

Veterans News

Veterans with PTSD could qualify for service dogs through PAWS Act.

See page 5

Base Movie Schedule

See the latest movies offered on the bases for free or reduced prices. Check our weekly schedule.

See page 10

Navy Marine Corps Coast Guard Army Air Force

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

Your FREE weekly paper
Take one!

NAVY UDT/SEAL MONUMENT TO BE DEDICATED AT MIRAMAR NATIONAL CEMETERY MEMORIAL WALKWAY •FRIDAY, AUG. 27 •11 A.M.

SIXTY-FIRST YEAR NO. 18
THURSDAY, AUGUST 26, 2021

AIR FORCE MAJOR HOPES HER PAGEANT WINS WILL INSPIRE MORE WOMEN TO BECOME PILOTS

by Jonathan Snyder,
Stars and Stripes

An Air Force officer with a sideline as a pageant competitor is using her spotlight to promote opportunities for women in aviation.

Maj. Raliene Banks won her third title, Mrs. Regency International, last month in Las Vegas.

Born and raised on Guam, Banks entered the Air Force in 2008 as a pilot and has flown the C-17 Globemaster, RQ-4 Global Hawk and KC-135 Stratotanker during her career. Now she works at the Pentagon as deputy chief of agile combat employment.

"I didn't apply for the Air Force until I had already graduated from college, and I had a job lined up already with the Federal Aviation Administration to be an air traffic controller," Banks told *Stars and Stripes* by phone Aug. 21. "In 2007 was when I was notified I was selected for pilot training, that was probably one of the best days of my life."

Everything changed for her in 2019 when she was diagnosed with Graves' disease, an autoimmune disorder that affects the thyroid. That has grounded her Air Force flying career, at least temporarily.

"I thought to myself, what



(top) Air Force Maj. Raliene Banks won her third pageant title, Mrs. Regency International, in Las Vegas on July 31. (inset) Banks, with her husband, Maj. Joshua Banks. The former pilot works at the Pentagon as deputy chief of agile combat employment. Courtesy photos

else can I do with everything that I know and the expertise that I have, with what I'm going through with Graves' disease," she said. "I saw other women on social media who were friends of friends that competed in pageantry, and I thought to myself, that looks like fun."

Since then, Banks has used pageantry as an outlet to promote and encourage women in aviation.

"When I first started pag-

entry, my platform was solely based off aviation and trying to get more women into the career field, because only 6 percent of pilots are female and that number is just so low," she said.

Banks has participated in five competitions, so far, and has also been crowned Ms. Virginia North America 2021 and Mrs. Guam Petite 2020.

She won the Mrs. Regency International Pageant on July 31, with her husband, Maj. Joshua

Banks, there to support her.

The Regency International Pageant attracts contestants from across the United States and the world. Representatives from countries such as the United Kingdom, Australia, Philippines, Mexico and Cayman Islands have competed in interview, photogenic, fun fashion and evening gown competitions for the coveted Regency International crowns.

Banks said she speaks to peo-

ple about their ambitions while encouraging and inspiring them to achieve their goals regardless of their backgrounds. From that, she created her pageantry platform, Take FLIGHT Today.

The purpose of Take FLIGHT Today is threefold, Banks said. It aims to empower women, promote aviation and educate others on how to promote resiliency within their communities.

"I volunteered with Girls Day in Aviation back before COVID," she said. "I also chaired

The Ninety-Nines' Let's Fly Now program that provides free introductory flights to women."

The Ninety-Nines is a non-profit, international organization of licensed women pilots from 44 countries with its headquarters in Oklahoma City, according to its website.

While she is unable to fly for the Air Force, Banks can still fly civilian aircraft.

"Women in Aviation Inter-
see Banks, page 3

DOD intends to mandate Pfizer vaccine, Pentagon official says

by David Vergun, DOD News

Since the Food and Drug Administration granted full approval of the Pfizer-BioNTech COVID-19 vaccine Aug. 23, it's very likely the vaccine will soon become mandatory for Defense Department personnel, the Pentagon press secretary said.

"Now that the Pfizer vaccine has been approved, the department is prepared to issue updated guidance, requiring all service members to be vaccinated. A timeline for vaccination completion will be provided in the coming days, John F. Kirby said at a press briefing.

Kirby said the health of DOD's military and civilian employees, families and communities is a top priority. "These efforts ensure the safety of our service members and promote the readiness of our force, not to mention the health and safety of the communities around the country in which we live."

The Pfizer vaccine will now be marketed as Comirnaty and is for the prevention of COVID-19 in individuals age 16 and older. The vaccine continues to be available under emergency use authorization for individuals 12 through 15 years of age and for the administration of a third dose to certain immunocompromised individuals, according to the FDA.

CNO TALKS LEADERSHIP IN HIS VISIT TO SPECIAL WARFARE COMMAND

Chief of Naval Operations, Adm. Mike Gilday visited Naval Special Warfare Command (NSWC) Headquarters and NSWC's Naval Special Warfare Group One as part of a visit to the San Diego region Aug. 23.

During the visit, Gilday spent time with Rear Adm. H. W. Howard, III, commander, Naval Special Warfare Command, and NSW operators to discuss NSW's assessment and selection for leaders with the character, cognitive and leadership attributes required for highly

complex and high-risk missions the Nation asks of its naval commandos.

Gilday received a brief on how NSW is using the newly formed NSW Leadership Assessment Program (NLAP) for officer and senior enlisted advisor command selection, mental health performance programs, and family support and transition programs to improve the readiness and resiliency of the total force.

NLAP is NSW's newest ap-

proach to increasing officer and enlisted selection precision, individual development opportunities, and officer & enlisted leader pairing decisions. Among other criteria, the program consists of peer and subordinate assessments of leader candidates; physical, psychological and writing assessments; and double-blind interviews that assess participants' leadership potential and mitigate cognitive biases that can adversely impact selection decisions.

"I fully support the transfor-

mative approach that Naval Special Warfare has taken to identify individuals with the cognitive, character, and leadership attributes necessary to command in today's Force," said Gilday. "The NSW Leadership Assessment Program (NLAP) not only assesses for these attributes but also provides candidates with the feedback they need so they can improve and succeed going forward. Providing our Sailors mentorship and training at every level will help ensure a ready force for our Navy tomorrow."

Gilday also toured the human performance training center at the Silver Strand Training Complex, a state-of-the-art facility that brings together the physical and mental resources to develop a more resilient and high-performing Naval Special Warfare force.

"Without a doubt, readiness is all about our people. We know that diverse teams outperform those that are not. And we know esprit de corps, particularly within small units, is incredibly important to our combat ef-

fectiveness," said Gilday. "The high-performing and highly-reliable Naval Special Warfare teams I've met here place great emphasis on core values of waging, character and ethics, and it makes me proud to serve with these Sailors."

The tour concluded with a visit to NSW Group One's combat training tank where naval commandos train to conduct high-risk combat diving evolutions. The force is placing a renewed emphasis on missions that only NSW can do.



Proudly Serving Our Brave Military

Get your discount today. ¡Hablamos Español!

Dawn Grant

760-753-7907

1155 Grand Ave, San Marcos

geico.com/san-marcos-grant

Ralph Sanchez

619-264-1751

386 East H St, Chula Vista

geico.com/chula-vista-sanchez

Aaron Zazzera

619-321-3789

1400 Camino De La Reina, San Diego

geico.com/san-diego-zazzera

Vu Muth

858-293-6910

6615 Flanders Drive, San Diego

geico.com/san-diego-muth

Justin Hall

619-219-6600

70 Town Center Pkwy, Santee

geico.com/santee-hall

Donald Sewell

760-697-9550

258 N El Camino Real, Encinitas

geico.com/encinitas-sewell

Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. GEICO contracts with various membership entities and other organizations, but these entities do not underwrite the offered insurance products. Discount amount varies in some states. One group discount applicable per policy. Coverage is individual. In New York a premium reduction may be available. GEICO may not be involved in a formal relationship with each organization; however, you still may qualify for a special discount based on your membership, employment or affiliation with those organizations. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © 2021 GEICO

VMFA-211 conducts first cross-deck aviation mission in modern Naval history

by 1st Lt. Zachary Bodner, 3rd Marine Aircraft Wing

PACIFIC OCEAN - Marine Fighter Attack Squadron 211 conducted a first-of-its-kind operation which saw F-35B aircraft launched from HMS Queen Elizabeth land on amphibious assault ship USS *America* to load ordnance, refuel, and strike follow-on objectives on Aug. 20. The operation highlighted the interoperability of the F-35B and the strategic importance of the joint integration between the United Kingdom Carrier Strike Group and the U.S. Navy Amphibious Ready Group/Marine Expeditionary Unit.

