

Career Advice

Air Force eyes waivers for civilian-trained pilots, new ROTC programs to fill shortage.

See page 6

AutoMatters & More

NASCAR Cup Series on dirt – a compelling reason to watch an entire race on TV.

See page 9

Your FREE weekly paper

Take one!

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985
Serving active duty and retired military personnel, veterans and civil service employees

SIXTIETH YEAR NO. 49
THURSDAY, APRIL 1, 2021

COMMEMORATION CEREMONY FOR VIETNAM VETERAN NAVAL BASE POINT LOMA CELEBRATES 90-YEAR-OLD RETIRED MAJOR

by Petty Officer 2nd Class
Austin Haist

A special commemoration at Naval Base Point Loma March 26 honored the time in service for a retired Vietnam veteran.

In conjunction with National Vietnam War Veterans Day on Monday, retired Army Major Irving Torres-Rivera, a Vietnam and Cold War veteran, was honored at the base's CZ Hall Galley, while attendees paid their respects to the 90-year-old vet for his sacrifice and years of service.

In attendance was NBPL command leadership, galley staff and base students, who all came to show their support and hear Irving's story. Telling Torres-Rivera's was NBPL's commanding officer, Capt. Kenneth R. Franklin.

"Thank you everyone for coming out here today to take just a few minutes to pause, and reflect on our history," said Franklin. "Today, our entire Navy points together to



Major (Ret.) Irving Torres-Rivera cuts the cake at a commemoration ceremony to honor his service during the Vietnam conflict. Navy photo by MC2 Austin Haist

honor Vietnam veterans and to ensure that the sacrifices of those no longer active-duty service members, who served during this difficult period of our nation's history, will be remembered for generations."

Irving enlisted in the Army in 1950, working his way up to master sergeant prior to being selected for a commissioning program. As a commissioned officer he served as the Air Defense Battery Commander in Key West during the volatile period of the

Cuban missile crisis, as well as serving two tours in Vietnam. During his career Irving received three Bronze Star medals. The award was initially called by its inceptor the "Ground Medal," and is awarded to recognize service members who show acts

of heroism in the field, or who are meritorious in their work during an armed conflict against enemies of the United States. Irving's recognition was held as an acknowledgement to March 29's National Vietnam War Veterans day, an annual commemorative holiday that highlights the services and sacrifices of Vietnam veterans, their family members, and our nation's allies during the conflict.

Chief Culinary Specialist J.D. Stepp, CZ Hall Galley's head chef, helped organize the event and prepare the celebratory cake and special lunch.

"It's about the veteran," said Stepp. "My father is a veteran, one day I will be a veteran, and Irving is a veteran. It's about showing our respect, an opportunity for those serving now to see Vietnam, page 9

USO's mobile farmer's market one-day event at Camp Pendleton

Hundreds of military families based at Camp Pendleton will celebrate the Month of the Military Child with a USO mobile farmer's market and a visit by an Easter bunny tomorrow (Friday).

USO San Diego will provide perishable and non-perishable food and essential items from 12-2 p.m. at their Camp Pendleton location, 1104 Vandergrift Blvd. April is designated Month of the Military Child, honoring and celebrating the children of military families who sacrifice and serve throughout moves and deployments. To greet and thank military families and children, an Easter bunny will be on-site assisting with the distribution.

The USO continues to strengthen the military through enhanced programming aimed at informing troops and their families of smart nutrition choices and increasing their access to more healthy food options. Quarterly mobile food distributions at Camp Pendleton will continue through 2021. Participants must remain in their vehicles and will be provided pre-bagged items.

SAN DIEGO PADRES: 'WE'RE BUILT TO WIN A CHAMPIONSHIP'

by AJ Cassavell

The Padres are coming off their most successful season in at least 14 years. They owned the winter, too, bolstering their roster with blockbuster trade after blockbuster trade. Then they marked the start of spring training by signing Fernando Tatis Jr. - their star player and perhaps the face of baseball - to a record-setting contract extension.

Blend those ingredients together and you get perhaps the

most highly anticipated Padres season in history, which begins today against the D-backs at Petco Park.

Fifty-three seasons into their existence, the Padres remain in search of that elusive first World Series. In other years, it felt like a fantasy. This year, it feels very real.

"We're certainly built to win a championship," said Padres first baseman Eric Hosmer. "We have the pieces we need to win a

championship. But there's a lot of steps to accomplish before even thinking about that."

The Padres took a no-holds-barred approach to their 60-game season last year. They played every game like a playoff game. And, sure, lots of teams said that. But the Padres meant it.

Their energy was relentless. They battled on offense. They battled on the mound. And when they beat you, they enjoyed the heck out of it -- and they let you

know. Can that kind of intensity translate over 162 games?

"We treat it very similar to 60 games," said right fielder Wil Myers. "We're going to sprint to the finish line. ... Whatever team we're playing that day, we've got to go out there and take it to them."

If the Padres do that - if they play with the same combination of fire and swagger - they have an even better roster than the one that finished with the sec-

ond-best record in the National League in 2020.

Great unknown

The Padres' offseason acquisitions of Yu Darvish, Blake Snell and Joe Musgrove solidified their pitching rotation as one of the best in the sport. Know what might make it truly elite? The other two or three spots.

Bold prediction

The Padres will set a franchise wins record. The best team in

franchise history - the 1998 Padres - won 98 games. This team is every bit as talented, and probably more so.

Whether a win total in the high 90s is enough to win the National League West - that remains to be seen. The Padres share a division with the defending-champion Dodgers, after all. But they're clearly hungry to dethrone their rivals -- as evidenced by the flurry of offseason moves.

THE NAVY'S 34TH
BAY BRIDGE
RUN/WALK
MAY 2021
www.navybaybridgerun.com
VIRTUAL
HONOR, COURAGE & COMMITMENT

Tyndall AFB selected to host three F-35 squadrons

TYNDALL AIR FORCE BASE, Fla. - A Record of Decision was issued by the Air Force making Tyndall Air Force Base the official location to host three new squadrons of the F-35A Lightning II.

Air Force officials selected Tyndall AFB based on numerous attributes, including infrastructure capability, quality of life for Airmen, and airspace. The selection process included a thorough environmental impact analysis, in accordance with the National Environmental Policy Act. The decision followed a 2018 proposal by the Air Force to base F-35s at Tyndall AFB after extensive damage from Hurricane Michael prompted the base's redesign to become the Department of Defense's first Installation of the Future. This has allowed the Air Force to rebuild the base to accommodate the unique needs of the F-35A.



"Adding F-35 squadrons at Tyndall (AFB) ensures Airmen will continue to have a strategic advantage as the 325th Fighter Wing enhances fighter training and combat readiness," said Col. Greg Moseley, 325th FW commander.

The F-35s will be delivered to three fighter squadrons in multiple phases, with the first aircraft planned to arrive in September 2023. Each of the squadrons will have 24 Joint Strike Fighters assigned; totaling 72 aircraft assigned to Tyndall AFB's 325th FW once full mission capability is achieved.

The installation adjoins the Gulf Range Complex, comprising 130,000 square miles of training airspace over the Gulf of Mexico, and is one of the few ranges in the U.S. capable of supporting large-scale air combat training. Direct access to this range is essential for fifth-generation fighter readiness and for live-fire testing and training.

"The airspace surrounding Tyndall (AFB) is a national treasure," Moseley said. "The type of training conducted here integrates the DoD's most advanced aircraft and builds a dynamic force."

As threats evolve and change around the world, the 325th FW and Air Combat Command must train daily to deter and defend against any threat.

"Air dominance is critical to the National Defense Strategy and basing F-35s at Tyndall (AFB) will only further our service's air superiority goals for 2030 and beyond," Moseley said.

A F-22 Raptor from the 325th Fighter Wing flies alongside a F-35 Lightning II from the 33rd Fighter Wing over the Emerald Coast. Air Force photo by 1st Lt Savannah Bray

International chiefs of defense condemn use of lethal force in Burma

by **Jim Garamone**,
DOD News
Army Gen. Mark A. Milley, the chairman of the Joint Chiefs of Staff, joined fellow chiefs of defense condemning the use of lethal force against the people of Burma.

The chairman joined with chiefs of defense from Australia,

Canada, Germany, Greece, Italy, Japan, the Kingdom of Denmark, the Kingdom of the Netherlands, New Zealand, the Republic of Korea and the United Kingdom in calling on the military junta in Burma - also called Myanmar - to follow international standards of military professionalism.

Adm. Philip Davidson, the commander of the U.S. Indo-Pacific Command, also endorsed the statement.

"As chiefs of defense, we condemn the use of lethal force against unarmed people by the Myanmar Armed Forces and associated security services," the statement says. "A professional military follows international standards for conduct and is

responsible for protecting - not harming - the people it serves. We urge the Myanmar Armed Forces to cease violence and work to restore respect and credibility with the people of Myanmar that it has lost through its actions."

The release of the joint statement follows concerns voiced by other countries in the region, including recent remarks made by military leaders in Singapore and Indonesia. The Joint Statement also echoes White House and U.S. State Department statements condemning the violence.

The military launched a coup d'etat in Burma on Feb. 1. The junta arrested the democratically elected government. They also

in coordination with NATO allies who also have troops in the region.

The president has said before March 25 that it would be difficult to meet the May 1 deadline to remove the remaining 2,500 U.S. troops. That deadline was set by former president Donald J. Trump in 2020, according to published news reports.

The U.S. military has been in Afghanistan for 16 years, making the war there the longest conflict in U.S. history, spanning three presidential administrations.



FLEET AND FAMILY SUPPORT CENTER SAN DIEGO

MIND BODY MENTAL FITNESS

THE PRIMARY GOAL OF MIND BODY MENTAL FITNESS IS TO ENHANCE THE MIND, BODY, SPIRIT AND SOCIAL DOMAINS IN ONE'S LIFE. PARTICIPANTS WILL LEARN PROACTIVE PATHWAYS TO ACHIEVE MENTAL FITNESS, FIND BALANCE WITHIN THESE DOMAINS AND GAIN PRACTICAL SKILLS THAT CAN BE UTILIZED DAILY.

