

Career Advice

Interpersonal Edge: Tools to help you deal with an office.

See page 8

AutoMatters & More



Indy Autonomous Challenge at the Indianapolis Motor Speedway.

See page 12

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SIXTY-FIRST YEAR NO. 27
THURSDAY, OCTOBER 28, 2021

UNIQUE HONOR FLIGHT CELEBRATES FEMALE VETERANS VETERANS OF WAR HONORED AND RECOGNIZED DURING OPERATION HERSTORY

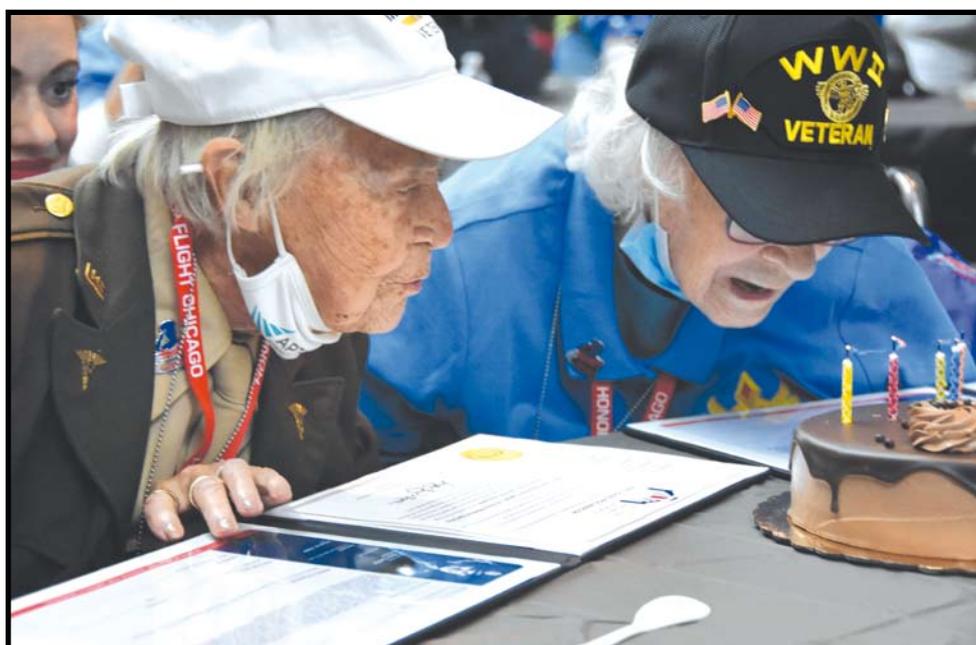
by Crista Mary Mack,
Army Center of Military History

Girl power took on an entirely new meaning recently when 93 female veterans whose service spanned from World War II to the Korean War and the Vietnam War flew to Washington, D. C., for Operation HerStory, the first all-woman Honor Flight out of Illinois.

Over 200 volunteers from Chicago to the nation's capitol participated in the Oct. 6 event, sponsored by Operation HerStory and Honor Flight Chicago, recognizing veterans from all branches of military service.

"Thank you for your service, thank you for your courage. You matter. Your stories matter," said Army Brig. Gen. Patricia R. Wallace, the commanding general of the 91st Training Division. Wallace expressed her gratitude during an event at the Women in Military Service for America Memorial in Arlington, Va.

"It's because of you that I've been able to serve this long and to serve at this rank," Wallace said. "I am grateful for all that you have done so that my children and my children's grandchildren can read and learn about the strong history of the women in our military and the contributions we made to this country."



World War II veterans, Army 1st Lt. Bette Horstman, 99, and Army Sgt. Josephine Bogdanich, 104, blow out candles in anticipation of Bogdanich's upcoming 105th birthday in Arlington, Va. Both were presented with Living Legend Proclamations from the Military Women's Memorial Oct. 6 during Operation HerStory. Photo by Master Sgt. Crista Mary Mack/Army Center of Military History

After attending the ceremony at the memorial and museum, the ladies participated in an official wreath-laying ceremony at the Tomb of the Unknown Soldier, then visited nearby landmarks, including the World War II Memorial, the Korean War Memorial and the Vietnam War Memorial.

"It makes me feel that our time was not wasted ...," said Connie

Edwards, a Vietnam veteran.

Vietnam War veteran Rochelle Crump helped organize the historic flight with Operation HerStory, an organization that helps arrange Honor Flights for women veterans.

A large group of elderly women, many in wheelchairs, salute.

Crump said the event "is like

their parade" because many did not originally have a parade. The participants ranged in age from 63 to 104 years old.

"In my 99 years, I have never been so overtaken with emotion," said Bette Horstman, a World War II Army veteran who served as a medical officer on Midway Island and other parts of the Pacific Campaign. "You have a camaraderie; you share

something that the average neighbor doesn't have. We all went through similar experiences."

Horstman and 104-year-old Army Sgt. Josephine Bogdanich received Living Legend Proclamations from the Military Women's Memorial during the day's events.

Four people sitting in wheelchairs watch two service members in dress uniforms.

Army Spc. 5 Denise Carson, a Vietnam veteran, said she came

to the organization because of the women who joined the military before her. She said those women opened up opportunities for her to do non-traditional jobs in the Army.

"They didn't have a voice," Carson said. "It's up to those of my generation and younger generations to be that voice for all of us. That's our responsibility."

Learn more about the Honor Flight Network (<https://www.honorflight.org/>) and Operation HerStory. (<https://operationherstory.org/>).

COVID-19 vaccine boosters now available

by José A. Álvarez,

COVID-19 vaccination boosters are now recommended and available for any San Diegan who qualifies.

Last week, the Centers for Disease Control and Prevention approved booster shots for all three COVID-19 vaccines currently available. However, the time frame for when people should get a booster depends on which vaccine you received.

For people who were vaccinated with two doses of Pfizer or Moderna COVID-19 vaccine, the CDC indicates the following groups are eligible for a booster shot at 6 months or more after their initial series: •65 years and older •Age 18+ who live in long-term care settings •Age 18+ who have underlying medical conditions •Age 18+ who work or live in high-risk settings

For San Diegans who got the Johnson & Johnson COVID-19 vaccine, booster shots are also recommended for people 18 and older and who were vaccinated at least two months ago.

While all three available COVID-19 vaccines have now been approved as boosters, people should stick to the vaccine they originally received. However, they may choose a different one if necessary.

"People should go with their past vaccine, when possible," said Wilma J. Wooten, M.D., M.P.H., County public health officer. "Additional booster eligibility details are at coronavirus-sd.com.

NOVEMBER MONTHLY OBSERVANCES: AVIATION HISTORY, DIABETIC EYE DISEASE

Adopt A Senior Pet Month
Adopt A Turkey Month
American Diabetes Month
American Indian Heritage
Aviation History Month
Banana Pudding Lovers
Children's Grief Awareness
Critical Infrastructure
Security and Resilience
Diabetic Eye Disease
Epilepsy Awareness Month
Eye Donation Month
Family Stories Month
Gluten-Free Diet Awareness
Hepatitis C (HCV) Education,
Awareness and Screening

Historic Bridge Awareness
Lung Cancer Awareness
Manatee Awareness Month
MADD's Tie One On For
Safety Holiday Campaign
Military Family Appreciation
Nat'l Adoption Month
Nat'l PPSI AIDS Awareness
Nat'l Alzheimer's Disease
Nat'l COPD Month
Nat'l Diabetes Month
Nat'l Entrepreneurship
Nat'l Family Caregivers
Nat'l Georgia Pecan Month
Nat'l Gratitude Month
Nat'l Healthy Skin Month

Nat'l Home Care & Hospice
Nat'l Impotency Month
Nat'l Inspirational Role Models
Nat'l Memoir Writing Month
Nat'l Long-term Care Awareness
Nat'l Marrow Awareness
Nat'l Medical Science Liaison
(MSL) Awareness &
Appreciation Month
Nat'l Native American Heritage
Nat'l Family Literacy Month
Nat'l Novel Writing Month
Nat'l Peanut Butter Lovers
Nat'l Pet Cancer Awareness
Nat'l Pomegranate Month
Nat'l Runaway Prevention

Nat'l Scholarship Month
NET Cancer Awareness
NoSHAVEember
Pancreatic Cancer Awareness
Pet Diabetes Month
Picture Book Month
PPHI Aids Awareness
Prematurity Awareness
PTA Healthy Lifestyles
Stomach Cancer Awareness
Sweet Potato Awareness
Teff and Millet Month
Triple Crown of Surfing
World Vegan Month
Worldwide Bereaved Siblings

NOVEMBER WEEKLY HOLIDAYS
Nat'l Fig Week: 1-7
World Communication: 1-7
Nat'l Farm Toy Show Days: 4-6
Drowsy Driving Prevention
Week: 6-13
Give Wildlife A Brake: 6-13
Int'l Games Week: 6-12
Nat'l Animal Shelter
Appreciation Week: 6-13
Nat'l Technology Week: 6-12
Nat'l Book Awards Week: 6-12
Nat'l Nurse Practitioner's
Week: 6-12
Oral, Head and Neck Cancer
Awareness Week: 6-12

Polar Bear Week: 6-13
Dear Santa Letter Week: 7-13
Nat'l Global Entrepreneurship
Week: 7-13 Link
Nat'l Patient
Accessibility Week: 7-11
Nat'l Veterans Small
Business Week: 7-11
Nat'l Young Readers: 7-11
World Karaoke
Championships: 7-11
Nat'l Donor Sabbath: 11-13
World Antibiotic Awareness
Week: 12-18
Int'l Fraud Awareness: 13-19
Nat'l Split Pea Soup: 13-19

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Navy to conduct annual PPV Tenant Satisfaction Survey

WASHINGTON - The annual Public-Private Venture (PPV) Tenant Satisfaction Survey (TSS) will be conducted from Oct. 28 through Dec. 13, 2021.

