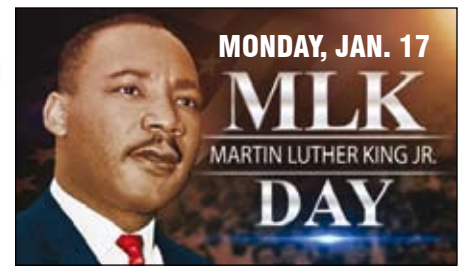


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"Life's most persistent and urgent question is, What are you doing for others?"

SIXTY-FIRST YEAR NO. 38

THURSDAY, JANUARY 13, 2022

NAVAL SPECIAL WARFARE CELEBRATES UNCONVENTIONAL WARFARE WITH 60TH ANNIVERSARY OF SEAL TEAMS

SAN DIEGO and NORFOLK, Va. - Naval Special Warfare Command (NSWC) rang in the New Year with a celebration of their own as this month marks sixty years since the establishment of the first SEAL teams.

Recognizing the need for an increase in special forces and unconventional warfare during the Vietnam War, President Kennedy directed the Secretary of Defense to increase and reorient U.S. special forces and unconventional warfare units in a speech to Congress, May 25, 1961.

"Our nation's Naval commandos celebrate the 60th anniversary of the SEAL teams this week with President John F. Kennedy's order to establish SEAL Team 1 and 2 in January 1962," said Rear Adm. H.W. Howard III, commander, NSWC. "We're reminded of the legacy that set our standard and the heroes whose shoulders we stand upon today."

Within eight months, preexisting Underwater Demolition Teams provided the manpower required to establish the first SEAL teams at Naval Amphibious Base Coronado, and NAB Little Creek, Va., Jan. 1, 1962. Their mission was to conduct unconventional warfare, counter-guerrilla warfare and clandestine operations.

"As we urgently adapt and innovate to meet new threats and missions of greater complexity and risk, we honor the stewardship, integrity, grit and gallantry



West Coast based Naval Special Warfare assets participate in an international maritime training evolution. Courtesy photo

that the founding members of our community demonstrated in their service," said Howard. "In marking this milestone, Naval Special Warfare also celebrates our authentic and timeless team - a team anchored on earned trust, candor, creativity and resilience - a humble team with an ironclad commitment to the nation and all we serve."

The Naval Special Warfare community's history pre-dates the establishment of the SEAL teams by twenty years. In August 1942, the Amphibious Scouts and Raiders (Joint) and the Special Mission Naval Demolition Unit were established at Amphibious Training Base Little Creek to perform specific mis-

sions during Operation Torch, the allied invasion of North Africa, in November 1942.

"Our community is built upon the shoulders of the warriors who came before us," said Capt. David Abernathy, commodore, Naval Special Warfare Group 1. "The high standards, unique capabilities, strength and diversity found across the NSW community today is a direct reflection of those first SEALs who paved the way."

Capt. Donald G. Wetherbee, commodore, Naval Special Warfare Group 2, said that throughout the community's 80-year history, naval commandos engaged in operations from the

beaches of North Africa and Normandy, the islands of the Pacific, Korea and Vietnam, Iraq and Afghanistan, to countless other areas of the world "on land and under the sea."

"Today SEAL teams, along with other components of Naval Special Warfare, represent a unique ability to access denied environments, providing scalable kinetic and non-kinetic effects that set the conditions to undermine adversary confidence and provide diplomatic leverage in competition, and higher end options in crisis and conflict," said Wetherbee. "At the same time, the incredible leadership, cognitive attributes and character of our people remain the

same as they did from day one of our community's birth. I'm truly humbled to have the privilege of working with the men and women of Naval Special Warfare every day."

From Scouts and Raiders, Naval Combat Demolition Units, Operational Swimmers, Underwater Demolition Teams, and the Motor Torpedo Boat Squadrons of World War II to now SEALs, Special Warfare Combatant-Craft Crewmen (SWCC) and special development groups, Naval Special Warfare is a complex and humble community who is proud of its warfighting heritage.

NSW commands will celebrate this milestone all year long by hosting events and

ceremonies, as well as releasing stories and social media posts that highlight the rich history of SEAL operators to honor NSW's proud warfighting heritage, give insight into how special operators integrate with the fleet for distributed maritime operations, and highlight the capabilities NSW assets bring to the strategic competition.

Since 1962, Naval Special Warfare has been the nation's premier maritime special operations force, a highly reliable and lethal force, always ready to conduct full-spectrum operations, unilaterally or with partners, in support of national objectives, and uniquely positioned to extend the Fleet's reach, delivering all-domain options for Naval and joint force commanders.

Navy ousts first Sailors for refusing coronavirus vaccine

by Caitlin Doornbos

Stars and Stripes

WASHINGTON - The Navy has ousted its first group of Sailors for refusing the coronavirus vaccine, the service announced Jan. 5.

Twenty Sailors who had just started their military careers were booted from the service through what's known as entry-level separations, the Navy said. These Sailors were separated within their first 180 days of active-duty service during their initial training period.

No other separations have been issued, but those with longer tenures could face the same fate in the coming months if they continue to refuse the vaccine, the Navy said.

Navy commanders were ordered Dec. 15 to begin the separation process for Sailors who have refused to take the coronavirus vaccine. As of last Wednesday, 5,268 active-duty and 2,980 Reserve Sailors remained unvaccinated.

Most separations will happen in the first six months of 2022, though some could continue past June 1, Rear Adm. James Waters, the Navy's director of military personnel plans and policy, said last month.

The Navy has approved vaccine exemptions for some active-duty Sailors.

4 IMPORTANT PROGRAMS IMPROVING THE LIVES OF MILITARY SPOUSES

(StatePoint) The average military spouse moves eight to 12 times in the span of a 20-year military career.

While the USO is most often thought of as an organization that entertains U.S. service members, their work extends to providing vital support to the entire mili-

tary community, including these programs that directly support military spouses:

•**Networking:** In 2016, the USO launched its Military Spouse Networking Events. This worldwide initiative empowers military spouses by connecting them to their social, professional,

and community networks. Offering opportunities to interact with other military spouses, attendees instantly connect with one another and to their communities.

•**Friendship:** Each year, the USO hosts hundreds of monthly "Coffee Connections," connect-

ing thousands of military spouses in their local communities and networks. The gatherings are an opportunity to connect with old and new friends, share advice, and learn about local events.

•**Workshops:** Feelings of loss, uncertain identity and a lack of purpose caused by

the rigors of military life are common, according to USO research. However, a series of workshops launched in 2017 help fill that gap. The workshops help spouses find their passion and help them approach life's challenges with a positive and proactive outlook.

•**Baby showers:** Many military moms-to-be are often away from their families, friends and support networks during their pregnancies. The USO hosts virtual or hybrid baby showers for military families featuring baby shower games, local guest speakers, and drawings for gifts to provide a sense of home.

Health

COVID testing: San Diego-area alternate military testing sites - 32nd Street, NTC and the Naval hospital.