OVER THE COURSE OF SIX SESSIONS, MBMF CAN HELP YOU AND YOUR COMMAND BY TEACHING SAILORS AND FAMILIES THAT RESILIENCE AND MENTAL TOUGHNESS CAN BE STRENGTHENED WITH CONSISTENT PRACTICE TO CREATE A CULTURE OF RESILIENCE.

MARCH SESSION		APRIL SESSION
MARCH 29TH		APRIL 26TH
MARCH 30TH	ALL TIMES ARE FROM	APRIL 27TH
MARCH 31ST	1:00PM - 3:00PM PST.	APRIL 28TH
APRIL 1ST		APRIL 29TH
APRIL 2ND		APRIL 30TH

TO REGISTER, CALL 866-923-6478 OR EMAIL FFSCSDWORKSHOPS@NAVY.MIL

- Army**
- Army's network equipment tested for first time with full brigade
 - Army wants new software to make its logistics platform ready for multidomain operations
 - Fort Hood-based brigade commander under investigation after allegations of toxic leadership, flouting coronavirus rules
- Navy**
- Junior officer not guilty of child pornography-related charges
 - USS *Fort McHenry* decommissioning ceremony marks 33 years of service
 - Navy's 'extremism' training says it's OK to advocate for BLM at work but not 'politically partisan' issues
- Air Force**
- Civilian employee who allegedly advocated for 'civil war' banned from Air Force base
 - Brown says networks are key to new revolution in military affairs
 - AFMC releases results from its diversity and inclusion survey
 - The first flight test of the Air Force's new hypersonic missile appears to be imminent
 - 'Red Flag' exercises turn to combat problem-solving
 - Robot security dogs start guarding Tyndall Air Force Base

Infinitihairtique

Makeup Giveaway

No purchase necessary visit our website for details

www.infinitihairtique.com • 619-534-9466

Servicing all of San Diego County

- Marine Corps**
- Role reversal: Marine artillery and infantry swap roles in exercises preparing for a littoral fight
 - A Marine logistics base may be the warehouse of the future
- National Guard**
- Washington National Guard has been on COVID-19 duty an entire year now. Here's how its work has evolved
- Space Force**
- New Space Force guardians from Yokota Air Base, Japan, will depart for other bases

Leaders testify about DOD installation resiliency efforts

by David Vergun,
DOD News

Each of the service's top installation managers discussed installation preparedness in the face of natural and man-made disasters.

Army Installation Management Command Lt. Gen. Douglas Gabram, Navy Installations Command Vice Adm. Yancy Lindsey, Marine Corps Installations Command Maj. Gen. Edward Banta and Air Force Materiel Command Brig. Gen. John Allen, Jr., testified March 26 at a House Armed Services Committee HASC Readiness subcommittee hearing on "Installation Resiliency: Lessons Learned from Winter Storm Uri and Beyond."

Army

"I can assure you the Army takes very seriously the threats that climate change poses to our installations and facilities," said Gabram.

In February, winter storms severely impacted Fort Hood, Fort Sill, Fort Polk and Fort Riley, he said, including damage to 1,366 privatized homes which had to be evacuated.

With exceptional assistance from privatized housing partners, those residents will all be able to return to their homes within the

next two weeks, he said.

"Our planning and preventive measures saved time and money, protected our force and maintained mission readiness," he said

"We also validated that our aging facilities and systems failed first and suffered the most damage. Over time, our infrastructure has felt the effects of high use, and limited funding," he noted.

Army senior leaders recognize this and are taking decisive steps to improve facilities, especially barracks.

With continued support from Congress, the Army will continue to modernize its facilities to increase resiliency as outlined in the new Army Installation Strategy, which includes energy, water and

the impacts of climate change and extreme weather.

Navy

Naval installations worldwide provide platforms to project power, said Lindsey.

"The capability and capacity of our installations to resist, adapt and recover from crisis or disaster whether natural or man-made is fundamental to the installation mission execution and support of the fleet, the warfighters and the community," he said.

The Navy is incorporating and executing resiliency into all aspects of installation operations in cooperation with state, county and local communities, including utility providers, he said.

"These partnerships are absolutely critical to the continued success of our resilience," he said.

Marine Corps

The Marines have made significant improvements to its facilities, which will ultimately result in more resilience, said Banta.

"Installation resiliency is fundamental to enabling the operational readiness and warfighting capability of our force," he said. "We know our installations are vulnerable targets for not only a growing host of sophisticated kinetic and non-kinetic threats, but also to environmental factors that threaten our ability to generate readiness."

The Marine Corps is taking a number of different steps and approaches to address these threats, he said.

Examples include building upon investments in smart grids and micro-grid technologies, incorporating the effects of climate change into all installation master plans, and planning and building new infrastructure to maximize energy.

Air Force

All Air Force and Space Force missions start and end on an installation. Just as importantly, they're home to thousands of airmen, guardians, and their families, Allen said. That's why it's important

that all installations be resilient.

The Air Force has developed a severe weather and climate screening risk assessment playbook, which it uses to conduct initial assessments of exposure and risk in severe weather and climate hazards, at all major installations, he said.

The results will be used to develop installation resilience complaint plans to be included in each installation development plans, he said.

Additionally, the Air Force has completed installation energy plans for 24 installations and plans to have another 20 complete by the end of this fiscal year, he added.

Total Navy Battle Force: 297
Ships underway
 Deployed ships underway: 57
 Non-deployed ships underway: 20
 Total ships underway: 77
Ships deployed by fleet

Fleet Forces: 6	3rd Fleet: 4
4th Fleet: 2	5th Fleet: 20
6th Fleet: 18	7th Fleet: 51
Total: 101	

Where are our ships at sea

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of March 29, 2021, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

Armed Forces Dispatch
(619) 280-2985

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

Publisher.....Sarah Hagerty

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

StorageWest
 Here for you[®]

Toll Free
877-917-7990

www.StorageWest.com

TOP QUALITY FIBERGLASS TONNEAU COVERS & TRUCK CAPS

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

SoCalTruck.com
 ACCESSORIES & EQUIPMENT
 10460 Mission Gorge Rd • Santee • 92071
619-749-0742

SNUGTOP
 THE PERFECT FIT

Come Pitch With Us!

Southern California Horseshoe Pitchers Association (SCHPA), a charter of the National Horseshoe Pitchers Association (NHPA), has clubs all over the southern half of California. These clubs all have first class horseshoe courts built to official specifications.

- Organized tournaments most weekends year around
- All skill levels and ages welcome. When you enter a tournament, you will be seeded with other players with similar skill levels for fair, enjoyable and friendly competition.
- Local clubs located at Balboa Park, Carlsbad, Encinitas, Ramona
- For info visit <https://socalhorseshoes.weebly.com/>
- Join today and we'll see you at the pits!

NHPA
 National Horseshoe Pitchers Association
 "Come Pitch with Us!"

SCHPA
 SOUTHERN CALIFORNIA HORSeshOE PITCHERS ASSOCIATION

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

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

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

BULLET LINER
 Spray on Bedliners

Almost half of working military spouses lost jobs during the coronavirus pandemic, study finds

by Rose L. Thayer,
Stars and Stripes

AUSTIN, Texas - More than 40 percent of working military spouses reported losing their jobs during the height of the coronavirus pandemic, impacting a population that already faced an unemployment rate six times higher than the national average, according to an annual survey.

"This has been a devastating period for military spouse employment," said Kathy Roth-Douquet, CEO and board president of Blue Star Families, a nonprofit that conducts research and advocates on behalf of military families.

The group's report on its annual Military Family Lifestyle Survey released Tuesday found that during the pandemic about 42 percent of working spouses reported they lost their jobs, with the most common reason being a furlough or layoff. The pre-pandemic unemployment rate for military spouses was about 24 percent, and the civilian unemployment rate was 3.5 percent in February 2020, the month before coronavirus began shutting

down America, according to the Bureau of Labor Statistics.

Additionally, 47 percent of military spouses had to reduce their work hours, primarily to care for children who were now either home from child care or attending school virtually.

"We're seeing military spouses leave the workforce at higher rates than other demographic groups," said Shelley Kimball, senior director of research and program evaluation at Military Family Advisory Network, who participated in a virtual discussion Tuesday of the survey results. "Very often it's because all of these competing pressures become too much and they just think, 'I'm going to wait it out.' That's a huge decision with long-lasting career and financial implications that affects the whole family."

Conducted every year since 2009, this year's survey solicited responses in September and October, receiving input from nearly 11,000 service members, veterans and their spouses. The group's report included more than a dozen recommendations

for the Defense Department and lawmakers that focused on addressing discrimination, potential barriers for retaining

"In light of these findings, Blue Star Families recommends that Congress commissions a report on employment discrimi-

respondents of color were unemployed versus 17 percent of white respondents.

Child care continued to be one of the main barriers to finding working, with 74 percent of respondents saying they can't find care. Some of the challenges include finding quality care, affordable care or gain access to on-base facilities with long waitlists, said Jessica Strong, co-director of applied research for Blue Star Families.

However, female service members also noted problems with finding care for their children, especially in dual-military couples or those in the Reserve or National Guard who conduct training on weekends.

"A Marine should not be expected to choose between being the best parent possible and their career," said Brig.

Gen. Lorna Mahlock, director of information, command, control, communications and computers for the service, who spoke during the virtual discussion. "That's some of the work that we're doing inside the service to look at how do we make the climate the culture more appealing to folks who want to have a family?"

The pandemic has forced the Marines to look differently at how women serve and find solutions to keep them because deterring the enemy requires a "diverse bench of people," she said.

"We should be dissatisfied with the status quo," said Mahlock.

Blue Star Families will host a second round of panel discussions Wednesday that look at the survey results on diversity among military families and the mental health of military children.



service members and improving the financial standing of military families.

The survey also found 51 percent of active-duty spouse respondents agreed their military affiliation prevented them from receiving a promotion at some point in their career, compared to only 16 percent of veterans.

nation against military spouses in the civilian job market," according to the report. "The report should include an assessment of the viability of policy solutions to prevent such discrimination."

The recommendation also called on Congress to review how race and gender factor into this discrimination because 27 percent of military spouse

SECNAV, CNO release most recent flag officer assignments

The acting secretary of the Navy and chief of naval operations announced March 29 the following assignments:

Rear Adm. Blake L. Converse will be assigned as deputy commander, Pacific Fleet, Pearl Harbor. He is currently serving as commander, Submarine Force, Pacific Fleet.