Commander, Navy Installations Command (CNIC) is calling on all residents of Navy PPV housing to participate in the survey.

"I urge all residents of Navy PPV housing to set time aside and make taking the TSS a

priority," said Edward Cannon, CNIC Fleet and Family Readiness Director. "With every tenant who takes the survey, CNIC and our PPV property managers gain better insight into current issues and potential resolutions to those issues, which results in program improvements that benefit current and future residents."

The TSS is anonymous and is administered by CEL & Associates, an independent third party, on behalf of our PPV partners

with funding provided by the Navy. The survey is designed to accurately identify the current state of Navy housing and inform decisions on needed improvements. In addition to identifying immediate health or safety concerns, the Navy is looking at larger trends, such as reoccurring issues, the level of customer service and government oversight.

The Navy has oversight on approximately 40,000 PPV housing units that are managed

by the following PPV partners throughout the United States; Balfour Beatty, Clark, Hunt, Landmark, Lincoln and Patrician. The upcoming TSS survey applies to all Sailors and families currently residing in PPV housing, and those residents will be receiving an email from CEL & Associates with instructions on how to provide their responses no later than Nov. 1, 2021. If you are a resident of PPV housing and do not receive a notification email, please contact your local Housing Service Center.



Homes at Bennett Shores East, an on-base military housing community at Naval Station Mayport. Navy photo by MC2 Anderson W. Branch

"The TSS is an integral part of the Navy's efforts to measure, understand and respond to the needs and concerns of PPV housing residents," said Gregory Wright, CNIC Housing Director. "Thank you in advance to all those who provide feedback this year. Every tenant has a voice and we want to hear from as many voices as we can so as to provide the best possible

program for our Sailors and families."

Residents with questions about the upcoming TSS should contact their local Housing Service Center for assistance.

To learn more about Navy Housing, visit the nearest Housing Service Center or go to www.cnic.navy.mil/housing.

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

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**SACRAMENTO, Calif.
Oct. 22, 2021**

Army Lt. Col. Ty M. Shepard presents a state flag to Sgt. 1st Class William B. Wade, the son of Maj. Gen. William H. Wade II, during his memorial service. Wade served as the adjutant general of the California National Guard from 2005-2010. Army National Guard photo by Staff Sgt. Kimberly Hill



**LOS ANGELES
Oct. 22, 2021**

Army National Guard Soldiers of the 40th Infantry Division, active duty soldiers, and civilian contractors survey the city via black hawk helicopter. The survey is part of Urban Operations Planners Symposium, a multi-day training event to study and prepare for operations in dense urban environments. Army photo by Sgt. Simone Lara

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Marines test 'backpackable' electronic warfare system on drone in Coral Sea

by Frank Andrews,
Stars and Stripes

Marines aboard USS New Orleans have launched a portable, electronic-warfare system on drones for the first time at sea, according to the Marine Corps.

A backpackable electronic attack module, or BEAM, uses its technology to detect the radio frequency of a specific threat, a hostile drone, for example, locate it and take it out, according to the Marine officer

in charge of the 10 Marines and sailors taking part.

"It is set apart from other systems because of its ease of use," said Marine Capt. Jesse Schmitt, assistant intelligence officer for the 31st Marine Expeditionary Unit. A 31st MEU spokesman, Capt. Brett Lazaroff, provided Schmitt's responses to *Stars and Stripes'* questions on Oct. 8.

"A basically trained rifleman can be taught to use the system in the course of an afternoon,



Marines aboard New Orleans prepare to launch a backpackable electronic attack module. Photo by Daisha Ramirez/Marine Corps

making it easily deployable alongside Marines in any climate and place," Schmitt said.

His team of 31st MEU radio see **BEAM**, page 12

DOD begins fielding 5G communications to California first responders

by David Vergun

First responders often face communications challenges that hinder collaboration and real-time situational updates, especially in remote areas while responding to natural disasters such as fires, storms, earthquakes and flooding.

To alleviate this problem, the Defense Innovation Unit today announced a year-long prototyping project involving a private wireless 5G communications network for first responders in California, including the California National Guard.

The service will provide reliable, ad hoc data and voice services to emergency responders operating anywhere in the state, said Jeff Kleck, director of the Cyber and Telecommunications Portfolio at DIU.

The project has the potential to have emergency responders show up to any site with personal or government issued mobile devices and use networked applications such as push-to-talk voice, geolocation and live maps of their surroundings — all while outside the range of existing cellular networks, Kleck said.

The first to arrive can simply bring the private network with them using a vehicle-mounted, backpack, hand carried or wearable node, he added.

Radios are becoming obsolete and getting everyone a satellite phone is just impractical because of the expense involved, he said.

A full 5G mobile network isn't possible today because some of the industry standards involving dynamic cellular frequency allocation for 5G services are still being written, and some required components such as ultra-low power 5G, aren't yet available, Kleck explained.

This prototype has the potential to allow for immediate fielding of the capability while avoiding delays from spectrum policy debates, he said.

The private 5G solution could provide a path toward a full 5G implementation, which will provide the necessary bandwidth for tomorrow's emergency responder applications, he said.

Refer to <https://www.defense.gov/News/>.



Total Navy Battle Force: 294	
Ships underway	
Deployed ships underway: 51	
Non-deployed ships underway: 36	
Total ships underway: 87	
Ships deployed by fleet	
Fleet Forces: 0	3rd Fleet: 0
4th Fleet: 2	5th Fleet: 15
6th Fleet: 17	7th Fleet: 62
Total: 96	

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<p>Bethany Lutheran Church Lutheran Church - Missouri Synod 6134 Pastor Timothy J. Winters St., San Diego 92114 (619) 262-8384 Sunday 6:45am, 8:30am, 11am Worship Service Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am www.bayviewbc.org info@bayviewbc.org</p>	<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>	<p>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 on Zoom ID# (7259730232; Passcode 543563) at 12:30-1:30pm (PST) Thirsty Thursday Bible Studies on Zoom from 7-8pm (PST) Live Stream: 12:30-1:30pm on "Moministries" free church app</p>
<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>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.rl.church https://www.facebook.com/resurrectioncoronado/ The Rev. Dr. Brian Oltman, Pastor</p>
<p>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</p>	<p>St. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. We thank you for your service!</p>	

Top 5

1. Cancers strike U.S. fighter pilots, crews at higher rates, Air Force finds
2. 50,000 military families in 38 privatized housing communities see new ownership
3. Biden said the US would protect Taiwan. But it's not that clear-cut
4. Lawmakers alarmed by hunger in U.S. military families
5. Secrecy shrouds Afghan refugees sent by U.S. to base in Kosovo



Army

- Why some Army users had e-mail problems this week
- Army looking for new login and ICAM solution
- Remains of Ohio WWII soldier killed in combat identified
- Army expects guard soldiers to get the vaccine by December if they're going to deploy

Navy

- Navy approaching 'weak' rating in new U.S. military strength survey
- Body of Navy Sailor killed in helicopter crash returns to St. Louis

Marine Corps

- The Marine Corps wants to know what will convince you to reenlist
- 'And the building was gone.' Veterans remember Beirut bombing on 38th anniversary
- A Wyoming farewell for Marine killed in Afghanistan bombing

Air Force

- Air Force medical group commander fired after less than 4 months on the job

Coast Guard

- Coast Guard rookie has a stormy start to his career, saving the crew of a sinking sailboat
- Coast Guard monitoring 40 adrift shipping containers
- Coast Guard transfers 28 Cubans to the Bahamas

Space Force

- L3 Harris wins \$120 million contract to upgrade Space Force electronic jammers

Army secretary reassures Germans that U.S. forces will be in the country long term

by John Vandiver,
Stars and Stripes

The U.S. Army is here to stay in Germany, the service's top civilian said this week during a stop in Munich that reinforced a growing sense that a proposal for big troop cutbacks in the country is all but dead.

