

# ARMED FORCES DISPATCH

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SIXTY-FIRST YEAR NO. 47

THURSDAY, MARCH 10, 2022

## MARINE CORPS RECRUIT DEPOT, SAN DIEGO MAKES HISTORY; LEGACY STILL ALIVE AFTER 100 YEARS

by Lance Cpl. Cristian Torres  
MCRD, San Diego

MARINE CORPS RECRUIT DEPOT, SAN DIEGO - A century ago, San Diego was a small border town with a population of approximately 75,000, but today the city booms with tourism, international trade, manufacturing and research - and at the heart of it all, is the beating presence of the U.S. military. The city is now home to the nation's largest concentration of military personnel, and one of its landmark installations celebrated 100 years of history here.

Marine Corps Recruit Depot, San Diego commemorated its milestone, 100-year anniversary in San Diego, by hosting a centennial celebration featuring two performances by the Marine Corps Battle Color Detachment and a ribbon-cutting ceremony outside of the Command Museum, where a centennial exhibit was opened aboard the Depot on March 5.

"On December 1st 1921, this Marine Corps Base opened for business, and really that's what we are here to celebrate as a fact that for the last 100 years Marines have operated, trained, and prepared for whatever the future might hold here at MCRD San Diego," said Marine Corps Brig. Gen. Jason L.



**Marines with Marine Drum and Bugle Corps, Battle Color Detachment, Marine Barracks Washington, D.C., perform during the centennial celebration at MCRD, San Diego, March 5. Marine Corps photo by Lance Cpl. Cristian G. Torres**

Morris, commanding general of Marine Corps Recruit Depot San Diego and the Western Recruiting Region.

Hundreds of spectators gathered at Shepherd Field to witness the day's first performance by the Battle Color Detachment who demonstrated the historic pride, discipline and professionalism of the Marine Corps through the finest combination of music and ceremonial drill.

"It's a great honor to be able to perform here," said Marine Corps Staff Sgt. Henry Truzy, Platoon Sgt. for Silent

Drill Platoon, Marine Barracks Washington. "This is a special place, and what better way to celebrate a 100 years of MCRD San Diego than bringing the oldest post of the Marine Corps here to perform in San Diego."

The Battle Color Detachment is comprised of three sections, the Marine Drum & Bugle Corps, known as "The Commandant's Own," the Silent Drill Platoon, and the Official Color Guard of the Marines. Each year, this unit of approximately 130 Marines travels worldwide to demon-

strate the "Esprit de Corps" of the United States Marines.

The celebration concluded with an evening battle color performance followed by a guest reception and ribbon-cutting ceremony outside of the Command Museum. The museum opened a special exhibit to commemorate the centennial.

"We as Marine don't say it enough publicly. That spirit, that community spirit, that unwavering support is a combat multiplier. I just want to go ahead and thank the com-

munity leaders, on behalf of the Marines and their families, thank you," said Lt. Gen. George Smith, commanding general of I MEF.

The MCRD Museum opened its doors in 1987 and focuses on the history of the Marine Corps in the 20th and 21st centuries, as well as the history of the Marines in Southern California. The museum also maintains a reference center which includes historical archives and a robust research library.

Marine Corps Recruit Depot

San Diego hosts recruit graduations most weeks of the year, inviting the public to witness the graduation ceremony and the legendary transformation first-hand, as well as take in the sites of the historic base.

Today, as MCRD San Diego continues to serve as the Corps' West Coast Recruit Training facility, training recruits from all areas west of the Mississippi, it is imminent that the legacy of MCRD San Diego has forever etched itself in the history of the Marine Corps and the city of San Diego as well.

Welcome home, Essex ARG Sailors & Marines



**Machinist's Mate 2nd Class Cruise, assigned to amphibious transport dock ship *Portland*, embraces his son after returning from deployment with the Essex Amphibious Ready Group. See page 6 for story and photos.**

Navy photo by  
MC2 Jacob D. Bergh

## DOD CELEBRATES ADVANCES IN GENDER EQUITY AND EQUALITY

DOD NEWS - As the Department of Defense commemorates International Women's Day and Women's History Month, we are reflecting on progress we have made towards gender equity and equality at home and abroad, and celebrating the invaluable expertise of women throughout DoD.

In 2021, the department saw the first woman leader confirmed by Congress as Deputy Secretary of Defense. We are

making progress in empowering women leaders and a range of initiatives to enhance opportunities for women and minorities across the department - all of which are vital to enhancing U.S. national security.

"Around the world, our Allies, partners and major international organizations are celebrating the advancements gender parity brings to the world," said Deputy Secretary of Defense Dr. Kathleen H. Hicks. "These

advancements support better governance and a more stable and less turbulent world. Our work on women, peace, and security is critical not just for U.S. national security, but equally importantly, for the safety, equality, and opportunity of women and girls around the world. We are proud to join the international community in recognizing the achievements of women around the world."

