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Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH



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SIXTY-FIRST YEAR NO. 28  
THURSDAY, NOVEMBER 4, 2021

## FLEET WEEK SAN DIEGO GETS UNDERWAY CELEBRATING OUR SERVICE MEMBERS AND THEIR FAMILIES

Fleet Week returns to San Diego this week with its annual salute to our service members.

“San Diego is definitely a military town,” said retired Army Col. Bill Baugh 2021 president of the San Diego Fleet Week Foundation. “We’re proud of the work our military men and women perform, both in their service to our country and in our community, and we know that the people of San Diego join us in honoring and thanking these outstanding men and women.”

A series of community events are planned for the week-long event, culminating in a two-hour boat parade which starts at noon on Veterans Day, Nov. 11. Events include:

### INNOVATION ZONE/STUDENT STEM DAYS

Nov. 4-5 • Broadway Pier • 8:30am • Registration required  
Nov 5, 1-4pm & Nov 6, 10am-4pm • Open to public  
Port Pavilion Building becomes home to the Fleet Week Innovation Zone. This space will showcase some of the latest high-tech equipment used in both military and civilian applications, and is an exciting attraction for all ages. Get an up front view of new and emerging technologies, many of them encouraging STEM education programs. Sponsored by the Judith Campbell Education and Community Foundation.

### SHIP TOURS

Open to the public Nov. 5, 6, & 7 • Broadway Pier  
Ship tour times: Fri. 1pm-4pm • Sat./Sun. 10am-4pm  
The ships will host students on Thursday and Friday, and be open to the general public Friday afternoon. Tours of USS Fort Worth and USCG Benjamin Bottoms will be available on a first come, first served basis. Join us to celebrate the men and women of the military! Experience Marine static displays and other fun activities for the family. This is a free event. Visitors must be at least 5 years old to tour ships; strollers, glass, large bags and backpacks will not be permitted on board.

### MILITARY FAMILY APPRECIATION DAY

Sun., Nov. 7, 10am-4pm • Broadway Pier, downtown San Diego  
Presented by Lincoln Military Housing, bring the family for a day of games, activities, food and goodies for military families. There will be an afternoon concert at 3pm featuring Tim Hurley and his band and “Honey County” featuring Dani Rose and Sofie Lynn.

### FLEET WEEK/SAN DIEGO MILITARY AFFAIRS COUNCIL



USS Fort Worth during military exercise. U.S. Navy file photo by MC2 Daniel M. Young

### BREAKFAST WITH SECNAV CARLOS DEL TORO

Mon., Nov. 8, 7:30-9am • Admiral Kidd Club, Point Loma  
The SDMAC monthly breakfast, which normally takes place on the third Wednesday of every month will be held Mon., Nov. 8. with featured guest speaker Secretary of the Navy Carlos Del Toro This event provides not only the opportunity to hear firsthand from the knowledgeable leadership, but also an opportunity to meet and network with 400+ military and civilian business leaders of the local community.

### ENLISTED RECOGNITION LUNCHEON

Tuesday, Nov. 9 • 11:30am-1pm  
Nautilus Pavilion, SeaWorld San Diego  
This luncheon hosts over 300 military enlisted guests and honors those who have distinguished themselves by their community service and within their commands. Guests are seated with leaders of civic

and business communities of San Diego, and are treated to gifts and raffle prizes.

The highlight of the event is the presentation of the USAA sponsored “Making a Difference Award” recognizing an enlisted member of the active duty military services who has made extraordinary contribution to the San Diego military or civilian community during the preceding year.

### VETERAN'S DAY BOAT PARADE & CELEBRATION

Thurs., Nov. 11 • Noon  
Fleet Week Veterans Day Boat Parade in San Diego Bay honors the men and women of our military on Thurs., Nov. 11. See Navy skydivers, vintage aircraft fly overs, Coast Guard SAR demos, and more! Do you have a boat? Help celebrate our veterans and military by participating in our boat parade register today at [www.fleetweek-sandiego.org](http://www.fleetweek-sandiego.org) Free to enter! Trophies awarded! The parade can be watched from Shelter Island, Harbor Island, the Embarcadero, and Coronado.

### Veteran's Day events

**Chula Vista**  
The Chula Vista Veterans Service Organization will hold an observance to honor all those who have served on Thurs., Nov. 11, 11am in Memorial Bowl, 373 Park Way. Co-founder and CEO of the Us for Warriors Foundation, Tony Stewart, is the guest speaker.

**Miramar National Cemetery**  
Miramar National Cemetery Support Foundation hosts a 25-minute online Veterans Day presentation commemorating 20th anniversary of 9/11. Speakers are Navy Lt. Cmdr. Christopher Ludmer, survivor of the Pentagon attack, and Assistant Chief John Wood, SDFD, who led a search and rescue team at the Twin Towers. No live Veterans Day service at Miramar National Cemetery this year. Video available starting Nov. 10 at [miramarcemetery.org](http://miramarcemetery.org).

**Poway Veteran's Park**  
Thursday, Nov. 11 at 11am. Join VFW Post 7907 and the Poway Veterans Park Committee for a ceremony to honor those who selflessly served our Country. 14134 Midland Road, Poway.

### Veterans Exploring Together organized by The Special Liberty Project plans Nov. 7 hike

Veterans, join together to explore the San Diego backcountry on Sun., Nov. 7, 9am-noon. Take the opportunity to clear your head and exercise in the fresh air. You're welcome to join in this casual hiking event at Santa Ysabel West Preserve. Please meet in the parking lot at 8:50am, the hike begins at 9am. There is ample parking at the trailhead. We recommend you bring water, hat and good hiking shoes. If you have any questions, please reach out to Kaleb Weakley: (760) 717-8319. [Kaleb@speciallibertyproject.org](http://Kaleb@speciallibertyproject.org) The Santa Ysabel Open Space Preserve West is located at 29759 Old Julian Highway in Ramona.

**FLEET WEEK SAN DIEGO IS NOV 4<sup>TH</sup> - 11<sup>TH</sup>, 2021**

*Celebrate Fleet Week!*

<b>NOV. 4-5</b> STUDENT STEM DAYS Students will get an up-front view of new and emerging technologies, many of them encouraging STEM education programs.	<b>NOV. 5-6</b> SHIP TOURS, MILITARY DISPLAYS & INNOVATION ZONE See some of the latest high-tech equipment used in both military and civilian applications. Visit an active U.S. Navy and Coast Guard ship, and see Military Welcomes and Salute Airplay.	<b>NOV. 7</b> MILITARY FAMILY DAY Bring the kids and family for the fun, music, and a full day of family fun on Broadway Pier!
<b>NOV. 8</b> SOMAC BREAKFAST This event features prominent speakers, civilian and military, from the Department of Defense, the Navy, Marine Corps and Coast Guard.	<b>NOV. 9</b> ENLISTED RECOGNITION LUNCHEON This luncheon hosts over 300 military enlisted guests and honors those who have distinguished themselves by their community service and within their commands.	<b>NOV. 11</b> VETERAN'S DAY BOAT PARADE See the Veterans Day Boat Parade taking place on the San Diego Bay. American San Diego. Also see Skydivers, Vintage Aircrafts, and Coast Guard Boats.