Rear Adm. Frederick W. Kacher will be assigned as assistant deputy chief of naval operations for operations, plans and strategy. He is currently serving as commander, Expeditionary Strike Group Seven; and commander, Amphibious Force, Seventh Fleet, Okinawa, Japan.

Rear Adm. (lower half) James A. Aiken, selected for rear admiral, will be assigned as commander, Naval Forces, Southern Command; and commander, Fourth Fleet, Jackson-

ville, Fla. He is currently serving as commander, Carrier Strike Group Three, Bremerton, Wash.

Rear Adm. (lower half) Joseph D. Noble Jr., selected for rear admiral, will be assigned as director, logistics operations, Defense Logistics Agency; and commander, Joint Regional Combat Support, Fort Belvoir, Va. He is currently serving as commander, Naval Supply Systems Command Weapons Systems Support, Philadelphia, Penn.

Rear Adm. (lower half) Dean A. VanderLey, selected for rear admiral, will be assigned as commander, Naval Facilities Engineering Systems Command Pacific; and director, Fleet Civil Engineer, Pacific Fleet, with additional duties as fleet civil engineer, N46, Pacific Fleet, Pearl Harbor. He's currently serving as commander, Naval Facilities Engineering Systems Com-

mand Atlantic with additional duties as fleet civil engineer, Fleet Forces Command, Norfolk, Va.

Rear Adm. (lower half) Peter Vasely, selected for rear admiral, will be assigned as commander, special operations, Special Operations Joint Task Force - Afghanistan, U.S. Special Operations Command, Kabul, Afghanistan. He's currently serving as director for operations, Defense Intelligence Agency, Washington, D.C.

Rear Adm. (lower half) Michael A. Brookes will be assigned as director, J2, U.S. Southern Command, Doral, Fla. He is currently serving as director of intelligence, J2, U.S. Strategic Command, Offutt Air Force Base, Neb.

Rear Adm. (lower half) Carl A. Lahti will be assigned as commander, U.S. Naval Forces, Japan;

and commander, Navy Region Japan, Yokosuka. He's currently serving as commandant, Naval District Washington, Washington, D.C.

Rear Adm. (lower half) Matthew N. Ott III will be assigned deputy chief of staff for Fleet Ordnance and Supply; and fleet supply officer, N41, Fleet Forces Command, Norfolk. Ott is currently serving as executive director, operational contract support, Office of the Under Secretary of Defense for Acquisition and Sustainment, Washington, D.C.

Rear Adm. (lower half) Milton J. Sands will be assigned as commander, Special Operations Command Africa, U.S. Special Operations Command, Stuttgart, Germany. Sands is currently serving as commander, Naval Service Training Command, Great Lakes, Ill.

VA Disability Claim Denied?

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

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

760-585-4665

www.VetDisabilityAid.com

Places of Worship

Bethany Lutheran Church

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

Bayview Church

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

Canyon View Church of Christ

"Love God, Love People, Serve the World"
Sunday Bible Classes for all ages 9am
Sunday Worship 10am
4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org
(Near corner of Balboa Ave & Clairemont Dr)
www.canyonview.org (858) 273-5140

Christ Community Church

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

First Baptist Church of Coronado

"Reach Up, Reach Out, Reach Our World"
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

La Jolla Lutheran Church

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

Living Water Lutheran Church

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

Military Outreach Ministries Int'l Church

"Transforming the World, One Person at a Time"
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

Mt. Moriah Christian Church

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

St. Luke's Lutheran Church

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

Place your ad in our "Places of Worship" directory...as low as \$13 per week!

Sports Heroes Who Served: Singer, songwriter, actor Kris Kristofferson is also an Army veteran

by David Vergun,
DOD News

Sports Heroes Who Served is a series that highlights the accomplishments of athletes who served in the U.S. military.

Kris Kristofferson is a famous singer-songwriter and actor. He is also an award-winning college athlete, a Rhodes Scholar and an Army veteran.

Although Kristofferson is a singer, he's more famous for the songs he wrote but were covered by others, such as: "Me and Bobby McGee," "For the Good Times," "Sunday Mornin' Comin' Down" and "Help Me Make It Through the Night."

As an actor, he starred in a number of films including: "Alice Doesn't Live Here Anymore," "A Star is Born," "Convoy," "Heaven's Gate," "Stagecoach," "Bring Me the Head of Alfredo Garcia," "Pat Garrett and Billy the Kid" and "Blade."

While he is known for his exploits on stage and the big screen, other parts of his life are

less well known.

Before his singing and acting career, Kristofferson was a talented athlete in a number of sports.

In 1958, Kristofferson at-



Kris Kristofferson hands Jesse Kristofferson, his son, a certificate during the graduation ceremony of Alpha-190 at UCoast Guard Training Center Cape May, N.J., Aug. 15, 2014. Coast Guard Photo by Chief Warrant Officer John Edwards

tended Pomona College in California, where he excelled in rugby, football and track and

field. He became so famous that he appeared in Sports Illustrated magazine's "Faces in the Crowd" that year.

Clearly, his grades didn't suffer from time spent on the athletic field; he graduated summa

cum laude in literature. He also earned a Rhodes Scholarship to the University of Oxford, England.

At Oxford, he was awarded the Blue for boxing, which honors athletes who are at the top of their game. The Blue, the highest honor granted to individual sportspeople at the University of Oxford, depends on very specific criteria within that sport and is a highly sought-after achievement for Oxford student athletes.

Kristofferson also was on the university's rugby team.

Lars Henry, Kristofferson's father, was an Air Force pilot, who would eventually retire as a major general. Henry urged Kristofferson to enter the military after college, which he did.

After joining the Army, Kristofferson received flight instruction at Fort Rucker, Ala., and became a helicopter pilot. He also successfully completed one of the military's most physically challenging courses: Ranger School.

In the early 1960s, he was stationed with the 8th Infantry Division in West Germany, where he formed a band.



Kris Kristofferson sometime in 1978.

After serving overseas, Kristofferson was offered an Army job, teaching English literature at the U.S. Military Academy.

However, Kristofferson's interests were in music, and he decided to leave the Army in

1965 to pursue songwriting. It is said that his decision to leave the military was a blow to his family.

To supplement his income, Kristofferson worked as a commercial helicopter pilot in Louisiana, splitting his time between there and Nashville, where he'd pitch country songs that he wrote. During his time ferrying people and supplies to an oil platform in the Gulf of Mexico, Kristofferson wrote two major hits: "Help Me Make It Through the Night" and "Me and Bobby McGee." Janis Joplin recorded "Me and Bobby McGee" just prior to her death in 1971. It reached the top of the charts, and it's credited as being Kristofferson's breakthrough song.

In 2004, Kristofferson was inducted into the Country Music Hall of Fame.



MADE FOR GETTING IT RIGHT

When it comes to the important stuff in life, you're not one to take shortcuts or settle for less than the best. And you know one size doesn't always fit all, especially when it comes to home and auto insurance.

Roger that. We'll take the time to help you get the coverage you need and the discounts you deserve, backed by award-winning service.



**WHAT YOU'RE MADE OF
WE'RE MADE FOR™**

USAA.COM/INSURANCE
AUTO | HOME | RENTERS

No Department of Defense or government agency endorsement. Membership eligibility and product restrictions apply and are subject to change. Property and casualty insurance provided by United Services Automobile Association, and its affiliate property and casualty insurance companies is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2021 USAA. 273948-1220

Air Force eyes waivers for civilian-trained pilots, new ROTC programs to fill shortage

Editor's note: You can access this story at <https://www.stripes.com/news/air-force/air-force-eyes-waivers-for-civilian-trained-pilots-new-rotc-programs-to-fill-shortage-1.667496>.

by **Rose L. Thayer**,
Stars and Stripes

AUSTIN, Texas - The Air Force is developing a program to exempt civilian pilots from some military training to become officers and fly aircraft for the service more quickly, said Maj. Gen. Craig Wills, the 19th Air Force commander.

It's an attempt by the Air Force to find ways to fill its

pilot shortage and create a more diverse workforce, he said.

"The most important thing on that program is you still have to be willing to fight and kill and potentially die for your country to serve as an Air Force officer. And that's a pretty big lift," Wills said March 23 during a call about efforts to overhaul the Air Force's pilot training to increase pools of candidates, speed up training time and redesign curriculum to match the technology-driven 21st century.

Air Education and Training Command, known as AETC, is tasked with sending 1,500 pilots

a year into the Air Force, said Wills, who leads the command's unit that trains pilots, as well as air crews, air battle managers, weapons directors, survival and escape specialists and many others.

Last year, 19th Air Force produced 1,263 pilots, which was down from 1,279 in 2019, in part because of the coronavirus pandemic, which cost the service about 120 pilots, he said.

To keep the standard the same for civilian-trained pilots, Wills and his team developed an assessment methodology that includes an oral exam, written exam and a series of flight checks in a simulator. Based on those scores, service officials determine how much Air Force training the pilots need.

"Somebody who is exceptional and extremely well qualified might be able to bypass undergraduate pilot training altogether. We would put those folks through an Air Force fundamentals course ... to bring them up to speed on Air Force differences, teach them how we fly, teach them the things that they need to know to make a difference," Wills said.

One challenge to launching the program is finding space in Officer Training School.

"We're really not hiring pilots, we're hiring officers who are trained as pilots. That's really the difference," he said.

In a similar vein, the Air Force also is working on an initiative to offer ROTC scholarships at colleges and universities that have undergraduate aviation programs and are willing to work with the service on specific syllabus material. This could allow those students to graduate and then bypass a portion of Air Force pilot training using a similar methodology used for assessing prospective civilian pilots.

Interpersonal Edge: Advanced diplomacy will save the day

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

Q: My boss has told me that during online meetings I need to work on my diplomacy. I don't want to have to walk on eggshells when I'm at work. Doesn't diplomacy mean just shutting up about my real viewpoints? Is there a way to be both a diplomat and get my viewpoint across?

A: Diplomacy doesn't mean you should just shut up about your real viewpoints. You become a diplomat when you learn to pay attention to your timing and how you frame your viewpoints so you're understood rather than just speaking.

Online meetings can encourage impulsivity in what we do and say. A remote meeting staring at tiny little faces is inherently boring. After sitting for too long it's tempting for us to say something controversial or create drama just to make our meeting more interesting.