This mission was the first time in modern history the United States has cross-decked aircraft for a mission utilizing a foreign aircraft carrier, demonstrating naval partnerships in action.

The evolution underscored our continued effort to shift away from static, built-up airfields towards distributed maritime operations."

"Doing so as part of the United Kingdom Carrier Strike Group 21 strengthens our alliances and partnerships through the development of interoperable capabilities, combined operations, theater security cooperation, and capacity-building efforts," said Col. Simon Doran, U.S. senior national representative to the UK CSG.

DMO calls for U.S. Naval forces to operate in a less concentrated and more distributed manner to complicate an adversary's ability to find, track, and target them while still delivering decisive combat power where needed. The multi-national maritime aviation operation extends the reach of the F-35, enabling the 5th-generation aircraft to effect objectives farther away, for extended amounts of time, and with increased ordnance capacity.

In planning guidance released to the fleet, the Commandant of the Marine Corps highlighted that the Marine Corps is a naval expeditionary force capable

of deterring malign behavior and, when necessary, fighting inside our adversaries' sensors and weapons engagement zone to facilitate sea denial in support of fleet operations and joint-force horizontal escalation. VMFA-211's F-35B short take-off and vertical landing aircraft capabilities make them uniquely qualified to support distributed maritime operations, and capable of operating from

HMS Queen Elizabeth.

For U.S. Marine Corps Maj. Brian Kimmens, the executive officer of VMFA-211, this mission wasn't his first-time landing on USS *America*.

"Having previously deployed on amphibious assault ships while flying the AV-8B Harrier, I looked forward to the opportunity to work with the Marines and Sailors aboard *America*

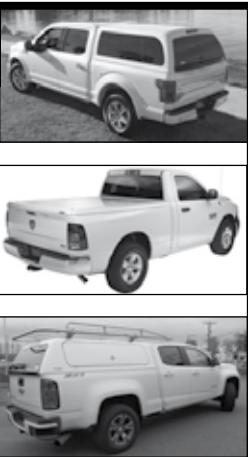
see Aviation, next page

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

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

SNUGTOP
THE PERFECT FIT



An F-35B prepares to launch from HMS Queen Elizabeth for a historic cross-deck operation with USS America. Marine Corps photo by 1st Lt. Zachary Bodner

Banks

continued from page 1

national recently gave me a scholarship to do certified flight instructor training," she said.

Women in Aviation International is an American nonprofit organization that provides networking, education, mentoring

and scholarship opportunities for women and men in careers in the aviation and aerospace industries. "If everything goes well and I go into remission, I can apply for a waiver to go back to flying for the Air Force," Banks said. "And that's what I'm really hoping for."

Coast Guard

- Coast Guard returns 19 people to Cuba after making four stops off the Florida Keys
- Patrols from Japan for fisheries violators
- Cutter Munro arrives for patrol with 7th Fleet in Western Pacific

Army

- Ohio institute, firms receive nearly \$9M in defense, federal supply contracts
- Fort Bragg's 1st Special Forces Command welcomes new commander
- Oregon Army National Guard deploy to hospitals statewide: 'It's all about keeping people safe'
- Man sneaks onto Fort Drum, injures soldier and steals Humvee
- 'Forgotten Battalion' of U.S. Soldiers still preserving peace in Kosovo two decades on

Air Force

- U.S.-led coalition aircraft shoots down drone over Syria
- Guam announces proof-of-vaccine mandate; Air Force lifts ban on bars, nightclubs
- 'Waiting for the next step': Thousands of Afghanistan evacuees find temporary home at Ramstein Air Base
- Air Force Marathon at Wright-Patterson cancelled as coronavirus cases rise
- Holloman AFB Main Gate closed following vehicle crash
- Ohio company receives multiple Air Force 'flying car' contracts

Socaltuck.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

MILITARY DISCOUNTS AVAILABLE

IT ALL STARTED WITH A PASSION FOR BURGERS, BACON, AND BEER. But we have even more awesomeness to bring you with a full menu, chock full of all sorts of over-the-top options (and even some healthy ones). And we will always pay homage to the original 50/50 patty - made of 50% ground bacon and 50% ground beef.



"BUSY PLACE, GOOD MUSIC, NICE ATMOSPHERE,
FRIENDLY SERVICE, AND GREAT FOOD."

-STEWART M.



SAN DIEGO
SLATER'S
50/50
BACON BURGERS PLUS

2750 Dewey Rd. #193
San Diego, CA 92106
(Located in Point Loma at Liberty Station)

619.398.2600

SanDiego@Slaters5050.com

Mon-Fri: 11am to 10pm
Sat-Sun: 10am to 10pm

USS *Billings*, USNS *Burlington* support Haiti relief

The Navy's Littoral combat ship *Billings* and fast transport ship *Burlington* are supporting humanitarian assistance and disaster relief operations off the coast Haiti, Aug. 22.

"As the maritime component for this mission, we're on scene ready to provide whatever support we can to USAID," said Capt. Peter Ehlers, Joint Force Maritime Component Com-

mander (JFMCC). "Our ships, aircraft, and personnel are ready to provide relief to the people of Haiti."

Burlington is utilizing its ScanEagle unmanned aerial system (UAS) to obtain aerial images of the destruction on the ground which helps relief planners determine where supplies are needed, what airfields can be used, and what roadways are accessible.



A Blackhawk helicopter prepares to take off from the flight deck of USNS *Burlington* (T-EPF 10) after refueling, Aug. 21. Navy photo

Rear Adm. Keith Davids, which was stood up to coordinate military support.

They join other U.S. Southern Command components and U.S. Coast Guard ships already on station, in addition to allies and partners from the Netherlands, France, and United Kingdom.

access, enhance interoperability, and build enduring partnerships in order to enhance regional security and promote peace, stability and prosperity in the Caribbean, Central and South American region.

Armed Forces Dispatch Like us on Facebook

@ArmedForcesDispatchNewspaper



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:cvofoice@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

Mesa View Baptist Church
Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CWO3, USMC (Ret.)
Seeking Sinners; Saving Souls, Strengthening Saints
Sunday School at 8:45am • Morning Worship at 10am
Wednesday Night Bible Study 7pm
13230 Pomerado Rd, Poway • 858-485-6110 • www.mesaview.org
Opening soon!

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

Resurrection Lutheran Church
A Small Place with a Big Heart!
Worship Service Sunday at 10:15 am. (please see website for details)
1111 Fifth Street – Coronado, CA 92118 – 619.435.1000
secretary@resurrectioncoronado.com – www.r.church
<https://www.facebook.com/resurrectioncoronado/>
The Rev. Dr. Brian Oltman, Pastor

St. Luke's Lutheran Church
5150 Wilson Ave., La Mesa, CA 91942
Phone: (619) 463-6633
[website: www.st-lukes-la-mesa.org](http://www.st-lukes-la-mesa.org)
Worship: 9am
Pastor: Mark Menacher, PhD.
We thank you for your service!

Aviation

continued from page 3
from the cockpit of an F-35B," said Kimmens. "Being able to demonstrate the interoperable nature of the F-35B amongst partner nation vessels further highlights our flexibility and lethality as a war-fighting organization."

This phase of the deployment represents a crucial milestone in the development of UK Carrier Strike and our integration with partners in the INDO PACIFIC region," said Royal Navy CAPT James Blackmore, Carrier Air Wing Commander. "Exercising with a range of allies, including the U.S. and Japan, provides an invaluable opportunity to gain further experience in operating

the Lightning F-35B, Merlin and Wildcat helicopters from the Queen Elizabeth Class carriers alongside other nations, which will be key to delivering the Carrier Strike Full Operating Capability by the end of 2023."

Marine Fighter Attack Squadron 211 and USS *The Sullivans* continues the relationship with the U.K. through the deployment of Carrier Strike Group 21. Interoperability with the United Kingdom, The Netherlands, and other international allies will preserve collective military advantage and reinforce rules-based international order. The U.S.'s-U.K.'s forward-deployed forces remain ready to respond to crises globally as a combined maritime force.

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

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.