See page 9

Base Movie Schedule

West Side Story (2021), Spider-Man: No Way Home, The Matrix Resurrections, Sing 2, Encanto

See page 10

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'A Journal for Jordan' brings Soldier's story of love, legacy to life

by Katie Lange, DOD News

When Dana Canedy gave Army 1st Sgt. Charles M. King a journal in late 2005 to write a few words of advice to their unborn son, she said she expected only a page or two from her shy, reserved fiancé.

King, a nearly 20-year veteran of the force by this time, was heading off on yet another overseas deployment, his last before retirement. Canedy, who was a few months pregnant, wanted to have the words "I love you" written on a page beside King's name, just in case something happened.

What Canedy got was page after page of loving insight that she and their son, Jordan, would hold dear for the rest of their lives. King's words went on to inspire a bestselling book called "A Journal for Jordan," with a movie of the same name being released Christmas 2021.

200 pages, most of it from Iraq, about the power of prayer and how to choose a wife. He made an exercise program for [Jordan]. He told him why he loved me [and] why he wanted a son."

There were anecdotes about the beauty of rainbows after rainstorms, as well as themes he touched on repeatedly: his pride in military service and how he expects Jordan to respect women.

"And on the last page," Canedy said, "he essentially wrote a letter that said, 'This is everything I could think of to teach you to be a man if I don't make it home.'"

On Oct. 14, 2006, their worst nightmare came true. King was in a convoy near Baghdad when a roadside bomb exploded, killing him. Just like that, King's journal was one of the few items left that Canedy's son had of his father.

Coping With Tragedy

To get through the grief, Canedy, who had been a journalist at The New York Times for a decade at that point, took to doing what she knows best – writing.

"After Charles' funeral, I went back to work, and I was like, 'I just can't sit here as though this didn't happen. I have to do something,'" Canedy said. "I thought, 'I want people to know about him. I want them to know about the journal, but I also want them to know what it's like when you get that knock at the door.' So, I wrote about it first in The New York Times as a story. Then one of my colleagues sent me



Army 1st Sgt. Charles King, right, and his fiancé, Dana Canedy, center, were able to be together in New York City during King's mid-deployment leave in 2006. It was the only time King met his son. King was killed on Oct. 14, 2006.

a note saying, 'Our readers will demand a book.' And that's what happened."

Within a year, Canedy released "A Journal for Jordan: A Story of Love and Honor." It quickly became a bestseller.

Thirteen years later, that tragic story of love, loss and legacy has blossomed onto the big screen. Directed by Denzel Washington, the Sony Pictures film "A Journal for Jordan" features Michael B. Jordan as King and Chante Adams as Canedy.

Bringing Their Love to Life

Canedy was a producer on

the film and was involved in nearly every aspect of it, including screenwriting and editing. She spent time on set and worked with Washington to get the smallest of details right, including the kind of car King drove and the moment she realized she was in love with him.

"The first day we went to the set, I took a small duffel bag that had Charles' Purple Heart in it. It had his dog tags, and it had the actual physical journal and some other items to give [the actors] a sense of us – of who he was – to remind them that there was a real soldier behind the story," Canedy said.

"For everybody there, it touched them deeply."

King grew up in Mobile, Alabama, and was nearly 30 when he enlisted in the Army in 1987. He'd spent his years prior as an artist after training in pointillism at the Art Institute of Chicago. Through his many deployments, which dated back to the 1991 Gulf War, he continued with that artistry.

"He drew babies. He drew old people. He drew soldiers. He just loved it. It was a form of therapy and relaxation for him," Canedy said. "We're really fortunate that Jordan, for the rest of his life, will

have his father's art."

One of those pieces is featured in the movie.

"There's a scene early on where it pans to a wall, and there's a framed picture of an angel," Canedy said. "That is actually his original piece."

The anecdotes and items Canedy brought to the set helped make it personal to the cast and crew, and she said that really translated onscreen.

"It's more accurate than I actually would have imagined," she said of the movie. "It's absolutely

See JOURNAL page 11



Dana Canedy and son, Jordan King, attend the world premiere of "A Journal For Jordan" in New York City, Dec. 9, 2021.



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National Military

U.S. troops in Iraq remain at risk, retain right of self-defense, press secretary says

by Jim Garamone
DoD News

Even though the mission of U.S. forces in Iraq has changed, the troops are still in a hazardous environment and retain the ability to defend themselves, Pentagon Press Secretary John F. Kirby told reporters Jan. 4.

The mission of U.S. forces shifted from combat to advise and assist two weeks ago, per an agreement between the United States and Iraq. Yet troops advising and assisting Iraqi forces are at risk.

Forces launched strikes

against rocket-launching sites near Green Village in Syria and shot down two armed drones targeting forces in Al Asad Air Base. There were no casualties among friendly forces.

The strikes against the rocket-launching sites were not air-strikes, Kirby said. Forces hit the sites to ensure rockets were not launched against coalition forces.

But that begs the greater question of if U.S. personnel are at risk in the mission. "They clearly are at risk in the region," Kirby said. "I mean, one of the reasons why these sites were hit

was [that] we had reason to believe that they were going to be used as launch sites for attacks on Green Village. So clearly, our men and women remain in harm's way. And we have to take that threat very seriously. We always have the right of self-defense."

Kirby would not say who manned these rocket-launching sites. "That said, we continue to see threats against our forces in Iraq and Syria by militia groups that are backed by Iran," he said. "But again, I don't have specific attribution on who was responsible for these specific sites."

Iran is a major player in Iraq and U.S. officials have been consistently concerned about the threats to U.S. forces in the region. "That is not a new concern," Kirby said. "And I think we've seen in just the last few days, that there have been acts perpetrated by some of these groups that validate the consistent concern that we've had over the safety and security of our people."

On Russia, Kirby said should NATO allies ask for more U.S. capabilities in Europe, "we would be positively disposed to consider those requests." Still, he noted, the United States has a "very large and robust footprint



Qasim al-Araji, National Security Advisor of Iraq, and Iraqi Staff Lt. Gen. Abdul Amir al-Shammari, deputy commander, Joint Operations Command for Iraq, inspect body armor during a visit to Al-Asad Air Base last month. The Iraqi officials visited the base to get a firsthand look at how the new advise and assist relationship between U.S. and Iraqi forces is working. Army photo Maj. Alexa Carlo-Hickman

in Europe that complements the sizable capabilities that European allies possess. "There already exists a lot of capabilities [in Europe]," he said. "And some of those capabilities could be moved around â€" if that was, in fact, the request and was decided that would be the most prudent thing to do."

There are many options that President Joe Biden has if Russia decides to launch another incursion into Ukraine, Kirby said, but nothing has been asked for yet.