Impulsivity is never our friend in a meeting. When we open our mouth and insert foot we undermine our credibility and support for our ideas. If you feel intensely about your viewpoint, then time is your friend. Get out of the situation if you want the luxury of making sure what you say will achieve your goals.

If you're extroverted you'll find it more seductive to open your mouth and let whatever is in your head fly out. If you make a habit of waiting until you can imagine how what you would say will affect your listeners you dramatically increase your influence. Introverts have an easier time waiting until they have their verbal strategy sorted out.

If we're completely absorbed in our own viewpoints we fail to imagine how others will perceive our message. We don't need to change our viewpoint but we often benefit from changing how we frame our message. If we're willing to change our language we can find a way to state our ideas that intrigues and does not alienate our listeners.

Consider a picture frame that conveys the background

for a work of art. Just like that picture frames the art our initial words frame how others hear what we have to say. We could start a meeting by saying, "I know we all want to work together to streamline costs and work efficiently." We would start an argument if we say instead, "Well obviously it would be stupid to not just cut staff by 10 percent." Same point different words.

We're all creative enough to learn new ways of behaving and new interpersonal tools at work. If we stand on what we perceive as principals and refuse to change we end up being victims not of our circumstances but our own refusal to improve our skill set.

The only thing you give up by changing your words or behavior is that disappointment you now experience when what you don't want happens. We all have more power than we're aware of when it comes to influencing others.

My favorite tools are paraphrasing (people didn't hear themselves the first time they spoke), asking neutral curious questions to help people think, and observing neutrally what you see happening. If your meeting is stuck in a power struggle you could try saying, "I see that Juan and Mary have a difference of opinion. I also noticed the agenda was putting the budget together. What does the group want to work on right now?" These words work better than blurting out, "For Goodness sake would you stop arguing and wasting my time!"

Influence in the workplace generally belongs to he or she that appears to be most neutral, most curious, most humble and solution oriented. Suffering belongs to he or she that is most opinionated, has to be right and needs everyone to immediately agree with his or her viewpoints.

I often tell clients that struggle with being diplomats that they are working way, way too hard. Ironically the harder we work to make people listen the less anyone wants to hear what we have to say. If we learn instead to do more listening before speaking we can say little but our few words hit the bull's-eye of our communication target.

"Potentially, we could have an opportunity where we have added to the number of pilots at a relatively low-cost point," Wills said. "Obviously, the number one thing is the quality of the training and the standard of these officers. That's non-negotiable."

While recruiting more pilots, the service also wants to attract a more diverse pool of candidates that reflects the diversity of the Air Force and the country. As it stands, Air Force pilots are overwhelmingly white men.

As of March, the Air Force has 12,468 pilots and 87.3 percent are white, according to data self-reported by pilots to the service's personnel center. The service has 860 female pilots, who are also about 87 percent white. Nearly 5 percent of pilots declined to

provide their race. About 71 percent of the nearly 330,000 Air Force members are white, and 21 percent are women.

Last year, the service began developing a deliberate approach "to attract, recruit and retain the most qualified people from diverse backgrounds," said Maj. Gen. Jeannie M. Leavitt, who is the AETC director of operations and communications and team



Royal Air Force Flying Officer Syd Janotta, a Pilot Training Next 2.0 student, observes a fellow student flying a virtual-reality training sortie at the PTN facility at the Armed Forces Reserve Center in Austin, Texas, on March 18, 2019. Air Force photo by Dan Hawkins

leader of the Rated Diversity Improvement Strategy.

"A diverse force of unique strengths, perspectives and experiences strengthens our Air Force and helps maintain its competitive advantage," she said in a statement on the efforts.

As it stands now, acceptance can lean toward wealthier candidates who can afford some flight training. Wills acknowledged this, and he said work is underway to overhaul the way that candidates are evaluated for pilot training. They are also looking at what can be done before prospective students arrive to provide them knowledge to help fill gaps in prior flight experience.

It's not about lowering the standard but about removing barriers, Wills said. He said he worries the current system is leaving behind exceptional candidates because of a lack of opportunity.

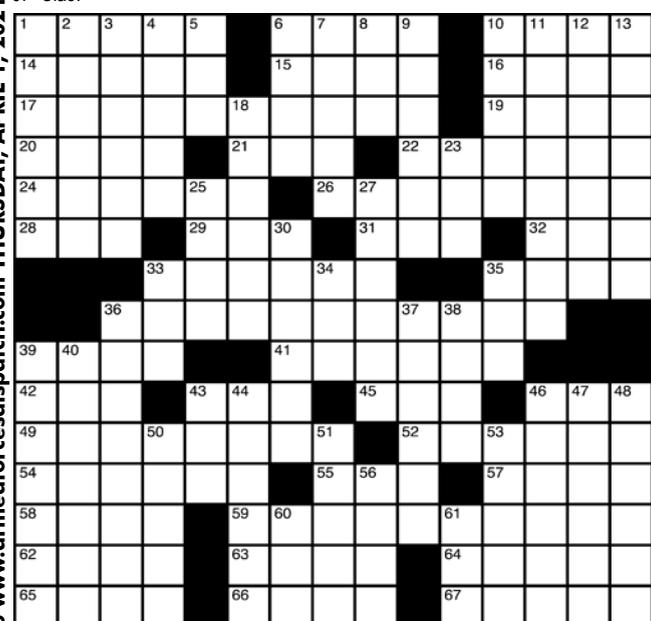
Crossword Puzzle

Across

- 1 Novelist ___ Carol Oates
- 6 Frittata ingredients
- 10 "___ baby!"
- 14 They might be common
- 15 Christmas purchase
- 16 El Misti's land
- 17 *Necessary road trip stop
- 19 Thrice dos
- 20 Part of CPU
- 21 Honey, in slang
- 22 Where to see sites
- 24 Court great Andre
- 26 *Place for a sleeper hit, maybe
- 28 "Losing My Religion" band
- 29 And so on: Abbr.
- 31 Young ___: kids, in dialect
- 32 Palme ___: Cannes award
- 33 Frat house greeting
- 35 Top-notch
- 36 *Wild West impresario
- 39 Bog buildup
- 41 Bagel choice
- 42 Olive ___
- 43 Tramcar filler
- 45 "How Easy Is That?" cookbook writer Garten
- 46 National econ. stat
- 49 **Once and Again" actress
- 52 Key with one flat
- 54 Robin's family
- 55 Here, on MZtro maps
- 57 Grandkid spoiler, often
- 58 Word before ring or swing
- 59 Crossroads concern, and where you might find the answers to starred clues' ending words
- 62 H.G. Wells race
- 63 The Bosphorus borders it
- 64 Infuriated
- 65 Pixar clownfish
- 66 HŠgar the Horrible's daughter
- 67 "Ciao!"

Down

- 1 Automaker with a feline logo
- 2 Marmalade fruit
- 3 Positive reply
- 4 Finds players for
- 5 Toronto winter hrs.
- 6 1993 Rock and Roll Hall of Fame inductee James
- 7 "Good ___!"
- 8 1990s Chevrolet subdivision
- 9 Submitted
- 10 Areas for religious statues
- 11 Young star
- 12 Tested for size
- 13 Forbidding
- 18 Minimal
- 23 Officejet Pro printers
- 25 Feudal drudge
- 27 Horror legend Bela
- 30 Beer after bourbon, say
- 33 Save
- 34 Suffix meaning "little"
- 35 Smithwick's product
- 36 Dance venue
- 37 Western baddie
- 38 Mosque holy man
- 39 Male carriers?
- 40 Hotel door feature
- 43 Pained sounds
- 44 Gung-ho
- 46 Bother incessantly
- 47 Campaign website button
- 48 Grace, e.g.
- 50 Transcriber's source material
- 51 "Let's eat!"
- 53 Red head?
- 56 Cardamom-infused tea
- 60 Classified ad shorthand for "seeking"
- 61 Olive ___



HEADING TO A NEW DUTY STATION?

We Can Help Rent Your Home!

Navy Veteran Owned Property Management Company
30 Years Serving San Diego



Call Craig Everett

Broker /Owner/General Contractor
CalDRE Lic # 01831810

For a Free Consultation

Call 858-401-0557

craigaevertt@gmail.com

adventmgmt.com



Management Includes:

- Discount for Active Duty • Tenant Screening
- Maintenance • Leasing • Rent Collection
- Monthly Statement • Direct Deposit



Local Military



Capt. Ted Carlson is pinned with the Navy Command Ashore insignia at the Naval Base San Diego change of command ceremony. Navy photo by MC2 Austin Haist

Carlson takes the helm at Naval Base San Diego

by Krishna Jackson,
Naval Base San Diego

Naval Base San Diego (NBSD) hosted a Change of Command with Capt. Ted Carlson relieving Capt. Mark Nieswiadomy March 24.

“The change of command is a cornerstone of our Navy, providing a chance to celebrate past accomplishments and to look forward toward the future,” said Rear Adm. Bette Bolivar, regional commander, Navy Region Southwest (CNRSW) during the ceremony.

“Ted, I’m betting that you’re the most excited person here today,” said Bolivar to Carlson, the incoming commanding officer (CO). “Congratulations on being selected for this assignment and welcome to the Southwest Region team.”

Due to COVID-19 and all metro-San Diego installations being in health protection condition (HPCON) Charlie minus, the live ceremony included a small number of staff and guests but was streamed live to a wider audience on social media.

“Despite COVID-19, we are able to do this small in-person ceremony but also to stream it virtually to the Naval Base San Diego team, family and friends,” said Nieswiadomy, outgoing CO, during the ceremony.

NBSD, and most of the installations that fall under CNRSW, have been in HPCON Charlie minus for a little more than a year but NBSD has continued its mission of supporting the fleet, fighter and their families, especially on the waterfront, where the fleet continues to prepare for and deploy around the world.

“With this changing environ-

ment, so did the Naval Base San Diego team also change and adapt. For us to just close the gates and shelter in place was not an option because of the crucial role this base has in defense of our great nation,” said Nieswiadomy before thanking many of the men and women that are part of the installation’s active duty and civilian staff.

Nieswiadomy and his team met many challenges in 2020 with COVID-19 and a catastrophic fire on board one of the Navy’s amphibious assault ships.