Secretary of the Army Christine Wormuth said Monday that "there should be no question" that the U.S. is sticking around. She highlighted the recent addition of new Army units as a sign that a mission dating to World War II will endure.

"The challenge Russia presents to both of our countries and the NATO alliance underscores how important it is we maintain and strengthen our trans-Atlantic ties."

- Army Secretary
Christine Wormuth

Wormuth was in Munich to mark the anniversary of the U.S. liberation of the Nazi concentration camp in nearby Dachau in 1945.

The meeting, hosted by Bavarian governor Markus Soeder, came a little more than one year after former President Donald Trump announced plans to sharply draw down troop levels in Germany.

The Army mission in Bavaria was hit especially hard in the plan, which called for the removal of 12,000 U.S. troops from

Germany. It is on hold while President Joe Biden reviews the worldwide U.S. force posture.

The Pentagon is expected to wrap up its review before the end of the year. But whatever plan emerges, officials in Germany are hopeful that no major changes will be in store for U.S. forces in their country.

One of the major proposals was moving the 2nd Cavalry Regiment in Vilseck, effectively forcing the unit's Rose Barracks headquarters to shut down.

But new base housing opened at the barracks earlier this month and more renovations are in the works.

"Many residents see these construction measures as a good sign that the U.S. Army will remain in Europe and in our region over the long term," Vilseck Mayor Martin Schertl said in a statement to Stars and Stripes.

The Army has more than 17,000 soldiers in Bavaria, the service's main hub in Germany. Most forces are based around the large training grounds in Grafenwoehr.

On Monday, Soeder spoke of his state's deep bond with the Army, which dates to the Cold War, when garrisons were scattered all over the state. He grew up in Nuremberg, and he recalled his childhood visits to the now-shuttered Army post exchange there.

"For me as a child, the USA was always a place of freedom,"

Soeder said, adding that "the ties with the United States have always been so important for us in Bavaria."

U.S. Army Europe and Africa's Gen. Christopher Cavoli, the son of a former Army officer, who was born in the onetime garrison city of Wuerzburg,

said training grounds in Bavaria were indispensable during the Cold War.

And they remain so today as "threats darken the horizon," Cavoli said.

"It is a source of great pride to us to continue to serve here today," he said.

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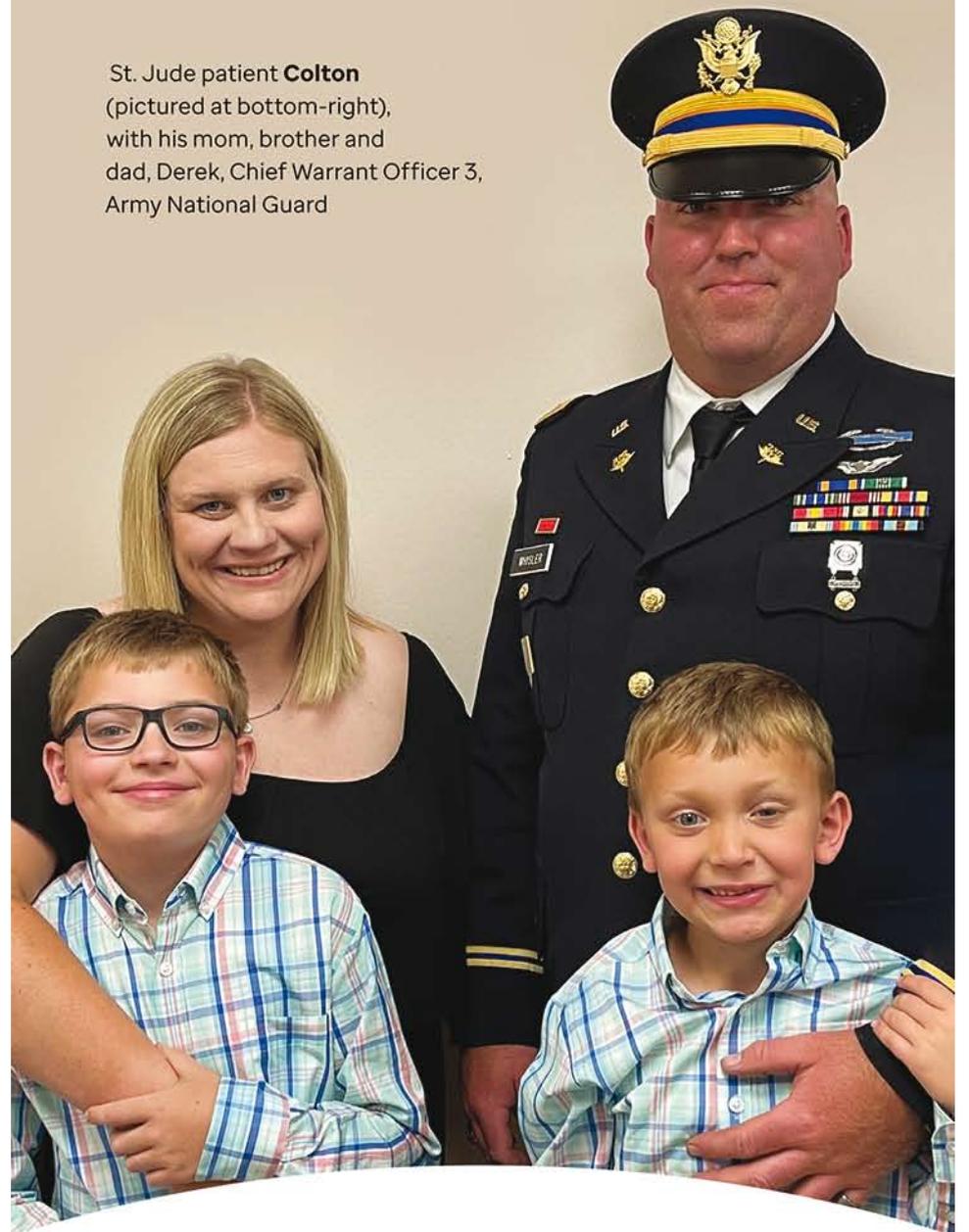
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6 www.armedforcesdispatch.com THURSDAY, OCTOBER 28, 2021

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This week: NDAA pending, OTH discharges review, VA seeking VHA boss

Senate NDAA pending on Senate floor

The House recently passed its version of the FY 2022 National Defense Authorization Act (NDAA-H.R. 4350) and the Senate is expected to follow suit soon. The Senate bill (S. 2792) is pending on the Senate floor for a final vote and will soon consider floor amendments. Several of these amendments are supported by FRA. These amendments include:

Amendment with the provisions of the "Major Richard

Star Act" (S. 344) that expands concurrent receipt to include Combat Related Special Compensation beneficiaries who are medically retired with less than 20 years of service;

Amendment with provisions of the "Military Retiree Survivor Comfort Act" (S. 1669) that would authorize the retention of the full final month's retired pay by the surviving spouse for the month in which the member was alive for at least 24 hours;

Amendment to require a joint report from DoD and the VA to designate the next national cemetery that affords full military honors as Arlington National Cemetery reaches capacity and directs DoD to not change ANC eligibility until after the report is submitted.

Once the Senate passes its version of the NDAA, a conference committee will be appointed to resolve the differences between the two bills. That final bill will be submitted to the House and Senate for a vote. If approved by both chambers, the bill will go to the President to be signed into law or vetoed.

Navy to review recent OTH discharges

The Navy has recently agreed

to review more than nine years' worth of other-than-honorable (OTH) discharges given to thousands of Iraq and Afghanistan war veterans with post-traumatic stress disorder or certain other trauma-related health conditions. That announcement follows preliminary court approval of a settlement of a 2018 lawsuit alleging that a Navy board had improperly denied a Marine Corps veteran's request for a better discharge status.

The suit was filed by Tyson Manker and the National Veterans Council for Legal Redress. Manker, who served from 1999

to 2003 and earned multiple awards and commendations, received an other-than-honorable discharge for smoking marijuana.

VA still seeking VHA boss

According to press accounts, the Department of Veterans Affairs (VA) has abandoned its initial search for someone to lead its huge health care system (Veterans Health Administration) and is starting the process all over again. The VA is establishing another commission to help choose a candidate for the role of undersecretary for health - a position that oversees hundreds

of hospitals and clinics that comprise the largest health care system in the country. Whoever takes the job will be responsible for hundreds of thousands of employees and an annual budget of about \$61 billion.

The VA has been without a confirmed leader of the Veterans Health Administration for more than four years, since the position was held by David Shulkin. Shulkin left the position in February 2017.

