

Career Advice



Rewording of Navy uniform regulations clarifies policy's interpretation. **See page 6**

AutoMatters & More

Extreme E off-road racing promotes electrification, the environment & equality.

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SIXTIETH YEAR NO. 50
THURSDAY, APRIL 8, 2021

MONTH OF THE MILITARY CHILD

FOR THE PAST 35 YEARS, DOD HAS HONORED MILITARY CHILDREN IN APRIL

by David Vergun
DOD News

Every April since 1986, the Defense Department has celebrated the Month of the Military Child.

"Alongside many service members are brave military children who make significant contributions and sacrifices for family and country while dealing with the challenges of military life," said Patricia "Patty" Montes Barron, deputy assistant secretary of defense for military community and family policy.

One of the challenges faced by military children is the fact that military families move on average every two or three years, causing impacts that include changing schools and friends.

The department and military services are committed to celebrating and supporting these children to ensure they and their parents thrive — not only during the Month of the Military Child, but throughout the year, Barron said.

"Each of you play a unique



An airman attends the 403rd Wing Children's Holiday Party at Keesler Air Force Base, Miss., Dec. 7, 2019. Photo by Air Force Staff Sgt. Shelton Sherrill

and invaluable role in your family and in the overall military community," she said, adding that there are more than 1.6 million military children.

Dr. Kelly Blasko, counseling psychologist and lead of Military Kids Connect at the Defense Health Agency's Connected

Health branch, said, "Military kids are the cornerstone of military families worldwide. Helping ensure their health and mental well-being enables military parents to focus on serving the country. Military kids provide creative and resourceful support to their families and communities, all while regularly

adapting to new environments and making sacrifices alongside their parents."

DOD will host a number of live events on the Military OneSource Facebook page, Twitter and YouTube throughout the month, including Blasko; Trevor Romain, best-selling

children's book author; and Dr. Kenneth Ginsburg, pediatrician and adolescent medicine specialist.

In addition, throughout April, people are encouraged to "purple up" and show their support to military kids by posting a selfie while wearing purple and

posting it to social media with the hashtag #purpleup.

Blasko is also encouraging families to participate in related events or access available resources, including: Military OneSource, Military Kids Connect, and Sesame Street for Military Families



SAN DIEGO
April 2, 2021

Destroyer USS John Finn, shown here returning to Naval Base San Diego after her maiden deployment to 7th Fleet. Navy photo by MC3 Timothy Heaps (see story, below)

USS JOHN FINN RETURNS FROM MAIDEN DEPLOYMENT

SAN DIEGO - Arleigh Burke-class guided-missile destroyer USS *John Finn* (DDG 113) returned to San Diego April 2, after the ship's maiden deployment.

"John Finn provided presence and maintained the freedom of the seas while deployed," said Cmdr. Bralyn E. Cathey, commanding officer of *John Finn*. "My crew and ship were proud to show the flag abroad while executing myriad missions and

exercises during our maiden deployment."

The destroyer's primary mission was conducting maritime security operations to ensure a free and open Indo-Pacific. While operating in U.S. 7th Fleet, *John Finn* participated in freedom of navigation operations, conducted bilateral operations and coordinated maneuvering exercises with the Japan Maritime Self-Defense Force,

JOHN FINN'S PERFORMANCE DURING HER MAIDEN DEPLOYMENT HAS BEEN NOTHING SHORT OF PHENOMENAL.
REAR ADM. DOUG VERISSIMO, CARRIER STRIKE GROUP NINE

executed multiple transits and operations within the Philippine archipelago, and sailed through the international waters of the Taiwan Strait.

"*John Finn's* performance during her maiden deployment has been nothing short of phenomenal," said Rear Adm. Doug Verissimo, commander, Carrier Strike Group Nine. "The captain and his crew should be incredibly proud of the job their team

did, seamlessly integrating into the strike group and exceeding every expectation. I'm so proud to have them as a member of Team Fury."

John Finn participated in dual carrier operations in February with TRCSG and Nimitz Carrier Strike Group that showcased the tactical capabilities of two carrier strike groups operating jointly.

San Diego-based 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.

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HONOR, COURAGE & COMMITMENT



Sandee Rouse, Gold Star mother, and Army Sgt. Maj. Jose Vazquez, Special Operations Command Para-Commando, skydive March 13, in Zephyrhills, Fla. Rouse's son, Pfc. Jim Markwell, died during Operation Just Cause in Panama in 1989. Marine Corps photo by Steven Smith

'I feel like I'm with him': Gold Star mothers skydive in memory of their sons

by Brian Ferguson,
Stars and Stripes

Two Gold Star mothers experienced a slice of their sons' best moments, courtesy of Special Operations Command's elite parachute demonstration team.

Ellen Comfort and Sandee Rouse, whose sons served in the 75th Ranger Regiment, skydived from 13,500 feet last month with the Para-Commandos at Skydive City in Zephyrhills, Fla., the Army said April 2.

The tandem jumps allow families of fallen service members to connect more closely with their loved ones, the Army statement said.

Ellen Comfort's son, Capt. Kyle Comfort, was killed May 8, 2010, by a roadside bomb in Afghanistan. Sandee Rouse's son, Pfc. Jim

Markwell, died in 1989 during ground operations in Panama.

Both Comfort and Markwell were airborne-qualified Soldiers.

"People used to ask him all the time why he wanted to jump," Rouse said in the statement. "He would say, 'because of the rush.' So, I thought I would try and jump out of a perfectly good airplane to feel his rush."

Ellen Comfort called her son an "adventurous soul and spirit," and said she thought her son would have encouraged her to take the leap.

"I can't just sit here and not do anything," Comfort said. "When I'm around people who are jumping from airplanes and doing all the things he did, I feel like I'm closer to him, I feel like I'm with him."

DOD closely monitoring Russian activities in Arctic

by C. Todd Lopez,
DOD News

Russian military activities and infrastructure build-ups in the Arctic are not going unnoticed, the Pentagon press secretary said.

"Without getting into specific intelligence assessments, obviously we're monitoring it very closely," said John F. Kirby during a briefing April 5 at the Pentagon.

As ice melts in the Arctic, new options for transiting the Arctic open up - and also remove natural barriers that Russia once relied on to protect its own interests there. Now, it is seeking to bolster its security through the refurbishing of Soviet-era airfields, the expansion of its network of air and coastal defense missile systems and the strengthening of its anti-access and area-denial capabilities.

But the U.S. has its own interests in the Arctic as well, Kirby said.

"[We] obviously recognize that the region is key terrain that's vital to our own homeland defense and as a potential strategic corridor between the Indo-Pacific, Europe and the homeland — which would make it vulnerable to expanded competition," Kirby said. "We're

committed to protecting our U.S. national security interests in the Arctic by upholding a rules-based order in the region, particularly through our network of Arctic allies and partners who

corridor — between the Indo-Pacific and Europe and the U.S. homeland — for expanded strategic competitions," the report reads. "Strategic competitors may undertake malign or coer-



Submarine USS Hartford surfaces near Ice Camp Sargo during Ice Exercise 2016 in the Arctic Circle, March 19, 2016. Photo by Petty Officer 2nd Class Tyler Thompson

share the same deep mutual interests that we do."

In the 2019 DOD Arctic Strategy, the Defense Department told Congress it has three objectives in the Arctic. Those objectives include defending the homeland, ensuring common areas remain free and open, and competing when needed to maintain a favorable regional balance of power.

"The Arctic is a potential

cive activities in the Arctic in order to advance their goals for these regions. The DOD may be prepared to protect U.S. national security interests by taking appropriate actions in the Arctic as part of maintaining favorable balances of power in the Indo-Pacific and Europe."