“His team provided extraordinary support while assisting in firefighting efforts aboard USS *Bonhomme* Richard LHD 6,” said Bolivar as she read Nieswiadomy’s end of tour award citation. “Demonstrating extraordinary crises management and leadership, he ensured the seamless synchronization of first responders with federal and state and local agencies and organizations during the worst shipboard fire in the history Naval Base San Diego.”

During Nieswiadomy’s speech, he shared 10 affirmations he felt were proven through his role as the NBSD CO.

“All of us as leaders are a work in progress because things change and people change and so must we, so in my final minutes on the podium I want to share what this past year as the CO of NBSD has re-affirmed to me as leader to be true,” said Nieswiadomy.

Nieswiadomy is moving on to support CNRSW as the chief of staff (CoS) after completing almost two years at the helm as base commander. Both Nieswiadomy and Carlson are surface

warfare officers and have served as CO’s on board destroyers.

“Ted, I’m confident that the jobs you’ve held have prepared you well to take on the reins. Make every moment count because as Mark can attest, time goes by awfully fast in this job,” said Bolivar.

Carlson is from Orange County and currently lives in Coronado. He began his career as an enlisted Sailor and 10 years later earned his commission in 1999. He has led USS *Gravelly* (DDG 107) as the CO and executive officer and as CoS for Commodore, Amphibious Squadron Five. His other sea duty assignments include USS *Thach* (FFG 43) and USS *Barry* (DDG 52).

“After serving almost 32 years in the Navy and having already commanded the mighty warship *Gravelly*, to have the great fortune to command again, is truly a special privilege.”

Ashore, Carlson served at U.S. European Command; North American Aerospace Defense Command, U.S. Northern Command; Commander, Naval Surface Force Atlantic; Tactical Training Group Pacific and Naval Surface Force Pacific. Throughout his career he has completed multiple deployments and supported numerous operations including Operation Restore Hope, Southern Watch, Noble Eagle, Enduring Freedom, Iraqi Freedom and Inherent Resolve as well as the non-combatant evacuation of Lebanon.

NBSD is homeport to more than 60 ships and 200 plus tenant commands with almost 50,000 people living, working or visiting the base daily.

PERRY

CHRYSLER DODGE Jeep RAM

NEW 2021 JEEP CHEROKEE LUX

Jeep
CELEBRATION
EVENT

\$198 Mo.

Plus tax, title, license, acquisition fee & first payment



Lease for \$198/mo. for 36 mos. Down payment \$4,995 plus any manufacturer rebate. Residual \$18,601. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price. Stk #J21017. See dealer for more details.

NEW 2021 DODGE CHALLENGER RT

PERFORMANCE
DAYS

\$338 Mo.

Plus tax, title, license, acquisition fee & first payment



Lease for \$338/mo. for 42 mos. Down payment \$4,995 plus any manufacturer rebate. Residual \$22,603. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price. # D21045. See dealer for more details.

NEW 2021 RAM 1500 BIGHORN 4X4

2021
MOTORTREND
TRUCK OF THE YEAR

TRUCK MONTH

\$398 Mo.

Plus tax, title, license, acquisition fee & first payment



Lease for \$398/mo. for 36 mos. MSRP \$54,690. Down payment \$4,995 plus any manufacturer rebate. Residual \$31,172. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price. # D21141. See dealer for more details.

www.PerryChrysler.com
2340 National City Blvd (877) 325-8099

PERRY Certified Pre-owned
CHRYSLER • DODGE • JEEP • RAM • FIAT



MON-SAT: 8:30am - 9:00pm • SUN 9:00am - 8pm • www.PerryChrysler.com
All advertised prices exclude government fees & taxes, and finance charges, any dealer document processing charge, any electronic filing charge and any emission testing charge. Offers end close of business 4/30/21.

NSWC Corona scientists, engineers snag 'Hack the Machine' win

by Candice Villarreal

Eleven Navy scientists and engineers from Naval Surface Warfare Center (NSWC), Corona Division spent a week hacking government cybersecurity systems and planning future crisis response.

If you think you read that incorrectly, you didn't. The scientists and engineers were participants in the Hack the Machine prize challenge, which kicked off March 23 to give teams opportunities to try their hacking skills to compete for bragging rights and, for eligible contestants, up to \$95,000 in prize money. One of two participating NSWC Corona teams, "Not the Corona Virus," snagged a third place win for the competition's data science category.

The Navy-hosted event was in its fifth iteration and its first all-virtual setting encouraged innovation in maritime dominance. The event invited "hackers" from

across the country to engage in real-time problem solving and seeks to carve new innovation pathways for American defense, all at a time when an era of great power competition places such innovation at a higher premium than ever before.

"This competition is all about leveraging talent from all corners of the nation to help solve some of the Navy's toughest challenges," said Dr. Robert Liu, data science and analytics senior scientific technical manager for NSWC Corona. "This is a fun and rewarding way to inspire teams to build or brush up on technical skills, but also to drive friendly competition to benefit Navy advancements."

The Navy considers Hack the Machine to be its premier digital experience. This year's competition included three tracks – Cyber, Data Science and Additive Manufacturing – each with their own challenges and

rules. As was the case for previous challenges, NSWC Corona personnel across all departments and technical codes exhibited interest in the event.

"As a command, part of our mission is to provide transparency to warfighting readiness through data analytics, so it isn't at all surprising that we have seen a lot of interest in this event from within our ranks," said Liu. "If there was ever a fun game for us to play, it was this one."

As part of the challenge, NSWC Corona's eight-person Data Science team was charged with creating algorithms that support the analysis and modeling of a set of guidelines. Ideally, the algorithms can be applied to support informed decision-making in a scenario mirroring the COVID-19 pandemic, with ideas generated by the contestants directly impacting preparations for future global health emergencies.

"We essentially take a real life problem and put some of our brightest professionals to task to help find solutions," said Analyst Jaimie Gillette of Corona's Data Science team. "It'll be interesting to see what comes of all the solutions the Navy is presented with and how we learn from them or put them into action."

Similarly, NSWC Corona's four-person Maritime Cyber team had the opportunity to try their hands at hacking commercial maritime electronics

systems and equipment in a two-game challenge. The challenge allowed teams to test up-and-coming cybersecurity monitoring tools and encouraged contestants to crash and hack them to expose potential vulnerabilities before the systems go live on warships. In short, participants can directly improve national security systems by testing them against an onslaught of cyberattacks.

In addition to captured lessons learned and intellectual contributions, participation can lead to professional networking opportunities in areas like industrial automation, operational technology security and system of systems design. Contestants could participate with their own pre-formed teams or form new teams following introductions at the start of the challenge.

"Hack the Machine is a fun competition where people can win some good prizes, but it's also a powerful recruiting tool," said Liu. "Apart from government employees, think of all the contestants from all over the country – from colleges and universities, companies or individuals on their own – competing to showcase their skills. It's a great opportunity to open their eyes to new possibilities and show them they can actually do this kind of work for the government."

Source: <https://www.dvidshub.net/news/392535/nswc-corona-scientists-engineers-sag-hack-machine-win>

Navy rescues missing fisherman off Oahu

HONOLULU - A Navy MH-60R Sea Hawk helicopter rescued an overdue boater in the waters off Oahu March 26.

The "EasyRiders" of Helicopter Maritime Strike Squadron 37 provided search and rescue support to Coast Guard aircrew and surface vessels after a fishing vessel and the embarked personnel were reported overdue the evening of March 25.

"I'm extremely proud of the way my Sailors and the entire 'EasyRider' team worked together to render aid during this search and rescue," said Navy Cmdr. Matthew Martin, HSM-37's Commanding Officer. "Working side-by-side with the Coast Guard was key in our ability to locate and rescue the fisherman."

The naval aircrew located the boater following an overnight search, and transported him to a local civilian medical center to receive treatment.

Thursday evening, Coast Guard Sector Honolulu watchstanders received a report from a family member stating the boater departed Waianae in the morning to go fishing and did not return.

Coast Guard watchstanders issued an Urgent Marine Information Broadcast notice to mariners, launched an Air Station Barbers Point HC-130 Hercules aircrew and diverted the Coast Guard Cutter Joseph Gerzack (WPC 1126) in response.

Once on scene, the Hercules crew reported seeing debris in the area and watchstanders deployed Coast Guard Cutter *William Hart* and Station Honolulu 45-foot Response Boat-Medium crews to assist with the search. HSM-37 aircraft joined the search and located the fisherman early Friday morning.

U.S. 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute our Navy's timeless roles of sea control and power projection.

U.S. 3rd Fleet works in close coordination with other numbered Fleets to provide commanders with capable, ready assets to deploy forward and win in day-to-day competition, in crisis, and in conflict.

Local flag officer assignments

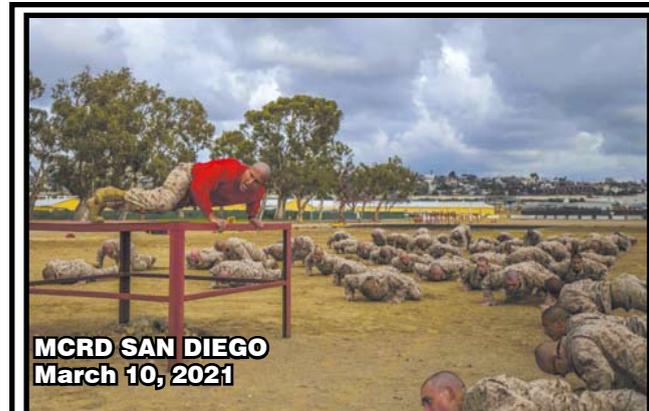
The acting secretary of the Navy and chief of naval operations announced March 29 the following assignments:

- Rear Adm. (lower half) Stephen D. Barnett will be assigned as commander, Navy Region Southwest, San Diego. Barnett is currently serving as commander, Navy Region Northwest, Silverdale, Washington.

- Rear Adm. (lower half) Timothy J. Kott will be assigned as commander, Navy Region Hawaii; and commander, Naval Surface Group Middle Pacific, Pearl Harbor. Kott is currently serving as commander, Carrier Strike Group One, San Diego.