MARINE CORPS

- Marine Corps Viper helicopter crashes near New Jersey base
- Marine officer blames bad information for AAV sinking tragedy



- Marine amphibious combat vehicles to return to waterborne operations

NATIONAL GUARD

- Maryland Guard Activated for COVID-19 Emergency
- Louisiana Troops Fight COVID-19 Surge

AIR FORCE

- Culture App Features New Courses on China, Russia
- Air Force accused of pushing woman through elite commando training after she quit, spurring investigation

NAVY

- USS Constitution Gets First Female Commander
- Navy fires 5 officers in less than a month
- Navy, Air Force flight stats have been dive bombing for two decades: CBO

ARMY

- Paratrooper charged in Syria shootout acquitted of all charges
- Army finally picks an optic for Next Generation Squad Weapon
- Alaska-based master sergeant is fifth soldier to die in the state since November

SPACE FORCE

- SWAC ponders acquisition strategy, limits of user terminals in future SATCOM plan
- Space Force to use navigation data from LEO constellations to detect electronic interference
- Fight over vaccine mandate for National Guard rages
- National Guard steps in to alleviate pressure on hospital overwhelmed by Omicron wave

COAST GUARD

- Coast Guard announces safety rules after deadly boat fire

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Shared challenges, strengthening alliance at center of U.S.-Japan defense meeting

by C. Todd Lopez
DoD News
Increased tensions in the Indo-Pacific region and the strengthening of military relations were the topics of discussion when U.S. and Japanese diplomatic and defense leaders met virtually for the 2022 U.S.-Japan Security Consultative Committee Meeting.

Participating in the discussion from the U.S. were Secretary of Defense Lloyd J. Austin III, Secretary of State Antony J. Blinken, and Rahm Emanuel, ambassador to Japan. Japanese Foreign Minister Hayashi Yoshimasa and Defense Minister Kishi Nobuo represented Japan.

During opening remarks, Austin touched on the strength of the U.S.-Japan alliance.

"We know how strong that alliance is today," Austin said. "It

remains the cornerstone of peace and prosperity in the region. We're proud that it's built upon a foundation of not just common interests but also shared values."

However, Austin also noted that some of the interests shared by the U.S. and Japan are at risk due to growing aggression in the Indo-Pacific.

"We're meeting against a backdrop of increased tensions and challenges to the free, stable and secure Indo-Pacific region that we both seek ... challenges posed by North Korea's nuclear ambitions and by the coercive and aggressive behavior of the People's Republic of China," Austin said.

To counter those threats, the U.S. and Japanese militaries are looking for ways to enhance readiness and strengthen inte-



grated deterrence capabilities. Last month, he said, the U.S. and Japan concluded participation in the military exercise Yama Sakura 81. This latest iteration of the exercise was the largest it has been in 40 years.

The Yama Sakura annual training exercise focuses on the defense of Japan with bilateral planning, coordination and interoperability between the Japanese Ground Self Defense Force and U.S. military units.

Austin also noted that last month the U.S. and Japan completed the military exercise Resolute Dragon, a bilateral field training exercise held in Japan which focused on integrated deterrence and involved over 4,000 service members from the U.S. Marine Corps and the Ja-

pan Ground Self-Defense Force.

"We truly remain grateful for the support that Japan continues to provide U.S. forces deployed there ... and for an extraordinary level of mutual cooperation against the full spectrum of military capabilities," he said. "We will, and we must, continue to work even more closely together."

Soldiers with 1-1 Special Forces Group (Airborne) conduct planning and process targets with their Japan Ground Self-Defense Force counterparts during Yama Sakura 81 at Camp Itami. Photo by MC3 Donovan Zeanah

Last Thursday's virtual meeting builds on discussions held last year in Tokyo, Austin said, and will help the two nations develop a framework for cooperation going forward.

"This framework will include, first, enhancing alliance capabilities across all domains; also evolving our roles and missions to reflect Japan's growing ability to contribute to regional peace and stability; and optimizing our alliance force posture to strengthen deterrence," he said.



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4th Fleet, 2: 5th Fleet, 14
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General officer announcements

Secretary of Defense Lloyd J. Austin III announced Jan. 10 that the president has made the following nominations:

Marine Corps Col. Robert B. Brodie for appointment to brigadier general. Brodie is currently the executive assistant to the Deputy Commandant for Aviation, Marine Corps, Washington, D.C.

Marine Corps Col. Michael A. Brooks Jr., for appointment to brigadier general. Brooks is currently the special assistant to the commander, Special Operations Command, Tampa, Fla.

Marine Corps Col. Kevin G. Collins for appointment to brigadier general. Collins is currently the director, Logistics Combat Element, Combat Development & Integration, Marine Corps, Quantico, Va.

Marine Corps Col. Fridrik Fridriksson for appointment to brigadier general. Fridriksson is currently the director, Tactical Training Exercise Control Group, Marine Air Ground Task Force Training Command, Twentynine Palms, Calif.

Marine Corps Col. Maura M. Hennigan for appointment to brigadier general. Hennigan is currently the director, House of Representatives Congressional Liaison, Marine Corps, Washington, D.C.

Marine Corps Col. Garrett R. Hoffman for appointment to brigadier general. Hoffman is currently the chief of operations, White House Military Office, Washington, D.C.

Marine Corps Col. Stephen J. Lightfoot for appointment to brigadier general. Lightfoot is currently the director, Aviation Combat Element, Combat Development and Integration, Headquarters, Marine Corps, Quantico.

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Bethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd, Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 10:30am Sundays Bible Class, Wednesdays 10am (619)222-7291 LivingWaterSD7@gmail.com	First Baptist Church of Coronado <i>"Reach Up, Reach Out, Reach Our World"</i> 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	Mesa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) <i>Seeking Sinners; Saving Souls; Strengthening Saints</i> Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd, Poway • 858-485-6110 • www.mesaview.org
Bayview Church <i>Attract...Assimilate...Activate</i> 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	La Jolla Lutheran Church <i>"We Follow Jesus"</i> 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	Military Outreach Ministries Int'l Church <i>"Transforming the World, One Person at a Time"</i> 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
Canyon View Church of Christ <i>"Love God, Love People, Serve the World"</i> 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	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	Resurrection Lutheran Church <i>A Small Place with a Big Heart!</i> 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
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Medal of Honor Spotlight: Army Tech. Sgt. Forrest L. Vosler

by Katie Lange
DoD News

If you were riding in a damaged airplane with injuries that practically left you blind, do you think you could keep your wits about you? For a lot of people, the answer would be no. But not for 20-year-old Army Air Corps Tech. Sgt. Forrest L. Vosler. In the face of great odds, Vosler did all the right things to help his aircrew survive over the skies of Europe during World War II. For that, he earned the Medal of Honor.

Vosler was born on July 29, 1923, and grew up in Livonia, N.Y., with two sisters and a brother. He liked to play basketball and was a Boy Scout.

After graduating from high school in 1941, Vosler worked for a few months as a drill press operator at General Motors in Rochester, N.Y., before enlisting in the Army on Oct. 8, 1942. About a year later, he reached the rank of staff sergeant and was sent to Europe with the 8th Air Force's 358th Bombardment Squadron to be a B-17 Flying Fortress radio operator and aerial gunner.

Vosler quickly earned the Air Medal for valor when, during a mission, he saved the lives of two unconscious crewmates by repairing their oxygen equipment. Vosler was fighting unconsciousness himself at the time and had to ward

off enemy fighters with one of the unconscious men's guns.