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

Veterans with PTSD could qualify for service dogs through PAWS Act

by Nikki Wentling,
Stars and Stripes

WASHINGTON - Vets struggling with mental health conditions will be eligible to receive service dogs through a pilot program approved by Congress.

Congress finalized a bill recently that orders the Department of VA secretary to launch a five-

year pilot program that provides service dog training to benefit veterans diagnosed with post-traumatic stress disorder. Now, the VA only covers some costs of service dogs for veterans with certain physical disabilities, such as blindness, hearing impairment and mobility issues but not mental health conditions.

"Many veterans with mobil-

ity impairments have had their lives changed - in some cases, saved - by service dogs," Sen. Kevin Cramer said in a statement. "Our bill would expand this treatment by launching a pilot program to make veterans with mental health issues such as depression eligible to receive service dogs."

Cramer, along with Sens.

Thom Tillis, Kyrsten Sinema, and Dianne Feinstein introduced the bill, titled the Puppies Assisting Wounded Servicemembers for Veterans Therapy Act, or PAWS Act. The bill already passed the House and was sent to the White House for President Joe Biden's signature.

The legislation requires the VA to launch the pilot program in

early 2022, and it must be carried out by at least five VA medical centers. The facilities will partner with accredited service dog organizations to perform the training.

After the pilot program ends, the VA must report back to Congress about whether the program should be extended or made permanent. If the program does continue past five years, Congress will consider expanding it to address mental health conditions other than PTSD.

Advocates for vets with mental health issues described the bill as a "huge step forward."

"This program will help prove, again, the life-changing impact a service dog can make in mitigating a veteran's symptoms associated with post-traumatic stress," said Rory Diamond, CEO of K9s for Warriors. "We're on the path to service dogs being a covered benefit for vets with PTSD."

Mental health service dogs are

task-trained to assist people with PTSD, panic disorders, anxiety disorders, depression and other conditions. They can retrieve medication, bring their partner an emergency phone, call 911 or a suicide hotline with a K9 rescue phone, turn on lights and help with emotional overload, among other things.

Some lawmakers and advocates have pushed the VA for years to help veterans with PTSD cover the costs of training service dogs. The department maintained there wasn't enough scientific evidence showing dogs helped treat PTSD and its symptoms.

Congress directed the VA to conduct a study into the issue in 2010. The initial results were published in March. The study found veterans paired with service dogs experience a reduction in the severity of their PTSD symptoms. They exhibited fewer suicidal behaviors and ideations after 18 months of working with a service dog.

FRA NewsBytes: Vax mandate, debt limit returns, Afghan vets

Military ordered to be vaccinated by Sept. 15

As a follow-up to Aug. 6, NewsBytes story, Department of Defense is requiring service members to get vaccinated with the COVID-19 vaccine. In a memo from Secretary of Defense Lloyd Austin, all U.S. military service members will be required to get the COVID-19 vaccine by Sept. 15.

"The intervening few weeks will be spent preparing for transition," the memo reads. "I have every confidence that Service leadership and your commanders will implement this new vaccination program with professionalism, skill, and compassion." Both the Coast Guard and the National Guard are planning to follow the DoD in requiring service members to get vaccinated against the COVID-19 virus.

Debt limit returns

Effective Aug. 1, the two-year suspension of the U.S. government debt limit ended. The Treasury Department will go to "extraordinary measures" to pay the government's expenses while lawmakers decide how to address the cap. The debt limit restricts how much the federal

government can borrow to finance its existing obligations. It was suspended at \$22 trillion under the 2019 Bipartisan Budget Act, which also included a deal on spending caps. Once it's restored, the debt limit will be set at a level that reflects additional

borrowing - about \$6.5 trillion - during the two-year pause, a large portion of which was due to Covid-19 relief packages.

Treasury can take steps to alter the government's cash flow and stay below the ceiling, but not for long. Treasury Secretary Janet Yellen warned of default risks soon after lawmakers return from their August recess, and the Congressional Budget Office said the department's cash could be exhausted later this fall.

Afghan veterans should be proud of their service

The recent news from Afghanistan has many in the veteran's community feeling isolated, confused, and left wondering if their sacrifice and the sacrifices of those who served alongside them were worth it. As with the Vietnam vets, those that served

in Afghanistan are having to come to terms with the fact that the U.S. military pull out is leaving Afghanistan with the job undone.

If you're a vet in crisis or concerned about one, there are caring, qualified VA responders standing by to help 24 hours a day, 7 days a week at the VA Veterans Crisis Line. A list of resources for veterans provided by the Department of Veterans Affairs include:

Veterans Crisis Line: If you are having thoughts of suicide, call 1-800-273-8255, then PRESS 1 or go online. For emergency mental health care, you can also go directly to your local VA medical center, 24/7 regardless of your discharge status or enrollment in other VA health care.

Vet Centers: Discuss how you feel with other vets in these community-based counseling centers. 70 percent of Vet Center staff are veterans. Call 1-877-927-8387 or find one near you.

VA Mental Health Services Guide: This guide will help you sign up and access mental health services.

MakeTheConnection.net: Information, resources, and

Veteran to Veteran videos for challenging life events and experiences with mental health issues.

RallyPoint: Talk to other Veterans online. Discuss: What are your feelings as the Taliban reclaim Afghanistan after 20 years of US involvement?

Download VA's self-help apps: (<https://www.ptsd.va.gov/appvid/mobile/>). Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time.

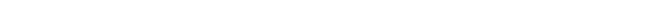
VA Women Veterans Call Center: Call or text 1-855-829-6636 (M-F, 5 a.m.-7 p.m., & Sat., 6 a.m. to 3:30 p.m., Pacific Time)

VA Caregiver Support Line: Call 1-855-260-3274 (M-F, 8 a.m. to 7 p.m., Sat., 8 a.m. to 2 p.m., Pacific Time)

Together We Served: Find your battle buddies through unit pages.

George W. Bush Institute: Need help or want to talk? Check in, call: 1-630-522-4904 or e-mail: checkin@veteranwellnessalliance.org.

Elizabeth Dole Foundation Hidden Heroes: Join the Community.



www.psrm.org

AZTEC FOOTBALL
2021 DISCOUNT MILITARY TICKET VOUCHERS

NOW AVAILABLE AT YOUR MWR OR MCCS TICKET OFFICE FOR JUST \$10!

Purchase a voucher at any MWR or MCCS Ticket Office and redeem vouchers at GoAztecs.com/Military for seating in select sections. Advance online redemption is strongly recommended.

For more information, visit your local military ticket office or call (619) 767-6000 to find a location near you.

2021 AZTEC FOOTBALL HOME SCHEDULE

| | | |
|--|---|--|
| SEPTEMBER 4 7:30 PM SJSU VS. NEW MEXICO STATE | SEPTEMBER 18 4:00 PM SJSU VS. UTAH | SEPTEMBER 25 12:30 PM SJSU VS. TOWSON |
| OCTOBER 9 TBA SJSU VS. NEW MEXICO | OCTOBER 30 7:30 PM SJSU VS. FRESNO STATE | NOVEMBER 13 7:30 PM SJSU VS. NEVADA |
| | NOVEMBER 26 9:00 AM SJSU VS. BOISE STATE | |

IN COOPERATION WITH SDMAC FOUNDATION

FLEET WEEK SAN DIEGO IS NOV 4TH - 11TH, 2021

FLEET WEEK ACTIVE DUTY GOLF Tournament
HELD AT SINGING HILLS GOLF RESORT AT SYCUAN

SEPTEMBER 8, 2021

The Fleet Week Active Duty Golf Tournament is exclusively for enlisted men and women as well as Junior Officers (O4 & below)

See the top foursomes compete head-to-head for the right to display the annual Fleet Week Inter-Service Trophy as 72 teams from area military commands participate for prizes in a scramble format.

The tournament is held at the beautiful Sycuan Resort and concludes in the evening with awards ceremony.

Cost:
\$70 registration fee for participants

Tournament Includes:
BBQ Lunch & Beverages
Golf Awards & Coat Prizes
Team Photo & Trophy
Hole-In-One & Putting Contests

Schedule of Events:
10:30 am Registration, Driving Range Open
11:00 – 12:45 pm Putting Contest, Lunch
1:00 pm Shotgun Start
5:30 pm Dinner, Awards & Prizes

SCAN THIS QR CODE TO REGISTER FOR THIS TOURNAMENT

Or visit our webpage at: <https://fleetweeksandiego.org/golf-tournament/>
For additional info, contact: Judy Cobens at judy@fleetweeksandiego.org or call (619) 858-1545

We're here to help you live Life Simplified

We offer independent senior living with life-enhancing amenities, serene outdoor spaces with spectacular views, and competitive rates without the buy-in fees and commitment of a life plan community.