Kirby said the U.S. military is well aware of Russian activities in the Arctic, and reiterated that the U.S. has its own interests it will defend as well.

"Obviously we're watching this, and as I said before, we have national security interests there that we know ... we need to protect and defend," he said. "And as I said, nobody's interested in seeing the Arctic become militarized."

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All Navy commands to conduct climate surveys

Every command in the military, both active and reserve, will immediately conduct a Defense Organizational Climate Survey (DEOCS), to assess compliance with Sexual Assault and Harassment prevention policies and enforcement at the unit level.

Sexual assault and harassment in the military “remain persistent and corrosive problems across the Total Force,” Secretary of Defense Lloyd J. Austin wrote in a Feb. 26 memo, putting the military on a new path to solve these issues.

Less than three months on the job, Austin has hit the ground running, specifically on this issue, where he set a deadline for

every command in the military, both active and reserve, to conduct a Defense Organizational Climate Survey (DEOCS). What Austin wants is a baseline gauge at the unit level.

Austin noted he has seen some progress in the military’s response, however, “the effort is far short of what is required to make lasting change,” he wrote. He called on the entire Department of Defense, uniformed and civilian, to take “direct accountability” and make “meaningful change” a priority.

“To make real progress, we must consider outside views and ideas, to the extent practicable, and be transparent about

where we have fallen short,” he wrote.

The surveys are just the start. The memo lays out three immediate actions to counter sexual assault and harassment. He’s also established a “90-day Independent Review Commission on Sexual Assault in the Military” which will develop a plan for moving forward.

The actions he’s calling for will assess compliance with sexual assault and harassment policies and integrated violence prevention efforts; establish a violence prevention workforce; and conduct evaluations at high-risk installations.

The command survey results will help each service identify high risk installations.

The Navy’s deadlines for completing the surveys are April 30 for active-duty commands and May 30 for the reserve, according to NAVADMIN 068/21.

“Department-wide completion of the DEOCS will establish a baseline climate assessment, enabling transparency and accountability to allow the

Department of the Navy to detect and correct emerging hot spots for harmful behaviors and climate issues and identify areas of promise and healthy command climates,” Chief of Naval Personnel Vice Adm. John B. Nowell, Jr. wrote in the message.

The assessment must be done using the new DEOCS version 5.0, released on Jan. 4. Commands that have completed a command climate survey since Jan. 4 with version 5.0 do not have to conduct another to meet this requirement.

The Navy requires command climate assessment within 90 days of a commander’s assumption of command. Follow-ups are due every 9 to 12 months during that commander’s tenure.

DEOCS instructions are available at <https://www.defenseculture.mil/Assessment-to-Solutions/A2S-Home/>.

For more news from Chief of Naval Personnel, follow on Facebook at <https://www.facebook.com/usnpeople>, Twitter at <https://twitter.com/usnpeople> or visit <https://www.navy.mil/cnp>.

Army

- CID investigating missing D.C. National Guard rifle
- Army powering through with Future Vertical Lift programs
- Female cadet sets new record for West Point’s punishing obstacle course
- Captain sets women’s world record for mile run in a bomb disposal suit



Navy

- Navy bans ‘faddish,’ ‘eccentric’ and other subjective terms from grooming regs
- Former Navy chief acquitted on rape and other charges
- Naval Academy midshipmen

granted liberty after being restricted to rooms for nearly a month

Air Force

- Vandenberg likely to host training unit for new intercontinental ballistic missiles
- Tyndall bets on 3D ‘digital twin’ modeling for a safer, smarter base
- General says of Army’s long range precision fires goal: ‘It’s stupid’
- A high-tech fix for the Air Force’s training crisis?
- Air Force rolls out maintenance and operations reorganization
- The world’s oldest living Air Force general just turned 107
- Offutt’s Open Skies jets headed for desert scrapyard

Marine Corps

- Recon Marine held in Camp Pendleton brig in connection with missing ammunition

Coast Guard

- Cutter deployments point to bigger role in Western Pacific

Navy corpsman killed in confrontation with police after shooting two fellow Sailors off base

by Rose L. Thayer, Stars and Stripes

Petty Officer 3rd Class Fantahun Woldesenbet shot and critically wounded two Sailors working at a site outside of Fort Detrick, Md., April 6 before military police shot and killed him for breaching a gate at the Army base and pulling out a weapon.

Military and civilian law enforcement didn’t say whether 38-year-old Woldesenbet, a Navy hospital corpsman who was assigned to Fort Detrick, worked at the overflow site in Frederick where he opened fire on fellow Sailors, nor did they

see **Police, page 4**

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Our Members Are the Mission

Keel laid for future USS Harvey C. Barnum, Jr.

BATH, Maine - The keel of future USS Harvey C. Barnum, Jr. (DDG 124) was ceremoniously laid at General Dynamics Bath Iron Works (BIW) shipyard, April 6.

The ship's namesake, Col. Harvey "Barney" Barnum, Jr. (USMC-Ret.) and his wife and ship sponsor, Martha Hill, attended the event. Acting Secretary of the Navy, Thomas W. Harker, Maine Senators Susan Collins and Angus King, Jr. and Member of the House of Representatives from Maine, Chellie Pingree were also in attendance.

With the assistance of BIW welder Marty Fish, Col. Barnum inscribed his signature onto the keel plate. As the sponsor, Martha Hill authenticated the keel by etching her initials into the keel plate, a tradition that symbolically recognizes the joining of modular components and the ceremonial beginning of the ship.

"Col. Barnum has spent his life in service to our country and it is an honor to lay the keel of

his ship," said Capt. Seth Miller, DDG 51 class program manager. "This ship and all who serve aboard it will be a reminder of the honor, courage, and commitment that Col. Barnum embodies."

Col. Barnum twice served in Vietnam and is a Medal of Honor recipient for heroic actions taken against communist forces at Ky Phu in Quang Tin Province in December 1965 after his company came under enemy fire and was separated from the rest of their battalion.

DDG 124 is a Flight IIA destroyer equipped with Aegis Baseline 9, which provides improved Integrated Air and Missile Defense capabilities, increased computing power, and radar upgrades that improve detection range and reaction time against modern air warfare and Ballistic Missile Defense threats.

BIW is also in production on future Arleigh Burke-class destroyers Carl M. Levin (DDG 120), John Basilone (DDG 122), Patrick Gallagher (DDG 127), and Flight III ships, Louis H. Wilson, Jr. (DDG 126), and William Charette (DDG 130), as well as future Zumwalt-class destroyer, Lyndon B. Johnson (DDG 1002).

As one of the Defense Department's largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, boats and craft.

Police

continued from page 3

speculate on the motive behind the shooting.

Woldesenbet entered the Navy facility, located in the Riverside Tech Park at about 8:20 a.m. (ET) Tuesday armed with a rifle, said Chief Jason Lando of the Frederick Police Department. Two male Sailors in that facility were critically wounded and flown by helicopter to the University of Maryland Medical Center's Shock Trauma Center in Baltimore. Their names were not released Tuesday.

Woldesenbet fled the scene in a vehicle and Frederick police issued an alert about him, Lando said.

About 25 minutes later, Woldesenbet was stopped just outside the Nallin Gate, according to Fort Detrick. Before he could be searched, he sped past the gate and drove about a 1/2 mile onto the base before he was stopped in a parking lot by the Fort Detrick Quick Reaction Force, said Brig. Gen. Michael Talley, commander of the base.