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**FIND VETERAN'S DAY DEALS AND FREEBIES ON PAGE 10**



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## Austin emphasizes importance of working with partners in Central, South America

by David Vergun

U.S. Southern Command's work is vital to American security, American interests and American values. When there's instability or a crisis nearby, it can echo here at home, the secretary of defense said.

Lloyd J. Austin III delivered remarks Oct. 29 during a change of command ceremony where Gen. Laura J. Richardson assumed duties as commander of Southcom from Adm. Craig S. Faller at Southcom headquarters in Doral, Fla.

*The COVID-19 pandemic, natural disasters and the impacts of climate change, cybersecurity threats, drug trafficking and transnational criminal organizations are some of the examples Austin cited that have led to crises or instability.*

"We have to tackle these challenges together, as neighbors and friends. And, Southcom is building and strengthening true partnerships, rooted in respect, communication and candor. True partnership means deepening the ways that we work together," he said.

In this region, comprising South

and Central America, as well as most of the Caribbean islands, that means helping neighbors strengthen their capabilities. It means sharing information. And it means working closely with



**Joint Task Force-Bravo troops convoy at Soto Cano Air Base, Honduras, Dec. 11, 2020. Photo by Air Force Staff Sgt. Elijah Tiggs**

partners to combat malign influences, he said.

"Our network of alliances and partnerships are a force multiplier that no competitor can match," said Austin. The secretary provided examples of partnership successes that were led by Faller's team.

On Aug. 14, a 7.2 magnitude earthquake hit the southwestern area of Haiti, causing extensive damage. Helicopters from Joint

Task Force-Bravo and Puerto Rico's National Guard delivered food and aid and other aircraft surveyed the damage. "Working together with USAID, you saved hundreds of lives," he said,

referring to the U.S. Agency for International Development.

When Hurricanes Eta and Iota struck nearly a year ago, pummeling Central America, Southcom was there providing assistance, he said.

When COVID-19 pandemic spread to the region, Southcom secured more than \$90 million for medical equipment, field hospitals, cold-storage containers and more, for Southcom partners, he said.

Additionally, the U.S. government donated nearly 34 million vaccine doses to the region.

"We're going to keep on fighting COVID in the region because that's what friends do. We understand that a threat to global health anywhere is a threat to security everywhere," Austin said.

Other areas of cooperation, he said, include: disrupting criminal organizations, stopping the flow of drugs into the U.S., expanding security cooperation.

"Our partnerships are based on much more than proximity. They're based on our shared values of equitable growth and prosperity. And they're based on our common commitment to human rights and human dignity. And they're based on the region's long standing consensus in favor of democracy," Austin said.

Southcom will be in capable hands under

Richardson's leadership, the secretary said.

For the better part of three decades, the Army has benefited from her professionalism and dedication.

During the war in Iraq, Richardson commanded an assault helicopter battalion and flew missions to support troops on the ground, he mentioned. She later commanded U.S. Army North. Now, she is the first woman to lead Southcom.

"There isn't a crisis that she can't handle," he said.

Chairman of the Joint Chiefs of Staff Gen. Mark Milley provided remarks at the change of command.

Many countries in the region have fought shoulder to shoulder with the U.S. in various campaigns from World War II to Vietnam and throughout not only this region but elsewhere, he said.

"That has been incredibly significant to our country. This is in fact, a neighborhood of neighbors of the Western Hemisphere," he said. "This hemisphere belongs to us and to no one else, and we're all shoulder to shoulder in that common cause to protect our hemisphere from any international threats," he said, mentioning potential adversaries China, Russia and Iran.



These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of Nov. 1, 2021, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

**Total Navy Battle Force: 294**  
**Ships underway**  
 Deployed ships underway: 52  
 Non-deployed ships underway: 17  
 Total ships underway: 69  
**Ships deployed by fleet**  
 Fleet Forces: 0      3rd Fleet: 1  
 4th Fleet: 2      5th Fleet: 15  
 6th Fleet: 16      7th Fleet: 63  
 Total: 97

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**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](mailto:editor@navydispatch.com)  
 Publisher.....Sarah Hagerty  
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 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**  
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 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](http://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: [cvooffice@canyonview.org](mailto:cvooffice@canyonview.org)  
 (Near corner of Balboa Ave & Clairemont Dr)  
[www.canyonview.org](http://www.canyonview.org) (858) 273-5140

**Christ Community Church**  
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 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](http://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](http://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](mailto: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](http://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

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**Military Outreach Ministries Int'l Church**  
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 Dr. Dennis Eley, Jr, Th.D., MBA [dennis@militaryoutreachministries.org](mailto: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

**Resurrection Lutheran Church**  
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 Worship Service Sunday at 10:15 am. (please see website for details)  
 1111 Fifth Street - Coronado, CA 92118 - 619.435.1000  
[secretary@resurrectioncoronado.com](mailto:secretary@resurrectioncoronado.com) - [www.rl.church](http://www.rl.church)  
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 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!*

# Marine Corps ends ban on 'sleeve tattoos' but cracks down on extremist ink

by Wyatt Olson,  
Stars and Stripes

The Marine Corps banned sleeve tattoos in 2007, just as they had reached peak popularity in the United States. The service announced it was reversing that decision.

Marines are once again allowed to cover most of their arms and legs with so-called 'sleeve tattoos' under a revised policy announced Friday by the Marine Corps.

At the same time, the updated policy expands the definition of tattoos forbidden as 'extremist.'

"The tattoo policy over the years has attempted to balance the individual desires of Marines with the need to maintain the disciplined appearance expected of our profession," said the bulletin issued by Commandant Gen. David Berger. "This bulletin ensures that the Marine Corps maintains its ties to the society it represents and removes all barriers to entry

for those members of society wishing to join its ranks."

Tattoos on the head and neck remain banned, according to the announcement, which warns Marines that body art choices could still affect future career options in the Corps.

"Officer and enlisted Marines may continue to be assigned or allowed to serve on special duty assignment, although assignment to ceremonial and other high vis-

ibility units may be Restricted," the announcement said.

DoD has taken a harder look at extremism within the ranks in the wake of the Jan. 6 mob assault on the U.S. Capitol, which included active-duty service members and vets. The ban on extremist tattoos includes any that symbolize philosophies or organizations that advocate racial, gender or ethnic hatred.

Also banned are tattoos that 'advocate violence or other unlawful means of depriving individual rights under the U.S. Constitution and federal or state law' or that 'advocate, engage in, or support the forceful, violent, unconstitutional, or otherwise unlawful overthrow of the government of the United States, any state, commonwealth, district, or territory of the United States.'

It also bans ink that encourages military personnel to disobey lawful orders 'for the purpose of disrupting military activities.'