The GATEWAY
Retirement Community
12751 Gateway Park Rd, Poway
TDD 800-545-1833 x359
Language Asst. Svcs. 562-257-5255
12751 Gateway Park Rd, Poway
TheGatewayRetirement.org

To schedule your tour today, call 858-487-1197

ALFLic.#374601329

How do you make smart living easier? Break it down

by Dr. Daneen Skube,
Tribune Content Agency

Q: I have a complicated list of "good things to do" at work and for my wellness but I get tired looking at the list. The truth is unless things are easy I'll never do them. How can I make being smart easier?

A: You make smart easier by breaking anything you want to do into the simplest step you can imagine. Often my hard working clients think that if anything is worth doing it must be complicated and hard. You're absolutely right that most people will never improve if all the tasks seem overwhelming.

Let's take health as an example. If you believe improving your diet means depriving yourself of everything you like, and improving your fitness means a 4:30 a.m. work out, you'll never do it. Yes this goal is impressive but it is also intimidating.

Let's consider instead making health easy. Making goals easy means only thinking of one small change you could make today. I recently started adding Chlorophyll drops to water as

an experiment. I also put an exercise ball in my therapy room so I can do backbends over my ball between sessions. Neither of these changes will guarantee I live to 100 but they are likely to help me.

In the 12-step programs they

Interpersonal Edge



by
Dr.
Daneen
Skube

discuss the importance of committing to not drink one day at a time. They avoid declaring they'll never drink again because that is too big of a goal. To make smart easy, take one day at time and ask yourself what one thing can I do today?

Tomorrow tends to be the land where "someday" we will eat better, move more and get tasks accomplished. The problem is tomorrow is never within reach and can end up being the repository where good dreams go to die.

If we're willing today to see our richer options than tomorrow will be better because today we made improvements. Today we can choose to collaborate rather than be combative. Today we can be curious rather than demand understanding. Today we can move more and choose to add food that is healing.

Again if we shame and scold ourselves for the doughnut we eat we will give up positive change because we feel demoralized. Some days you'll revert to old habits. Some days you'll surprise yourself by choosing things that make you feel and perform better at work.

Yes there may be people on the planet that love 4:30 a.m. workouts and living off lettuce. Then again many people that start with these intimidating goals burn out before any real improvement shows up.

One of the best things about small changes are the permanence. For instance, diets don't work because when you go off a diet you gain weight. What works is slowly changing how and when and what we eat.

Nutrition is a good example of how we struggle because we tell ourselves that food that isn't the best fuel is a "treat." When

our "treats" crash our blood sugar make us gain weight we may consider whether we're "treating" ourselves or hurting ourselves. Good nutrition means seeing healthier food as a treat and this doesn't happen overnight.

After reading this column today, put down your newspaper and consider two tiny actions you could take today to support your health and happiness. Then, despite the lack of lofty ambition, do these two things and rinse and repeat tomorrow.

The last word(s)

Q: I work with a co-worker

that has nothing but criticisms and unkind words for everyone on the team. I've been confronting him but it's getting me nowhere. Is there a better approach?

A: Yes, people that use their tongues as knives tend to eventually end up cutting themselves by alienating any support. Use silence in his presence and let him earn well deserved tuition from the school of hard knocks

Daneen Skube is an executive coach, trainer, therapist and speaker. Contact her at www.interpersonaledge.com. (C)2021 Interpersonal Edge.

Fleet and Family Support Center San Diego

Fleet and Family Support Centers are available to provide support via phone, telehealth, in person appointments, e-mail, social media, webinar and command GMTs under certain conditions during current HPCON Bravo designation. If you would like to schedule an appointment with one of our providers, call Centralized Scheduling at 1-866-923-6478.

If you have not been fully vaccinated against COVID, please wear a mask.

Looking for help with your resume? View our Resume Preparation video on our YouTube channel or download it from the download section. See <https://www.youtube.com/watch?v=qZan80I70KE>.

Employment Readiness and Transition Assistance programs are geared towards assisting military and family members finding meaningful employment. Sailors and their family members can come in for one-on-one as-

sistance or attend workshops addresses launching a job search, career planning, resume writing, interview techniques, federal employment information, self-assessments, goal setting, and vocational tests.

Workshops include Finding Federal Employment, Winning Interview Techniques, Owning Your Own Business, and Resume Writing. The Career Centers also offer computers, the internet, and job postings for your use.

Transition assistance

TAP prepares Sailors and family members to be substantially better prepared for civilian life. TAP workshops are required for every service member separating from the military. The workshops are scheduled through your Command Career Counselor and your command, orders are required. **24/7 Appointment Scheduling** at any Navy Region Southwest FFSC. Call 1-866-923-6478.

Jon G.
Class of 2016



DOUBLE TIME TO YOUR DEGREE

Fast track your degree with PME, OJT and prior college courses. Plus, with up to 30% tuition discounts for service members and their families, you can save money, too.

★ Visit snhu.edu/military today

Southern
New Hampshire
University



Local Military



Vice President Kamala Harris discusses navigation with Lt. Katie Canant during a visit aboard San Diego-based USS *Tulsa* littoral combat ship Aug. 23. Navy photo by MC3 Richard Cho

Vice President Harris visits LCS in Singapore

by Lt. Lauren Chatmas, CDS-7

SINGAPORE - Vice President Kamala Harris visited San Diego-based USS *Tulsa* littoral combat ship while moored in Changi Naval Base here Aug. 23.

The visit to *Tulsa* was part of a trip to Singapore and Vietnam to strengthen relationships and expand economic cooperation with two critical Indo-Pacific partners of the U.S.

During the tour, Harris engaged with *Tulsa*'s crew on their skillsets and the ship's missions. Officers and Sailors discussed U.S. naval integration, surface warfare, mine countermeasures, flight operations, and underway replenishment.

After touring the ship, Harris conducted an all-hands call with *Tulsa*'s crew, who recently concluded participation in the 20th iteration of Southeast Asia Cooperation and Training (SEACAT). She emphasized the importance of strong multilateral relationships in Southeast Asia with joint efforts to promote a rules-based international order, and expressed support for the service members currently deployed to the Indo-Pacific region to keep the nation secure.

"The reason we are here is important: the Indo-Pacific is critical to the security and the prosperity of the United States," said Harris. "Our presence in the Indo-Pacific has a long, long history, including now, of helping to guarantee peace and security, freedom of trade and commerce, freedom of navigation...and open waterways, and the rules-based international order that has brought so much safety and prosperity to so many."

Tulsa's skipper, Cmdr. Brandon Cornes, said it was an honor and privilege to host the Vice President. He expressed appreciation for her comments noting the partnership between U.S. forces and their Southeast Asian counterparts is vital to keeping peace in the region.

"Vice President Harris reaffirmed the strategic significance of our military presence to the region during this deployment," said Cornes. "*Tulsa*'s sustained presence at sea and continued engagements with partners, as just completed during SEACAT, underscore our commitment to an operational presence for a free and open Indo-Pacific."

With 21 Indo-Pacific partner nations, SEACAT

is a multilateral exercise designed to enhance cooperation among regional countries and provide mutual support and a common goal to address crises, contingencies, and illegal activities in the maritime domain using standardized tactics, techniques, and procedures.

Named to honor Oklahoma's second largest city, *Tulsa* is rotationally deployed from San Diego to U.S. 7th Fleet with Destroyer Squadron 7, supporting Commander, Task Force 76/Expeditionary Strike Group 7. Under Commander, U.S. Pacific Fleet, U.S. 7th Fleet is the U.S. Navy's largest forward-deployed numbered fleet, and routinely interacts and operates with 35 maritime nations in preserving a free and open Indo-Pacific region.

Bauernschmidt begins tour as Abraham Lincoln's CO

by Lt. Emily Judstra

SAN DIEGO - Capt. Amy Bauernschmidt assumed command of aircraft carrier USS *Abraham Lincoln* (CVN 72) from Capt. Walt "Sarge" Slaughter last Thursday here.