It wasn't until his fourth mission to bomb Bremen, Germany, on Dec. 20, 1943, that he earned the Medal of Honor.

After Vosler's crew had bombed its target, their B-17, called the Jersey Bounce Jr., was damaged by anti-aircraft fire and forced out of formation, which made it a target of opportunity for the enemy. The aircraft was quickly hit by a 20 mm cannon shell that exploded in the radio compartment, severely injuring Vosler's legs and thighs.

At about the same time, the aircraft's tail was hit, seriously wounding the tail gunner and rendering the guns there inoperable. The aircraft was then hit with another 20 mm shell that exploded, injuring Vosler's chest and causing shrapnel to lodge in both of his eyes to where he could only distinguish blurred shapes.

Despite both sets of injuries, Vosler refused first-aid treatment and kept firing at the enemy. As the crew started tossing extra weight from the damaged plane to help it reach land, Vosler begged to be

thrown out, too, to help in the effort, several crew accounts later stated. But the crew refused, and eventu-



Army Air Corps Tech. Sgt. Forrest L. Vosler is awarded the Medal of Honor from President Franklin Delano Roosevelt during a White House ceremony, Aug. 30, 1944. Shaking Vosler's hand is Undersecretary of War Robert Porter Patterson Sr. Air Force photo

ally the pilot announced they would have to ditch the aircraft.

Although Vosler could barely see and fell unconscious a few times, he managed to fumble around with the damaged radio equipment enough to get it operating again and send out a distress signal before they crash-landed off the English coast.

Once in the water, Vosler managed to get out of the plane and onto the wing, where he grabbed the wounded tail gunner to keep him

from slipping off into the water, something that may have made his wounds worse, according to accounts from the crew. The other crew members who had worked to pull a life raft from the plane before it sank eventually pulled the pair into the inflated dinghy.

Vosler's bravery and calm under fire, despite being nearly incapacitated, were integral to them surviving. Thanks to the distress signals he sent, they were quickly rescued by a nearby ship.

Vosler was promoted to technical sergeant two weeks later. He spent the next several months in English hospitals until he returned to the U.S. in March 1944. His treatment at various hospitals continued until he was discharged from the Army on Oct. 17, 1944. Doctors were able to restore vision to his left eye, but not his right.

During those hospital stays, Vosler was invited to the White House to receive the nation's highest honor for valor. On Aug. 30, 1944, he was given the Medal of Honor by President Franklin Delano Roosevelt during a ceremony in the Oval Office.

Vosler became one of the founding fathers of the Air Force Association, which was formed in 1946 shortly after the war. He then moved to Syracuse, N.Y., and got a job as a radio station engineer.

FRA launches 2022 survey on military, veterans benefits



FLEET RESERVE ASSOCIATION - As part of its mission to bring the enlisted concerns to Capitol Hill, the FRA is conducting an online survey to determine which military and veteran benefits are most important to active duty and Reserve personnel, retirees, veterans, and their families. The brief survey asks current and former members of the uniformed services, as well as their spouses, to rate a variety of benefits and quality-of-life programs associated with their service to our nation. The FRA is asking all current and former military personnel and their spouses to share their opinions about the programs they value most. Survey responses and comments from participants provide the legislative team important reference information when we testify before Congress or one-on-one meetings with lawmakers and their staff. The FRA also shares the survey results with elected officials on Capitol Hill, key committee staff, and leaders within the Departments of Defense, Homeland Security and Veterans Affairs - ensuring these crucial decision-makers understand the enlisted sea service perspective. Go to <https://www.fra.org/fra/web/>.

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Career & Education

What to do when integrity is a rare commodity

by Dr. Daneen Skube,
Tribune Content Agency

Q: I find many people in my workplace make great sounding promises and fail to deliver. I'm starting to not believe people when they make commitments. I don't want to make the same mistake. How can I demonstrate integrity and how can I deal with so many people that have none?

A: You can demonstrate integrity by aiming to under promise and over deliver. You can deal with people with little integrity by lowering expectations and frequent reminders to them.

A wise teacher in my training told me, “The one person that is always listening when you make promises is you. If you fail to keep promises you’ll fail to believe yourself and that undermines everything.” Thus if I promise myself to eat better, or exercise more but I drop the ball with others I also won’t believe myself.

The origin of the over promise and under deliver problem is many adults hate disappointing people. Ironically the more promises we make the more we increase our odds of experiencing what we’re trying to avoid.

What I teach clients is to listen to their gut instincts. If your gut says, “Nope,” then politely decline a commitment. You should only commit if you are certain you can deliver.

Indeed many people will be disappointed on the front end when you make fewer commitments. However, these same people will notice that when you do commit they can count on you like gravity.

As a business owner I listen closely to what clients tell me matters most. I remember a client that moved to Europe. When I asked her what helped her the most her first response was, “Reliability. In a decade you’ve not been late, canceled,

or rescheduled without advance notice.”

I was surprised that of all the tools I offer one of the most important was simply showing up consistently. My readers may enjoy knowing that what may seem

simple like punctuality, or keeping promises is a miracle in a world where integrity is a rare commodity.

If you plan on

most people most of the time not keeping promises you will rarely be disappointed. Also realize most people do not lack integrity out of maliciousness. They lack integrity because they fear conflict.

When you assume low integrity you’ll double, and triple check all commitments people make. You’ll send emails reconfirming meetings days before and the morning of the meeting. You’ll send emails rechecking timelines, and action plans. You’ll stop assuming anyone will do anything when they told you they would.

Some clients complain it’s not fair that they have to do all this extra work. I point out they will also be the ones luxuriating in delivered promises in a world where promises mean little.

When you double or triple

Navy extends boot camp training to 10 weeks

GREAT LAKES, Ill. - Recruit Training Command (RTC), the Navy’s enlisted boot camp, has extended the duration of its basic military training (BMT) program from eight to 10 weeks.

Recruits who arrived Jan. 3 and thereafter will be enrolled in the 10-week BMT program.

“We’ve added more leadership and professional development to the basic training toolkit, which Sailors can rely on throughout their careers,” said Rear Adm. Jennifer Couture, commander, Naval Service Training Command. “This additional training reinforces character development with a warfighting spirit so our Navy is strong, lethal and ready.”

“Sailor for Life,” a new training phase in the additional two weeks, provides recruits with more training in mentorship, small-unit leadership, advanced Warrior Toughness training, and professional and personal development through the Navy’s MyNavy Coaching initiative.

“The additions were the result of fleet feedback and the hard work of all the staff here at RTC and throughout the Navy,” said Lt. Cmdr.

Katy Bock, military training director, Recruit Training Command. “Every recruit now graduates with more tools and skills to make them more effective and combat ready Sailors.”