The Corps last updated its tattoo policy in 2016, which left some Marines disappointed that the sleeve restriction was left in place. The Navy had moved earlier that year to allow Sailors to sport sleeve tattoo, following an Army



The Marine Corps banned sleeve tattoos in 2007, just as they had reached peak popularity in the United States. The service announced it was reversing that decision. Marine Corps photo

decision the year before to allow them for Soldiers.

Cpl. Jasper Pila launched an online petition last year calling on the Marines to allow tattoo sleeves, and as of Friday the petition had garnered more than 78,000 signatures.

"The current tattoo regulations are discriminating against Marines with a desire for 'sleeve tattoos,'" Pila wrote on *Change.org*, adding that the rules have a negative impact on morale, retention and equal opportunity.

"Competent and decorated Marines in the past and present who have proven to be an asset for the Marine Corps have been denied reenlistment and advancement in their field due to increasingly restrictive tattoo regulations," he wrote.



## Army

- U.S. and Indian soldiers met for a mock UN mission, counter-drone and high altitude training
- Green Beret NCO dies during physical fitness training at Fort Bragg
- Soldier saves cat on deployment, seeks help bringing her home before holidays
- Army's Best Warrior is an airborne cryptologic linguist stationed in Alaska

## Navy

- Amid calls for relocation of Red Hill, the Navy pushes a double-tank test
- Naval Intelligence software engineer pleads guilty to conspiracy to distribute illegal steroids
- Flooding isn't new to Naval Air Station Sigonella
- Navy serviceman laid to rest in emotional service
- Navy to equip Constellation-class frigates with 57mm Mk 110 guns

## Marine Corps

- Marines find 3 artillery shells near California barracks
- Mississippi Marine veteran posthumously awarded congressional medal

- Marines halt live-fire training near Mount Fuji due to stray .50-caliber round

## Air Force

- Air Force boots 40 recruits for refusing the COVID-19 vaccine
- Air Force says colonel who berated subordinates in leaked audio created 'unhealthy' climate
- Air Force looks to make jet fuel from atmospheric carbon dioxide

## Special Ops Forces

- Four-star: 98 percent of U.S. Special Operations Command has received COVID vaccine
- Appeal for CIA, DoD clandestine ops to rescue Afghan allies

## Space Force

- Falcon Heavy could launch three U.S. Space Force missions in 2022

## National Guard

- Arizona eyes National Guard to help staff jails

## Coast Guard

- Sen. Ben Sasse talks challenges of the 'digital revolution' in ethics forum at academy
- 1 dead, several others rescued off coast Imperial Beach after suspected human smuggling attempt

# Social Security Matters

## Ask Rusty - About paying SS tax while still working

by Russell Gloor

*Dear Rusty: Upon being let go in 2009 at age 65 from my full time job of 30 years, I immediately applied for Social Security for my wife and I to live on while seeking employment. Not finding anything full time, I ended up working part time for the past 9 years driving a school bus for an hourly wage. Even though my wife and I are collecting Social Security, my wages are still being taxed for it. While I don't feel this is fair, the real rub (to me) is the fact that my Social Security payroll deductions for the past nine years do not seem to be resulting in an increase in the amount of Social Security we receive. Meanwhile, a friend, who is our age and a business owner, mentioned the amount he is taxed for SS as a sole proprietor is somehow being returned to him from time to time. Therefore, could you please explain what's happening here and whether we are due some kind of adjustment?*  
Signed: Working Still at 74

Dear Still Working: I cannot comment on your friend's assertion that as a sole proprietor business owner his self-employment SS tax is somehow being "returned to him from time to time." I can, however, tell you that the rules for business owners are the same as for those who do not own a business, except that a business owner pays both the

employee and employer portion of Social Security employment taxes.

Essentially, the only way paying into Social Security now (via payroll taxes or self-employment taxes) will increase your SS benefit amount is if your income in any recent year is more than your earnings in any of the 35 highest earning years over your lifetime used to compute your SS benefit. When your Social Security benefit was originally computed, all years in your lifetime earnings history through age 59 were adjusted for inflation and the highest earning 35 years were selected to develop your "average indexed monthly earnings" (AIME). A formula was applied to your AIME to determine your "Primary Insurance Amount" or "PIA," which is the amount you get if you claim benefits to start in the month you reach your full retirement age (FRA). If you claimed at age 65, your SS benefit was slightly reduced from your PIA because you claimed before your FRA.

Although you have been and are still working part time, and you're paying into Social Security while doing so, your personal SS benefit will not increase unless your current earnings are more than any of those in the 35 years originally used to determine your benefit

when you claimed. The inflation adjustment influences your past years' earnings more than you might expect; for example, \$50,000 earned in 1990 would require more than \$125,000 in today's earnings to change your benefit. Remember that your contributions to Social Security while you are working do not go into a personal account for you. All who work are required to pay into Social Security, and the money paid is used to help pay benefits to those already receiving Social Security. And that doesn't change when you start collecting SS - if you continue to work you must still pay Social Security tax and the money you pay goes to help pay benefits for all recipients.

*Russell Gloor is a Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory.)*

## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

It's been almost five years since my husband wore his uniform. But in that time, we've continued to be a military family, first and foremost. We can't help it. After 28 years of service, it's engrained, rooted, part and parcel of who we are. Francis' Navy uniforms may be hanging in a storage closet (and may not fit anymore), but we'll always wear our service-mindedness on our sleeves.

For some, transitioning out of the military can be challenging. There have been many moments in the last five years when we longed for the camaraderie of our base housing neighbors; clear hierarchies; mutual respect; a strict sense of duty, order and responsibility.

At first, it was difficult for us to understand corporate America. We learned that, "I'll email you next week" actually means "I may contact you in a month or two, but you probably won't hear from me again." A big smile, a hearty handshake, and a promise to hit the links for a round of golf is meaningless posturing. Unfortunately, some who say "thank you for your service" have no real interest in what an active duty military family experiences. Fooled many times, we believed naively in civilian professional and social opportunities, until we discovered they were empty rabbit holes.

## Still serving after the service

As a result, we sought connections with people and organizations with familiar military values and experiences. Since transitioning to civilian life and establishing a permanent home in a New England village, Francis joined the local VFW and American Legion to be with other veterans. We're members of USAA, MOAA and the Naval War College Foundation. We still use the base gym, exchange, pharmacy, clinic, commissary, package store, gas station, and thrift shop.

However, last week, we stepped out of the cozy confines of our military comfort zone. A neighbor, Winn, invited Francis and I to attend a Rotary Club breakfast meeting. When the alarm went off at o-dark-thirty, I groaned. "Why do I have to go? Isn't it a men's club?" I asked Francis, who insisted on being fifteen minutes early for everything.

"Because I told Winn we'd be there," Francis barked, "and no, Rotary's been open to women since 1987, so jump in the shower, would you please?"

Thirty minutes later, we were in St. Matthews Church rectory, hands on hearts, reciting the Pledge of Allegiance with fifteen local Rotary Club members. The club's blue banner hung in the corner. Dog-eared song books lay on folding tables before us. "Winn, pick one for us to sing this morning," the club president asked our host.