- Capt. Christopher D. Alexander, selected for promotion to rear admiral (lower half), will be assigned as commander, Naval Surface and Mine Warfighting Development Center, San Diego. Alexander is currently serving as commanding officer, Surface Warfare Officer School Command, Newport, R.I.

This week's snapshots



MCRD SAN DIEGO
March 10, 2021

Recruits with Bravo Company, 1st Recruit Training Battalion, participate in the Combat Conditioning Course. The course exposed recruits to the physical demands they could be faced with during a combat situation. Marine Corps photo by Lance Cpl. Grace J. Kindred



SAN DIEGO BAY
March 19, 2021

Marines with 1st Marine Division conduct medical evacuation hoisting drills with members from Coast Guard Air Station San Diego. Marines conducted joint drills with the Coast Guardsmen to familiarize Marines with MEDEVAC protocol while aboard a small vessel. Marine Corps photo by Lance Cpl. Cameron Rowe



USS ESSEX, AT SEA
March 26, 2021

A landing craft, air cushion (LCAC), attached to Assault Craft Unit (ACU) 5, prepares to enter the well deck of USS Essex amphibious assault ship. Essex is underway conducting routine operations in the Third Fleet. Navy photo by MC3 Isack Martinez

Wylde Sydes Tattoo & Piercing

10% OFF
TATTOOS
and/or
\$5 OFF
PIERCING



1515 Palm Ave. #K1
San Diego, CA 92154
619.575.6792
www.wyldesydestattoo.com

OPEN
7 DAYS A
WEEK

USS Midway MUSEUM

The USS Midway Museum is currently recruiting for docents, air craft restoration, ship restoration and safety volunteers. These assignments are a regular commitment of at least 6 months.

Visit this page of our website to watch fun videos about our different teams and participants:
<https://www.midway.org/give-join/volunteers/volunteer-opportunities/>



Behind this mask is someone ready to respond when the call comes

Hospitalman
Farah Alhamed
NMCSD

Your health is our mission



Theodore Roosevelt Carrier Strike Group conducts joint force maritime exercise with India

INDIAN OCEAN - The *Theodore Roosevelt* Carrier Strike Group (TRCSG) conducted simultaneous joint multi-domain operations with the Indian Navy and Air Force in the Indian Ocean March 28-29.

"I'm so grateful for the opportunity to conduct this exercise with the Indian Navy and Air Force," said Rear Adm. Doug Verissimo, commander, Carrier Strike Group Nine. "Not only do we share a common desire for a free, open, and inclusive Indo-Pacific, we also share common values and maritime traditions which make training together all the more meaningful. Our value together far exceeds what we can do individually to progress security, stability, and economic prosperity through our enforcement of the international rules-based order that benefits all."

The exercise focused on complex operations such as anti-submarine warfare, joint air operations, and command and control (C2) integration. It demonstrated the capacity of the two nations to operate together to advance a

common vision of Indo-Pacific, ensuring peace and stability.

USS *Bunker Hill* (CG 52) and her embarked Maritime Strike Squadron (HSM 75), the "Wolf Pack", USS *Russell* (DDG 59), and *Theodore Roosevelt* (CVN

demonstrating the compatibility of our platforms and operations on the sea and in the air.

The TRCSG is on a scheduled deployment to the U.S. 7th Fleet to help ensure freedom of the seas, build partnerships that foster maritime security, and to conduct a wide range of operations that support humanitarian efforts and act as deterrence to potential malign actions.

The TRCSG consists of USS *Theodore Roosevelt*

(CVN 71), Carrier Air Wing (CVW) 11, USS *Bunker Hill* (CG 52), Destroyer Squadron 23, USS *Russell* (DDG 59) and USS *John Finn* (DDG 113).

Theodore Roosevelt's embarked air wing consists of the

"Tomcatters" of Strike Fighter Squadrons (VFA) 31, "Golden Warriors" of VFA-87, "Blue Diamonds" of VFA-146, "Black Knights" of VFA-154, "Liberty Bells" of Airborne Command and Control Squadron (VAW) 115, "Gray Wolves" of Electronic Attack Squadron (VAQ) 142, "Wolf Pack" of Helicopter Maritime Strike Squadron (HSM) 75, "Eightballers" of Helicopter Sea Combat Squadron (HSC) 8 and "Providers" of Fleet Logistic Support Squadron (VRC) 30 Detachment 3.

TRCSG's operability in the region directly supports the Chief of Naval Operations' navigation plan to master all-domain fleet operations, and exercise with like-minded navies to enhance our collective strength.

As the U.S. Navy's largest forward deployed fleet, U.S. 7th Fleet routinely operates between 50-70 ships and submarines and 140 aircraft with approximately 20,000 Sailors. 7th Fleet's area of operation spans more than

124 million square kilometers, stretching from the International Date Line to the India/Pakistan border; and from the Kuril Islands in the North to the Antarctic in the South Pacific, providing security and stability to the region. 7th Fleet interacts

with 35 other maritime nations to build partnerships that foster maritime security while conducting a wide-range of missions to support humanitarian efforts and uphold international laws and freedoms of the sea.



An F/A-18 Super Hornet, left, flies in formation with an Indian air force Su-30MKI and Jaguar over USS Bunker Hill March 28.

71) operated with INS Shivalik (F 47) with embarked helicopter, Maritime Patrol Aircraft (P-8I) from INAS 312 - "The Albatross", and Indian Air Force aircraft from Squadron No. 222 - "The Tigersharks". U.S. and Indian forces exercised together seamlessly across all domains,

Vietnam

continued from page 1

remember the sacrifices of those who have served before them."

Torres-Rivera was accompanied to the event by both his daughter and granddaughter. Irving's daughter Sharon StephensonPino, following in a family tradition of military service, works as the public affairs officer for NBPL, where she assists in maintaining a positive community relationship with the surrounding area and telling the Navy's story to both a local and larger audience.

"I would like to thank my commanding officer, Capt. Franklin, Naval Base Point Loma, and the CZ Hall Galley culinary specialists for this wonderful Vietnam War Commemoration event,"

said StephensonPino. "Back in my father's era, the political environment was not as supportive as it is today, so I'm deeply humbled that my father was able to receive the honor that he and all Vietnam veterans deserve for their tremendous support of our country. Giving my father the opportunity at age 90 to be recognized and represent the Vietnam Veterans is truly a touching day for us all."

The commemoration event was one of many similar events happening all over the country on March 29, as the Vietnam War Veterans Day offers everyone an opportunity to reach out to those who served in the Vietnam conflict, be it their neighbors, friends, or family, and to recognize their timeless sacrifice and listen to their stories.

The Meat & Potatoes of Life



by Lisa Smith Molinari

From the moment I held our first born in my arms, I wanted to be Supermom.

I had a vision of the perfect mother. Calm yet assertive. Generous with affection. Nurturing, protective, patient and kind. Creative and fun-loving. Teacher of life lessons, virtues, practical skills and common-sense.

Early on, I believed that with hard work, I could master the noble skill of raising little human beings into productive, secure, well-adjusted adults. I envisioned our family of five interacting at dinner tables filled with laughter and home-cooked meals, reading books before bedtime, playing "my father owned a grocery store" while rolling down scenic country roads in our minivan packed with nutritious snacks and vacation suitcases.

However, after a decade of hard work, I still wasn't Supermom. I can't remember exactly what made me realize this. Maybe it was when Hayden stole a candy bar from the base Shoppette after school. Or was it the time Lilly forged my signature on the parent report about her disrupting her second grade class? Maybe it was that night 13-year-old Anna screamed "I hate you!" in my face. It could have been any one of those afternoons when I forgot to pick them up from school. I hope it wasn't that New Year's Eve party when I drank too much and

Supermom and the Easter Bunny: Do you believe?

twerked on our kitchen table in front of them.

Whatever it was, I blamed myself - if only I worked a little harder, was more intelligent, had more patience, I could be Supermom.

It took several more years for me to finally accept the reality I am flawed, just like every mother since the beginning of time. It was impossible to control my children's destinies, assure their successes, or protect them from every danger, negative influence, or disappointment. Supermom, I now understand, doesn't exist.

Now that our three children are in their twenties, I'm on the lookout for signs that, despite the impossibility of perfect parenting, all those years of mothering effort were not in vain. I watch for clues that maybe, just maybe, I did something right.

Hayden, Anna, and Lilly, are in a post-teenage phase where they no longer complain that I'm a complete embarrassment. Instead, they now see me as a humorous curiosity and enjoy pointing out my idiosyncrasies. Imitation is the highest form of flattery, and I've noticed a hint of affection in my children's eyes when they mock my eccentricities.

I've also noticed that my children copy me in other ways, as they establish their own adult habits and routines. Lilly folds her socks the way I always did. Anna makes daily "To Do" lists just like me. And Hayden insists on continuing every holiday tradition that I began when they were small.

When the kids were young, I infused every special occasion - Birthdays, Halloween, Thanksgiving, Christmas, Easter - with traditions, foods, and activities I knew they'd enjoy. I thought their interest in Easter egg hunts, Christmas crafts, and birthday games would wane as they aged, but instead, I see evidence that my efforts as a mother all those years ago eked into their permanent psyches.

Which is why I bought bunny Pez dispensers, pastel foil-wrapped candies, miniature toys, and jelly beans last week. According to Hayden, Easter isn't the same without an egg hunt with his siblings.

Therefore, I'll stay up late Saturday night filling 75 plastic eggs for my adult children.

On Easter, in between cooking, I'll hide those eggs around our house and yard. They'll line up for instructions - how many eggs and what colors each person can collect in addition to the "wild card" multicolored eggs. When I yell "GO!" my husband will snap photos of our son (with a full beard) and our daughters (taller than me) running, pushing, grabbing eggs and laughing. Inevitably, the dog will steal an egg or two. When the hunt is over, they'll sit at our kitchen table, open eggs, and negotiate serious candy swags.

I may have never been Supermom, but watching my adult children relive happy childhood memories and traditions has finally convinced me.

You done good, Mom.

NASCAR Cup Series on dirt - a compelling reason to watch an entire race on TV

Hey, did you watch the big race on Monday? What big race you say? On Monday?

Yes, that's right. On Monday. The NASCAR faithful among us will no doubt immediately realize that the subject of this column was a rain-delayed NASCAR Cup Series race.