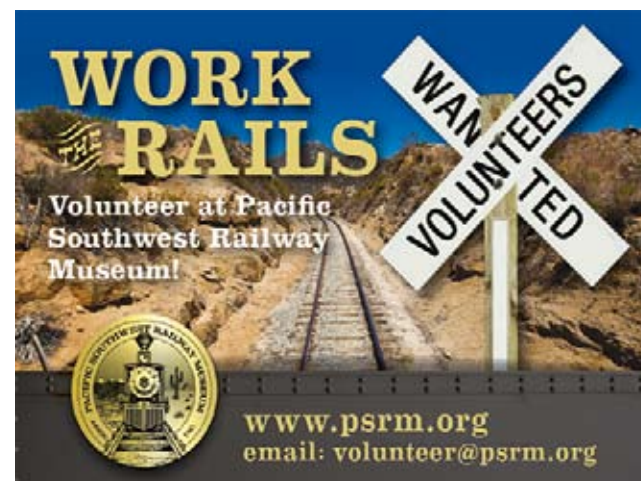
Recruit Training Command continually builds on what it means to be a basically trained Sailor. The 10-week BMT program enhances Recruit Training Command’s ability to supply the Navy with basically trained, engaged and connected warfighters.

For more information about Recruit Training Command, visit bootcamp.navy.mil.

Interpersonal Edge



by
Dr.
Daneen
Skube



Air Force women and Navy men capture Cross Country team gold

by Steven Dinote
U.S. Armed Forces Sports

SAN DIEGO - Air Force women and Navy men win team gold in both the Armed Forces Cross Country Championship held in conjunction with the USA Track and Field National Championship on Jan. 8 at Mission Bay Park.

Air Force 1st Lt. Jaci Smith of Kirtland Air Force Base, N.M., took gold in the Women's Armed Forces Championship, finishing the 10K at 35:48.

Smith finished seventh overall in the USA Track and Field Women's Open division, earning top-ten honors.

Joining Smith on the podium were 2nd Lt. Maria Mettler, also of Kirtland Air Force Base and Lt. Cmdr. Katherine Irgens of Naval Submarine Base New London, Conn. with times of 36:21 and 41:43 respectively.

Navy Lt. Stanley Linton of Naval Support Activity-Mid South, Tenn., took the men's title, finishing with a time of 32:51 in the 10K.

Air Force Major Matthew

Williams of Baylor University, Texas won silver with a time of 33:13 and Lt. j.g. Zachary Swenson of Naval Air Station Corpus Christi, Texas took bronze running 33:37.

The 2022 Armed Forces Championship featured teams from the Marine Corps, Navy (with Coast Guard runners) and Air Force. Army didn't compete this year.

Despite two runners dropping out of the competition, Air Force Women were able to overcome the odds as Smith and Mettler jumped out in front of the pack.

Navy's Irgens and Lt. Elizabeth Conlon of Camp Pendleton rushed in to next. But it was veteran Technical Sgt. Emily Shertzer of Fort Indiantown Gap, Penn., to wrap up team gold for Air Force

During the 2022 Armed Forces Cross Country Championship, team results are determined on the displacement scoring of five of the top seven male runners.

For the women's competition, the top three scorers of six runners were used.

For complete coverage of

photos and results, visit www.armedforcesports.defense.gov for more.

FINAL WOMEN TEAM STANDINGS

1st Place USAF 8 pts
2nd Place Navy 13 pts
3rd Place USMC 25 pts

FINAL MEN TEAM STANDINGS

1st Place Navy 24 pts
2nd Place USAF 38 pts
3rd Place USMC 70 pts

INDIVIDUAL WOMEN MEDALISTS

Gold: 1st Lt Jaci Smith, Kirtland AFB, N.M. - USAF - 35:48
Silver: 2d Lt Maria Mettler, Kirtland AFB, N.M. - USAF - 36:21
Bronze: Lt. Cmdr. Katherine Irgens, Naval Submarine Base, New London, Conn. - Navy - 41:43



INDIVIDUAL MEN MEDALISTS

Gold: Lt. Stanley Linton, NSA Mid-South, Tenn. - Navy - 32:51
Silver: Maj Matthew Williams, Baylor University - USAF - 33:13
Bronze: Lt.j.g. Zachary Swenson, NAS Corpus Christi - Navy - 33:37

WOMEN TEAM RESULTS

1st Place USAF Team Score - 8 pts
2nd Place Navy Team Score - 13 pts
3rd Place USMC Team Score - 25 pts

WOMEN TEAM RESULTS
1st Place Navy Team Score - 24 pts
2nd Place USAF Team Score - 38 pts
3rd Place USMC Team Score - 70 pts



Navy women take team silver during the 2022 Armed Forces Cross Country Championship held in conjunction with the USA Track and Field National Cross Country Championship at Mission Bay Park. Department of Defense photo



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Camp Pendleton combats speeding, reckless driving

by Cpl. Alison Dostie
Through early December 2021, there were just over 1,100 speeding infractions and five reckless driving citations on Camp Pendleton. Vehicle accidents and speeding are dangerous to drivers aboard the installation as well as off-base. The risks and effects do not change when coming through the gates of any installation.
To combat speeding and reckless

driving on base, the commanding general of Marine Corps Installations West, MCB Camp Pendleton, signed a policy letter Nov. 19 on traffic enforcement, and put into motion a new campaign, known as Operation Slow Down.
“We did a survey on the number of traffic violations for each installation in the MCI-West area of responsibility,” said Gordon

Broussard, the law enforcement program manager for MCI-West. “The results showed that Camp Pendleton had a problem with speeders, not due to any inaction of (the Provost Marshal’s Office), but due to Camp Pendleton having long stretches of roads between the different areas, and having a greater daily population. The other installations are much more compressed, which doesn’t allow an individual to obtain high rates of speed compared to stretches of road such as Vandergrift or Basilone roads.”

As part of Operation Slow Down, military law enforcement and safety officials united with base leadership to develop a long-term campaign to address the safety of Camp Pendleton’s roads. In addition to more enforcement, the base will invest in traffic control measures and technology, to include the purchase of additional radar devices for base law enforcement. Extended speed bumps, known as speed tables, will also be installed strategically throughout the base. Safety officials will also survey Pendleton roads to determine where changes can be made to speed zones, hazard markings and lane structure to curb speeding more effectively. While the changes and improvements will roll out over time, the intent is to have an enduring impact and decrease speeding on base.

“By purchasing and using new equipment and increasing consequences for speeding, we want Operation Slow Down to protect people, save lives, and improve operational readiness and the good

order and discipline aboard the base,” said Col. John Black, the commanding officer of the base’s Security and Emergency Services Battalion.

The most immediate impact of Operation Slow Down is the increased consequences of traffic infractions. Once drivers cross a certain threshold, any speeding citation will result in the suspension of on-base driving privileges. The length of suspension varies depending on the speed and the location of the incident. All moving violations of 16+ mph over the posted speed limit will result in six points on your driving record and will also require remedial driving training.

Speeding 16-20 mph over the posted speed limit is a three-month suspension of on-base driving privileges. Speeding 21-30 mph over the posted speed limit is a six-month suspension. Going 31 mph or more over the posted speed limit, as well as street racing, is a 12-month suspension.

Speeding in construction, school, or housing areas will now have harsher consequences, with three-month suspensions for 5-10 mph over the posted speed limit and six-month suspensions beginning at 11 mph over.