At Winn's command, we turned to page 58 and sang "I've Been Working on the Railroad," a tune which hadn't crossed my windpipes since middle school. "Fie, fi, fiddly i o ... fie, fi, fiddly i ohohoh!" we

belted, as the sky outside the rectory windows heralded another New England day.

Dinah hadn't blown her horn, but we filled paper plates with a hot cooked breakfast in the rectory kitchen, then the meeting commenced. The visiting Rotary District Governor peppered members with questions, and volunteers took turns describing local charity bike races, Thanksgiving baskets for needy families, Scout troop sponsorships, a grant-funded composting toilet project, donations to the Martin Luther King Center, thousands raised to help local villagers experiencing food insecurity during the pandemic.

Impressed by the significant impact this tiny clutch of volunteers had made on the community, I whispered, "We should join." Francis nodded enthusiastically. We hadn't known much about the club's mission prior to attending the breakfast meeting. But it was clear that this group, much like our cherished military affiliations, felt an innate duty to serve.

We realized that the military isn't the only place where one can serve their community, and veterans aren't the only citizens who serve. Civilian service organizations such as Rotary, Lions, Kiwanis, Shriners, Circle K, Elks, Moose Lodge, Jaycees, and others benefit millions of people worldwide through service initiatives.

Leaving the church rectory that morning, we noticed a familiar motto written on the Rotary keychain given to us by the District Governor - "Service Above Self." We smiled, because we understood completely.

## Bridging the vaccine divide

by Dr. Daneen Skube,  
Tribune Content Agency

*Q: I got the vaccine because I spoke to my doctors. There are people at work that will lose their jobs because of data like their neighbor is a vet and he told them it's dangerous. Many organizations are implementing vaccine mandates. How can I talk to co-workers when they think all data sources are equal in accuracy?*

*A: You can talk to your co-workers if you realize your best strategy is to quietly share your experience. Don't demand others agree. The ultimate consequences and education comes if vaccine reluctant people become sick or lose income.*

In most situations with intense emotion people default to how they feel and don't engage their neocortex (thinking brain). Even smart people may dislike digesting complicated research.

I remember during my Ph.D. when complaining about my statistics classes a wise professor remarked, "The reason you must understand statistics is you must become a competent consumer of scientific data to guide others." The professor went on to explain how purposely confusing much research is and if we cannot think about it thoroughly we'll be misled.

There's an old joke that states figures don't lie but liars do figure. In research we benefit if we ask:

- 1) Who funded the research and do they gain financially?
- 2) How large and diverse is the population studied?
- 3) Was there a control group (people that did not receive treatment) as well as the group that received treatment?
- 4) How qualified are the individuals that studied the data?
- 5) Has the research been repeated and did it confirm earlier studies?

You're correct that the public health emergency of COVID-19 has divided our population in a way other vaccines have not. As a nation we're struggling to solve a health threat that requires we act together.

Unfortunately our species seems to be reluctant to act in unison in the face of collective threats whether it's climate change or COVID-19. Unfortunately, as well, our insistence on rugged individualism makes it difficult for us to solve many of the problems we face.

The scientists, and doctors have concluded that the data tells us acting together and being vaccinated helps achieve herd immunity. As lovely as it might be for us to all agree that's not

### Interpersonal Edge



by  
Dr.  
Daneen  
Skube

the world we live in. Debate can evolve our thinking but at some point we need to realize that all data sources are not equally accurate.

All you can provide, regarding your co-workers' fear, is your experience and your data sources. The more you insist others agree the more others will fight for you to believe something they read on Facebook is equal to the data of respected physicians and scientists.

Can we have conspiracies within our democracy? Obviously, yes. Can big money or big pharma influence research? Again, yes. May we learn more about the side effects of the COVID-19 vaccine in the future? Again, yes. Then again the threat of death or long-term disability is our immediate problem.

People have joked that Darwin's law (survival of the fittest)

is the ultimate test of those opting out of the vaccine. Many people have observed that we're now only dealing with a pandemic of the unvaccinated. But, in reality we're all still facing a virus impacting all aspects of our lives. If we cannot work together to solve this public health crisis we will all suffer together until our need for a solution outweighs our fear of each other.

The last word(s)

*Q: I used to feel like my path to career success was clear now I feel lost in a forest with no path. Is there advice you give clients when they feel lost?*

*A: Yes, if the path before you is clear you're probably walking on a well-trodden path but if the path you walk has not been cleared congratulations you've found your own unique journey. You'll also make your own unique contribution as you clear a new path for others.*

*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" (Hay House, 2006). You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.*

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### DOD civilian employees must be fully vaccinated against COVID-19 by Nov. 22, official says

by Terri Moon Cronk

The Defense Department wants to remind its civilian workforce that employees must be fully vaccinated with the COVID-19 shot series by Nov. 22. That date includes the two-week waiting period for full vaccination effectiveness following the final vaccine dose, a DOD official said.

An Oct. 29 memorandum from Gilbert R. Cisneros Jr., undersecretary of defense for personnel and readiness, outlines the guidance on the vaccination policy. The guidance is in line with the White House Safer Federal Workforce Task Force's Sept. 9 mandate that Executive Branch civilian federal workers must be fully vaccinated against COVID-19, unless religious or medical exemptions are granted.

The memo is called Force Health Protection Guidance (Supplement 23) Revision 2 "Department of Defense Guidance for Coronavirus Disease 2019 Vaccination Attestation, Screening Testing and Vaccination Verification." It provides the latest guidance to put in place additional force health protection and workplace safety measures to reduce the transmission of COVID-19.

The guidance includes each employee's attestation and proof of vaccination, verification by his or her supervisor, and testing of employees not fully vaccinated or exempt from vaccination.

Similar workplace safety measures, including vaccination attestation, verification and screening/testing also apply to on-site contractors and official visitors.

The Nov. 22 mandate applies to all non-exempt federal employees regardless of whether they telework or work in a DOD office. Exemptions for medical or religious reasons as required by law should be filed by Nov. 8, he said.

Because the mandate flows from the White House to the Defense Department, DOD put out its initial memo on vaccination requirements to the civilian workforce on Oct. 1 from Deputy Secretary of Defense Kathleen Hicks, Steve Jones, director of DOD's force readiness and health assurance policy, said.

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

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## This week's snapshots



**MCRD, SAN DIEGO  
NOV. 1, 2021**

A drill instructor with Mike Company, 3rd Recruit Training Battalion, leads recruits in warm-ups during the confidence course. Drill instructors were stationed at each event to ensure recruit safety. Recruits became physically and mentally stronger by overcoming obstacles that require strength, balance, and determination. Photo by Lance Cpl. Julian Elliott-Drouin

Secretary of the Navy Carlos Del Toro visits Sailors assigned to Naval Mobile Construction Battalion 5 at Manus Island. Del Toro is also visiting Marines, their families, and key foreign officials while touring the Indo-Pacific region to better understand quality of life, vital mission sets unique to the area of operations, and critical Alliances and partnerships that actively contribute to a free and open Indo-Pacific.