During Slaughter's 26 months of command, Sailors of *Abraham Lincoln* completed a 10-month combat deployment, the largest carrier maintenance package ever completed in San Diego during a Planned Incremental Availability (PIA), exemplary marks on the Navy's Board of Inspection and Survey inspection, and successfully led the crew through several at-sea integrated training events in preparation for *Lincoln*'s strike group's upcoming deployment.

"What these Sailors have been able to accomplish over the past two years is more than I could have ever expected from a crew," said Slaughter. "From an extended deployment, to combatting a global pandemic, only to head into an incredibly demanding operational schedule, Lincoln Nation has stepped up and overcome every challenge in their path."

"Sarge, you have led the *Lincoln* team with tenacity, and kept the crew mission-ready, safe, and healthy," said Vice Adm. Kenneth Whitesell, commander, Naval Air Forces, guest speaker at the ceremony.

New skipper Bauernschmidt previously commanded USS *San Diego* amphibious transport dock and Helicopter Maritime Strike Squadron 70.

"There's no more humbling sense of responsibility than to know you are entrusted with the care of the people who have chosen to protect our nation," said Bauernschmidt.

PERRY

CHRYSLER DODGE Jeep RAM

NEW 2021 DODGE DURANGO STX AWD

\$468 Mo.

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



MSRP \$37,760. Down payment \$4,995 plus any manufacturer rebate. Residual \$21,147. Tax, title, license acquisition fee not included. 10,000 miles per year. 2 at this price. See dealer for more details.

NEW 2021 DODGE CHARGER GT NAVIGATION & TRAVEL GROUP

\$498 Mo.

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



MSRP \$25,090. Down payment \$4,995 plus any manufacturer rebate. Residual \$17,545. Tax, title, license acquisition fee not included. 10,000 miles per year. 5 at this price. See dealer for more details.

NEW 2021 JEEP GRAND CHEROKEE L

\$568 Mo.

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



MSRP \$50,320. Down payment \$4,995 plus any manufacturer rebate. Residual \$28,861 Tax, title, license, acquisition fee not included. 10,000 miles per year. See dealer for more details.

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

PERRY Certified Pre-owned

| | | |
|---|---|---|
|  2015 CHRYSLER 200 LX SEDAN \$12,995 #643804 |  2019 JEEP CHEROKEE \$24,995 #420731 |  2018 DODGE CHALLENGER CERTIFIED #843845 |
|  2019 DODGE JOURNEY \$24,995 #863369 |  2017 JEEP GRAND CHEROKEE \$26,995 #943845 |  2019 RAM 3500 CREW CAB \$27,995 #766493 |
|  2019 JEEP GRAND CHEROKEE \$34,995 #571907 |  2018 JEEP WRANGLER CERTIFIED #209934 |  2018 JEEP WRANGLER SAVE! #209934 |

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 8/31/21.

Search and Rescue Hospital Corpsmen save lives in the California wilderness

by David Marks
Naval Hospital 29 Palms

The call comes in at night. Three women in the rugged terrain of the Sierra Nevada mountain range on the California/Nevada divide need help. Conditions are cold, dark and windy. The members of VX-31, the search and rescue unit aboard the Naval Air Weapons Station in Ridgecrest, Calif., scramble and are aloft in their MH-60S Blackhawk helicopter in a matter of minutes.

Such is the life of a Navy Search and Rescue Hospital Corpsman.

"We got up there and were able to land to affect that rescue. Our crew chief was there to assist and perform assessments. We transported one of the females to

Antelope Valley hospital, about a 1.5 hour transit. She was complaining of hip pain and lower back pain. The other two declined medical care and chose to hike back down," said Hospital Corpsman 2nd Class Peter Kieffer, Jr.

The VX-31 Search and Rescue (SAR) team conducts inland search and rescue operations throughout the high desert, supporting military and civil-

ian authorities. Their scope of operations range from the high-



(left to right) S & R corpsmen Griffith Logan, Peter Kieffer, Jr. and Christopher Jones in front of their Medevac Blackhawk at Naval Air Weapons Station China Lake. Photo by Dave Marks

According to Navy Cool, an official Navy website, "Search and Rescue Medical Technicians performs aircrew and emergency medical care functions in support of Search and Rescue, MEDEVAC and CASEVAC missions for Navy and Marine Corps Aviation. Certified in Advanced Cardiac Life Support, Advanced Trauma Life Support, Cardiopulmonary Resuscitation, Triage, Intravenous therapy, medicine administration, use of emergency medical equipment, patient handling, and aero-medical evacuation techniques."

Hospital Corpsman 3rd Class Christopher Jones, from Rancho Cucamonga, had worked for several years as a medical technician in the civilian sector in spinal-cord-injury units

and in emergency departments. He graduated from San Diego State University in 2015 with a degree in neuroscience. His goal is to become a physician's assistant, a credential that requires a Master's degree and a one-year clinical rotation. When he heard about the Navy's search and rescue medical technician training, he signed up. "It's a six-year enlistment for those who go street to fleet," he said.

Jones noted that the scope is broader than what he was allowed to do as an emergency medical technician in the civilian world. "A lot of us hold the emergency medical technician certification and are working towards paramedic certification," Jones said. He sees his stint as a search and rescue corpsman

as valuable experience that will give him an edge when he applies for PA school.

HM3 Griffith Logan from Palm Beach, Fla., was assigned to Naval Air Station Fallon, and participated as a survivor in several search and rescue exercises. He said he liked what he saw, submitted a package and was accepted into the program. He's been in the Navy for five years and has been a search and rescue medical tech for the past two years.

He says it's a great Navy rating and noted that most corpsmen "don't get to ride in a helicopter almost every day." When asked about his career going forward, he notes the financial incentives to pursue his career in the civilian sector.

Tampa, Fla.-native HM2 Peter Kieffer, Jr., was in the field as hospital corpsman at Camp Lejeune. After five years of service, he was considering getting out of the Navy.

"My LPO (leading petty officer) suggested the search and rescue specialty. We saw that I could get the paramedic credential and that it would be a good career move. I put in the package and two years later, here I am."

"It's definitely a different type of medicine," Kieffer said. "In other parts of the Navy, people are specialized, cardiovascular techs, surg techs, etc.; but SMTs are jacks of all trades. You're working extremely independently and separated from hospital care." Kieffer reenlisted in April.

Jones, Logan and Kieffer keep their medical skills current through routine shifts at Branch Health Clinic China Lake, which medically supports the personnel and family members aboard NAWS. Branch Health Clinic China Lake is a branch health clinic of NH Twentynine Palms.

If you're a hospital corpsman or an active-duty Navy service member interested in the hospital corpsman search and rescue specialty, schedule an appointment with your command career counselor.



Ventura County Navy Reserve welcomes new CO

... Capt. Ronald Martin relieved Capt. George Glaze as the commanding officer of Naval Operational Support Center Ventura County during a ceremony held at Seabee Chapel on board Port Hueneme, Aug. 12. Capt. Michael Joyner, commander, Navy Region Southwest Reserve Component Command, said,

"The job of the NOSC is to ensure our Sailors are warfighting ready at all times. Are we ready to support the mission? That's what a commanding officer should be asking; are we ready and how can we make you ready? Inevitably, I can say NOSC Ventura County is ready."

Navy christens Nantucket littoral combat ship ...

The Navy christened its newest littoral combat ship, future USS Nantucket (LCS 27) Aug. 7. "Future USS Nantucket will be the third Navy ship commissioned to honor the maritime history and spirit of Nantucket," said Acting Secretary of the Navy Thomas Harker. "I have no doubt the Sailors of USS Nantucket (LCS 27) will carry on the proud legacy from generations past in preserving sea lanes, countering instability, and maintaining our maritime superiority."

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



Employers recognized for support of Navy Reserve program

by Petty Officer 1st Class Brian Caracci

Chief of Navy Reserve Vice Adm. John Mustin, commander, Navy Reserve Force, honored civilian employers from across the nation for their exceptional support of America's Navy Reserve Sailors, especially in light of their mobilization in support of the nation's response to the COVID-19 pandemic, during a Navy Employer Recognition Event (NERE) in San Diego, Aug. 20.

The day commenced on board USS Midway Museum. Mustin

addressed representatives from 25 companies with a welcome brief. This was followed with Mustin presenting each employer with a certificate of appreciation.

"This is our 10th Navy Employer Recognition Event. A program we began in 2010 as our way of thanking and recognizing employers who enthusiastically support their employees' service in the Navy Reserve. I think you will enjoy the schedule of events that we've put together for you today. Our goal is for you to see first-hand a sampling of your employees' capabilities and the

different types of service they contribute to our nation and our national defense," said Mustin.