Once cited, the driver must appear at Traffic Court with a senior member of their chain of command, regardless of rank. The command representative must then provide a copy of the suspension of driving privileges to the driver’s commanding officer if deemed

OPERATION SLOW DOWN

	MPH Over	License Suspension
Speeding can result in more than just a ticket...	16-20	3 Months
	21-30	6 Months
	31+	12 Months
	Racing	12 Months
	Construction, School, Recreation, or Housing zones:	
	5-10	3 Months
	11+	6 Months

All suspensions add 6 points to driving record and require remedial driving

Graphic by Lance Cpl. Alicia Childs

necessary by the installation’s Magistrate’s Office. A commanding officer can’t authorize a service member to operate a government vehicle if their driving privileges are suspended. Commands will also be responsible for investigating any accidents involving a government vehicle.

For example, suppose it is found that a traffic regulation violation caused the accident. In that case, the investigation will be forwarded

to the commanding general and include a recommendation whether or not to suspend the driving privileges of the driver and/or any passengers in the vehicle.

Base leaders’ aim is that Operation Slow Down will raise awareness for both the individual service members and unit commanders. The dangerous outcomes from reckless driving can have long-lasting impacts for more than just the driver.

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THIS WEEK'S SNAPSHOTS

USS ABRAHAM LINCOLN, at sea (Jan. 5, 2022) - An F-35C Lightning II, assigned to Marine Fighter Attack Squadron 314, prepares to deploy alongside the Navy as part of the Abraham Lincoln Carrier Strike Group. Marine Corps photo by 1st Lt. Charles Allen



USS TRIPOLI, at sea (Jan. 7, 2022) Aviation Support Equipment Technician 2nd Class Virgil Javier performs maintenance on an aircraft tripod jack in the hangar bay aboard USS Tripoli amphibious assault ship. Navy photo by MC2 Malcolm Kelley

MCRD, SAN DIEGO (Jan. 7, 2022) - A new Marine of Mike Company, 3rd Recruit Training Battalion, is welcomed by a loved one following a graduation ceremony here. Once the company was dismissed, families and friends met their new Marines. As recruits, their only means of contact were through letters during their 13-week training cycle. Photo by MSgt Sheila Brooks



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OIC: Capt. Molly Jenkins

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Eligible: All TRICARE beneficiaries
OIC: Cmdr. Edgar San Luis

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Open M-F, 8 a.m. to 2 p.m., closed weekends
Eligible: Only NMCS D pre-operative patients
OIC: Cmdr. Coby Craft

NMCS D Deployment Health MHC - Building 6, 2nd deck, foot traffic only

Open M-F, 8 a.m. to 2 p.m., closed weekends
Eligible: Only active-duty staff
OIC: Deployment Health OIC

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Apparently, I haven't evolved all that much.

No, I don't grunt. My knuckles don't drag on the ground. I don't wear animal skins. I feel no cravings for capybara meat or palm nuts. I'm not suffering from intestinal parasites, at least that I know of. And I don't have the urge to beat my husband, Francis, over the head with a club.

Well, maybe sometimes.

But according to science, I have "negativity bias" just like my Paleolithic ancestors did two million years ago.

Although modern people are highly evolved when compared to early humans, we all inherited cognitive biases that, though outdated, served our prehistoric predecessors well. One of those outdated tendencies is the inclination to spend more time fretting over negative information.

When today's humans are exposed to both negative and positive information of equal importance, we focus on and remember the negative over the positive. In modern society where most people have adequate shelter, food, and protection from sabertooth tigers, it doesn't make much sense to behave this way. However, prehistoric people paid more attention to negative information because it was a matter of life or death.

Although we no longer need negativity bias to survive, it contin-

Training our inner cave dweller to accentuate the positive

ues to control our behavior. Today's news organizations are aware of this, which is why they feed us a 24/7 diet of bad news. "If it bleeds, it leads," they say, justifying overly-negative news coverage by way of newspapers, magazines, television, radio, and the internet. We also feed our own fears, consuming more books, television, and movies involving drama and turmoil than positive themes.

During the pandemic, scientists have been looking at the affect negative information has on our health. Those who consume a lot of negative news or engage in internet "doom scrolling" show evidence of cognitive distortions, have more nightmares, and are more prone to PTSD, anxiety and depression. Furthermore, consuming negative information also increases our risk of heart attack.

Ironically, this bad news makes me want to go hide in a cave.

All joking aside, these findings should be of particular concern to military families, who experience frequent unpredictability, change, and deployments. Military life is difficult enough - we shouldn't let outdated negative biases unnecessarily add to our stress.

For example, when making decisions, modern humans are still so risk-averse, we aren't prone to taking chances, even when potential gains outweigh losses. This kept our ancestors safe from giant hyenas and poisonous berries, but it might turn a military spouse into "Debbie Downer." We need to understand our own risk-aversion so that we don't pass up good opportunities related to our careers, social lives, personal growth, recreation and enrichment.

Also, studies show that the ancient hunter-gathers in us are too concerned about what other people think. Back when humans needed to be accepted in order to survive, being rejected by one's group could spell disaster — exposure, starvation, danger and certain death. Today, social rejection isn't life-threatening, but we continue to worry about acceptance. Anyone who has ever posted a photo on social media and received many positive comments, only to lay awake at night fixating over that one negative comment, understands how self-destructive negativity bias can be.

As much as we worry too much about social acceptance, our negativity bias also makes us less likely to accept others. When evaluating people as potential friends, our tendency to put more weight on negative character traits than positive ones gets in the way of relationship formation. No wonder it's so hard to make friends after each PCS move!

As military spouses, we must empower ourselves and our families with the awareness that we are hard-wired for negativity. We can actively limit our consumption of negative information, and engage in positive psychology interventions such as gratitude journaling, imagining a "best future self," and training our brains to attend to good experiences.

It would be easier if we we could simply wack our prehistoric inner worry wart over the noggin. Since we can't do that, we'll take her gently by her hairy, calloused hand and teach her that it's okay to trust others, take chances, make friends, laugh, dance, and enjoy life.

Another great reason to drive a plug-in hybrid

Fellow drivers, we've probably all been in this position at some time. We're driving along when we notice that we are running very low on fuel (gas or electricity — it does not matter) but, for whatever the reason, we don't want to — or cannot — stop to refuel. Perhaps we're running late, or we just want or need to get where we're going, as soon as possible. Will we make it to our destination on the remaining fuel, and will we have enough after that to refuel somewhere the next time we drive?

I found myself in this very situation last Sunday when I drove home to San Diego after covering the Consumer Electronics Show, the Indy Autonomous Challenge and Omega Mart in Las Vegas.

For starters let me acknowledge that if your vehicle runs on gasoline, it is not a good idea to let the level in the fuel tank drop dangerously low. Any sediment that has accumulated in the bottom of the gas tank could more easily find its way into the rest of your fuel system and clog up the works. The older your vehicle, the greater the likelihood of accumulated sediment.

However, I drive a plug-in hybrid, and that saved my day. Think of a plug-in hybrid as having a reserve fuel tank. I had never needed my 2021 Toyota RAV4 Prime XSE Plug-In Hybrid for this purpose before, but on Sunday I did.