Woldesenbet then brandished a weapon and was shot by military police, Talley said. Emergency medical personnel worked for about 20 minutes before Woldesenbet was pronounced

dead at the scene.

"There were no other injuries on Fort Detrick," Talley said. "It was ... a coordinated effort between our local police force here and Fort Detrick, all being executed within minutes, that absolutely led to further life-saving steps and potentially injury prevention."

Frederick police will continue to investigate the scene in the city, and FBI agents will investigate the scene on the Army base, officials said.

Woldesenbet, who is from Virginia, enlisted in the Navy in September 2012, according to his official Navy service record. He made E-4 in June 2017 while serving with Navy Medicine Readiness and Training Command in Bremerton, Wash.

He had been assigned to the Naval Medical Research Center in Frederick since Aug. 5, 2019. The service record listed four awards for the Sailor and no overseas deployments.

Woldesenbet lived in Frederick, Lando said.

Talley didn't say how long Woldesenbet had been assigned to Fort Detrick or what his official job was, but online records show the Sailor graduated in December

2019 from the Uniformed Services university as a medical lab technician.

Authorities are looking into possible relationships between the suspect and the victims and why the shooter began at the off-base Navy facility and then traveled the four miles toward the base, Talley said.

"Right now, we'd like to see the investigation develop before we speculate on that," he said.

While officials did not say whether other Sailors were working in the facility at the time of the shooting, the base is offering a number of resources to those impacted by Tuesday's incident. A behavioral health "sprint team" traveled to the base from Walter Reed National Military Medical Center in Bethesda, Md., to provide support, Talley said.

He said the base had been training for an active-shooter scenario similar to this and expected to conduct a full rehearsal in about a week.

"This situation that we're in now, which has become all too often, ... we were as prepared as we could be for something like this and all procedures, all protocols were followed," Talley said

Total Navy Battle Force: 297
Ships underway
 Deployed ships underway: 60
 Non-deployed ships underway: 12
 Total ships underway: 72
Ships deployed by fleet
 Fleet Forces: 0 3rd Fleet: 3
 4th Fleet: 2 5th Fleet: 19
 6th Fleet: 20 7th Fleet: 57
 Total: 101

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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 April 5, 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>.

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<p>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</p>	<p>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</p>	<p>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</p>
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Medal of Honor Spotlight: Navy Corpsman Richard D. DeWert

by Katie Lange,
DOD News

There are people who try to help, and then there are extraordinary people who selflessly give everything for someone else. Navy Petty Officer 3rd Class Richard D. DeWert, a hospital corpsman, is the latter, and that's why he's our latest Medal of Honor Monday honoree.

DeWert was born on Nov. 17, 1931, in Taunton, Mass. His mother, Evelyn, raised him on her own after her husband left before he was born.

DeWert came of age during World War II. He was eager to serve, so when he became old enough, he enlisted in the Navy in December 1948 when he was only 17. After basic training, he joined the Hospital Corps and worked for about a year at the U.S. Naval Hospital in Portsmouth, Virginia.

When he became a hospital corpsman in April 1950, he was eligible to serve alongside Marines in the field. So, when conflict on the Korean Peninsula grew inevitable, DeWert volun-

teered to join the 1st Medical Battalion of the 1st Marine Division, which deployed to the peninsula in August 1950.

DeWert was still in Korea in early 1951 when he received orders to transfer to the 7th Marine Regiment, a unit known for its major engagements, sustaining more casualties than just about any other Marine unit during the Korean War.

The sergeant in charge of DeWert, Gonzarlo Garza, told the Star-Gazette of Elmira, New York, in 1984, that the corpsman was conscientious and checked on the health of his Marines every night. Garza said one day, when he complained out loud about how cold it was, DeWert, who had been within earshot, took off his sweater.

"He gave it to me so I was warm," Garza remembered. "He was that kind of guy."

Some members of DeWert's platoon said they spent much of the spring of 1951 crossing swollen rivers and climbing steep mountains, pushing against the

117th Division of the Chinese Communists. It was in battle with these men that DeWert gave his life.

On April 5, 1951, DeWert was



Navy Petty Officer 3rd Class Richard D. DeWert, hospital corpsman and Medal of Honor recipient. Navy photo

part of a unit headed to meet a few other friendly units near Kunchon, just across the 38th parallel in North Korea. As they headed up a rocky hillside, they came under fire by an entrenched enemy force.

The first four-man team up the hill was hit by a burst of machine gun fire coming from a trench at the top of the hill. The men were wounded and pinned down. While other members of the unit scattered to find cover, DeWert rushed to the injured men.

While he was dragging a seriously wounded Marine to safety, DeWert was shot in the leg, but he refused to stop until the injured man was out of the line of fire. He then went back into the fray, where he managed to drag out yet another injured Marine.

DeWert's comrades tried to get medical help for his injuries, but he refused. Despite their objections, he went back into the line of fire to continue the rescue. As he tried to get to another injured Marine, he was shot in the shoulder. When he noticed the Marine was dead, he set out for the fourth after hearing a cry for help.

Unfortunately, his luck had run out. As DeWert crossed a field to help that fourth Marine, he was shot by the enemy, killing

him instantly. The 19-year-old had been with the battalion for less than a month.

"I remember him saying one day he wanted to be a doctor," Fred Frankville, a squad leader, told the Star-Gazette in 1984. "I wish I got to know him better."

On May 27, 1952, Navy Secretary Dan Kimball presented DeWert's mother with the Medal of Honor on her son's behalf. The young corpsman was the second sailor to have earned the medal for actions in the Korean campaign.

DeWert was initially buried in a makeshift grave in Korea, but within a few months, his remains were reinterred at Woodlawn National Cemetery in Elmira, New York. It wasn't until Memo-

rial Day of 1976 that his grave received an official marker identifying him as a Medal of Honor recipient.

In 1987, at his family's request, DeWert's grave was moved to the Massachusetts National Cemetery, where he remains interred.

In honor of his bravery and sacrifice, the DeWert Naval Ambulatory Care Center in Newport, R.I., and USS *DeWert* were named in his honor. Several other buildings in his Massachusetts hometown also bear his name, as does a street.

Read his full story at <https://www.defense.gov/Explore/Features/Story/Article/2557866/medal-of-honor-monday-navy-corpsman-richard-d-dewert/>.

Crossword Puzzle

Down

Across

- 1 2019 Pan American Games city
- 5 Present to an audience
- 10 Nat's hat
- 13 Norse deity
- 14 Syndicated show, say
- 15 Smooth-talking
- 17 "It's been a while since I shopped till I dropped"?
- 20 Revise
- 21 Bud
- 22 Annually
- 23 ___ Cruces
- 25 Convent figure
- 27 Pastoral exhortation to a graffiti artist?
- 32 Belgian ___
- 33 Special ops acronym
- 34 Some bank jobs
- 38 Lack
- 40 Set down
- 42 Bender
- 43 Meddles
- 45 Pack (down)
- 47 Mauna ___
- 48 Bargain hunter's forte?
- 51 Moby-Dick, e.g.
- 53 Vote in favor
- 54 Many Oscar night attendees
- 55 Sun, for one
- 58 Social division
- 62 Trojan king struck dumb?
- 65 Sources of cones
- 66 Dabbling ducks
- 67 Cable car
- 68 Fabled beast
- 69 Ad guy responsible for four long puzzle answers?
- 70 Roll call call