During the recognition event, employers spoke with aviators and aircrew, and experienced an up-close look at aircraft assembled at Fleet Logistics Support Squadron (VR) 57 aboard Naval Air Station North Island. Participants also visited Silver Strand Training Complex, and had an opportunity to speak with expeditionary and special warfare Sailors during a small-boat display from Maritime Expedi-

tional Security Squadron 1 and see static displays of weapons and equipment from SEAL Team 17.

Ricky Freeman, president of Honeywell Defense and Space Corporation, underscored the importance of civilian employers' support of their employees who are in the Guard and Reserve:

"I'm a former warfighter myself and as a leader in the civilian sector, I think it's very important that we support our men and women in uniform. I'm very

much dedicated to doing that. In my mind, I would like to see more employers come to these events because they have to understand that what these men and women do is dangerous, but it is absolutely essential for our national security."

Navy Lt. Sarah Freeman, a Selective Reserve Sailor who works for UNC Rex Healthcare, spoke about how the event helps attendees gain a better appreciation of the diversity of tasks that Sailors perform at Navy trainings and on mobilization. "I'm a nurse so being able to see the other

aspects of what my shipmates do is really great."

"I think it's a great event. My employer has been very supportive of my Reserve time, however, having them being able to see what the military does and how important the mission is is critical," said Freeman.

The Navy Reserve mobilized 2,875 service members in 2020 under the presidential authorization for DoD's support to the nation's pandemic and Mustin explained the impact on employers of Navy Reservists.

This week's snapshots



MCRD, SAN DIEGO
Aug. 13, 2021

New Marines of Lima Company, 3rd Recruit Training Battalion, are welcomed by loved ones following a graduation ceremony. After platoons were dismissed, families and friends ran from the stands to greet Lima Company. Marine Corps photo by Lance Cpl. Grace J. Kindred



USS JOHN P. MURTHA, at sea
Aug. 17, 2021

Crewmembers assigned to John P. Murtha amphibious transport dock ship participate in a swim call during Freedom Banner, an annual exercise that involves strategic projection of the Maritime Prepositioning Force (MPF) and associated combat forces. Navy photo by MC2 Curtis D. Spencer



USS TRIPOLI
Aug. 20, 2021

Culinary Specialist 1st Class Andreanov Castillo, left, and CSNN Brandon Hernandez carry mattresses aboard amphibious assault ship USS Tripoli. Navy photo by MC3 Melvin Fatimehin

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Unfortunately, I recall many excruciating details from my adolescent years, from the Smurfs puffy stickers I stuck inside my locker to that humiliating day I threw up in the cafeteria in front of my entire seventh grade class, and every awkwardly self-conscious moment in between.

During this gawky stage, I hovered in a nervous state of adolescent limbo between my carefree primary years and the uneasy self-awareness of my late teens. At night, I'd lay awake in my mock-brass twin bed, under my Kliban cat sheets, staring at the Holly Hobby doll on my floral Contact-papered shelf, practicing kissing on the back of my hand, and wondering, "Who the heck am I, anyway?" Although nothing seemed certain, I thought having trendy clothes would go a long way in attracting a halfway decent friend group ... and maybe someday, a boyfriend.

My parents aimed to clothe me in polyester dresses and knee socks for the rest of my life. That worked until middle school, when my best friend showed up on the first day wearing a blue satin jacket, rainbow suspenders, a Coneheads t-shirt, and Sassoon jeans with a clear plastic back pocket that showed off her Bonnie Bell Lip Smacker. Seeing that my friend's cool outfit earned

Back to school fashion fears

her social status, I was desperate to create my own style.

My older brother had abandoned the color-coordinated Garanimals outfits my mother bought him at J.C. Penney's, and replaced them with a decent pair of jeans, concert t-shirts, and turf shoes. He parted his hair straight down the middle and voilà! His entrance into the cool crowd was instantaneous, too.

For me, however, fashion was bewildering, with an intimidating array of trends from which to choose. Just buying a new pair of jeans was overwhelming. Pleated or plain front? Acid or stone washed? Tapered or Flared? Jordache or Lee?

Would I wear a madras shirt, a cut up sweatshirt, a Members Only jacket, a cowl neck, a Forenza sweater, an oversized blouse with a broach at the neck, a popped collar polo shirt, a whale-print turtleneck, or a blazer with enormous shoulder pads? How could I choose between painter's pants, Hammertime pants, parachute pants, stirrup pants, and overalls? Jellies, Converse Chucks, Tretorns, Reebok high tops, Vans, penny loafers, Capezios, Dockers, and Candies. Not to mention the dizzying assortment of accessories: fingerless gloves, leg warmers, Vuarnet sunglasses, Swatch watches, stick pins, braided headbands, mood rings, fanny packs and banana clips.

Even after choosing an outfit, I still had to decide whether rooster bangs or a bi-level would go better with my frosted purple eye shadow! Oh the agony!

Unfortunately, I never developed a sense of fashion and eventually gave into my mother's influence, wearing brown leather loafers, blouses that tied at the neck à la Colonel Sanders, and my hair long with a slab of bangs that made my face look like it was framed with a ring of Polska kielbasa.

Even when I managed to convince my mother to buy me something trendy from the juniors rack, I could never quite pull it off. When she bought me Lee overalls, I accidentally flung the strap into the girls' restroom toilet before history class. When I wore a cool pair of boots I got for Christmas, I wiped out on a patch of ice stepping off the bus.

At some point, I gave up on acquiring fashion sense and honed my sense of humor. I didn't get a good date to the prom, but I was voted "Class Clown" in 1984 and later became a humor writer. Now, as I watch military families go shopping for back to school clothes, I hope that less fashion-savvy kids are not stressing about what to wear to school like I did.

It's okay if fashion isn't your thing. Your best accessories are your personality, your intellect, your talent, your sense of humor, your kindness, your generosity, your determination, your compassion, and your resilience. Wear whatever clothing makes you feel comfortable and confident, then simply let YOU shine through.

Fashion trends change, but character is forever. And that's totally cool.

Historic San Diego Trust & Savings Bank building

San Diego has long been known as America's Finest City. Its mild, sunny weather and beautiful location next to the Pacific Ocean in Southern California, combine to make San Diego a favored destination for travelers from around the world.

According to "A History of San Diego Government" on the City of San Diego's website, San Diego was incorporated as a city government on March 27, 1850. As it has grown, buildings which we now think of as historic gradually filled the downtown skyline.

One of those buildings, built in 1928, is the former San Diego Trust & Savings Bank. Today it welcomes hotel guests as the Courtyard by Marriott, San Diego Downtown.

I took the opportunity to explore this magnificent historic building after enjoying a celebratory brunch there, on the weekend of my son's wedding. The building is located in the heart of San Diego, just a few blocks from the historic Gaslamp Quarter, San Diego Convention Center, restaurants and entertainment venues, Petco Park baseball stadium, Copley Symphony Hall, shopping and the picturesque waterfront.

As I learned from a detailed history of the building that was given to me by Veronica—the gracious Front Office Manager who also gave me a tour, the architectural design of the building is Italian Romanesque revival. It is listed in San Diego's Historical Site Board Register. It was designed by William Templeton Johnson, a famous San Diego architect who also built the nearby County Administration Building, the La Jolla Library, and the Fine Arts Gallery and Museum of Natural History in Balboa Park.

The San Diego Trust & Savings Bank was founded in 1888 by Joseph W. Sefton, Sr., and this building

continued in operation as the most prominent financial institution in San Diego until its closure fairly recently, in September 1996.

The grand lobby of the hotel has a towering, 32-foot-high ceiling, with original stenciling. The marble seen throughout the lobby was quarried from countries all over the world, including the United States, Greece, Italy, France, Great Britain and North Africa. The 35 columns around the lobby were created from 19

AutoMatters™ & More



by Jan Wagner

different types of marble brought to San Diego from the shores of the Mediterranean Sea. During the renovation of the hotel from its previous life as a bank, each marble piece was numbered, carefully removed, cleaned, stored and replaced in its original spot.

The bank's upper 11 floors originally contained offices. Architect Johnson's office and library were located in what is now the Presidential Suite.