Earlier in the week, I had easily driven my RAV4 Prime from San Diego to Las Vegas on only one tank of gas, and there was still enough gas in the tank to enable

me to drive around Las Vegas for several days after that. In anticipation of my return trip to San Diego, I reasoned that surely since there had been ample gas for the drive

AutoMatters™ & More



by Jan Wagner

going to Las Vegas, then I would have plenty of gas to return home, too. With that in mind, a few days before the end of my stay, I refueled my RAV4 at my favorite budget-priced gas station: a Costco in Las Vegas.

Well, sometimes things just don't quite go according to plan. In between refueling for my return trip and leaving a few days later, I had driven to the far end of Las Vegas to cover the Indy Autonomous Challenge at Las Vegas Motor Speedway. I also did some other driving before I left. Furthermore, I had accumulated a bunch of stuff at CES that I was bringing back to San Diego. That added weight. Finally, since there was less traffic on my return trip, I drove more quickly — and therefore used more gas.

The result, with several miles remaining on my return trip, was that my gas tank was close to empty. Fortunately, I have a plug-in hybrid and it happened to have lots of charge left in the battery pack used for all-electric driving. That

gave me an additional 30 miles of range. Added to an indicated eight miles of range left on gas alone, the combination would easily get me home without having to stop to refuel. At home I would be able to recharge the battery, where a full charge would give me a further 42 miles of all-electric range — and I would still have eight miles worth of gas.

I am happy to report that I did make it home with miles of range to spare. I recharged at home and got gas another day — at Costco, of course.

I consider having this 'reserve tank' as an added benefit of driving a plug-in hybrid. Another benefit is being able to do most of my around-town driving on economical electricity (I have solar panels at my home). Depending upon your source of electricity, that might be more beneficial for our environment than using gasoline. However, since plug-in hybrids do also run on gasoline, range anxiety is minimized, since you can almost always find a gas station and refuel, if need be.

Perhaps my next vehicle will be a pure EV instead of a plug-in hybrid, but for now I am very satisfied with my choice.

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. On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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2	8	9	8	7	9	6	1	2
1	8	2	6	8	2	7	9	9
9	7	6	9	2	1	2	8	8
2	6	8	8	9	9	1	2	7
7	1	8	2	8	6	9	2	9
9	9	2	7	1	2	8	6	8

ROY'S SUDOKU

	9					7	5	
5		6		3		8		
				6		8	3	
			1					5
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		2		7		1		3
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Antique, Art Design Show

The all new Del Mar Antiques + Art + Design Show organized by Dolphin Promotions will be held Jan. 14-16 at the Del Mar Fairgrounds Bing Crosby Hall and feature nearly 60 quality dealers from California and across the U.S. A spring edition of the show will be held April 22-24, 2022. For info visit www.delmarantiques.com

Garth Brooks Tix on Sale Friday, Jan 14, 10am

The number one selling solo artist in U.S. history with 157 million records sold! GARTH BROOKS, Sa., March 5, 7pm, Petco Park. Rain or shine. Only west coast stadium tour date!!! 8 tix limit.

- 1) www.ticketmaster.com/garth-brooks
- 2) The Garth Brooks Line at Ticketmaster 1-877-654-2784
- 3) The Ticketmaster app on your mobile device

*No advance box office sales.

Jan 15: Mission Trails Regional Park. 8am Guided Bird Walk. 9:30am Guided Nature Walk. Visit mtrp.org/events for details Jan 15: Kids Marathon Mile at Legoland California Resort, 7:45am. www.carlsbadmarathon.com Jan 15-16: Monster Jam at Petco Park www.monsterjam.com Jan 16: Mission Trails Regional Park. 9:30am Guided Nature Walk. Visit mtrp.org/events for details

Jan 16: Carlsbad Marathon, Half Marathon, Surf Sun Run 5K, and Double Down Challenge www.carlsbadmarathon.com Jan 17: LA Lakers vs. Utah Jazz at Staples Center, 7:30pm. www.nba.com/lakers

Jan 20-23: PGA Tour The American Express in La Quinta, Calif. www.pgatour.com Jan 20-23: Disney On Ice: Dream Big at Pechanga Arena San Diego. www.disneyonice.com

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, Jan 13

West Side Story (2021) pg13

Friday, Jan 14

6pm Spider-Man: No Way Home pg13

Saturday, Jan 15

2:10pm Spider-Man: No Way Home pg13

6pm Spider-Man: No Way Home pg13

Sunday, Jan 16

2:30pm Spider-Man: No Way Home pg13

Thursday, Jan 20

6pm Spider-Man: No Way Home pg13

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, Jan 15

1:30pm Encanto

Saturday Jan 22

1:30pm Resident Evil: Welcome to Raccoon City (R)

Saturday, Jan 29

1:30pm West Side Story (PG 13)

Bob Hope Theater 577-4143 MCAS Miramar Bldg 2242

Friday, Jan 14

6pm Encanto (PG)

9pm Spider-Man: No Way Home (PG-13)

Saturday, Jan 15

3pm West Side Story (PG-13)

6:15pm Spider-Man: No Way Home

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, Jan 14

6pm Spider-Man: No Way Home pg13

Saturday, Jan 15

3pm Spider-Man: No Way Home pg13

6pm House of Gucci (R)

Sunday, Jan 16

1pm Spider-Man: No Way Home pg13

4pm West Side Story (2021) pg 13

Friday, Jan 21

6pm The Matrix Resurrections (R)

Saturday, Jan 22

3pm Spider-Man: No Way Home pg13

6pm The Matrix Resurrections (R)

Sunday, Jan 23

1pm Sing 2 (PG)

CROSSWORD PUZZLE

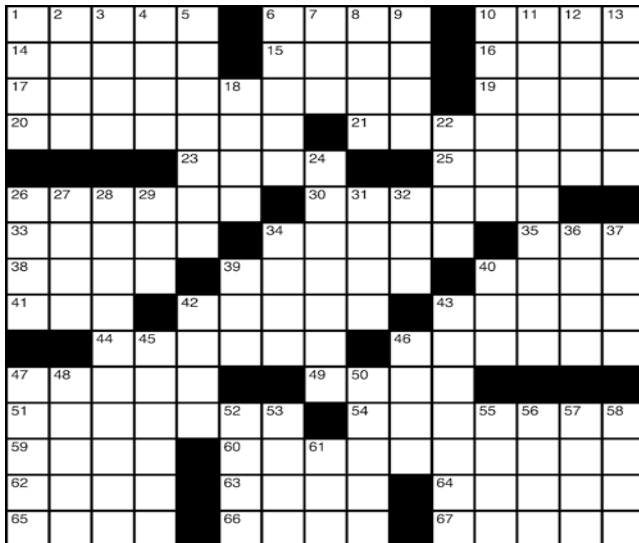
Across

- 1 Hand-dyeing method
- 6 Alaskan malamute team's burden
- 10 ___ Field: Mets' home
- 14 Lose strength
- 15 Attire for Caesar
- 16 Closely related
- 17 "Really!"
- 19 Pinball flub
- 20 Metal-shaping tool
- 21 Defame verbally
- 23 Fifth Avenue retailer
- 25 Final word
- 26 Even though
- 30 Low-cost and inferior
- 33 Early synthetic fiber
- 34 Pinch, as piecrust
- 35 D.C.'s nation
- 38 Kilt-wearing family
- 39 Hotel visitor
- 40 Soon, to a bard
- 41 Rogue computer in "2001"
- 42 Uses a fireplace tool
- 43 Sci-fi robot
- 44 Really rich
- 46 With dexterity
- 47 Davis Jr. of the Rat Pack
- 49 Pig's meal
- 51 Source of maple syrup
- 54 One of 12 at the Last Supper
- 59 Straight from the mouth
- 60 "Really!"
- 62 Subside
- 63 Cleveland's lake
- 64 Carried in a bag
- 65 The "S" in CBS: Abbr.
- 66 Gets hitched
- 67 Reaches across