- 1 Kinks title woman with "a dark brown voice"
- 2 Word after fallen or false
- 3 Like new
- 4 Actress Kinsey of "The Office"
- 5 Asian honorific
- 6 Census worker, for one
- 7 Location
- 8 Legislation that varies from state to state
- 9 Eclectic musician Brian
- 10 Prepare for print
- 11 Buenos ___
- 12 Earnest requests
- 16 "___ Blues": Beatles "White Album" song
- 18 Cafeteria stack
- 19 Buffalo skater
- 24 Intervenes
- 26 Prague's region
- 27 Maxims
- 28 It often undergoes changes
- 29 First female attorney general
- 30 Burt's musical collaborator
- 31 Send
- 35 Arias, usually
- 36 Animation product
- 37 Unattached
- 39 Joint Chiefs, for example
- 41 Joliti' joe?
- 44 Refracting polyhedron
- 46 Intimidate mentally, with "out"
- 49 "The Last of the Mohicans" author
- 50 Toast word
- 51 Heart chambers
- 52 Hideouts
- 54 Banana Boat letters
- 56 Copy room unit
- 57 One sometimes seen with Boris
- 59 Withered
- 60 Romanov title
- 61 Salinger character who says, "I prefer stories about squalor"
- 63 "The Racer's Edge"
- 64 Gp. that sometimes has an added "Y"

VA suicide prevention staff face burnout as workload rises, watchdog warns

by Leo Shane III

FLEET RESERVE ASSOCIATION - As demand for mental health services and suicide prevention programs increases within Veterans Affairs offices, staffers there may be at risk of exhaustion and burnout if changes aren't made to better track and manage those employ-

ees, an outside watchdog warned recently

In a new report, the Government Accountability Office said that department leaders have not done a thorough enough review of VA suicide prevention teams' staffing, workloads and challenges. Without that, they

cautioned, leaders don't have enough visibility over operations to ensure new prevention programs are being implemented properly.

"One team said they have experienced burnout and turnover in the team due to the 'constant deluge' of new initiatives, combined with their large caseload of high-risk veterans," the report stated.

"Members of another team told us their team has a caseload of about 150-200 veterans identified as being high risk for suicide ... However, the Veterans Health Administration has not conducted a comprehensive evaluation of local suicide prevention teams, including an assessment of any challenges teams face in implementing VHA policies and

the effects of program growth on workload."

Congress is expected to finalize a series of suicide prevention measures by the end of September. VA officials have made suicide prevention among veterans one of their top clinical priorities in recent years.

About 17 veterans a day die by suicide, according to the latest data released by the department. That number has remained largely unchanged in recent years despite increased attention and funding from lawmakers on the issue.

In response to the report, VA leaders said they are already putting in place plans to better monitor the suicide prevention teams.

Veterans

•No stimulus check for veterans this weekend: New payment date, qualifications, dependents (CNET) If you're a veteran of the U.S. military and receive benefits, we'll explain details you should know about your stimulus check, including when you should expect your payment, how you'll get paid and what to do if something goes wrong.

•Finding housing for veterans without homes could cut emergency care costs: study

Finding stable housing for veterans experiencing homelessness not only provides dramatic improvements for their lives but also potential large cost savings for Veterans Affairs medical programs, according to new research published this week from department researchers.





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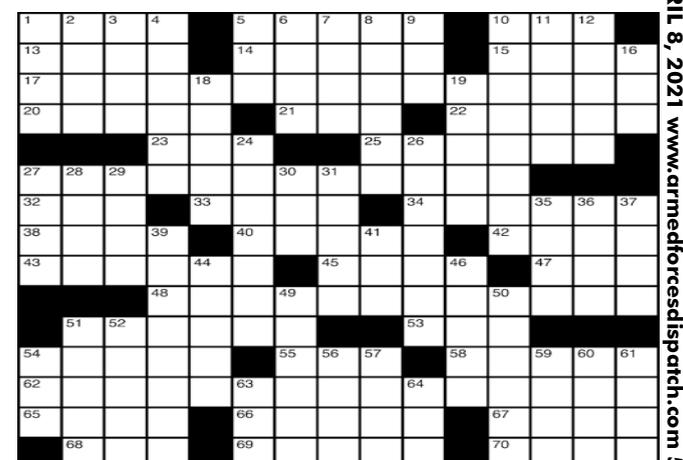
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Rewording of Navy uniform regulations

by MC1 Mark D. Faram

The Navy has released the first of a series of uniform policy changes expected to enhance clarity, interpretation and application of service uniform policies on the deckplates.

The changes are the result of feedback, comments, and recommendations received from officers, CPOs and junior enlisted Sailors during a series of working and focus groups conducted during fiscal years 2020 and early 2021.

Upon the Navy receiving direction from the then Secretary of Defense to review grooming standards for racial bias, the Navy Uniform Matters Office reviewed Navy Uniform Regulations (NAVPERS 15665I).

In addition to their review, focus and working group discussions were held with east and west coast assigned Sailors. Although the NAVPERS 15665I review and focus group discussions determined no racial bias

exists in policy, there is a perception of bias existing in the fleet because some wording used in the document fostered inconsistent interpretation of the rules.

NAVADMIN 072/21, released on April 1, is expected to eliminate that perception's root cause by deleting eight subjective terms and phrases used in many of the regulation's seven articles. Three new phrases will be added while another will be revised. Some examples of deleted terms in-

clude 'faddish', 'good taste', and 'outrageous', while terms such as 'complementary appearance' and 'uniform distraction' were added and clearly defined.

Sailors can find the full list of what is changing in the message.

"The review of NAVPERS 15665I and discussions with Sailors concluded the Navy's grooming policies are not racially biased, but various terms, phrases and definitions were found to be subjective and lead to misinterpretation," Vice Adm. John B. Nowell, Jr. wrote in the message.

The Navy Uniform Matters Office's (UMO) deep dive into grooming standards started with the review of the regulations for bias.

After finding no bias in the document, UMO turned to focus and working groups and Sailor interviews to get a different perspective. It is here they found a perceived racial bias through how the Navy's grooming policies were interpreted and enforced in the fleet.

Sailors involved in these reviews were both male and females in paygrades E-3 through

Army

- ✓Female leaders of past and present stress importance of mentorship
- ✓Decades of experience serves as foundation to G-2 leadership dynamic
- ✓Shaping the future: Junior Soldiers address harmful behaviors during solarium
- ✓ACFT 3.0: Exploring a more inclusive scoring assessment, planks stay
- ✓Talent management will lead push to diverse leadership, says CSA
- ✓Army aggressively working to eliminate extremism,



says chief diversity officer

Air Force

- ✓New 'Air Force Review Boards Agency' website launched
- ✓First-class aviator reflects on her storied career
- ✓Technical training now includes respect in curriculum

Marine Corps

- ✓MCSC launches Task Force to modernize IT network

Coast Guard

- ✓The Joint Services Transcript could help make a civilian career and college degree more attainable

O-6 and came from ashore and afloat commands and the various communities and ethnicities reflecting the Navy's demographic makeup.

This input led to the current rewrite of the regulation's seven chapters to reflect the updated verbiage.

Updates to uniform regulations don't only happen when changes in Navy uniforms or the policies related to wearing them are updated.

Instead, the document is "constantly reviewed for applicability,

accuracy, clarity and comprehension," the message said.

Navy uniform policy and changes usually come from fleet feedback, command-sponsored requests and direction from Navy leadership.

As this is just the first in a series, Nowell wrote that Sailors should standby as more "uniform policy changes are forthcoming and will focus on simplifying grooming and appearance policies to alleviate misinterpretation and facilitate equal and ready compliance and enforcement."

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Navy's longest-serving, active duty CPO retires after 34 years of service

SAN DIEGO - The Navy's longest-serving, active duty chief petty officer in today's fleet retired after 34 years of service on April 1, 2021 - on the birthday of the Navy Chief Petty Officer.