**PAPUA NEW GUINEA  
Oct. 29, 2021**

Navy photo by MC2 Ryan M. Breeden

## U.S., Indonesia commence CARAT Indonesia

by Lt. Cmdr  
Lauren Chatmas

SURABAYA, Indonesia - Military personnel from the U.S. and Indonesia kicked off Cooperation Afloat Readiness and Training (CARAT) Indonesia virtually, in Surabaya and in the waters and airspace of the Java Sea, Nov. 1.

The 11-day engagement focuses on the full spectrum of naval capabilities and features cooperative evolutions that highlight the ability of U.S. and Indonesia to work together towards the common goal of ensuring a free and open Indo-Pacific maritime security environment.

"Strong relationships are built on trust, and developed through demonstrated actions and consistent and thoughtful discourse. These strong relationships are the foundation on which security, stability, and prosperity flourish," said Capt. Tom Ogden, commodore of Destroyer Squadron (DESRON) 7. "CARAT Indonesia is a perfect venue for the U.S. and Indonesia to address mutual maritime security concerns, and to expand our cooperation in Southeast Asia."

The at-sea phase will take place in the Java Sea, where U.S. Navy assets will join with ships and aircraft from Indonesian Navy, known as Tentera Nasional Indonesia - Angkatan Laut

(TNI-AL), for partnered training focused on building interoperability and strengthening relationships. U.S. Navy ships and aircraft include USS *Jackson* littoral combat ship, embarked MH-60S Seahawk helicopter of Helicopter Sea Combat (HSC) Squadron 23, USNS *Milinoche* fast transport ship and a P-8A Poseidon aircraft assigned to Commander, Task Force (CTF) 72.

The exercise will feature complex at-sea training to demonstrate the bilateral force's ability to work together through numerous events including divisional tactics designed to enhance communication as ships sail together in complex maneuvers.

It will consist of a tracking exercise aimed at increasing both navies' ability to track and pursue targets through the coordinated deployment of surface ships and maritime patrol aircraft. Other focus areas include

surface warfare, visit, board, search and seizure drills, mobile dive and salvage training, a gunnery exercise, maritime patrol operations, and exchanges between Explosive Ordnance Disposal technicians.

and become a place for sharing our knowledge and enhancing the skills of naval warfare as well as interoperability in facing maritime security challenges in the two countries."

Involved U.S. personnel include staff from 7th Fleet, Marine Forces Pacific, CTF 72, CTF 73, CTF 75, CTF 76, DESRON 7, 7th Fleet Band and U.S. Embassy Jakarta.

Virtual subject matter expert exchange events will feature a variety of joint training opportunities, to include dive/salvage training, aviation and information sharing, force protection, maritime domain awareness, medical best practices and legal symposium.

Intergovernmental organization personnel from United Nations Office on Drugs and Crime (UNODC) and the European Union's Critical Maritime Routes Indo-Pacific (EU-CRIMARIO) initiative will provide subject matter expertise, aimed to aid in understanding of the operational environment and U.S. 7th Fleet desires to continue this approach in future iterations.

This year, CARAT Indonesia has resumed with safety mitigation measures after being cancelled in 2020 for the COVID-19 pandemic. Indonesia has been part of the CARAT exercise series since it began in 1995.



**Indonesian Navy First Adm. Rachmad Jayadi addresses U.S. and Indonesian military personnel, in person and virtually, during the opening ceremony for Cooperation Afloat and Readiness at Sea Training (CARAT) Indonesia. Navy photo by Explosive Ordnance Disposal Technician 2nd Class Griffin Nosenzo**

"CARAT 2021 is a forum for military-to-military cooperation between Indonesia and United States, especially the Indonesian navy and United States seventh fleet bilateral program," said TNI-AL First Adm. Rachmad Jayadi, Second Fleet Command Chief Of Staff, during the opening ceremony. "This joint exercise aims to improve the capabilities of the navy personnel in the field of warfare capability



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## NAVFAC Southwest's select 2022 military & civilian engineers, designer of the year

by Mario Icaro,  
NAVFAC Southwest

SAN DIEGO - Naval Facilities Engineering Systems Command (NAVFAC) Southwest Commanding Officer Capt. Michael Oestereicher announced Lt. Cmdr. Carl Chase and Jacqueline Oravitz were selected as NAVFAC Southwest's military and civilian engineers of the year, and Suzanne Duffy was selected as designer of the year, Oct. 27.

"These exceptional civilians and officer represent all the superb professionals of the NAVFAC Southwest team and have earned this distinction through dedicated and sustained superior performance," said Oestereicher.

Chase is a civil engineer serving as a NAVFAC Southwest assistant operations officer. He has swarmed course-corrections on multiple military construction projects across four of the Navy's most dynamic installations. One accomplishment was the implementation of a joint execution of a project with Seabee labor and heavy horizontal construction specialty support to enable award of combat aircraft loading area on San Clemente Island.

Oravitz, a civil engineer serving as the utilities water program manager at the Naval Air Station Lemoore, oversaw the design, management and operation of the water treatment plant, distribution systems projects, and most notable is the WTP supervisory control and data acquisition system.

With a bachelor's degree in chemical engineering and a master's degree in civil engineer-

ing, she's continuously taken workshops and courses related to her career and utilized her skills and knowledge to train, manage and lead.

Duffy is a senior interior designer for the China Lake Earthquake Recovery Program, which has an estimated \$70 million in furniture, fixtures, and equipment for MILCON repair projects and support projects. She's worked with Naval Air Systems Command to establish standards for NAVAIR facilities and worked to accelerate design and construction schedules.

Duffy represented Navy interior design in the General Services Administration Acquisition Group and helped establish procurement avenues and strategies for acquisition and design groups across federal service, served as liaison to Naval Supply Systems Command during the development of the furniture criteria for the blanket purchase agreements, and continues to be a technical expert in FF&E performance requirements.

"We have so many talented and motivated engineers and designers to choose from and it is with great pride to recognize these individuals for their embodiment of the NAVFAC Southwest legacy of excellence," said John Coon, NAVFAC Southwest chief engineer and Design & Construction Business Line leader.

The NAVFAC Southwest annual awards program recognizes engineers, architects, landscape architects, and interior designers who portray excellence in engineering achievements, civic and humanitarian activities, as well as professional and technical activities. NAVFAC Southwest personnel selected as engineers of the year are entered into a national awards program associated with the National Society of Professional Engineers.



Jacqueline Oravitz

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## Local Military News Briefs

### NAMCE-T aircraft 'Move Training' aims to reduce mishaps

LEMOORE, Calif. - Naval Aviation Center for Excellence -Training (NAMCE-T) Lemoore held their first structured on-the-job training for 10 Sailors here recently.

The training, led by Sailors assigned to NAMCE-T, provided an introductory-level approach to the personnel requirements when moving F/A-18E/F aircraft. Each member of the Move Team, the Sailors assigned to reposition aircraft, plays a vital

role in ensuring the safety of personnel, aircraft, and support equipment.

