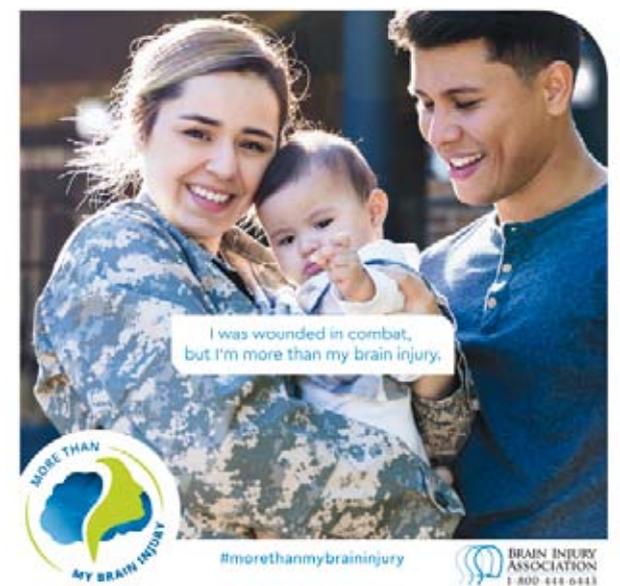
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'More than my brain injury' is the theme for March's Brain Injury Awareness Month



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
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- Showcasing the diversity of injury and the demographics of the community
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\$1995 Drive off. 36 months @ \$285 mo. + tax. 10,000 miles per year. Rebate of \$3000. Plus this includes \$1000 Conquest Rebate (Must have a non GM Lease). Stk #3210128, Vin #MZ147605.

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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. Offer expires 3/31/21.