Veterans

•North Carolina nurse sentenced for defrauding

veteran with dementia of \$90k in benefits

•Veteran's daughter meets with descendants of Holocaust survivors freed with her dad

•'It's sick': VA alerts vets to false article about Biden withholding benefits

•California's veterans forced to leave homes to seek aid in dying



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THURSDAY, OCTOBER 28, 2021 www.armedforresdispatch.com 7



Interpersonal Edge
by
Dr.
Daneen
Skube

Dr. Daneen Skube,
Tribune Content Agency

Q: I work with a guy that has no empathy and seems oblivious to how he affects others. He seems to even enjoy conflict or upsetting team members. Are there tools that work with an office narcissist?

Tools to help you deal with an office narcissist

A: Yes and the first step is to evaluate whether you are working with someone that has the traits of a narcissist. Does your co-worker: 1. React with rage or icy indifference if you challenge them? 2. Do they expect special treatment and act with grandiosity? 3. Do they lack empathy? 4. Are they preoccupied with success and power?

If your co-worker checks every one of these boxes you cannot react interpersonally as you would with normal people. The strategies that work with

your office narcissist have to appeal to the motivations on the above list.

The Journal of Clinical Psychiatry estimates that only about 6% of the population has narcissistic personality disorder. However, far more people in our country exhibit narcissistic traits where they have low empathy and are highly self-absorbed.

In fact researchers who study a very extreme type of narcissism called psychopathy have observed they should have spent more time in corporate board rooms and less time in prisons. Many people that rise to the top of corporations have this personality disorder. Psychopaths can be effective in corporations because a complete lack of empathy allows these people to ignore morality and damage, and focus only on profit.

In the end these same traits cause downfalls for psychopaths when the media or whistle blowers reveal the damage they have created. However, these people often get away with outrageous behavior in the short-run when they are making money for their companies.

Whether your co-worker is a card-carrying member of the narcissist personality disorder club or has a lot of these traits your strategy is the same. Never use communication tools that rely on the other person imagining how you feel. Always appeal to the personal agenda of these people. They also respond well to flattery, and praise which can be challenging when you are angry at them.

Lastly, be aware that the far end of the narcissist disorder spectrum is a malignant narcissist. These people go beyond being unable to notice their effect on others and enjoy hurting people. If you're dealing with these people you should work at not looking or acting upset. Your distress rewards them.

Normal people find it unimaginable that there are people walking around that appear human but lack any capacity for human empathy. Yet if you pay attention to what goes on around you there are numerous daily examples of the damage narcissists do with zero awareness.

Once you can entertain that there are people around you in and out of the workplace that

cannot imagine how you feel you will know when it is more effective to appeal to their self-interests. You'll stop relying only on interpersonal skills that rely on empathy.

You'll also realize these people cannot understand their social world because they cannot imagine how others feel. Narcissists often feel like the victim as the negative reactions of others to their behavior is completely confusing to them.

In many ways office narcissists are the equivalent of a human-looking crocodiles. They have a singular goal of meeting their needs with little or no interest in their impact on others. Although these people are rare you will encounter them and now you have the tools to navigate your office reptile.

The last word(s)

Q: Does sarcasm ever work when you are trying to get a message across to a co-worker?

A: Not unless you plan to have your message lost in the confusion and irritation of the co-worker! Sarcasm is always lost on the person for whom it's intended.

Daneen Skube is an executive coach, trainer, therapist and speaker. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything". You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. No personal replies. (C)2021 Interpersonal Edge. Distributed by Tribune Content Agency, LLC.

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JMSDF, U.S. Navy conduct bilateral operations in South China Sea

by Lt. Cmdr.
Miranda Williams,
USS Carl Vinson

Japan Maritime Self-Defense Force Izumo-class helicopter destroyer JS Kaga (DDH 184) and U.S. Navy Carrier Strike Group (CSG) 1 are conducting bilateral operations in the South China Sea for the first time since *Vinson* Carrier Strike Group (VINCSG) deployed this summer.

While in the South China Sea, Japan and U.S. Navy units are conducting maritime

security operations, to include flight operations, coordinated tactical training between surface and air units, refueling-at-sea evolutions, and maritime strike exercises.

Cooperative maritime engagements and U.S. carrier operations in the South China Sea are part of the U.S. Navy's routine presence in the Indo-Pacific.

"Bilateral operations are one key component in our collective maritime readiness," said Rear Adm. Dan Martin, commander, CSG 1. "The Indo-Pacific is a

dynamic region and by continuing to conduct routine operations with our allies and partners throughout international waters and airspace, we demonstrate our unwavering commitment to upholding international law, on the sea and in the air, and to ensuring that all nations can do the same without fear or contest."

Since arriving in the U.S. 7th Fleet region, CSG 1 units have participated in multiple operations and exercises with JMSDF units, most recently MALABAR 2021 and Maritime Partnership Exercise. JMSDF Rear Adm.

IKEUCHI Izuru, Commanding Officer of IPD21 force, Commander of Escort Flotilla 3 said maritime alliances and partnerships are vital to maritime

scale exercises, the JMSDF was able to enhance its tactical capabilities as well as strengthen its cooperative relationship with the navies of participating coun-

international maritime traffic routes, together with the navies of our allies and partners who share our fundamental values and strategic interests, demonstrate our unity and strong will to realize a "free and open Indo-Pacific" based on law."

Led by Carrier Strike Group 1, U.S. Navy units operating in the SCS include aircraft carrier USS *Carl Vinson*, guided-missile cruiser USS *Lake Champlain* and USS *Shiloh*; guided-missile destroyer USS *Stockdale* of Destroyer Squadron 1; and nine squadrons of embarked

“Bilateral operations are one key component in our collective maritime readiness.”

• Rear Adm. Dan Martin, commander, CSG 1

security and underpin the free flow of commerce and access to resources in the region.

“Through a series of large-

tries,” said Rear Adm. IKEUCHI Izuru, Commanding Officer of IPD21 force, Commander of Escort Flotilla 3. “Our activities in the South China Sea and Indian Ocean, which are important



Carrier Air Wing 2 participants

- F-35C squadron - “Argonauts” of Strike Fighter Squadron (VFA) 147
- Three F/A-18E/F Super Hornet squadrons - “Bounty Hunters” of VFA-2, “Stingers” of VFA-113, and “Golden Dragons” of VFA-192
- “Gauntlets” of Electronic Attack Squadron (VAQ) 136, operating the EA-18G Growler
- “Black Eagles” of Airborne Command and Control Squadron

- (VAW) 113, operating the E-2D Advanced Hawkeye
- “Titans” of Fleet Logistics Multi-Mission Squadron (VRM) 30, operating the CMV-22B Osprey
- “Black Knights” of Helicopter Sea Combat Squadron (HSC) 4, operating the MH-60S Seahawk
- “Blue Hawks” of Helicopter Maritime Strike Squadron (HSM) 78, operating the MH-60R Seahawk.

U.K. aircraft carrier HMS Queen Elizabeth, USS *Carl Vinson* aircraft carrier, and Japan's JS Kaga helicopter destroyer sail during Maritime Partnership Exercise Oct. 17. Navy photo by MC3 Erin C. Zorich

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NAVWAR executive director speaks at SDMAC economic impact study event

by Elisha Gamboa,
NAVWAR Public Affairs

SAN DIEGO - Naval Information Warfare Systems Command (NAVWAR) Executive Director John Pope joined government, military, and industry leaders from across the region in a panel to discuss the San Diego Military Advisory Council's (SDMAC) newly released economic impact study, Oct. 20, at the Admiral Kidd Conference Center in San Diego.

SDMAC commissions an annual economic impact study to demonstrate the significant benefits of defense-related spending and military presence in the San Diego region. During the event, Pope highlighted NAVWAR as one of the Navy's major acquisition commands with an expertise in information warfare

technology and its substantial economic impact during fiscal year (FY) 2020.

NAVWAR influences San Diego's economy through seven channels including: contracts awarded to regional businesses, command employees, operations and maintenance spending, command-related tourism, patents, government purchase card payments, and contributions in the fields of science, technology, engineering and mathematics.

In FY 2020, NAVWAR contributed more than 29,000 jobs throughout the San Diego region and directly employed more than 5,600 people, with about 270 military workers and 5,300 civilian employees. Their combined compensation, including wages and benefits, totaled more than

\$900 million. Of these employees, many are highly educated with more than four-fifths of them holding at least a four-year college degree, and about two-fifths holding Master's or Doctorate degrees.

"We have a long history with San Diego, as the region has been a strong partner in executing our mission of delivering and sustaining information warfare capabilities for the fleet and our partners around the world," said Pope. "This relationship is ideal for both the region and the command. With nearly half of our workforce positioned in the San Diego area, we are able to leverage many of the region's unique advantages including its close proximity to operational

forces, training ranges, high-tech industry and world-class universities."