Force Master Chief James Osborne donned anchors 26 years ago while serving at Afloat Training Group San Diego. Since then his career has taken him to 15 commands across the fleet, many of which have centered around damage control training and the critical role it plays in the success of our force. His service culminated as the Force Master Chief for Commander, U.S. Naval Surface Force Pacific.

During the retirement Master Chief Petty Officer of the Navy Russell Smith, Pacific Fleet Master Chief James Honea, and senior enlisted leaders outlined the constellation of impacts he's made on our fleet.

"Force Master Chief Osborne represents the best of our Navy's senior leaders. He should take great pride in the fact that our Navy stands ready to answer the call, thanks to his leadership and service. His tireless, relentless efforts to drive combat readiness into our surface forces will advantage our Navy in any conflict we face in the years to come," Smith said.

Osborne joined the Navy as a damage controlman and spent many years training Sail-

ors across the fleet in his craft. During his tenure at SurfPac, Osborne made it a point to emphasize the importance of damage control readiness and team dynamics each time he set foot on the deckplates. According to Honea, he has provided mentorship of this caliber for many years. The two formerly served together aboard USS *Bonhomme Richard* (LHD 6) as second-class petty officers and have remained mentors and friends with one another ever since.

"Today marks the 128th birthday of the Navy Chief Petty Officer and it's bittersweet. I'm saying farewell to a shipmate, mentor, and outstanding Chief Petty Officer" Honea said. "We're in uncertain times. Chiefs are constantly asked to provide a vision of a future while delivering an even better outcome. There's no better example of a leader that has taken this charge and delivered, than James. He was asked to share this vision for our surface forces and has delivered by refining our warrior ethos of our surface Sailors. He understands the price of leadership and has willingly paid into it every day for over three decades. Now it's time to give him back to his wonderful family."



Force Master Chief James Osborne, Commander, Naval Surface Force Pacific, hugs his family after passing through side boys for the final time of his naval career. Osborne retired after 34 years of service during a ceremony at Naval Amphibious Base Coronado. Navy photo by MC1 Sarah Villegas

U.S. Marshals offer up to \$50,000 for information on former marine wanted for murder

First time in agency history fugitive debuts on list with \$50K reward

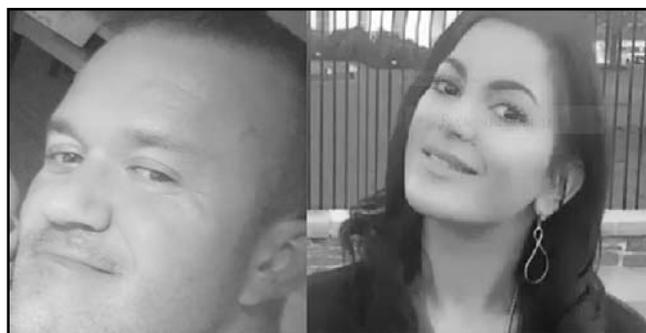
WASHINGTON - The U.S. Marshals are intensifying the manhunt for a former Marine turned murder suspect.

Raymond Samuel "RJ" McLeod, Jr., is now a 15 Most Wanted fugitive, and the first fugitive to make his debut on the list with a reward of up to \$50,000 for information directly leading to his arrest.

McLeod, 37, is wanted by the San Diego Police Department for the 2016 murder of 30-year-old Krystal Mitchell, and authorities believe he fled the country and is hiding out in Central America or Mexico.

"Raymond McLeod will be the first fugitive in history on our 15 Most Wanted list with an initial reward of up to \$50,000," said U.S. Marshal Service Director Donald Washington. "We

want McLeod's new status as a 15 Most Wanted fugitive and



Raymond Samuel "RJ" McLeod, Jr., (left) and Krystal Mitchell. Courtesy photo

the \$50,000 reward amount to be broadcasted far and wide. McLeod poses a significant threat to the public and must be brought to justice."

On June 10, 2016, San Diego

police officers responded to a 911 call of a woman not breathing in an apartment in the 7600 block of Mission Gorge Road in San Diego, California. The woman, later identified as 30-year-old

Krystal Mitchell from Phoenix, Arizona, was pronounced dead at the scene by medics. Detectives from the San Diego Police Department's Homicide Unit responded to the scene where there were signs of a struggle.

They determined Mitchell was last seen alive with her boyfriend McLeod. Mitchell and McLeod, also from Phoenix, had been in San Diego visiting friends. The San Diego District Attorney's Office charged McLeod with murder, and a warrant was issued for his arrest. In Dec. 2016, local authorities asked the U.S. Marshals to join the manhunt and lead the fugitive investigation for McLeod.

The U.S. Marshals and the San Diego police believe McLeod fled through Mexico to Central America after Mitchell's death. His last reported locations were in Belize in 2018 and Guatemala in 2017. He may be going by the name Matt or Mateo and is believed to have grown a beard as a disguise. He has several distinguishing tattoos that may help identify him.

"The passage of time will never deter the Marshals' fugitive investigation for McLeod,"

said U.S. Marshal Steve Stafford of the Southern District of California. "If anything, it fuels our determination. We will leave no stone unturned until he is brought to justice."

McLeod is a 5-foot-11 white male with brown hair and hazel eyes. At the time he fled, McLeod weighed 245

pounds and had a tattooed muscular physique.

Anyone with information is urged to contact the nearest U.S. Marshals office, the U.S. Marshals Service Communications Center at 1-877-WANTED-2, or online or an app at www.usmarshals.gov/tips.



Coast Guard, Navy begin high seas Oceania Maritime Security Initiative patrol

SAN DIEGO - The Coast Guard and Navy began their joint mission in the Western and Central Pacific under the Oceania Maritime Security Initiative (OMSI) to reduce and eliminate illegal, unregulated, unreported (IUU) fishing, combat transnational crimes, and enhance regional security, April 5.

Independence-variant littoral combat ship USS *Tulsa* (LCS 16), with an embarked Coast Guard law enforcement detachment from the Pacific Tactical Law Enforcement Team are conducting maritime law enforcement operations through the enforcement of international law and the Western and Central Pacific Fisheries Convention in order to protect United States and Pacific Island Nations' resource security and sovereignty.

The Oceania Maritime Security Initiative (OMSI) program is a Secretary of Defense program that leverages Department of Defense assets transiting the region to improve maritime security and maritime domain awareness, ultimately supporting regional stability and partnerships in Oceania.

"USS *Tulsa* is proud to contribute to the OMSI mission" said Cmdr. William Dvorak, *Tulsa's* commanding officer.

"Working with the embarked U.S. Coast Guard law enforcement detachment, our crew is looking forward to supporting maritime security in the Indo-Pacific."

The OMSI improves maritime security and maritime domain awareness by enabling U.S. Coast Guard law enforcement personnel to conduct maritime law enforcement operations from U.S. Navy assets in coordination with the Western and Central Pacific Fisheries Commission.

"Our team is ready and excited to execute the OMSI mis-

sion," said Cmdr. Robert Berry, commanding officer of the embarked law enforcement detachment. "Collaborating with our U.S. Navy counterparts enables us to monitor and deter IUU fishing in the Western and Central Pacific and provides a presence for maritime surveillance and security in the region."

An integral part of Pacific Fleet, 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute our Navy's role across the full spectrum of military operations - from combat operations to humanitarian assistance and disaster relief.

U.S. 3rd Fleet works together with our allies and partners to advance freedom of navigation, the rule of law, and other principles that underpin security for the Indo-Pacific region.