"NAMCE-T, in coordination with Strike Fighter Wing Pacific (CSFWP) and the Center for Naval Technical Training Unit (CNATTU) Lemoore, is working to establish a strong culture of safety and provide standardized move procedures," said Cmdr. Joseph Stierwalt, officer in charge, NAMCE Lemoore. "Anything we can do to reduce aviation ground mishaps is a win

in my opinion."

Aviation ground mishaps are among the leading causes of readiness degradation. The purpose of the training is to provide Sailors with a greater level of expertise in aircraft movement in order to decrease the number of preventable incidents.

"Improvements to existing qualification procedures directly influence readiness. NAMCE-T will be an integral part of developing Fleet-ready Sailors on a consistent basis," said Cmdr.

Ronnie Harper, CSFWP Maintenance Officer.

Naval Aviation Center for Excellence, Lemoore, is responsible for the inspection, repair, and return of aircraft that are undergoing long-term maintenance to ready basic aircraft status in support of Super Hornet readiness worldwide. NAMCE-T's parallel mission is to offer agile, structured training to Fleet Sailors in all aspects of F/A-18E/F maintenance.

### Career symposium comes to Southwest

by MC2 Jared Catlett

The first MyNavy Career Development Symposium (CDS) and Trade Show since the COVID-19 pandemic began kicked off Nov. 3 at Naval Base San Diego.

The two-day event, hosted by Navy Personnel Command, gives Sailors an opportunity to engage with various MyNavy HR representatives with a goal of providing Sailors with important career information that helps them take charge of their futures in the Navy.

The first day of CDS was

held at various locations - base theater, Nimitz Conference Room, Anchors, Gold Room, and Mercer Galley.

On the second day, CDS opens at Naval Air Station North Island at the Vice Adm. Martin Gym, Lowry Theater, NASNI Galley, CNAP Auditorium, and I Bar Building.

Throughout the entire event, Sailors will meet with detailers, see new product demos and find additional resources for their career management.

A live, hour-long Facebook Live broadcast highlighted Wednesday's session.

### CECOS graduates latest class of officers

PORT HUENEME - Thirty-three Navy civil engineer corps junior officers and one Republic of Korea naval officer completed the CEC Basic Qualification Course at the Naval Civil Engineer Corps Officers School Oct. 29.

CECOS gives CEC junior officers the necessary skills, knowledge and education to enhance lifelong learning and to provide quality support to the fleet.

Graduation from the course is a requirement for new Navy CEC officers before they report to initial assignments as public works officers and construction managers at Navy and Marine Corps installations or as platoon commanders and staff officers in the Naval Construction Force. CECOS also trains international military students as part of the Department of the Navy's security cooperation training programs.

The 15-week-long course covers a wide range of topics, including leadership, professional development, public works, construction technology, contracting, expeditionary construction, and combat operations. - story by Kiana Chun

## This week's snapshots



USS TRIPOLI, in port  
Nov. 2, 2021

Chief Master-at-Arms Megan Douglas addresses the antiterrorism training team in the troop marshalling area. Tripoli is an America-class amphibious assault ship homeported in San Diego. Navy photo by MC2 Malcolm Kelley



SAN DIEGO  
Nov. 1, 2021

Vice Adm. Roy Kitchener, commander, Naval Surface Forces, Pacific Fleet, awards Capt. Thomas Zerr with a legion of merit during Commander, Destroyer Squadron 21 change of command ceremony. Capt. Brian Ribota assumed command from Zerr. Photo by MC2 Alex Millar

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8	8	9	1	2	9	7	6	2

# MOVIES AT THE BASES

Movies & times subject to change. \* Indicates last showing  
Visit [navydispatch.com/entertainment\\_03movies.htm](http://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, Nov 4**

6pm Dear Evan Hansen (PG-13)

**Friday, Nov 5**

6:30pm No Time To Die (PG-13)

**Saturday, Nov 6**

3pm The Addams Family 2 (PG)

6pm No Time To Die (PG-13)

**Sunday, Nov 7**

1pm The Addams Family 2 (PG)

3:30pm No Time To Die (PG-13)

#### Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

**Saturday, Nov 6**

1:30pm Cry Macho (PG-13)

**Bob Hope Theater** 577-4143 MCAS Miramar Bldg 2242 ★

**Friday, Nov 5**

6pm No Time To Die (PG-13)

9:15pm Many Saints of Newark (R)

**Saturday, Nov 6**

3pm The Addams Family 2 (PG)

6pm No Time To Die (PG-13)

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, Nov 5**

6pm No Time To Die (PG-13)

**Saturday, Nov 6**

3pm No Time To Die (PG-13)

6pm No Time To Die (PG-13)

**Sunday, Nov 7**

1pm The Addams Family 2 (PG)

4pm No Time To Die (PG-13)

Updates: [sandiego.navylivesw.com](http://sandiego.navylivesw.com)

# Veteran's Day promotions

The following establishments are offering Veteran's Day specials. Not all locations are participating so please confirm before you go.

**Golden Corral**, Nov. 1-30, 2021: The 20th annual Golden Corral Military Appreciation dinner is available to any person who has ever served in the United States Military. This year, Golden Corral is giving out promotional cards for a free meal that can be redeemed from November 1, 2021-May 31, 2022, for Dine-in Only, Monday-Thursday. Limit one free meal per person. Promotional cards are available during the month of November, while supplies last.

**McCormick & Schmick's**, Nov. 7. Half-price meal from a special menu for U.S. military veterans, Gold Star Parents, and Gold Star Spouses. Participating locations only. Space is limited and reservations are highly recommended. ID or proof of service required.

**Claim Jumper**, Nov. 9. Free entree from select menu, with official proof of service. Dine-in only. Participating locations only.

**Nov. 11, 2021**

**7-Eleven**, Nov. 11. Get a free coffee or Big Gulp® on Memorial Day, July 4th, and Veterans Day.

**Ahipoki**, Nov. 11. 50% off any bowl at all Ahipoki locations across Arizona and California.

**Applebee's**, Nov. 11: Free meal from a select menu. Military ID or proof of service required. Participating locations only.

**Bar Louie**, Nov. 11. Free Flatbread or Burger, with proof of service. Offers, dates, times, prices, details, and availability are subject to change and may vary by location.

**BJs Restaurant and Brewhouse**, Nov. 11. Free entree, up to \$14.95 value, plus a free Dr. Pepper beverage. Offer valid to all active-duty military and veterans, with proof of service. Dine-in only.

**Black Angus Steakhouse**, Nov. 11. Day All-American Steak Plate for just \$11.99. Includes an 8 oz. Certified Angus Beef® Top Sirloin, mashed potatoes, broccoli with garlic butter and a non-alcoholic beverage. Available for restaurant dining and takeaway orders. Must show proof of military service or military ID to receive an offer.

**Bruegger's Bagels**, Nov. 11. Free medium fresh-brewed hot

or iced coffee with your breakfast today.

**Bubba Gump Shrimp**, Nov. 11. 20% off a meal for current and former military members and their families.

**Buffalo Wild Wings**, Nov. 11. Free order of 10 boneless wings and a side of fries to veterans and current military members. Dine-in or take out. Bring proof of military service.