This mutually beneficial relationship can be demonstrated by the Navy Old Town Campus Revitalization Project, in which the Navy is working alongside supporting partners and advocates throughout the San Diego region to provide the command with new, modern and secure facilities to support its rapidly expanding, critical cybersecurity mission.

"Our mission is growing with an ever-increasing focus on speed and agility to field capabilities faster to pace our adversaries and maintain advantage in the information domain," said Pope.

This potential redevelopment would bring tremendous economic benefits to the region through the construction and operation of new commercial, military, residential and transportation facilities.

Another example of part-

nerships within the region is NAVWAR's continued involvement with the San Diego Cyber Center of Excellence (CCOE), demonstrating the command's strong commitment and contribution to cybersecurity, as well as the importance of partnering

see NAVWAR, page 14



This week's snapshots



MCRD, SAN DIEGO

Pvt. Carlos Linares, a new Marine with 1st Recruit Training Battalion, descends during a rappel tower challenge. Marines learned how to make their own harnesses to descend the 60-foot tower. All new Marines that graduate recruit training can now execute 10 days of family leave following graduation. Marine Corps photo by Sgt. Christopher A. Madero



ANDAMAN SEA
Oct. 23, 2021

Sailors assess a patient during a simulated mass casualty drill on the mess decks of aircraft carrier Carl Vinson (CVN 70). The Carl Vinson Carrier Strike Group is deployment in the U.S. 7th Fle. Navy photo by MC3 Isaiah Williams



NAB CORONADO
Oct. 12, 2021

Lt. Logan Burchett, assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 11, discusses Navy EOD unmanned underwater vehicle (UUV) capabilities with Brig. Gen. David L. Odom, Director, Expeditionary Warfare, during his visit to Explosive Ordnance Disposal Group 1. Navy photo by Lt. John J. Mike



USS STOCKDALE
Oct. 17, 2021

(left) USS Stockdale steams in formation with JMSDF destroyer JS Kaga, Carl Vinson, and HMS Queen Elizabeth as part of Maritime Partnership Exercise. MPX 2021 is a multilateral maritime exercise between the Royal Australian Navy, Japan Maritime Self-Defense Force, U.K. Royal Navy and U.S. maritime forces. Navy photo by Ensign Alex Kraft

(right) Makin Island Sailors heave a phone-and-distance line during a replenishment-at-sea with oiler USNS Henry J. Kaiser. Makin Island is conducting operations in 3rd Fleet. Navy photo by MC3 Jacob D. Bergh



USS MAKIN ISLAND
Oct. 21, 2021

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BEAM continued from page 4

experts, Puma drone pilots and sailors spent two days connecting nodes to drones and then launching them off *New Orleans'* flight deck. The trial took place in July off Australia's northeastern coast in the Coral Sea, according to the Marine Corps.

The BEAM system works through nodes, which are devices that can create, receive, store and communicate information with one another. Three or more nodes form a network.

"Several nodes are networked together to create a web of sensors that can both detect and take action against hostile electromagnetic emitters," Schmitt said.

The Marines' BEAM uses three nodes that can be configured for specific battlespaces. Nodes attached to a Puma provide the Marines knowledge of their surroundings at sea and on land, according to Schmitt.

"The idea is you have three squadrons or platoons wandering around doing their assigned mission, and they are each carrying BEAMs with them, creating a network of sensors to aid situational awareness," he said. "If any of those nodes detects something, it will alert all of

the connected BEAMs, and any of those BEAMs could choose to begin jamming the enemy if desired."

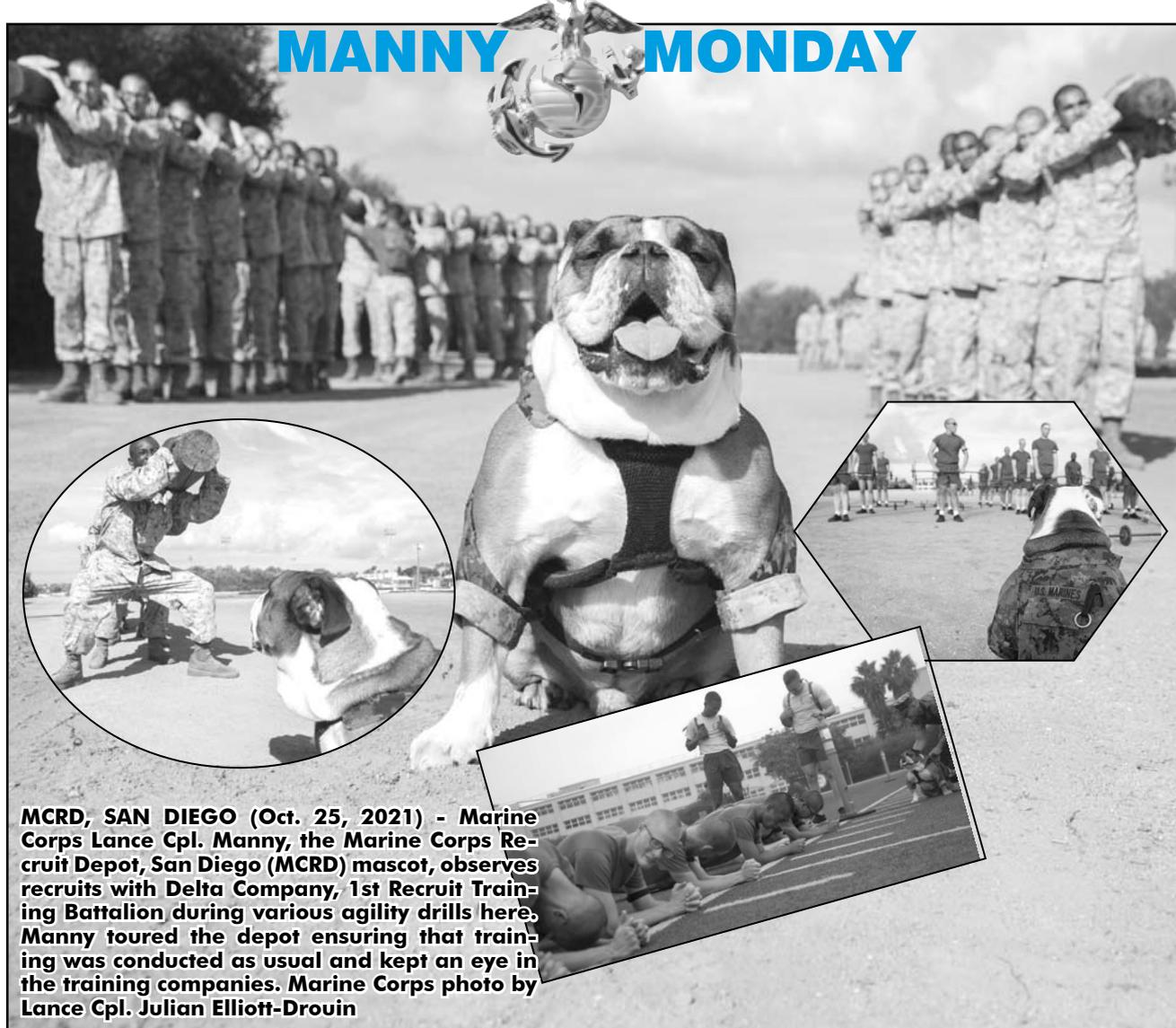
BEAM technology is not equipped with artificial intelligence, but its computer processing capabilities make it "pretty smart," according to an April article in *Signal* magazine.

The BEAM radios communicate with one another to "find the best formation to grab the most information about the enemy," Philip Root, a program manager at the Defense Advanced Research Projects Agency who helped develop BEAM starting in 2016, told *Signal*.

Root said Marines and Special Forces consider the BEAM system another team member rather than another tool.

"They would give the BEAM system the mission, and it would modify its behavior depending on the threat it saw and where they were in the mission, where it saw high-value targets," Root told the magazine.

Working aboard *New Orleans*, Schmitt's team used BEAM on drones in coordination with a 36-foot, rigid, inflatable boat, "which was something that had never been tested before," he said.



MCRD, SAN DIEGO (Oct. 25, 2021) - Marine Corps Lance Cpl. Manny, the Marine Corps Recruit Depot, San Diego (MCRD) mascot, observes recruits with Delta Company, 1st Recruit Training Battalion during various agility drills here. Manny toured the depot ensuring that training was conducted as usual and kept an eye in the training companies. Marine Corps photo by Lance Cpl. Julian Elliott-Drouin

Indy Autonomous Challenge

Several months ago, in "AutoMatters & More," I previewed the Indy Autonomous Challenge (IAC). You can see that preview, complete with photos, at <https://automatters.net/driverless-high-speed-racing-indy-autonomous-challenge/>.