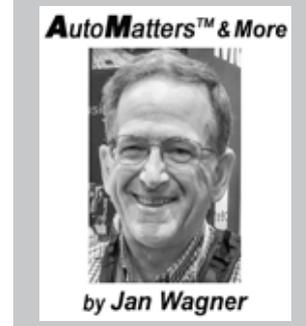
There are several situations where NASCAR's Cup Series does not race. For instance, they do not race on superspeedways in the rain. They also have not raced on dirt for over 50 years, but that all changed this past Monday with the running of the torrentially rain-delayed NASCAR Cup Series FOOD CITY DIRT RACE at Bristol Motor Speedway.

Bristol was painstakingly transformed from the familiar paved track to a good old-fashioned dirt track. Racing on dirt is why this race was good enough for even casual NASCAR fans to seriously consider watching it flag-to-flag. For the uninitiated among us, that means from the first green flag to the race-ending checkered flag.

Let me begin by admitting that even though I always try to record, and then watch, every NASCAR Cup Series race on TV (even those that I cover live and in-person), I rarely watch televised NASCAR Cup Series races in their entirety. As much as I would like to, committing many hours every race weekend to watch, in their entirety, the multiple auto racing series that I follow would require too much of a commitment of time. I, like many of you, simply have too much else going on and competing for what little spare time I may have. While the strategy and the competitive moves of an entire

race is certainly interesting to me, I do not have the luxury to routinely watch entire NASCAR Cup Series races.

So, what I end up doing when I watch the televised races is I watch some of the introductory commentary by the announcing team, fol-



lowed by the beginning laps of the race, and then I fast-shuttle my DVR ahead as I scan the video for those telltale yellow alerts - the ones that tell me when and where cautions happened in the race. At each such caution I stop shuttling forward, at which time I rewind back a few laps to watch the set-up to, and the reason for, each full-course yellow. Finally, I watch at least the final ten or 20 laps, and then some post-race interviews and commentary.

I explained in order to emphasize the significance of the fact that I didn't do that for this particular race. The wild on-track action as the cars drifted, tails-out, bumping and banging around the track, was too unpredictable and too exciting to miss laps. I even watched the entire preceding NASCAR Truck Series race on dirt at Bristol, too - a

race which NASCAR Cup Series competitor Joey Logano helped commentate.

After that race, Joey's fellow commentators had challenged him to win the Bristol dirt race, just as another NASCAR Cup Series competitor/commentator had done recently. That's precisely what Joey Logano then went out and did, beating all of the experienced dirt track racers - and a few ringers - in the process, just like Martin Truex Jr. had done in the truck race (surprising even himself).

This race presented new challenges to most of the drivers and race teams. Kyle Busch seemed like a strong candidate for the race win early on, but he found himself a lap down due to an overheated engine. The air intake is supposed to provide cooling air to the engine, but his quickly got covered with thick, wet dirt. Dirt, combined with the lowering angle of the sun and the clouds of rising dust, also seriously impaired the drivers' ability to see. That was responsible for some of the many crashes and caution periods.

The race was broken up into several sections of 50 laps, not that the racing stayed under green that long.

Fans got some good news. There will be another dirt race at Bristol Motor Speedway in Spring 2022. I cannot wait. I'll bet Martin Truex, Jr., and Joey Logano would like even more dirt races. How about racing on the beach again at Daytona? You've got to love this.

Copyright © 2021 by Jan Wagner - AutoMatters & More #685

CLASSIFIEDS

Social Security Matters

Claiming now to preserve savings

ARMED FORCES DISPATCH CLASSIFIEDS

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

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

ATTORNEYS

LOW COST DIVORCE

Recordon & Recordon, Attorneys

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

PAYMENT PLANS

Free Consultation
(619) 232-1717

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

LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys
STOP

Creditor Calls
Home Foreclosure
Repossessions

PAYMENT PLANS

Free Consultation
(619) 232-1717

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

AUTOS FOR SALE

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

FURNITURE



WOOD CARVED CHERRY FURNITURE
Acme furn for living rm, bedroom, family room, dining room. Excellent condition. Come see to believe! 619-757-7887.

HELP WANTED

WANTED—Someone to help with yard work, good pay, Jamul area. You provide your own transportation. Call Gloria 619-669-0563.

HORSE BOARDING

HORSE BOARDING CARLSBAD
\$400/month
Western casual, family-oriented ranch.
We have roomy 12x48 or 12x24 corrals and provide a veterinarian recommended diet twice daily.
760.840.0187

LANDSCAPING

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

MASSAGE

New Energy Massage

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

619.795.0955

\$10 Discount on any Massage

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

MEDICAL DISABILITY - VA

VA DISABILITY RATING. Maximize your disability rating. Veterans with 1 to 20 plus years of military service will likely need a medical assessment, Independent Medical Opinion, or Disability Benefits Questionnaire. We help veterans maximize their VA benefits using accurate medical evidence.
Visit us at www.kdvma.com or call 678-349-1816.

PROPERTY MANAGEMENT

HEADING TO A NEW DUTY STATION? WE CAN HELP RENT YOUR HOME

Navy Veteran Owned

Call Craig for a
FREE CONSULTATION
858-401-0557

craigaeverett@gmail.com
adventmgmt.com

RENTALS APARTMENTS

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

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

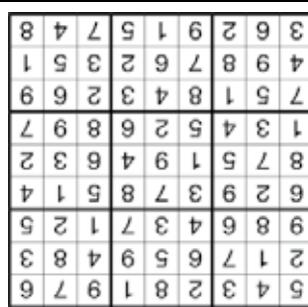
RENTALS HOUSES

CITY HEIGHTS - 92116 - 2BR/1BA, 710sf. Completely remodeled. Patio. \$2500/mo. sandy@consolidatedlenders.com Call Sandy 619-980-9991. Owner/Broker #01172865.

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

Deadline to place an ad is
Tuesday at noon.

See your ads in print, and on the
web on Thursday!



Come see the Mustang fly! P-51D flying demo this Sat., April 3

The Planes of Fame Air Museum in Chino is hosting a "Flying Demo" of the North American P-51 "Mustang" this Saturday beginning at 11:45am. Doors to the Museum open at 10am for this outdoor presentation.

We'll kick-off this family-fun event with a brief presentation about this superstar of World War II, followed by the roar of her 1500 hp engine starting-up. She'll then taxi away, take-off and fly over the Museum for approximately 20 minutes, giving everyone plenty of opportunities to take pictures and enjoy the beauty of a true classic in the sky.

Guests are asked to wear a face covering and maintain social distancing. The flight of the Mustang can be seen from anywhere in the outside areas of the Museum campus.

More Saturday Fun!

All the Museum's hangars are open for viewing. Guests can see the majority of the aircraft up-close and wander through many of the hangars while they learn about the collection and aviation history from our team of Museum Guides.

The Boeing B-17 will be open for visitors to enter and gain a unique perspective on the important role this aircraft played during World War II.

We've invited a team of "Living Historians" to join us on Saturday as well. They'll be wearing the uniforms and displaying the equipment and gear of the typical soldier of the Second World War.

See Some Classic VeeDubs!

We've got a special treat in store on Saturday as nearly a dozen classic Volkswagen cars visit us to a photo session with the Museum's Focke-Wulf Fw-190 "Wurger" fighter aircraft. The cars will be on display for viewing by Museum guests beginning at 10:30.

Planes of Fame Air Museum

The Planes of Fame Museum is located at 14998 Cal Aero Drive, Chino Airport, Chino, CA 91710. Call 909-597-3722. Open Thursday-Sunday 10am - 4pm. www.planesoffame.org

SD Botanic Garden opens month-long 'World of Orchids' show this weekend

San Diego Botanic Garden (SDBG) will host its first annual spring orchid showcase, "World of Orchids," from Sat., April 3 through Sun., May 2. The exhibit, which kicks off Easter weekend, will be staged in the Garden's state-of-the-art, 8,000 square foot, glass-enclosed facility—the Dickinson Family Education Conservatory—which opened last year as a \$6.5 million addition to the lush, 37-acre urban oasis.

"The orchids at San Diego Botanic Garden have beauty and grace that will knock your socks off," said SDBG President and CEO, Ari Novy, PhD. "There's nothing better than a bright spring day among the orchids."

The stunning designs will feature impressive specimens, locally-bred hybrids, and rare species plants displayed in unique and unexpected ways. In addition to the many orchids that typically grow in the Garden's conservatory, displays will include plants on loan from private growers belonging to two local groups—the San Diego County Orchid Society (SDCOS, <https://www.sdorchids.com>) and the Palomar Orchid Society (<http://www.palomarorchid.org>)—as well as orchids and materials from local businesses.

On Saturdays and Sundays, as well as select Fridays during the month, vendors and conservation organizations will offer unusual and unique orchids and merchandise for sale. Admission to "World of Orchids" is included with the purchase of a one-day ticket or an annual membership. For more information and to reserve an entrance date and time, visit <https://www.sdbgarden.org/orchids.htm>.

About San Diego Botanic Garden

Established in 1970, San Diego Botanic Garden (SDBG) is a 37-acre garden that inspires people of all ages to connect with plants and nature. The main entrance to the Garden is located at 300 Quail Gardens Drive, Encinitas, CA, 92024. SDBG currently requires all visitors (both members and non-members) to reserve an entry time online before arriving at the Garden. All visitors ages 2+ must wear a face covering and maintain a distance of at least 6 feet from visitors of other households.

Dear Rusty: One of the big pieces of the Social Security puzzle that everyone seems to miss is the protection of other retirement funds. If I did not take SS, I would have to dip into my retirement savings to fund the early part of my retirement. I took SS at my full retirement age rather than wait, so I am preserving my retirement account that has historically been getting 8-9% interest over the last 30 years. Social Security will never give me anything close to those returns.

Signed: Smart Investor

Dear Smart Investor: You are, of course, correct that preservation of retirement savings is important. It's also correct that everyone's personal financial situation is different. If your retirement nest egg has historically provided a return of 8-9% over the last 30 years and will continue to do so, then I believe you made the right choice by claiming at your full retirement age (FRA) and preserving those high-return investments. But many are not as fortunate as you and have their nest egg sitting in low interest IRAs and bank savings accounts, and those folks may have a different perspective. They may choose an option to delay claiming Social Security to get a higher monthly benefit, initially using some of their low-return savings but allowing them to preserve their overall savings much further into their retirement because of a higher SS benefit. And most often, continuing to work provides them added ability to delay claiming Social Security to get that higher benefit.