**California Pizza Kitchen**, Nov. 11. Choose a pizza, full-size salad, or pasta from the special Veterans Day Menu. Participating locations with proof of service; dine-in and walk-in takeout only.

**Carrows**, Nov. 11. Free meal and a free slice of pie with the purchase of a meal of equal or greater value.

**Chili's**, Nov. 11. Free meal from a select menu. Dine-in only and participating locations only. Proof of military service required.

**Cici's Pizza**, Nov. 11. Free adult pizza buffet with Military ID. Dine-in only.

**Cracker Barrel**, Nov. 11. Complimentary slice of Double Chocolate Fudge Coca-Cola Cake when dining at any Cracker Barrel location nationwide. There is also a month-long promotion to support military families across the country in partnership with Operation Homefront.

**Denny's**, Nov. 11. Free Build Your Own Grand Slam® from 5 a.m. to noon for all active, inactive, and retired military personnel. Participating locations only. Please call ahead.

**Dunkin'**, Nov. 11. Free donut to Veterans and active duty military at participating restaurants nationwide.

**Einstein Bros.** Bagels, Nov. 11. Free medium hot or iced coffee for veterans.

**Famous Dave's**, Nov. 11. Free Georgia Chopped Pork Sandwich + Side - for veterans and current military members. Bring proof of service. Participating locations only. Valid for Dine-In, To Go, and Online Ordering.

**Fogo de Chão**, Nov. 11. Military veterans enjoy 50% off their meal, plus an additional 10% off for up to three guests. \*Restrictions apply.

**IHOP**, Nov. 11. Free Red, White and Blue pancakes from 7am-7pm. Due to current events, not all locations are participating. Call ahead to verify participation.

**Continued on page 11**

# EVENTS AROUND TOWN

Nov 5: **Ramona Art & Wine Festival**, Old Julian Winery, 25352 East Old Julian Highway. 11am-5pm. Age 21+. Cost \$55-\$95 Features nine wineries participating in a three-day progressive event.

Nov 5: **San Diego Beer Week Kick Off Festival**, ReBru Spirit Co., 1735 National Ave, 92113 6-10pm. Age: 21+. Cost \$30-\$100. Breweries, distilleries, food, live music, more.

Nov 5-6: **Breeders Cup at Del Mar** Fairgrounds [www.breederscup.com](http://www.breederscup.com)  
Nov 5-6: **Beethoven**, Bartók, and Biss at Rady Shell, Jacobs Park [theshell.org](http://theshell.org)

Nov 5-7: **Christmas at the Countryside Barn**. 10am-6pm. Free. 14051 Midland Road, Poway. Great place for holiday decorating ideas.

Nov 6: **Walk for the Fallen** honors American soldiers, Sycuan Casino, 5469 Casino Way, El Cajon. 7:30-10:30am. Cost \$44-\$54. First annual Walk for the Fallen benefits Veterans Association of North Country (VANC), a non-profit actively supporting military personnel and families after service. San Diegans can walk or run a 5K or 10K trail course, all proceeds benefiting local veterans.

Nov 6: **Barks & Brews Beerfest: Gone Country**, Spanish Landing Park, 4077 N. Harbor Dr, San Diego. Noon-5pm. Cost \$20-\$40. Calling all dog and beer lovers, enjoy a day filled with craft beer tastings, food, and furry friends. Dog contests include "best dog country outfit" and "best country duo (owner/dog)."

Nov 6: **Train Song Festival**, Old Poway Park, 14134 Midland Rd, Poway. 10am-4pm. Free. Celebrate our train heritage. Music, model railroad layouts, robberies, Nelson House will be open for tours, ride the 1907 Steam Engine for a nominal fee, Craft Market.

Nov 6: **History & Nature Hike in Peñasquitos Canyon**, 12020 Black Mountain Rd, San Diego, 92130. 9-11am. Free. Moderately paced, guided walk, mostly flat ground. Visit some of the oldest Coast live oaks in the Preserve. Stand on historic spot, learn about earliest transcontinental mail delivery, learn about the old Immigrant Trail into San Diego. Meet at trailhead at very end of Park Village Rd in Rancho Peñasquitos, 92129.

Nov 6: **Opera's Greatest Moments** at California Center for the Arts Escondido, 4-6pm. [www.artcenter.org](http://www.artcenter.org)

Nov 6 & 7: **Guided Nature Walk at Mission Trails Regional Park**. 9:30-11am. Free. One Father Junipero Serra Trail, San Carlos. Join MTRP Trail Guide on guided nature walk. Start from visitor center. No reservations required. Trails are easy, but have uneven surfaces and some involve steps. Must wear sturdy, closed-toe shoes and bring water, hat & sunscreen. Rain cancels.

Nov 7: **Silver Strand Veterans Day Half Marathon**, 8am. Coronado.  
Nov 7: **More Than Pink Walk** in Balboa Park, 8am. [komen.org/sandiego](http://komen.org/sandiego)

Nov 10: **MWR presents POW-MIA 2-mile run/walk & command CPO selectee challenge**. 8am CPO event. 10:30am Run/walk begins. Free! NBSD Admiral Prout Track. Open to all MWR eligible patrons. Registration required. [www.navylivesw.com](http://www.navylivesw.com)

Nov 11: **Service Festival** on USS Midway. 10am-3pm. FREE for all Active, Reserve, National Guard, Veterans, and their families. Show your military ID and join us as we celebrate you & your family. Enjoy live music, kids' activities, free food & drink samples.

Nov 11 & 13: **Special patriotic fireworks** presentation at SeaWorld. Free tickets to U.S. military veterans and any U.S. active-duty military, activated or drilling reservist, or National Guardsman for themselves and three guests to visit the park through December 24, 2021. U.S. military veterans, retirees and armed forces must register online at [www.WavesofHonor.com](http://www.WavesofHonor.com) in advance and verify their proof of service through the ID.me qualification process.

Nov 13: **Mt Soledad Veterans Day Ceremony** noon-1pm.  
Nov 11-14: **San Diego Bay Wine and Food Festival** at Embarcadero Marina Park North [www.sandiegowineclassic.com](http://www.sandiegowineclassic.com)

Nov 14: **Taco TKO** at Liberty Station 12-3pm for all Taco lovers!  
Nov 15: **Harry Styles** at Pechanga Arena [www.ticketmaster.com](http://www.ticketmaster.com)

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## KD VETERANS MEDICAL ASSESSMENT

Veterans, if you need a nexus letter, Independent Medical Opinion, or Disability Benefits Questionnaire; please scan the QR code below. Our physicians often find relevant medical information in your files that expressly connect your disability, occurrence or aggravation of a disease or injury in service.

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# Veteran's Day promotions at local restaurants

Continued from page 10

**Joe's Crab Shack**, Nov. 11. 20% Off on Veterans Day, applies to parties up to 4 or less with valid ID.

**Krispy Kreme**, Nov. 11. Free donut of choice and small brewed coffee for current and former military members.

**Little Caesars® Pizza**, Nov. 11, 2021 (11:00 am – 2pm). Free pizza or \$5 HOT-N-READY Lunch Combo to all US Armed Forces veterans and active military members. With proof of military service, at participating stores nationwide. Call ahead to verify participation.