In that column I wrote about a press conference at the Consumer Electronics Show (CES), where "the world's first autonomous racecar" was unveiled at the Indianapolis Motor Speedway, and we learned that "more than 500 university students" would be competing for 1.5-million dollars in prize money "in the world's first high-speed, head-to-head autonomous race at the famed IMS." The stated goal of the IAC was to "advance technologies in driverless vehicles and motorsports."

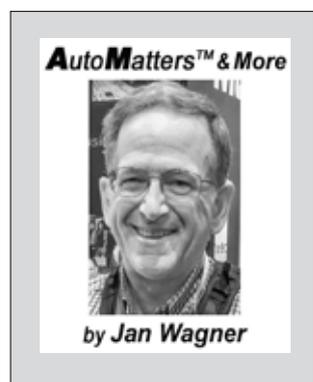
The "Indy Autonomous Challenge Powered by Cisco" was held last Saturday at the Indianapolis Motor Speedway. It was exciting, although it was very different than the 50 mile, 20-lap, wheel-to-wheel race that I was expecting to see.

There were nine truly international teams competing, from 21 universities.

Their million-dollar cars were all based on the Dallara AV-21 — similar to an Indy Lights car, but highly modified for bullet-proof racing, and with autonomous systems developed individually by the competing teams. The goal with the underlying car was to make it reliable, with common car setups for all of the teams, so that the competition would be a test of their autonomous systems, using "a host of lidar, radar and optical cameras sensors, converging with screamingly quick on-board rugged-edge computing and communications, coupled with cutting-edge artificial intelligence algorithms."

Before I go any further, I would like to acknowledge the people who have already told me that autonomous racing goes against what racing is supposed to include — drivers competing

and risking their very lives behind the wheel. I get that, I really do, but this competition was intended to develop and refine the technology that can eventually be applied to autonomous street-driven vehicles — similar to the pioneering work that DARPA had done with its autonomous off-road challenge events. The premise this time around is that autonomous



technology that can safely maneuver vehicles at high speeds, and enable them to stay out of trouble when (not if) the unexpected happens, will be more able to meet the challenges of street-driven vehicles than if the technology was developed at normal speeds and under more normal circumstances.

As was explained in the engaging commentary in the Twitch livestream, what these teams were trying to do is extremely difficult. It pushes the boundaries of known technology: "Motorsports really brings out the strong edge cases that you see for driverless vehicles. You're travelling at such a fast rate that a lot of your sensors — by the time you get a new update — you're already multiple meters ahead, and so your algorithms have to keep up."

Rather than have a wheel-to-wheel race with all of the autonomous cars racing around the track at once,

the event was more like single-car qualifying for the Indy 500. The rules required each team to compete in a fastest lap competition that included an obstacle avoidance component.

The drama included rain, that eliminated the much-needed Friday practice day, a spin-out, and last minute technical problems that included failure of several of the standardized, redundant GPS trackers, which caused some of the cars to get a little lost and make contact with the walls!

Each of the top three qualifiers were then supposed to have a one-car-at-a-time, two-lap, combined time shootout for the million-dollar grand prize. It all came right down to the last of the three quickest-qualifying competitors in their final timed run. After one lap their car had achieved the quickest lap. It seemed almost certain that they would win the competition, but then their car inexplicably slowed on its second lap, eliminating any chance to post the quickest two-lap average.

The winning team was TUM Autonomous Motorsports (Technische Universität München), with a two-lap average time of 135.944 mph.

It was fitting that the competition was ceremoniously flagged by Boston Dynamics' autonomous robotic dog named Spot.

If you missed this event, I suspect it was not a one-off. To learn more about the Indy Autonomous Challenge Powered by Cisco, the racecars, the teams and more, visit: <https://www.indyautonomouschallenge.com>.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters & More at [AutoMatters.net](https://www.automatters.net). On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

We made our flight to Dulles Airport, despite annoying run-around after check in. My husband, Francis, and I brought one checked bag, which was five pounds too heavy. Unwilling to pay the \$100 overweight bag fee, I frantically unloaded books I'd packed for my author event, but it was still over by a half pound. I grabbed the large bottle of Miralax laxative powder that I take every night, and plopped it into my carry on.

"That needs to be tested," a TSA agent said, pointing to the Miralax in my carry on.

"How embarrassing," I thought, unaware that my circumstance would get worse. After submitting to the machine that blows a puff while you stand with arms overhead, I was told that the bottle's contents had been flagged as "suspicious."

"Female," an agent said into a walkie-talkie. I was directed to wait in a secure area.

Francis looked irritated, which irritated me. "They're just doing their jobs," I mouthed to him. If anyone should understand why security procedures are important, it should be Francis, who spent 28 years as a naval intelligence officer, and since retiring four years ago, now works in cyber security for a global bank.

Camaraderie never retires

A petite female agent with security gadgets neatly strapped to her uniform appeared minutes later. "Ma'am, this security procedure will require me to touch you," she began, "do you have any conditions that cause you pain in any areas of your body?" She thoroughly explained every step while patting down my nooks and crevices three times over.

She signaled to the male agents that I was cleared, but we still had to wait, while they leafed through the pages of every book that was in my carry on, twice over. Are humor books and powdered stool softener a security risk?

Somehow, we made it to my author event at Army Navy Country Club in Arlington, Virginia. By the time we arrived, the Fort Richardson Room was filled with fifty members and guests, sipping drinks and loudly chatting in small groups. The coordinator tapped the podium microphone, "Please take a seat, let me introduce tonight's speaker..."

I adjusted the folder containing eight stories I'd planned to read, most from past columns I'd written. For some reason, I wasn't nervous looking out at fifty unfamiliar faces with high expectations to be entertained. Unusually comfortable and confident, I began.

Two paragraphs into my first reading, giggling erupted, washing over me like an invigorating shower. With each story, the crowd laughed more and I mirrored their energy, until I had to pause to let hoots and cackles die down before continuing. In between stories, I freestyled, engaging with

the women like old friends.

Francis, seated in the first row, saw opportunities to inject himself and took them, reaching over chairs to high five attendees and shouting additional details like, "Of course we had a tinkle jar in our station wagon — I have three brothers!" By the final reading, women were shouting out, "So true!" and "Been there, done that!" between guffaws, and I laughed at their outbursts.

"My sides hurt," one hysterical chuckler cried. I joked that I'd pay her to attend all my reading events.

Though I thought the night couldn't get better, I raced from the podium to the book signing table, where a long, noisy line was forming. Francis was supposed to handle sales, while I autographed books, but he abandoned his post immediately, too busy joking with attendees. In the jovial mayhem, I fumbled to autograph each book with personal details.

"Are you a military spouse?" I'd ask, and found that most were either "retired" military spouses like me, or men and women who'd served many years on active duty. "From one milspouse to another ... keep laughing!" I scribbled inside many books that night.

Before going to bed, I mixed a glassful of the Miralax that nearly sabotaged my event. Gulping it down, I realized that those fun-loving strangers were my people. We share a common life story, we speak the same language, and no matter how old we get, we are part of a community that will never retire.

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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.

Thursday, Oct 28

6pm Shang-Chi: Ten Rings (PG-13)*

Friday, Oct 29

5:30pm Addams Family 2 (PG)

7:50pm Copshop (R)

Saturday, Oct 30

3pm The Addams Family 2 (PG)

6pm Many Saints of Newark (R)

Sunday, Oct 31

1:50pm The Addams Family 2 (PG)

4:30pm Many Saints of Newark (R)

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, Oct 29

6pm Dear Evan Hansen (PG-13)

9pm Many Saints of Newark (R)

Saturday, Oct 30

3pm The Addams Family 2 (PG)

6pm Malignant (R)

Please verify online before attending

Lowry Theater - NASNI,
619-545-8479
Bldg. 650

Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.