A portion of the 14th floor was originally a shooting gallery! It was there that Mr. Sefton encouraged his tellers—especially the ladies—to practice straight shooting, in case of a bank robbery. Times were certainly very different way back in the 1930s—the time of Prohibition, and gangsters Al Capone and Bonnie & Clyde.

The cupola on top of the hotel, 240 feet above the street, was San Diego's first aviation beacon. It was reportedly added to the original plans because the Seftons wanted this building to be the tallest building in San Diego.

In 1994, First Interstate Bank acquired the San Diego Trust & Savings Bank. It did business under that name for two years, until the bank closed.

The Courtyard by Marriott, San Diego Downtown opened on October 19, 1999 with 245 guest rooms, five meeting rooms and a historic landmark title. The cost to transform the bank into a hotel was \$27 million.

The former bank's safe deposit room has been preserved as one of the hotel's most unique meeting spaces. When the bank closed, some long-time clients were so attached to their safe deposit boxes that they took the face plates. To honor their dedication, the hotel chose not to replace them.

The incredible vault door protecting the safety deposit boxes weighs 47,000 pounds and was manufactured by Mosler Safe Company in Ohio.

The hotel completed a \$6 million revitalization in 2013 that included guest rooms, meeting space and all public areas. The focus was to incorporate a unique mix of old and new that seamlessly blends the bank's historic design features with modern décor, to create a timeless allure.

To see the most photos and most recent text, and to explore a wide variety of content dating back to 2002, visit AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2021 by Jan Wagner – AutoMatters & More #706

CLASSIFIEDS

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 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

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

CELL PHONES

WIRELESS PROS Intern'l prepaid cell phone service plans, full service repair center for all cellphones, iPads & full line of cellular accessories at a discount. 619-426-0077. 4360 Main Street, #203 Chula Vista, CA 91911.

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.

MOVIES AT THE BASES

Movies & times subject to change. * Indicates last showing
Visit navydispatch.com/entertainment_03movies.htm to find your base theatre information

Naval Base Theater - NBSD, 619-556-5568, Bldg. 71
3465 Senn Rd.

FREE entry to the first 375 customers (per showing), no outside food, concessions will be available.

Friday, Aug 27

6pm Stillwater (R)

Saturday, Aug 21

2:20pm Black Widow (PG-13)

6pm Jungle Cruise (PG-13)

Sunday, Aug 22

12:50pm Space Jam: New Legacy (PG)

4pm Jungle Cruise (PG-13)



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

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

SAN DIEGO – 2BR/1BA, newly remodeled, on 1/4 acre, lrg 1 car garage. Fwy close, AC, 1 cat, \$2750/mo. 619-263-1447.

RENTALS ROOMS

ELCAJON – Share executive home, your BR/BA + Living room. Private parking, wash/dryer. Fully furnished, TV in BR & Living room. View/private patio. \$1500/mo. 619-647-5905.

PARADISE VALLEY – Military pref. 1 person only. You have own BR & own BA. Have your own patio Cable & internet \$550/mo. electric included. Clean & Quiet. 619-709-7389 or 619-765-2833.

Social Security Matters Does paying SS tax now increase benefit?

Dear Rusty: I started drawing my benefits at age 62 due to being laid off from my job at age 60. I have continued working part time and been paying Social Security and Medicare taxes ever since. I am now 66. I have been told that even though I continue to pay these taxes, it will not help increase my monthly social security benefit. Is that true?

Signed: Working Beneficiary

Dear Working Beneficiary: Paying into Social Security and Medicare through "FICA" taxes withheld from your paycheck doesn't change your Social Security (SS) benefit amount. Those taxes aren't held in a separate personal account for you; rather they are used to pay benefits to all those who currently collect SS benefits, and to help offset healthcare costs for current Medicare enrollees.

From its inception decades ago, Social Security has been a "pay as you go" system where all those working help pay for all those currently collecting benefits. And if you happen to work even after you start collecting Social Security benefits, the FICA tax you pay still goes to help pay benefits for you and for millions of others also collecting Social Security.

Of the 7.65% FICA tax you pay, 6.2% goes to Social Security and 1.45% helps fund Medicare (your employer pays the same amounts). The 6.2% SS tax you pay to Social Security isn't deposited into a personal account which determines your benefit payment. Instead, your benefit is determined using your earnings record for the 35 years over your lifetime in which you earned the most (with early years adjusted for inflation). Your average earnings in those 35 years are what determines your benefit amount, not how much you paid in FICA tax.

Thus, continuing to pay FICA taxes because you are still working won't affect your Social Security benefit amount. And because of the way the program is structured, you don't need to worry about how much you contributed to Social Security in taxes; you will continue to receive Social Security for as long as there are people working and contributing to the program (for the rest of your life) - those now working pay for Social Security benefits now being paid.

What could, however, affect your personal SS benefit amount now is your earnings level while working. Even after you start collecting Social Security benefits, if your current earnings from work are more than any of those in the 35 inflation-adjusted years used to originally compute your benefit, that benefit will be recomputed and increased as appropriate. And just in case you're wondering, studies have shown that, on average, SS beneficiaries usually recover everything they paid into the system within about 5 years. Said another way, over your lifetime you'll almost certainly get back much more in benefits than you paid in FICA SS taxes. The pay-back time is more for those who are self-employed (because they must pay both employee and employer portions of FICA), but Social Security is, nevertheless, a pretty good deal which pays a guaranteed retirement benefit for as long as you live after benefits start.

So, what you were told is correct. Paying FICA taxes now won't help increase your monthly benefit amount. But high earnings now, which are more than any in those 35 inflation-adjusted years used to compute your SS benefit, will.

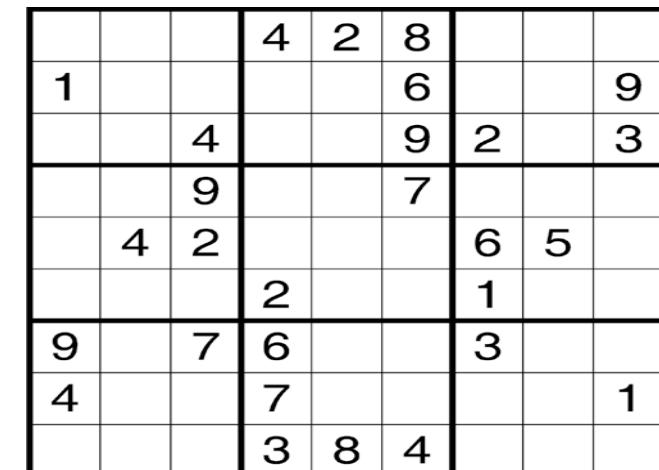
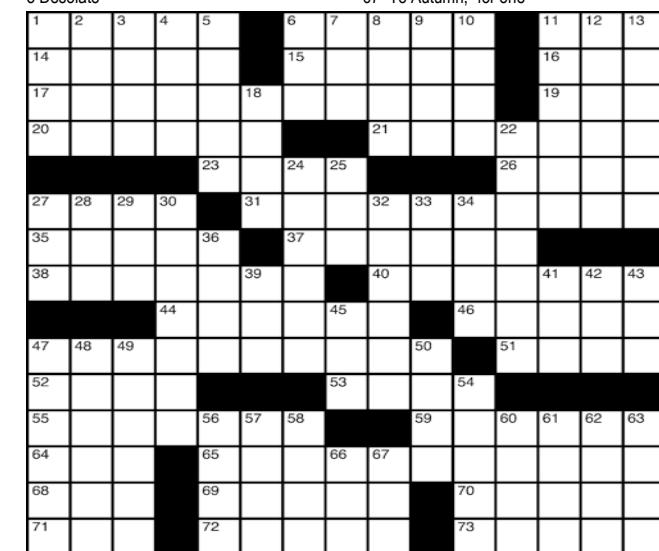
CROSSWORD PUZZLE

ACROSS

- 4 Organ in a chest
- 5 Decides to leave alone
- 6 Biblical mount
- 7 Harmless cyst
- 8 Imitator
- 9 Slope
- 10 It may be crushed
- 11 Spell-checker, say
- 12 Lacking in joy
- 13 Rustled (up)
- 18 Bangkok native
- 22 Private laugh
- 24 Golfing mishaps
- 25 Camera type, briefly
- 27 Rural road feature
- 28 Prefix with fauna
- 29 Stick (out)
- 30 2019 Mena Massoud title role
- 32 Free of commissions, as a mutual fund
- 33 Young Darth
- 34 Cookie containers
- 36 Indigo plant
- 39 Having four sharps
- 41 Absalom, to David
- 42 "PAW Patrol" fan
- 43 Special ____
- 45 Caviar
- 47 Clogs
- 48 Thorny shrub
- 49 Made a sudden move
- 50 Rounded hammer part
- 54 Lumpy, as a knit fabric
- 56 Comes down on one side of something
- 57 Court order
- 58 Ride to the prom
- 60 Algonquin language
- 61 Severe criticism
- 62 Fence crosspiece
- 63 Manages to get, with "out"
- 66 Military address
- 67 "To Autumn," for one

DOWN

- 1 "James and the Giant Peach" author
- 2 Wind heard in Dion's "Abraham, Martin & John"
- 3 Desolate



StorageWest®
 Here for you®

Toll Free

877-917-7990

www.StorageWest.com

DoD offers mental health resources for service members, families

You are not alone. Remember that what is happening now does not minimize or negate the experiences of all who served overseas. Countless service members answered the call of duty and did what was asked of them. Service is never for naught. Think about the times when valor and courage changed lives for the better. Focus on the present and what feels meaningful to you in this moment. Our veterans served honorably and completed missions as required and as necessary – protecting our freedoms and we are forever grateful for their service.