For more information on USS *Tulsa*, please visit <https://www.surfpac.navy.mil/lcs16/>.

MCPON visits with Naval Special Warfare Command

Master Chief Petty Officer of the Navy Russell Smith traveled to Naval Special Warfare (NSW) Command as part of a visit to the San Diego region, Mar. 31.

During his visit, MCPON Smith spent time with NSW Force Master Chief Bill King and NSW Sailors to talk about how the command is assessing and developing cognitive, character, and leadership traits from the Platoon Chief-level all the way to Major Commanders.

During his visit, Smith was able to meet with Sailors to discuss human factors in decision-making, as well as developing individual

and team resiliency.

He emphasized the importance of their key role in strategic competition on the front lines through Fleet Integration with the Navy or serving directly under Theater Special Operations Commanders.

"The work they do every day extends the reach of Naval and Joint Task Force Commanders, and gives our adversaries pause - as it should," said Smith. "I encourage you to continue learning and growing as you take on the mantle of personal and team responsibility during a critical time in our nation's defense."

Mine Division Twelve change of command

by Petty Officer 1st Class Nathaniel Yarber

SAN DIEGO - Capt. Spencer Austin relieved Capt. Hank Kim as commodore of Mine Division Twelve during a pierside change of command ceremony at the naval base April 1.

A native of Los Angeles, Kim served as a Federal Executive Fellow at Harvard before assuming command of COMMINDIV 12 in April 2020. As commodore, Kim led a shore-based staff, four littoral combat ships and seven ship crews.

"I have been impressed by the optimistic mindset of the staff and crews, especially through the challenges and victories we

have all navigated together," said Kim. "Division TWELVE's success is due to all of your leadership, vision, and hard work. I came here to usher mine warfare



The official party stands and salutes for the presentation of colors during a change of command aboard USS *Manchester* (LCS 14). Navy photo by Petty Officer First Class Alexander Thompson

and the LCS community into the next era, and this is a bittersweet occasion to leave such an amaz-

ing group of sailors and ships as we are realizing our vision. As I stand here today to relinquish command, I am confident that Capt. Austin is receiving a division of the best sailors and LCS' on the waterfront."

Kim's next assignment is as commander of Amphibious Squadron THREE (COMPHIBRON 3).

Austin, a native of Knotts Island, North Carolina, most recently served as the Commander's Action Group Director at Surface Mine Warfighting Development Center (SMWDC) before assuming command of Mine Division TWELVE.

"What an absolute honor it is to be leading the Sailors of Division TWELVE," said Capt. Austin. "I'm always humbled by the sacrifices made by the men and women who volunteer to serve this great country and by their families. I look forward to this division living up to our motto of *dux et defensor semitae*, and executing our duties forward as the defender of the pathway."

LCS vessels are highly versatile, mission-focused surface combatant ships designed to operate in the littoral regions, as well as on the open ocean. The ship platform is designed to respond to evolving threats through integration with innovative mine hunting, sonar, and surface engagement technology.

The LCS satisfies a vital need for the United States Navy to operate in shallow water as well as the high seas.

This week's snapshots



SAN DIEGO
April 2, 2021

Members of the stretcher bearer team participate in a flight deck fire drill aboard USS *Tripoli* (LHA 7). *Tripoli* is an America-class amphibious assault ship homeported in San Diego. Navy photo by MCSN Erica Higa



USS GABRIELLE GIFFORDS, AT SEA
March 18, 2021

Gabrielle Giffords launches a Naval Strike Missile as part of shipboard operational testing and evaluation. The Naval Strike Missile is a long-range, precision strike weapon that can find and destroy enemy ships at distances up to 100 nautical miles away. Navy photo



USS ESSEX, AT SEA
March 29, 2021

A Sailor and a Marine participate in a burial at sea ceremony. *Essex* is underway conducting routine operations in U.S. 3rd Fleet. Navy photo by MC3 Brett McMinoway



CAMP PENDLETON
March 29, 2021

Marines with Alpha Company, Infantry Training Battalion, School of Infantry - West, swim 250 meters as part of the Infantry Physical Assessment during the 10th week of the Infantry Marine Course. IMC is a 14-week pilot course designed to create better trained and more lethal entry-level infantry Marines prepared for near-peer conflicts. Marine Corps photo by Sgt. Jeremy Laboy

MCAS Miramar
Month of the Military Child
April 2021

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CLASSIFIEDS

Social Security Matters Will widows benefit replace my SS

Dear Rusty: My husband is 76, retired for 4 years, and receiving Social Security. I am only 59 and still working. We are both in good health and I'd like to think we still have many years to enjoy retirement. My question: Is it true that if I start SS at 62, I can switch to my husband's SS when he passes? If this is true (and his amount is slightly higher than my FRA amount), wouldn't it make sense for me to begin collecting at 62?

Signed: Younger Spouse

Dear Younger Spouse: Yes, it is true that if you start your reduced personal SS benefit at age 62, and your husband (collecting a benefit higher than your own) predeceases you, you can switch to his higher benefit amount. But there are some other factors which come into play when dealing with survivor benefits, especially with an age difference:

- You must be at least 60 years old to claim your survivor benefit (or 50 if you are disabled).
- Your survivor benefit will be reduced if you haven't yet reached your own full retirement age (FRA) when you claim it. The reduction is 4.75% for each full year earlier than your FRA that you claim the survivor benefit.
- You do not need to take your survivor benefit immediately upon your husband's death. Your survivor benefit as your husband's widow reaches maximum at your FRA, and you can choose to delay claiming your widow's benefit until you reach your FRA (to get the maximum amount).
- If you claim any SS benefit before your FRA (your own or your survivor benefit), and you are working, you'll be subject to Social Security's "earnings test" which limits how much you can earn before SS takes back some of your benefits.

Considering the above, if your eventual benefit as your husband's widow will be the highest benefit you will be entitled to, then claiming your personal SS benefit at age 62 may be a prudent strategy. It allows you to collect your own benefit earlier (albeit reduced) until your higher survivor benefit kicks in to replace the smaller amount. However, your plans for working prior to your full retirement age are key to deciding if you should claim benefits earlier. If you exceed the earnings limit (\$18,960 for 2021), SS will take away some of your benefits, which could mean you go without benefits until they recover what you owe. Indeed, if your earnings are high enough, you may find that you would get no SS benefits because the amount you owe for exceeding the earnings limit would completely offset your Social Security benefit.

So, as you can see, if you are working with a high income, the earnings limit might imply that waiting until your FRA to claim any SS benefit is the smartest move. But if you don't work after you claim SS then taking your own benefit early and later switching to your higher widow's benefit at or after your FRA would be a sound choice.

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Roy's Sudoku

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

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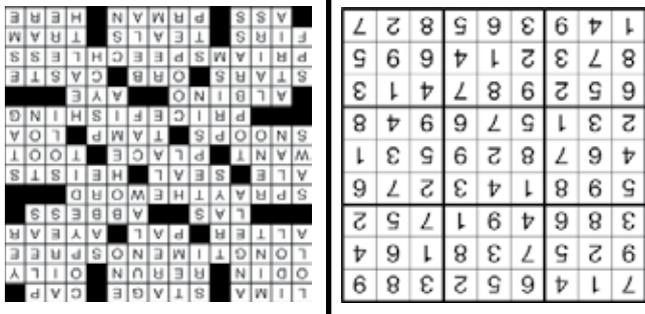
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Spring harvest infuses new flavors into celebration of San Diego Restaurant Week

A blossom of foodie adventures await San Diegans as San Diego Restaurant Week (SDRW) bundles the yields of Spring into an 8-day edible extravaganza expanded to provide more dining than ever before alongside much needed industry aid!