Debit and credit cards accepted only

Friday, Oct 29

6pm The Addams Family 2 (PG)

Saturday, Oct 30

3pm Copshop (R)

6pm Many Saints of Newark (R)

Sunday, Oct 31

1pm The Addams Family 2 (PG)

4pm Malignant (R)

Updates: sandiego.navylifsw.com

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, Oct 23

1:30pm Addams Family 2 (PG)

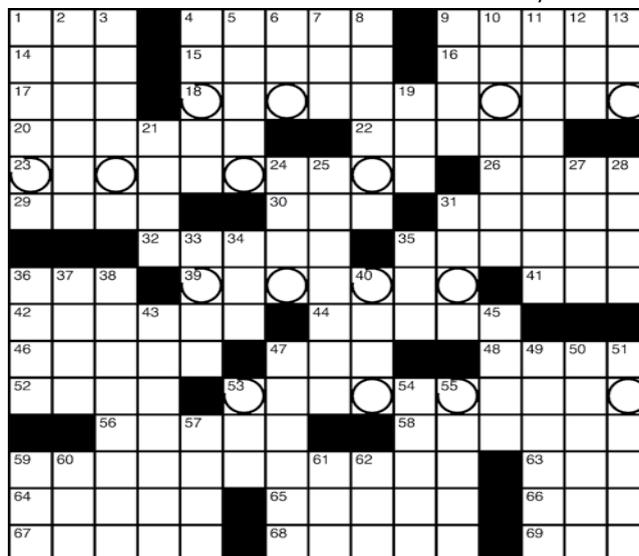
CROSSWORD PUZZLE

Across

- Hesitant sounds
- Grand ___ Auto: video game
- A and B, for blood
- Long of "Third Watch"
- Gung-ho
- Finnish bills
- Method
- Entirety of a manufacturer's goods
- Sent out
- Inspiring Greek group of nine sisters
- U.S. Forest Service mascot since 1944
- ___ and found
- Peace of mind
- Hightailed it
- Namesake of a new wing, of-ten
- Dolphin communication method
- Oregon city south of Salem
- 4, in 2 + 2 = 4
- Indoor tanning aid
- Reuben bread
- Put-down
- Inception
- Lighter brand
- Degree for a CFO
- [Purchase at your own risk]
- Floride, par exemple
- Out-of-office investigator
- Late-night host O'Brien
- Whip (up), as grub
- Tumbling seed, and a hint to each row of circled letters
- AAA service
- Author Asimov
- Lawful
- Night before
- Rock or pop
- Traditional piano key wood
- Like half a deck of cards

Down

- Not prudent
- Swamp gas
- Final approvals
- Conical home
- "Jude the Obscure" author Thomas
- Big head on the set
- Nourished
- Writer Capote
- Lunar New Years
- Holiday fireplace blazer
- "Orange Is the New Black" extra
- Geological period
- Toronto-to-D.C. dir.
- Mangy dog
- Hawaiian strings
- ___ flakes: cereal
- Body part thoughtfully tugged on
- PlayStation maker
- Sloth's hangout
- Fool
- Norsk Folkemuseum city
- Macadamia ___
- Pair of madmen?
- Evaluate, with "up"
- Army outfit
- Female '80s arcade sensation
- Like neat freaks
- As good as expected
- Graffiti signatures
- Mix at a party
- Irish pooch
- Smitten
- Slow-boiled, as prunes
- Convection oven need
- Water escape route
- Unc's spouse
- "Good one!"
- "The ___ is up!"
- Employ
- Tot's mealtime protector
- Prefix with friendly



City of San Diego offers family friendly Halloween fun

Candy, costume contests and spooky movies among free options for families to enjoy this 'Howl-iday' season. The spookiest holiday of the year is approaching, and the City of San Diego is giving families a variety of fun and hair-raising Halloween activities at local recreation centers. Find something for everyone including in-person group activities and contactless options for visitors of all ages to bring some spooky fun to the neighborhood this Halloween. Attendees are encouraged to put on their costumes and visit select rec centers <https://www.sandiego.gov/sites/default/files/halloween-rec-centers.pdf> throughout the city offering candy, games, movies and other tricks and treats for your little ghosts and goblins to enjoy. All rec centers will be following County safety guidance related to the COVID-19. Events are free to attend; some may require a minimal cost for the purchase of carnival tickets.

Great Pumpkin Beer Festival rolls into the Gaslamp Quarter

The First Annual Great Pumpkin Beer Festival in San Diego! Saturday, Oct. 30 from 3:25-10:25pm. Are 21+. Prepare yourself and your pumpkin loving crew, because the first ever Great Pumpkin Beer Festival will take over the streets of the Gaslamp Quarter Halloween weekend! This legendary fest takes place annually in Seattle and premieres in San Diego in 2021! We will have 40+ pumpkin themed brews, live entertainment, costume contest, twisted experientials, squash-based foodie creations, hidden surprises and more! This is an experience like no other! 7th & Market in the Gaslamp Quarter. GA Tickets (5 Beer Tastings) - Starting at \$38 include • Entrance to The Great Pumpkin Beer Festival • 5 tastings tickets for pumpkin & seasonal beers (additional tasting tickets available for purchase at event) • Taste of the Giant Pumpkin keg beer at tapping • Live music • Watch or compete in the Gourd Games • Pumpkin foods + beer available for purchase • Commemorative snifter glass!

EVENTS AROUND TOWN

Oct 1-31: **Museum Month-Kids Free** in many San Diego museums and attractions www.sandiegomuseumcouncil.org
Thru Oct 31: **Haunted Hotel** Mission Valley and **Haunted Trail** Balboa Park. www.hauntedhotel.com
Thru Oct 31: **Knotts Scary Farm** www.knotts.com
Oct 1-31: **Bates Nut Farm-Pumpkin Festival**, batesnutfarm.biz
Oct 1-31: **Scream Zone** at Del Mar Fairgrounds, thescreamzone.com
Oct 2-30: **Brick-or-Treat** at Legoland. www.legoland.com
Oct 28-31: **2021 Zombie Crawl** at 628 Fifth Ave., San Diego www.sandiego-zombiecrawl.com
Oct 30: **Howl-O-Ween Dog Pawty**, 10-2, Little Italy Dog Park. Fundraiser for all breed dog rescue.
Oct 30: **The Great American Beer Festival** in San Diego
Oct 30: **San Diego Distillers Guild Festival** at The Lane at 900 Bayfront Ct, San Diego www.sddistillers.com
Oct 30: **Great Pumpkin Beer Fest** in downtown San Diego www.GreatPumpkinBeerFestSD.com
Oct 30: **Fall Fest at Parkway Plaza**, 5-7pm. Free.
Oct 30: **Oingo Boingo** at Humphreys www.ticketmaster.com
Oct 30-31: **Orchids in the Park Show & Sale**, noon-4pm, Casa del Prado, Balboa Park. Free.
Oct 31: **LA Chargers vs. New England Patriots** at SoFi Stadium, 1:05pm. www.chargers.com
Oct 31: **Adam Ant** at Humphreys www.ticketmaster.com
Oct 31: **Halloween**
Nov 1: **Dia De Los Muertos**
Nov 1: **James Taylor with Jackson Browne** at Pechanga Arena
Nov 3-28: **Bing Crosby Fall Horse Racing** at Del Mar Racetrack. dmtc.com
Nov 4: **Lauren Alaina**, NiCredit Union Amphitheatre ticketmaster.com
Nov 5-6: **Breeders Cup at Del Mar** Fairgrounds www.breederscup.com
Nov 5-6: **Beethoven**, Bartók, and Biss at Rady Shell, Jacobs Park theshell.org
Nov 6: **Opera's Greatest Moments** at California Center for the Arts Escondido, 4-6pm. www.artcenter.org
Nov 7: More Than Pink Walk in Balboa Park, 8am. www.komen.org/sandiego
Nov 11-14: San Diego Bay Wine and Food Festival at Embarcadero Marina Park North www.sandiegowineclassic.com
Nov 14: Taco TKO at Liberty Station 12-3pm for all Taco lovers!

ROY'S SUDOKU

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Social Security Matters

Ask Rusty - Is taxing Social Security fair?

by Russell Gloor

Dear Rusty: Taxing Social Security benefits isn't fair. It would benefit everyone if seniors could earn as much as possible without having their Social Security taxed. We would still be paying into Social Security which would help the fund. I also feel that all people earning over \$100,000 should pay into Social Security because they can afford it. This would help fund Social Security without hurting anyone financially. Many seniors are struggling financially and should be able to earn as much as we can without a portion of our Social Security being taxed. Signed: Overtaxed Senior

Dear Overtaxed Senior: Few would argue that paying income tax on Social Security benefits is fair. Nevertheless, Congress enacted taxation of Social Security benefits in 1983 as part of a reform package which restored Social Security to solvency at the time. When the law was first enacted, 50 percent of SS benefits were taxable for single tax filers who earned more than \$25,000 and for married couples who earned more than \$32,000. That was the law until 1993 when Congress added another threshold for both single and married filers. The 1993 law allowed up to 85 percent of SS benefits to be taxed for single filers who earned more than \$34,000 and for married fil-

ers earning more than \$44,000.

Ever since enacted, those laws have been viewed as unfair by many senior organizations and especially by the individuals who paid income tax on their benefits. The unfortunate reality is that eliminating income tax on Social Security benefits without also implementing other offsetting reforms would exacerbate Social Security's now tenuous financial condition (income tax on benefits added \$41 billion to Social Security's revenue in 2020). Thus, calls today for repealing income tax on Social Security benefits go largely unheeded. It's worth noting that 13 U.S. states also levy a state income tax on Social Security benefits.