Over the last year, the Depart-

ment:

•**Appointed two women as combatant commanders:** Air Force Gen. Jacqueline Van Ovost took command of Central Command and Army Gen. Laura Richardson took command of Southern Command in October 2021. They join Air Force Gen. (Ret.) Lori Robinson, who commanded Northern Command, as Department pioneers.

•**Released the roadmap for implementation of the Inde-**

**pendent Review Commission on Sexual Assault in the Military (IRC):** Secretary Austin established the IRC in early 2021 to counter the scourge of sexual assault and sexual harassment in the military across, with focus across four lines of effort -- accountability, prevention, climate and culture, and victim care and support. The Department is now implementing all 82 of the IRC's recommendations to ensure that all service members are able to

serve in environments of dignity and respect.

•**Expanded Women, Peace, and Security (WPS) Programming:** DoD WPS programs work to ensure that the DoD exemplifies a diverse organization with women's meaningful participation across the Joint Force, advance opportunities for women in partner nation security sectors, and protect women and girls during conflict and crisis.

see Equality, page 4

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Speed limits through highway construction zones.

**See page 8**

**Veterans**

Seabees building bases, roads, airstrips, and reputation for past 80 years.

**See page 9**

‘Pacing threat’ from China underpins Marine littoral regiment to be stood up in Hawaii

by Wyatt Olson  
Stars and Stripes  
FORT SHAFTER, Hawaii - The 3rd Marine Littoral Regiment which stood up March 3 in Hawaii represents a significant step forward in the Marine Corps’ decade-long plan to make its Pacific force leaner and more mobile in response to China’s growing military might, according to a top Marine Corps official.

The 3rd Marine Regiment, based at Marine Corps Base Hawaii, was redesignated during a ceremony as a littoral regiment, the first of three the Corps expects to transition by 2030. “The 3rd Littoral Regiment that is standing up on Thursday, after a year or more of reorganizing, is now built into smaller units that actually are capable of deploying tonight,” Gen. Eric Smith, assistant commandant of the Marine Corps, told reporters during a conference call last Monday.

The existing regiment was organized around its three battalions of roughly 900 Marines each that went on regular, planned

deployments, Smith said. “Six-month workup, six-month deployment, you come home, you reset, you deploy again for six months,” he said. “So that was 3rd Marine Regiment. And they did that for decades, and they did it with excellence. They did it in combat. It was awesome.”

The littoral regiments, however, are revamped into units roughly the size of reinforced platoons of 75-100 Marines intended to be “low-signature, long-range, highly mobile [and] easily moveable,” Smith said.

The regiment’s size is expected to be about 2,000 Marines, but that could change as it evolves, Smith said.

The small units will operate within the so-called “weapon engagement zone,” sustain themselves for short periods while faced with the enemy and deploy new technologies and capabilities in whatever remote Indo-Pacific location they are sent, he said.

That does not mean the regiment is “scattered,” Smith said. “I hate that term,” he said. “They are strategically placed via

[the Corps’ sea and air vessels] throughout the first and second island chains in order to change an adversary’s calculus.”

Those small units will come with various capabilities.

Some will specialize in expeditionary advanced base operations, which can provide Navy ships with surveillance information and provide precision targeting information. The Marine Corps experimented with the concept in August in Hawaii during the Navy’s Large-Scale Exercise 2021.

“Some of those units are designed to jam you,” Smith said. “Some of those units are designed to deceive you. Some of those units are designed to reinforce logistically our other units. Some are designed to simply collect, to listen and sense what the adversary’s doing.”

The littoral regiments are “specialized to deal with the rising threat of China,” Smith said.

Defense Secretary Lloyd Austin has described China as America’s pacing threat.

Smith reiterated that assess-



A member of 1st Battalion, 3rd Marines fires a Javelin missile during exercise Bougainville II at Pohakuloa Training Area, Hawaii, April 18, 2021. Courtesy photo

ment several times during the conference call, even when asked to consider Russia in the wake of its invasion of Ukraine last week.

“I don’t think that what’s happening in the Ukraine now changes — or should change — the focus of the stand-up of this first of three Marine littoral

regiments,” he said.

“Because despite what’s happening today, with Russia in Ukraine, the pacing threat of China hasn’t changed.”

Russia has less than half of the United States’ population of 329 million, Smith said.

“China has 1.6 billion inhabit-

ants,” he said. “So, they are the pacing threat, in terms of GDP, in terms of military size. You can’t take your eye off the fastest runner.” The timetable calls for the 4th and 12th Marine Regiments on Okinawa to transition into littoral regiments by 2030, Smith said.