The beloved foodie event brings new life to the restaurant community from Sunday, April 11-Sunday, April 18, and features restaurants all over San Diego County offering variations of prix fixe menus at affordable prices. Spanning across San Diego County, participating restaurants will offer three-course prix-fixe dinner menus for \$20, \$30, \$40, \$50 or \$60 per person and/or two-course prix-fixe lunch menus for \$10, \$15, \$20 or \$25 per person.

Restaurants sprouting with innovation will showcase their menus through traditional in-house dining, expanded outdoor spaces as well as to go accommodations. Tickets are not necessary for this mouth-watering month of dining, but reservations are recommended!

Visit SanDiegoRestaurantWeek.com for more information, a complete list of restaurants, or to make reservations in advance!

Happy Earth Month, San Diego residents!

Solana Center for Environmental Innovation is looking forward to celebrating together throughout April to share educational offerings and opportunities to take action for the whole family. Since every day is Earth Day, our teams work to provide these interactive opportunities to the San Diego community year-round with the support of local jurisdictions and residents alike. We couldn't do it without your help! We appreciate your tax-deductible contributions to assist our mission to protect our planet. We are grateful for your participation in enacting impactful change!

Virtual Master Composter Course for Families

This 3-week virtual course will help guide your family's shared composting adventure and cover everything you need to compost with confidence, all presented in a way that's fun and intuitive for kids. Weekly on Saturdays, April 17-May 1, 10-11am. Learn more & register at solanacenter.org/events

Family Fun Virtual Worm Composting 3-Part Webinar series

Join Solana Center in a 3-part "Support Global Worming" webinar series designed to provide fun and education for the whole family! Learn how easy it is to compost at home with red wiggler worms -- the best pets you will ever have!

4/19: We Built This Worm Bin!

4/21: Making Your Worms Feel at Home

4/24: From Bin to Bed

Master Composter 5-week Virtual Course

Weekly on Wednesdays, May 5-June 2, 6:30-8pm. Dig into the art and science of composting with weekly live Zoom sessions. Limited spots remain! \$25 course fee with preferential registration for unincorporated residents. Learn more & register solanacenter.org/events

Solana Center for Environmental Innovation is located at 137 N. El Camino Real in Encinitas. www.solanacenter.org

SD Humane Society Community Pet Pantry

San Diego Humane Society is supporting families and their pets who need extra help during the COVID-19 pandemic. Through the Community Pet Pantry, anyone can visit our campus locations in El Cajon, Escondido, Oceanside or San Diego to pick up a bag of dog or cat food, and other supplies, as available. No appointment is needed for this service. Tuesday-Sunday | 9am-6pm.

San Diego Humane Society Campus Locations

El Cajon Campus
1373 N. Marshall Ave.
El Cajon, CA 92020

Oceanside Campus
572 Airport Road
Oceanside, CA 92058

Escondido Campus
3500 Burnet Drive
Escondido, CA 92027

San Diego Campus
5480 Gaines Street
San Diego, CA 92110

Kindness is a gift everyone can afford to give

100,000th COVID-19 vaccine administered in Navy's U.S. Third Fleet

SAN DIEGO (Apr. 1, 2021) - The Navy's U.S. Third Fleet coordinated the administration of its 100,000th voluntary first-dose of the COVID-19 vaccination aboard Nimitz-class aircraft carrier USS Abraham Lincoln (CVN72), April 1.

Third Fleet is coordinating vaccination allocation and administration for all naval personnel on the U.S. West Coast, Alaska, and Hawaii.

"Vaccination is about protecting our force and their families while maintaining mission assurance," said Vice Adm. Scott D. Conn, Third Fleet commander.

Vaccine distribution is being conducted in phases, and vaccinations occur regularly aboard ships, military medical treatment facilities and clinics. Vaccine distribution is conducted in phases - vaccines were initially sent to medical treatment facilities and dedicated vaccination sites. As more vaccines became available, vaccines have been offered aboard aircraft carriers, including Abraham Lincoln and

USS Carl Vinson (CVN 70), as well as guided-missile cruisers and destroyers assigned to carrier strike groups.

Earlier this year, greater than 90% of personnel in the Carl Vinson Carrier Strike Group, an operational unit within Third Fleet, voluntarily received their COVID-19 vaccines.

"I am proud of the Sailors of Lincoln Nation for choosing to receive the vaccine," said Cmdr. William Nguyen, Abraham Lincoln's Senior Medical Officer. "The vaccine is not only beneficial to the person who receives the injection, but also for our crew, their loved ones and society at large."

Regardless of vaccination status, Third Fleet naval units are practicing aggressive COVID mitigation methods such as wearing facemasks, frequent hand washing, and social distancing as much as possible.

Third Fleet is responsible for the coordination of vaccination allocation and administration for



Photo By Seaman Stephanie Contreras | San Diego (April 1, 2021) Hospital Corpsman 2nd Class Maria Conejo, from Rosharon, Texas, administers a COVID-19 vaccine to Boatswain's Mate Seaman Itzel Dominguezrocha, from Houston, in the hangar bay aboard the aircraft carrier USS Abraham Lincoln (CVN 72). Abraham Lincoln administered the 100,000th first-dose vaccine in the U.S. Third Fleet area of operations during a mass COVID-19 voluntary vaccination event aboard the ship while moored at Naval Air Station North Island. U.S. Navy photo by MC3 Stephanie Contreras.

all naval personnel within Navy Region Northwest, Southwest, and Hawaii. These regions include Alaska, Arizona, California, Colorado, Hawaii, Idaho,

Iowa, Minnesota, Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Utah, Washington, and Wyoming.

Is exercise that's too intensive resulting in your angina?

by Military Health System Communications Office

Coronary artery disease is the most common type of heart disease and the leading cause of death in the United States for both men and women. Arteries carry oxygenated blood throughout the body including to the heart muscle. Over time, plaque can build up in the arteries, which harden and constrict blood flow to the heart. When the heart does not get enough blood, the body's response is angina. Angina is experienced as a feeling of tightness or pressure in the chest that can also radiate out to the neck, jaw, back, or shoulders. Women may also experience nausea, shortness of breath, or fatigue. Angina can be exercise-induced or caused by other symptoms of heart disease.

"Any time the heart's demand for oxygen is greater than the supply, there is a chance for angina," said Dr. Jamal M. Munir, a cardiologist at Fort Belvoir Community Hospital. "Angina most commonly occurs during physical exertion, such as walking quickly up a hill or flights of stairs." Increases in blood pressure or stress, abnormally fast heart rhythms, severe illness, or anemia can also raise the risk of experiencing angina, she added.

Exercise can induce angina even in presumably healthy individuals. "When you exercise, your heart needs more oxygen and nutrients," said Munir. "If the demand outstrips the supply, the result is angina."

Someone with angina would experience a dull sensation rather than a sharp pain, which typically comes on gradually during exercise and can improve with rest, she added. Nitroglycerin, a medication that relaxes the arteries and increases blood flow, can alleviate chest tightness and pressure. "Should you experience persistent angina while at rest or at lower levels of activity, seek medical care immediately for a possible heart attack," Munir cautioned.

The temptation might be to think that if exercise induces angina, the safest course of action would be to remain on the couch. Munir disagrees, stating that when it comes to daily exercise, it doesn't have to be intense or done all at once. "Some people complain that they can't make it to the gym for a full workout, but if they walk for 10 minutes after each meal, that adds up to 30 minutes a day." Moderate exercise combined with strength training, stretching, meditation, or yoga practice is all important to cardiovascular health, she added.