Down

- 1 Deep choir voice

- 2 Share a boundary with
- 3 "Gone With the Wind" estate
- 4 Checklist detail
- 5 Represses, as emotions
- 6 Storied baby-bringing bird
- 7 Gehrig in Cooperstown
- 8 Dairy case dozen
- 9 Roald who created Willy Wonka
- 10 Bit of shuteye
- 11 "Really!"
- 12 Scrabble pieces
- 13 Emcee's lead-in
- 18 In apple-pie order
- 22 "Hurry!" on a memo
- 24 Windbags' speeches
- 26 One of two in McDonald's "M"
- 27 In ___ land: spaced-out
- 28 "Really!"
- 29 A billion years, in geology
- 31 Tire leak sound
- 32 911 responder: Abbr.
- 34 Pickled veggie
- 36 Gardener's bagful
- 37 Warhol of pop art
- 39 Thor or Zeus
- 40 Comics bark
- 42 Forks over
- 43 Kicks out of the country
- 45 Brunch fare made with 8-Down
- 46 Dimwit
- 47 Stashes in a hold
- 48 Assortment
- 50 Shoe strings
- 52 Not very many
- 53 Skin opening
- 55 Word on an octagonal sign
- 56 Brit's goodbye
- 57 Legal claim on property
- 58 Comes to a halt
- 61 Get ___ of: dump



NRL researchers target cells for tissue engineering

Nicholas E. M. Pasquini

WASHINGTON (Jan. 5, 2022) - Advanced medical help is often unavailable to expeditionary and isolated warfighters, and even minor wounds can become infected and escalate rapidly to a life-threatening situation. Improved wound monitoring and treatment will help wounded warfighters receive the medical attention they need to ensure their survival and resilience.

U.S. Naval Research Laboratory researchers in the Chemistry Division apply their knowledge of biology in conjunction with materials to improve understanding of how cells and tissues organize and apply new methods to affect cell communication.

Advanced understanding in this field may make it possible to develop

wearable technology with real-time wound monitoring capability.

"Our work has applications to a number of important Department of Defense challenges, including enhanced wound healing, bioelectronics interfacing, and intercellular communication of stress response," said Keith Whitener, Ph.D., a research chemist from the NRL Chemistry Division. "We are currently working on capabilities to improve wound monitoring for Sailors and Marines in the field."

The researchers build graphene-based devices called Transferrable Active Chemical Structures (TACS) to deliver information to individual cells and small groups of cells, either electronically or biochemically, to clarify and control how cells communicate with one another.

Stem cells of a single kind have the ability to develop into tissues and organs with many different kinds of cells, and the researchers are building tools to help determine how this phenomenon occurs.

Christopher So, Ph.D., a materials research scientist from the NRL Chemistry Division develops bulk biomaterials, such as gelatin or surface binding peptides to interface between the graphene oxide and stem cells as biocompatible adhesives. Since cells must remain in liquid culture to stay alive, the team needed to develop a material that could bond the TACS to the cells underwater.

"Developing biomaterials that adhere to the TACS membrane underwater was a challenge, as gelatin is quite hydrophilic," said So. "Our team developed methods to process the material so that less water was at the interface which provides stronger interactions between the gel and the membrane. Underwater adhesion is a persistent issue for the Navy, and methods of adhering electronics underwater could lead to new biosensing applications."

Graphene materials are usually toxic and damage cells, and the addition of gelatin is a simple way to protect the cells from the graphene oxide while providing a bio-friendly environment. Additionally, So designs and produces genetic materials to be delivered to cells, which carry instructions for stem cell differentiation.

Spatial control over cell popula-

tions is important to manipulate and integrate living systems used in advanced biological engineering.

The team developed techniques to transfer graphene-based thin film materials in a biocompatible way to interface a number of materials directly with live cells without sacrificing viability.

"We use partially reduced graphene oxide to print and transfer materials, including metallic structures, fluorescent cell dyes, and phase-separated block copolymers to mesenchymal stem cells," Whitener said. "We found that our graphene oxide membranes are impermeable to most molecules, and we are exploiting this impermeability to use these membranes as cell masks for spatially patterned delivery of molecular stimuli in cells."

The team also pioneered transferable photolithography on graphene to enable more precise patterning of molecule delivery as well as co-culture patterning.

"This technique allows us to apply the precision of micro- and nano-fabrication to the messy world of living cells," Whitener said.

Dhanya Haridas, Ph.D., a research biologist from the NRL Chemistry Division provides the eukaryotic expertise needed for this project. Haridas manages the cell line requirements and analyzes cell

behavior under the various conditions explored in the program.

"TACS is an excellent example of a program harnessing the findings in

the field of chemistry to further probe and understand biological processes that best serve to address the various needs of the Navy," Haridas said.

'A Journal for Jordan' story of love

Continued from page 2
beautiful."

An Ongoing Conversation

Jordan, who is now 15, was introduced to the journal when he was young. Canedy said she put it away for a few years so he could be a kid, but when he started asking questions, she pulled it out again. She called it a family heirloom that's not just a journal - it's an ongoing conversation with his father.

"I think he understands it in a way that a 15-year-old boy does, but I think he will understand it at a different level when he's 30 years old, depending on where he is in his life, and also when he's 50, when he's 60," Canedy said. "That's the beauty of this. It's going to mean different things at different points of his life, as it does to me."

Canedy said she hopes the film will help anyone who's fighting to get through tragedy.

"The day he died, I collapsed on the hardwood floor screaming, and I didn't know how I was ever going to get up," Canedy said. "I hope the movie might offer some hope for anybody who may be struggling with something in their own lives that you can get through it in time."

Canedy said that, over the years,

soldiers and civilians have told her how the journal and her memoir inspired them to start writing, too. What she really hopes, though, is that by sharing her story, she's helping to tell the tale of all military families and the sacrifices they make every day.

"I've heard from so many military families across the country who've said, 'Thank you for helping folks to understand what it's like to live this life and to have this kind of commitment to our country,'" she said. "The reactions from people all over the country and all over the world, really, have been unbelievable."

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