Talking can be very therapeutic, whether it's to a local chaplain, psychologist or someone you served with in the military. Do what feels right for you. There is not one way to think or feel or act. The important thing is to take advantage of the numerous mental health care resources that are available to you.

Remember that this is one moment in time and regardless of what comes next, we will get through it together. Arctic. The Department is currently determining the appropriate location for the center.

The following resources

are available:

The Real Warriors Campaign aims to break down the stigma associated with mental health care and encourages service members to reach out for help when they need it. Find articles with support resources, video profiles with service member and veteran stories, and materials to download or order at www.health.mil/RealWarriors

The Psychological Health Resource Center is available 24/7 for service members, veterans, and family members with questions about psychological health topics. Trained mental health consultants can help callers access mental health care and community support resources in their local area. www.health.mil/PHRC or call 866-966-1020 for assistance.

The inTransition Program is a free confidential program that provides specialized coaching and assistance for service members, National Guard members, reservists, veterans, and retirees who need access to mental health care when relocating to another assignment, returning from deployment, transitioning between active duty and reserve component, preparing to leave military service, or any other



time they need a new mental health provider, or need a provider for the first time. www.health.mil/inTransition or call 800-424-7877

The Military Crisis Line, text-messaging service, and online chat provide free VA support for all Service members, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with VA or enrolled in VA health care. Call: 1-800-273-8255 and press 1. Text: 838255 Chat: <https://www.veterancrisisline.net/get-help/chat>

TRICARE offers mental health care to all its enrollees. Find out how by visiting <https://www.tricare.mil/CoveredServices/Mental/GettingMHCare>. This website also contains links to mental health providers through the TRICARE network.

Military Medical Treatment Facilities often provide mental health services, including integrated behavioral health clinics. Contact your primary care manager to see if this resource is available at your local MTF. If it is, you can schedule an appointment same day. Find out more by visiting <https://www.tricare.mil/Military-Hospitals-and-Clinics>

Military OneSource can provide access to confidential Military Family Life Counselors in your community: www.militaryonesource.mil or by calling 1-800-342-9647.

Military OneSource also provides resources so you can manage stress and access benefits and tools that will help you stay strong in body and mind. This page provides access to self-care mobile applications developed within the Department of Defense, Veteran Affairs and other partners. All mobile applications are free and for iOS and/or Android devices. <https://www.militaryonesource.mil/health-wellness/recommended-wellness-apps>

Military Health System Web Pages. There are two sources of information on the Military Health System websites. Specific

links listed at the bottom of this page. They are: www.health.mil/mentalhealth and www.tricare.mil/mentalhealth

Patriot Tour for Veterans enters San Diego; Supports disabled veterans and their families

The Nation of Patriots' 12th Annual Patriot Tour for Veterans will host a flag transfer ceremony in San Diego on September 8.

One flag bearer will receive the American Flag in the transfer ceremony at 10am. at San Diego Harley Davidson as part of the nationwide, city-to-city 14,500-mile, 115-day

Patriot Tour. Riders will depart from San Diego on Sept. 9 at 9am. to relay the flag to Loma Linda. Preceding arrival in California, the flag traveled through 49 states, beginning May 14 in Nevada. Transported by air to Hawaii and Alaska, the flag and the Patriot Tour for Veterans returns to Nevada on Sept. 11, for the first time in its history having journeyed through all 50 states.

The Nation of Patriots is an all-volunteer-powered nonprofit organization that honors those who protect American freedom by uniting Americans under the U.S.



"It is critical that we see our mission through. Our administrative costs are covered by corporate sponsorship, so every dollar we raise goes directly to American veterans and their families," Sherer said. "Nation of Patriots is dedicated to honoring our unique American freedom and those who defend it."

Nearly \$1.5 million has been raised through this grassroots effort since the Nation of Patriots' inception in 2009. For information and event details visit <https://www.nationofpatriots.com/nation-of-patriots-tour/>.

MADE FOR THOSE WHO LOVE THEIR STUFF

COVER YOUR STUFF ANYWHERE¹ WITH USAA RENTERS INSURANCE.

For as little as 33¢ per day,² USAA Renters Insurance covers your personal belongings like military gear,³ electronics and more. Even when it's in storage⁴ or transit. So wherever military life takes you, go there worry-free.

Visit usaa.com/renters

¹Availability of renters insurance to residents of another country is limited to qualified members. ²Countrywide average price for policyholders who have \$2,500 personal property coverage, \$100,000 liability coverage and \$5,000 medical payments coverage as of January 2020. Rates vary by location and risk. Rates are subject to change. ³For loss due to a covered peril of military uniforms or equipment owned by you and when the loss occurs while you are on active or reserve duty, no deductible will be applied. ⁴For coverage to apply, property must be under a bill of lading or other professional shipping document before being shipped. Policy must be in force before goods are placed in transit. Breaking, marring and scratching are excluded. Membership eligibility and product restrictions apply and are subject to change. Renters Insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, based in San Antonio, TX, USAA Limited (UK) and USAA S.A. (Europe), and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. No Department of Defense or government agency endorsement. © 2021 USAA. 269908-0521

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

SUBARU XPERIENCE
of El Cajon



SUBARU



**Maintain
the Love**

COMPLIMENTARY MAINTENANCE

Purchase or lease any new (previously unitled) Subaru and receive a complimentary factory schedule maintenance plan for 2 years or 24,000 miles (whichever comes first). See Subaru Added Security Maintenance Plan for intervals, coverages & limitations. Customer must take delivery before 12-31-2021 and reside within the promotional area. All participating dealers only. See dealer for program details and eligibility.

2021 SUBARU IMPREZA

\$265
Mo. + Tax
LEASE



Security deposit \$0. Due at signing \$2995. Lease for 36 Months, Residual \$14,468. Cap cost \$20,258. 10,000 miles per year. Tier 1 Credit Needed to Qualify. 1 at this lease #717165.

2021 SUBARU WRX

\$407
Mo. + Tax
LEASE



Security deposit \$0. Due at signing \$2995. Lease for 36 Months, Residual \$18,522. Cap cost \$28,874. 10,000 miles per year. Tier 1 Credit Needed to Qualify. 1 at this lease #214555.

MILITARY ONLY SERVICE SPECIALS!!

4-WHEEL ALIGNMENT

\$89.95
+ tax

- Precision computerized wheel alignment
- Adjust caster, camber & toe
- Inspect suspension for wear
- Center steering wheel • Inspect tires

Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 8/31/21.

OIL CHANGE & TIRE ROTATION + MULTI-POINT INSPECTION

\$99.95
+ tax

- Install Genuine Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE Check & set tire pressure to vehicle specifications
- FREE Multipoint inspection
- FREE Car Wash
- FREE Battery Test

Synthetic, V6 & V8 additional. Subarus only. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 8/31/21.

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 8/31/21.

SOUTH COUNTY

B U I C K | G M C



GMC

WE ARE PROFESSIONAL GRADE

2021 Buick Encore

\$278 PER MO.
+ TAX

LEASE



White. \$2995 Drive off. 36 months @ \$278 mo. + tax. 10,000 miles per year.

Stk #3210467. Vin #MB376187.

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
LEASE



\$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
LEASE



\$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 8/31/21.