Although the payroll taxes you pay into Social Security while working are different from income taxes on your benefits, people earning over \$100,000 today do pay into Social Security through a FICA tax (or self-employment tax) on their earnings. Paying this tax is what entitles you to receive Social Security benefits. The 2021 threshold after which SS contributions are no longer taken from earnings is \$142,800, and this amount goes up a bit each year. But even completely removing that payroll tax cap and further taxing higher earners would not fully resolve Social Security's current financial

issues. Social Security's Trustees predict that monthly benefits are at risk of reduction starting in 2034 unless Congress acts to reform the program. Eliminating income tax on benefits is one of many suggestions now being considered in reform proposals, as is increasing (or eliminating) the payroll tax cap. Whether Congress will include either of those suggestions in future Social Security reform legislation is anyone's guess.

So, while we agree that levying income tax on Social Security benefits amounts to "double taxation" (because you also pay income tax on your earnings used to qualify for Social Security), taxing your Social Security income is, nevertheless, permitted under current law. As unpalatable as that law may be, and as unfortunate the effect is on struggling seniors, the AMAC Foundation can only offer guidance on how existing Social Security laws and regulations affect those who contact us.

Our parent company, the Association of Mature American Citizens, is very well aware that paying income tax on Social Security "isn't fair" and regularly lobbies Congress on that topic.

Russell Gloor is a Social Security advisor with the Association of Mature American Citizens.

Active, retired DoD, Coast Guard civilian employees now have NEX online shopping access

Active and retired Department of Defense (DoD) and Coast Guard civilian employees now have access to shop online at myNavyExchange.com per a DoD directive. That same directive also extended in-store shopping access to active DoD and Coast Guard civilian employees at all military resale activities on May 1, 2021.



"We are excited to welcome these new customers to our NEX online store," said retired Rear Adm. Robert J. Bianchi, Chief Executive Officer at the Navy Exchange Service Command (NEXCOM). "Expanding online shopping to a new group of authorized customers will allow us to increase our contribution to

Navy quality of life programs which will greatly benefit our military community."

To access the NEX online store for shopping, DoD and Coast Guard civilian employees will need to sign up for an account at myNavyExchange.com using their DoD ID or last four digits of their social security number and birthdate. For account creation questions or issues, customers can contact 877-810-9030 in the continental United States or 001-877-432-1736 overseas.

To shop online, active and retired DoD and Coast Guard civilian employees must have a U.S. mailing address, including

territories and possessions, and APO and FPO addresses. The online military exchanges cannot ship merchandise to local addresses in foreign countries.

The Navy Exchange Service Command is one of 11 commands under Commander, Naval Supply Systems Command. NEXCOM oversees seven business lines that include Navy Exchange stores, Navy Lodges, Navy Gateway Inns & Suites, the Ships Store Program, the Uniform Program Management Office, the Navy Clothing and Textile Research Facility and the Telecommunications Program Office. NEXCOM's mission is to provide authorized customers quality goods and services at a savings and to support Navy quality of life programs.

NAVWAR

continued from page 11

with industry to better support the mission. NAVWAR is working alongside the CCOE on a number of initiatives to strengthen the diversity and inclusivity in the cyber talent pipeline, including CyberHireSD and the Underrepresented in Cybersecurity Apprenticeship Program.

San Diego is home to more than 870 cyber firms and 12,400 cyber professionals that gener-

ate an annual economic impact of \$3.5 billion, a 15 percent increase since a 2019 cyber industry study. NAVWAR directly employs a third of all cybersecurity workers in San Diego and its presence is a contributing factor for many cyber companies to remain located in the region.

Moving forward, NAVWAR will continue to partner with the city of San Diego, and support SDMAC's mission of facilitating and advancing the partnership between the military, elected officials, civic leaders

and the business community to enhance the understanding of the military's many contributions to the San Diego region.

NAVWAR identifies, develops, delivers and sustains information warfighting capabilities and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space. NAVWAR consists of more than 11,000 active duty military and civil service professionals located around the world.

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Breast cancer screening saves lives through early detection

by David Marks,
Naval Hospital Twentynine Palms
It's Breast Health Awareness Month.

According to the Centers for Disease Control and Prevention (CDC), breast cancer follows skin cancer as the most common cancer among American women. Also, according to the CDC, mammograms are the most effective way to catch breast cancer early, "when it is easier to treat and before it is big enough to feel or cause symptoms."

Ms. Domife ("Mimi") Valdueza is Naval Hospital Twentynine Palms' Breast Health Coordinator. Ms. Valdueza earned her

registered nursing degree in the Philippines and in the U.S. she earned her RN license, her public-health-nurse license and case-manager certification. Ms. Valdueza provided emailed responses to the following questions:

What is your best advice for a woman regarding breast health?

Stay healthy by maintaining a balanced diet with plenty of green, leafy vegetables; limit your amount of drinking (alcohol); be physically active; quit smoking and get routine breast screening (breast self-exams, clinical breast exams and mam-



mograms). Women should also be aware of the symptoms of breast cancer and breast cancer risks.

How does a woman's age affect how she should approach breast health?

Most breast cancers are found

in women who are age 50 and older. As we age, women's breast cells are constantly changing and growing, mainly due to the activity of female hormones. Although, young women can also be at increased risk for breast cancer. High-risk patients should ask their primary-care provider if they can start early mammograms before age 40. In general, women should start screening with mammograms at age 40 and older.

What are the consequences of ignoring breast health?

A woman may not know she has breast cancer until it's in the late stage. If breast cancer is

found at a late stage, it may be too late for effective treatment. Then it will be fatal. It's better to detect breast cancer at an early stage, it's easier to treat and they will have a good chance at a full recovery.

Why should a woman not solely rely on self-exams?

Some cancers may not be found by doing breast self-exams but could be found through mammography imaging or during clinical breast exams.

According to the CDC, about 255,000 women in the U.S. get breast cancer annually and 42,000 women die from the disease.

Breast cancer in the U.S

- In 2021, an estimated 281,550 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 49,290 new cases of non-invasive (in situ) breast cancer.
- 63% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%.
- This year, an estimated 43,600 women will die from breast cancer in the U.S.
- Although rare, men get breast cancer too. In 2021, an estimated 2,650 men will be diagnosed with breast cancer this year in the U.S. and approximately 530 will die.
- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime
- Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2021, approximately 30% of all new women cancer diagnoses will be breast cancer.
- There are over 3.8 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.

Good News About Breast Cancer Trends

In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

Breast cancer in men: Less than one percent of cases

All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment. The majority of men diagnosed are over the age of 50.

Infiltrating Ductal Carcinoma

Of the men who develop breast

cancer, the vast majority of those cases are Infiltrating Ductal Carcinoma (IDC), which means cells in or around the ducts begin to invade surrounding tissue. Very rarely, a man might be diagnosed with inflammatory breast cancer or Paget disease of the nipple, which is Ductal Carcinoma In Situ (DCIS) contained within the nipple and usually areola.

Risk Factors

- Radiation exposure
- High levels of the hormone estrogen
- Family history of breast cancer, especially breast cancer that is related to the BRCA2 gene.

Signs & Symptoms

Male breast cancer can exhibit the same symptoms as breast cancer in women, including a lump. Anyone who notices anything unusual about their breasts, whether male or female, should contact their physician immediately.

Most men find their own lump while in the shower and it is usually located underneath the nipple and areola. It is common for men to delay reporting the lump to a physician which can result in the patient requiring more treatment.

Nearly all breast cancer in men is estrogen receptor positive with treatment including hormonal therapy, just as it does for 70% of women. Survival rates and treatment for men with breast cancer are very similar to those for women. Early detection of breast cancer increases treatment options and often reduces the risk of dying from breast cancer.

Genetic Testing

Although treatment outcomes are very similar to women at the same stage of detection, a man diagnosed with breast cancer should also consider seeing a genetics counselor for a consulta-

tion. If a man tests positive for a defective gene (most commonly either BRCA1 or BRCA2) that can lead to a future diagnosis of breast cancer and his children have a 50% chance of carrying the gene. In addition:

- A male child of a man with breast cancer who inherits the defective BRCA2 gene has only approximately 6% chance of eventually developing breast cancer and just over 1% with BRCA1.
- A female child of a man with breast cancer who inherits the defective gene has a risk between 40% and 80% of eventually developing breast cancer.
- Men with a genetic predisposition to breast cancer (carrying BRCA2 gene mutation) are also at higher risk of getting prostate cancer at a younger age than usually diagnosed, as well as being at higher risk for melanoma and pancreatic cancer.

AZTEC FOOTBALL

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All 2021 home games will be played at Dignity Health Sports Park in Carson, CA

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OCTOBER 9 TBA SOSU VS. NEW MEXICO	OCTOBER 30 7:30 PM SOSU VS. FRESNO STATE	NOVEMBER 13 7:30 PM SOSU VS. NEVADA
	NOVEMBER 26 9:00 AM SOSU VS. BOISE STATE	

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