A physician can test for indicators of coronary artery disease - high blood pressure, abnormal heart rhythm, or high cholesterol - that contribute to angina.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

What does the month of April represent to you? If you're stationed in the southern hemisphere, you're waiting for your autumn leaves to fall. For those of us north of the equator, we're watching new bees buzzing among the spring daffodils.

April is the also the month that I begin shaving my legs above the ankle. It's the time of year that seasonal allergies render my eyes baggy and swollen, and the month that I gain five pounds from sneaking Easter candy and gorging on leftover scalloped potatoes.

But the April event that has the most significant impact on our household each year is when our dog Moby sheds his winter coat.

I didn't believe our base neighbors who warned us.

"You're getting a lab?" they said in disbelief. "You know labs shed, right?"

But six years ago, when I first set eyes on our then eight-week old yellow Labrador Retriever puppy we named Moby, people could've warned me that he would grow up to have poisonous tentacles, razor sharp claws, and skunk-like scent sacs. I simply didn't care. Moby was the cut-

Spring flora, fauna, and fur

est bundle of velvety fuzz, loose fluff, and puppy breath I'd ever seen. He looked just like one of those impossibly adorable L.L. Bean catalog puppies, and nothing, including zoological fact, scientific evidence, and common sense, was going to stop us from taking him home.

Throughout that first year of puppy-rearing, Moby shed hairs here and there, but we were too busy dealing with potty training, shoe chewing, and needle teeth wound care to notice. But when Moby turned one-year-old and was officially an adult, his follicles decided to celebrate by taking a vacation. Accordingly, his stiff yellow hairs were granted their freedom to explore every nook and cranny of our household.

It all happened quite suddenly. One day, to praise Moby for returning the pair of underwear he'd stolen from our daughter's room, I reached down to stroke his back. He gave me several licks to the face before I noticed. I had a catcher's mitt of dog fur covering my hand.

Ever since then, April has become the month that dog fur permeates every aspect of our lives.

First thing in the morning, my scratchy throat is the sure sign that I've inhaled several hairs in the middle of the night, triggering sudden coughing fits. Moby sleeps in a crate in the corner of our bedroom, but when I lift the quilt to make our bed, puffs of his fur take flight and become airborne, creating a cyclone of

dog hairs that glows visibly in the morning light, before gently drifting back down to settle back on our bedspread, ready to be inhaled another night.

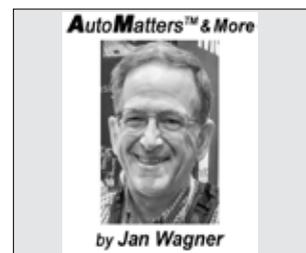
When I dress for the day, I'm hard-pressed to find an article of clothing that is free of Moby's fur, even if it's been freshly laundered. I often find a hair floating in my morning coffee and have to fish it out with a finger. If I miss, it ends up on my tongue. Strangely, I can feel it, but somehow can't seem to find it. Eventually, I swallow and hope that dog fur doesn't have too many carbs.

The rest of the day, I find mats of fur in the lint trap, tumbleweeds of fur drifting down the hallway, tufts of fur on the upholstery, balls of fur on the bathroom rug, blankets of fur in the vacuum filter, tangles of fur on the fan blades, and a generous sprinkling of fur on carpets, furniture and fixtures.

Also, thanks to my unfortunate mistake of allowing Moby to ride along in my car, anyone who enters my vehicle gets out looking like Chewbacca.

I didn't think it was canine-ly possible for a dog to shed so much fur, much less for it to end up on top of our refrigerator, baked into the meatloaf, or woven into my toothbrush bristles. In a strange and incredibly annoying sort of way, dog shedding is quite miraculous.

In fact, it will be a miracle if I survive April without hacking up a hairball myself.



The word extreme conjures up visions of being at the very edge of what is possible. Extreme E is an extreme, new, global, off-road racing series that highlights the climate emergency and encourages positive changes, to help make our world a better place.

Demonstrating by example, Extreme E promotes sustainable vehicle electrification, to significantly reduce the damage being done to our environment. The locations of the events are chosen because of their problems with the environment, and to address them, bringing renowned scientists to conduct scientific research and mitigation on-site. Extreme E also addresses the serious societal challenges of gender inequality, in what has traditionally been male-dominated motorsports.

Extreme E features cutting edge, state-of-the-art, purpose-built, powerful, fully electric SUVs, powered by renewable electricity. They are skillfully and courageously raced by the very best male and female racing drivers in the world, in the most extreme, harsh, perilous conditions imaginable - many miles from civilization.

Extreme E's CEO is Alejandro Agag, the founder of the Formula E open-wheel electric racing series.

Extreme E utilizes the latest in TV technology to bring the racing to us, intentionally discouraging large, live, in-person audiences that would negatively impact the environment.

Each of the race teams is comprised of one man and one woman, sharing one vehicle with a driver

Extreme E off-road racing promotes electrification, the environment & equality

change in-between. The competitors come from the world of motorsports: predominantly rallying, in its various forms. Familiar names include Sébastien Loeb, Carlos Sainz, American Kyle Leduc and F-1 champion Jensen Button. Less familiar, but no less skilled and motivated to win, are the women, including Molly Taylor, Jamie Chadwick and American Sara Price.

Familiar partners in the race teams include Chip Ganassi Racing and Andretti Autosports. Team principals include motorsports luminaries, including multiple Formula One World Champion Lewis Hamilton, who sees Extreme E as a means to having a positive impact on saving our planet and promoting diversity through motorsports; and former fellow Mercedes F-1 driver and World Champion Nico Rosberg.

Each race team shares one fully electric, off-road, high torque, ODYSSEY 21 racing SUV. Their high-performance stats include 0-62mph in 4.5 seconds, at gradients of up to 130 per cent! The battery is produced by F-1's Williams Engineering. The crash structure - which would be tested in a spectacular, scary barrel roll in the very first event - is a high-tech, niobium-reinforced steel alloy tubular frame. The tires are also purpose-built, designed specifically for the extreme conditions by founding partner Continental Tires.

The strong focus on the environment and sustainability are exemplified by such things as zero-emission, hydrogen fuel cell vehicle charging. Serving as the freight and logistics hub is the extensively refurbished and modernized historic ship, the St. Helena, so that jet aircraft need not be used to transport people, equipment and the fully equipped,

staffed, on-board science laboratory for environmental research.

The awe-inspiring setting for the inaugural Extreme E race weekend was the remote, inhospitable, massive Saudi Arabian desert. It looks like an alien planet, with huge, dark, ominous, craggy boulders; sweeping sand dunes and not another living being in sight.

Driving skill, race strategy and courage are the keys to victory. At the start of the weekends final races, the racers side-by-side, calling upon all their years of experience and skill in a battle to win the coveted lead position, in order to leave their fellow competitors in their dust. Those who followed closely were blinded by thick clouds of sand dust, forcing them to either back off or risk bold strategies to retake the lead for themselves. Since there were no track limits - only occasional gates that must be driven through - the racers explored different, shorter racing lines, ever mindful and aware of the critical need to avoid obstacles in their paths that could suddenly and unforgivingly send them crashing out.

They launched high into the air, cresting the rugged terrain; perilously weaved their way in between enormous, towering boulders; and dived, plunging headlong at extreme, breakneck speed, down the long, dangerous, remote backside of an enormous sand dune, knowing full well that if they got sideways on the descent they might tumble down the slope in a perilous barrel roll.

Next race: Senegal, May 29-30. For additional information, visit <http://www.extreme-e.com/>.

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