Personally, I do not advocate withdrawing from retirement funds in lieu of claiming Social Security. But I do suggest that waiting past FRA to claim a higher benefit may be wiser than claiming earlier and investing the SS money, trying to beat the 8% yearly benefit growth realized by waiting to claim. It's an unfortunate reality that high-return/low-risk investments are very difficult to find these days, and most seniors are loathed to put their money in high-risk investments to get higher returns.

Again, everyone's situation is different, and each must choose based upon their own circumstances. Many who contact us about their Social Security options intend to continue working beyond their full retirement age. Those folks might adopt a strategy where they delay past their FRA to get a higher SS benefit for the rest of their life, made possible because they are still working and earning (rather than withdrawing from investments). If they're in good health and will achieve at least average life expectancy, they will not only enjoy a much higher monthly benefit, but they'll also receive more in cumulative lifetime benefits by waiting longer to claim Social Security.

Finally, often lost in the argument to claim at or after FRA is that, for a married couple, a surviving spouse receives 100% of the benefit the deceased spouse was receiving at death. That surviving spouse benefit will either be a smaller FRA amount or a larger (e.g., age 70) amount, depending upon when the higher earning spouse claimed. Point is, if you are married, when you claim may also affect your spouse's survivor benefit, so life expectancy of both spouses should always be included in the decision on when to claim. In any case, from what you've written I believe that your choice to claim at your FRA in order to preserve your high-return investments was a prudent move for your personal circumstances. And I admire the careful thought you put into that decision.

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

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

NMCS D recognizes Occupational Therapy Month this April

by Seaman Luke Cunningham,
Naval Medical Center San Diego
SAN DIEGO – Naval Medical Center San Diego (NMCS D) recognizes Occupational Therapy Month throughout April.

Occupational therapists and occupational therapy assistants specialize in physical and cognitive rehabilitation, and improving patients' ability to perform day-to-day activities, which are referred to as occupations.

Occupational therapists evaluate patients and develop treatment plans concerning their injuries. After the treatment plan is developed, occupational therapy assistants execute the patients treatment plan.

"After the patient sees an occupational therapist, they come to me," said Hospital Corpsman 2nd Class Hector Riojas, a certified occupational therapy assistant assigned to NMCS D's Occupational Therapy Clinic. "Assistants do a lot of hands-on work in the clinic. After their evaluation, we build a rapport with the patient, get to know



SAN DIEGO (Mar. 24, 2021) Hospital Corpsman 2nd Class Hector Riojas, a certified occupational therapy assistant assigned to Naval Medical Center San Diego's (NMCS D) Occupational Therapy Clinic (right), fits a patient with a custom-fabricated wrist orthosis, or splint, in the clinic Mar. 24. The splints are custom-formed to each individual patient to help them better perform day-to-day tasks. The COVID-19 pandemic has changed the way many facets of healthcare are conducted, and NMCS D has adapted some of its techniques and practices to keep both staff and patients safe while delivering the high-quality healthcare they've come to expect. 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. U.S. Navy photo by MC3 Luke Cunningham.

them, and figure out the best way to execute their treatment plan to fit their needs."

NMCS D's Occupational Therapy Clinic treats job-related injuries, inpatient and outpatient cases and postoperative patients. They also tend to mental health and pediatric patients.

For patients with hand and wrist injuries, the clinic creates custom-fabricated wrist orthosis, called splints.

"The splints are custom-formed to the patient in the exact position that benefits them most," said Lt. Jessica Haney, an occupational therapist assigned to NMCS D's Occupational Therapy Clinic. "Patients come to us and tell us what they need, and we provide them with a splint that helps them do that task."

Haney said the splints can help patients better perform daily tasks, such as climbing ladders, firing a weapon, folding laundry or holding a camera.

Occupational therapy is uniquely tailored towards each individual's needs.

"Whether it's homelife, hob-

bies or job aspects, things that are meaningful and purposeful, we can hone in on what is important for each individual's needs," said Haney. "For active duty service members, the mission is getting them back into a warfighting status. It's an important aspect for our military facility, and I feel we have an important role in making sure our patients return to full-duty capabilities."

NMCS D's Occupational Therapy Clinic holds a critical role in the rehabilitation of service members and beneficiaries. The recognition of NMCS D's occupational therapy staff allows the hospital to celebrate those who have given back their patients a normal sense of life.

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.

April is Oral Cancer Awareness Month; Dentists are first line of defense

April is Oral Cancer Awareness Month, a time when dental professionals join with surgeons and other medical professionals to highlight the dangers oral cancer brings, and to call attention to the progress made in fighting this disease. This treatable cancer causes needless deaths due to late diagnosis.

Clarity

Oral cancer refers to cancer of the mouth, while pharyngeal cancer refers to cancer of the pharynx, or back of the throat. Your dental professionals are a first line of defense and diagnosis for oral and pharyngeal cancer. Be sure to discuss this with your dentist and hygienist at every checkup.

Mortality

Sadly, the death rate from oral and pharyngeal cancers remains frustratingly high, at around 43 percent five years after diagnosis. This, according to the Oral Cancer Foundation, is because so few cases are diagnosed early enough to allow doctors to treat the disease. This year:

- More than 45,000 Americans will hear the diagnosis from their doctors
- More than 8,000 Americans will die from oral cancer

Causes

Doctors and surgeons are constantly striving to understand oral



cancer's origins, though the issue is complex. Some behaviors, according to the Mayo Clinic, place you at greater risk of contracting oral and pharyngeal cancers:

- Human papillomavirus (HPV)—HPV 16 is the leading cause of oropharyngeal cancer
- Tobacco—smoked or smokeless tobacco causes cancer; smokeless tobacco causes cancers of the mouth, throat and esophagus
- Alcohol—combining tobacco

with alcohol greatly increases your risk of contracting oral cancer

- Sun exposure—you risk lip cancer
- Diet—not eating enough fruits and vegetables can increase your risk
- Age, too, is a factor—most oral cancer victims are aged 40 and over.

Prevention

The causes themselves provide ample direction on helping to lower your risks of developing oral cancer:

- Cut out tobacco in all forms
- Drink moderately, and never combine alcohol and tobacco use
- Limit exposure to the sun, using a high Sun Protection Formula (SPF) sunscreen and lip balm
- Eat plenty of natural foods, including more fruits and vegetables

Additionally, brush and floss

regularly, exercise to maintain a healthy immune system, and see your dentist regularly.

Early Detection

Your dental professional is best equipped to detect early signs of oral and pharyngeal cancer, but you can monitor your own body for symptoms:

- Difficulty chewing or swallowing, or difficulty moving your jaw or tongue
- Numbness of the tongue or other areas in your mouth
- Pain in only one ear, unaccom-

panied by hearing loss

- A sore, lump or other irritation in your mouth, on your lip, or in your throat
- A white or red spot in your mouth, especially on the mucosal membrane (inside cheek)

Cures

If detected early, oral cancer can be treated effectively. The best course is a team approach, combining the skills of your dentist, surgeons, oncologists, nutritionists and others. Choices of therapies to fight oral cancer include:

- surgery, radiation and addi-

tional surgery

- radiation, surgery, and chemotherapy

Attitude

No cancer is minor. The emotional aspects of receiving a diagnosis and fighting a cancer can be as important for a good prognosis as the finest team of medical professionals. Early detection is still the best way to lower the risk of oral and pharyngeal cancer. This April, make detection and prevention of oral cancer a priority in your life.

DÉJÀ VU LOVE BOUTIQUE

Spring into Love and Romance!

We have everything you need to make your fantasies come true!!

Military Discount 20% Off

With valid military ID. Some restrictions may apply. Not valid on any sale items. Not valid with other offers or prior purchases. Exp. 5/30/21

2130 Industrial Ct., Vista, CA 92081
866-711-0425

Shop online at www.shoptheloveboutique.com
Mon.-Sat. 9am-Midnight | Sun. 11am-11pm

SUBARU XPERIENCE
of El Cajon



SUBARU.



**WE ARE PROUD TO
ANNOUNCE WE HAVE BEEN
AWARDED AS A
PATRIOTIC EMPLOYER**
by the Secretary of Defense

*We create the best experience for all military
members because of who we are & what we
do as fellow humans.*

**For Contributing to National
Security and Protecting Liberty and
Freedom by Supporting Employee
Participation in America's
National Guard and Reserve Force**



**2021 SUBARU FORRESTER
CVT Option Pkg 02**

\$234 Per Mo.
+ Tax



MSRP \$27,298. Security deposit \$0. Due at signing \$1999. Lease for 36 Months, Residual \$18,133.70.
Military Rebate \$500. 10,000 miles per year. Tier 1 Credit Needed to Qualify. 3 at this price.

900 Arnele Ave., El Cajon • 619-440-0404
www.SubaruOfElCajon.com

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 4/30/21.

SOUTH COUNTY

BUICK | GMC



GMC

WE ARE PROFESSIONAL GRADE

2021 Buick Encore GX

\$227 PER MO.
+ TAX



Satin Steel Metallic. \$1995 Drive off. 36 months @ \$227 mo. + tax. 10,000 miles per year.
This includes \$2000 Conquest Rebate (Must have a non GM Lease). Stk #3210033,
Vin #MB051383.

**2020 Buick
Encore GX**

ONLY
\$22,800

Plus tax & fees.



Burnished Bronze Metallic. MSRP \$28,300, Discount \$ 2,000, Customer Cash \$3,500. Buick &
GMC Conquest Rebate (Must have a non GM Lease). Stk #320298, Vin #LB112588.

**2021 GMC
TERRAIN SLE
Elevation Package**

\$223 PER MO.
+ TAX



\$1995 Drive off. 36 months @ \$223 mo. + tax. 10,000 miles per year. Rebate of \$1350. Plus this
includes \$1500 Conquest Rebate (Must have a non GM Lease). Stk #3210113, Vin #ML332250.

**2021 GMC
ACADIA SLE
Elevation Package**

\$285 PER MO.
+ TAX



\$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.

2202 National City Blvd.
619-375-0409

WWW.SDMILITARYAUTODISCOUNTS.COM

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 4/30/21.