**Luna Grill**, Nov. 11-13. Buy One, Get One Free with purchase. Military service men and women and first responders will receive their choice of a complimentary Signature Plate, Bowl, Wrap, or Salad with a similar purchase. Second item must be equal or lesser value; one-time use only and is valid for dine-in or to-go orders; not valid online or delivery. 10% daily discount for military and first responders.

**Menchie's Frozen Yogurt**, Nov. 11. All veterans and current service members will receive their first 6 oz. frozen yogurt free on Veterans Day.

**Mimi's Café**, Nov. 9-13. 20% off for veterans and their families – up to 6 guests per party. Does not include alcohol. Dine-in or take-out orders only. Bring proof of service.

**Nekter Juice Bar**, Nov. 11. FREE fresh juice or superfood smoothie (16 oz.).

**Olive Garden**, Nov. 11. Free entrée from a special menu. Entrées are served with unlimited soup or house salad and garlic breadsticks. Offer good for veterans and active duty military; proof of service required.

**On The Border**, Nov. 11. Veterans and current service members will receive a free Pick-2 Combo Meal. Dine-in only, proof of service required. Participating locations only.

**Outback Steakhouse**, Nov. 11. Free Bloomin' Onion and your choice of any Coca-Cola®

product. Offer available for dine-in or to-go (call-in orders only, not available online). Also available: 10% OFF Heroes Discount is open to servicemen and women, police officers, firefighters, and first responders, with corresponding state or federal service ID.

**Pilot Flying J**, Nov. 9-15. One free breakfast combo, valid at participating U.S. Pilot and Flying J Travel Centers.

**Red Lobster**, Nov. 11. Free Appetizer or Dessert with military ID or proof of service. Vets may choose from a select list of appetizers and desserts.

**Red Robin**, Nov. 12-30. All Red Robin Military Royalty members can receive a Free Red's Tavern Double and Bottomless Steak Fries, available for dine-in or take-out. You must register for the Red Robin Royalty® Program by Thursday, Nov. 4 at [www.redrobin.com/royalty](http://www.redrobin.com/royalty) to be eligible for this offer.

**Romano's Macaroni Grill**, Nov. 11. Free Mom's Ricotta Meatballs and Spaghetti for Veterans and current military members. Show proof of service. This offer is not available in Puerto Rico, airports, or international locations.

**Coco's Restaurants** are offering all veterans and active duty service members a free slice of pie Nov. 11. Please confirm locally.

**Sizzler Restaurants**, Nov. 11. Free lunch served until 4 pm at participating locations. Veterans can choose between our 6oz Steak, Malibu Chicken or Jumbo Crispy Shrimp. Not valid for salad bar or gratuity. Valid with proof of military service. Dine-in only at participating locations only, please call ahead to verify.

**Smashburger**, Nov. 11. FREE Double Classic Smash.

**Starbucks**, Nov. 11. Starbucks is treating veterans, active duty service members, and spouses to a free tall (12oz) hot brewed coffee.

**TCBY**, Nov. 11. First 6 oz. of frozen yogurt for free.

**Texas de Brazil**, Nov. 9-12. 25% off. Offer valid for up to 6

veterans or active-duty military per table/reservation. \*Restrictions apply. See websites for participating dates and locations.

**T.G.I. Friday's**, Nov. 11. Free menu item from Veterans Day menu. Valid ID or proof of service required. Dine-in only at participating locations. Be sure to contact your local T.G.I. Friday's for details.

**Wendy's**, Nov. 11. (6:30-0:30 a.m.). FREE small breakfast

combo at participating locations. Offer valid in-restaurant or at the drive-thru. Not valid for mobile orders or at kiosks. Proof of service required.

**Wienerschnitzel**, Nov. 11. A complimentary Chili Dog, small fries, and small drink at participating Wienerschnitzel locations, with valid military ID or by wearing a military uniform.

**Yard House**, Nov. 11. Complimentary appetizer.

## Health observances during November

### American Diabetes Month

The American Diabetes Association promotes American Diabetes Month in November to raise awareness about diabetes and share helpful resources. Every year, our community comes together to ring the alarm on the diabetes epidemic. For the millions of us who are at risk for it, it's a time to get educated, find resources and make sure all those around us are aware of their risk, too. And for the millions of us living with diabetes, it's a chance to tell our stories and awaken the world. Until we find a cure, we will find each other and lift each other up. <https://www.diabetes.org/>

### Lung Cancer Awareness Month

The American Lung Association recognizes November as Lung Cancer Awareness Month — a time to unite the country against lung cancer, the leading cause of cancer deaths in the United States. The American Lung Association's LUNG FORCE initiative is uniting women, men and caregivers across the country to stand together against lung cancer, the leading cancer killer of women and men in the U.S. With your support, we can raise critical awareness about lung cancer and turn the tide against this disease. <https://www.lung.org/>

## Help a vet in need: Donate at Nov. 5 VVSD drive-thru clothing drive

The Veterans Village of San Diego's (VVSD) annual Drive-Thru Clothing Drive will be from 7am-2pm on Friday, Nov. 5 at the VVSD Campus. Volunteers will be on hand to assist with your donations. Most needed/requested items include men's and women's underwear, outerwear, socks, sweatshirts/hoodies, jeans, t-shirts, sweatpants and men's items XXL or larger. For more information about the Drive-Thru Clothing Drive or volunteer opportunities, visit <https://vvsd.net/standdown/>. VVSD is located at 4141 Pacific Highway, San Diego, CA 92110.

## Navy approves five permanent medical, no religious exemptions for COVID-19 vaccine to date

by Heather Mongilio,  
Nov. 1, 2021 6:40pm  
[news.usni.org](https://news.usni.org)

The Navy has so far approved five exemptions for the required COVID-19 vaccination — all medical, a Navy official told USNI News.

The service has approved five permanent medical exemptions for the COVID-19 vaccine so far, said Navy spokesperson Lt. Cmdr. Andrew DeGarmo. No one has been separated or discharged, as of Nov. 1, for not receiving the vaccine and the final snapshot will likely not be ready until Nov. 28, DeGarmo said.

The Navy has not released how many administrative exemptions — which is the category religious exemptions fall under — have been granted in terms of the COVID-19 vaccine, which is mandatory for all active-duty sailors and reservists. However, the Navy has not approved a religious waiver for vaccinations in the past seven years, DeGarmo said.

For the complete story visit <https://news.usni.org/2021/11/01/navy-approves-five-medical-no-religious-exemptions-for-covid-19-vaccine-to-date>



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## AZTEC FOOTBALL

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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

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

SEPTEMBER 4   7:30 PM SOSU VS. NEW MEXICO STATE	SEPTEMBER 18   4:00 PM SOSU VS. UTAH	SEPTEMBER 25   12:30 PM SOSU VS. TOWSON
OCTOBER 9   7:30 PM 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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