Destroyer Stethem hosts Patricia Stethem memorial

by Ensign Connor Cogdill

SAN DIEGO - Steelworkers of USS *Stethem* held a memorial service alongside the Stethem family to recognize the life and legacy of Patricia Stethem, the mother of Robert Stethem and sponsor of her son’s destroyer, after she passed away on Feb. 20 at the age of 85.

Patricia Stethem joined the Navy in February of 1956 and was assigned to the Naval Air Station in Alameda. In 1957, she married Richard Stethem, with whom she had four children: Sheryl, Kenneth, Patrick and Robert.

Patricia Stethem attended Virginia Beach Business School from 1971-1973 and was then hired at the Labor Department in Washington D.C. In 1982, she transferred to the Court of Appeals for the Armed Forces where she continued her professional career as a servant of the United States government.

In June of 1985, tragedy befell Patricia, Richard, and their family. Their son, Robert Stethem, was returning home from overseas duty when the plane he was on was hijacked by terrorists. He was singled out as a Sailor and was beaten by the terrorists in an attempt to have their demands met. Robert courageously refused to aid the terrorists in meeting their demands, which in turn cost him his life as he was shot and killed.

Robert Stethem was posthumously promoted to Steelworker Second Class and ultimately to Master Chief Constructionman for making the ultimate sacrifice in the defense of freedom as he laid down his life. In honor of his exceptional heroism, USS *Stethem* was commissioned on October 21, 1995. The destroyer continuously honors Robert’s sacrifice, adopting the motto “Steadfast and Courageous” to highlight the valor and resolve he demonstrated.

During Patricia Stethem’s memorial ceremony, steelworkers took the opportunity to honor the service and sacrifice of a fellow Sailor, wife, mother, friend, and matriarch of this great destroyer. She will continue to be remembered as leaving behind an indelible legacy of tremendous moral character and steadfast commitment as the mother of the ship’s namesake and sponsor of Robbie’s destroyer.

Commander Bryan Hart, commanding officer of USS *Stethem*, said, “The love Patricia shared for our steelworkers and for this warship resonates in our hearts and throughout the decks around us. Like her son, Robbie, she is vividly remembered by all. Although we will deeply miss Patricia’s physical presence here on earth, and the selfless contributions she made to molding the spirit of this warship during her first 26 years of service, we are grateful for the continuing bond the Stethem family maintains with us. It is what makes us unique, and what brands us as steelworkers.”

**Total Navy Battle Force: 295**  
**Ships underway**  
Deployed ships underway: 75  
Non-deployed ships underway: 29  
Total ships underway: 104  
**Ships deployed by Fleet**  
Fleet Forces, 0: 3rd Fleet, 3  
4th Fleet, 2: 5th Fleet, 11  
6th Fleet, 30: 7th Fleet, 67  
Total 114

THE NAVY'S 35<sup>th</sup>  
**BAY BRIDGE RUN/WALK**  
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2 www.armedforcesdispatch.com THURSDAY, MARCH 10, 2022

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<b>C</b> anyon 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:cvooffice@canyonview.org (Near corner of Balboa Ave. & Clairemont Dr.) www.canyonview.org (858) 273-5140	<b>L</b> iving Water Lutheran Church <i>"Whoever believes in me, streams of living water will flow from within him."</i> Meeting at Hampton Inn Corner of Carmel Mountain Rd. and El Camino Real Join us for worship at 8:45am (858)792-7691 LivingWaterSD7@gmail.com Pastor: Rev. Steven Duescher	<b>S</b> t. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. <i>We thank you for your service!</i>

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# National Military

## DoD strategy includes lessons learned from past 6 months

by Jim Garamone  
DoD News

The Defense Department is learning from the experiences of the past six months as Russia built up troops around Ukraine and then invaded the country, Press Secretary John F. Kirby said at a Pentagon press conference March 4

Those observations are being incorporated into the National Defense Strategy, he said.

The National Defense Strategy is still being crafted, along with the National Security Strategy. Both documents are based on President Joe Biden's interim national security guidance.

Secretary of Defense Lloyd J. Austin III said in Poland on Feb. 18, that many aspects of the strategy are already in play in regards to efforts with Russia. "The secretary was clear that it will reinforce his notion of an integrated deterrence and it will certainly recognize that China remains the pacing challenge for the department," Kirby said.

But the document also recognizes that other nation-state threats are out there: And that includes Russia, he said.

"As we've been writing it,



**Pentagon Press Secretary John F. Kirby holds a news conference, the Pentagon, March 4. Photo by Air Force Tech. Sgt. Jack Sanders**

we've watched Russia over the last couple of months build up this massive military force around Ukraine's borders," Kirby said. "So, it would be foolish for us to think the crafting of it wasn't also informed by what we've been seeing Russia do."

Kirby also discussed the deconfliction line that has been set up between U.S. European Command and Russia's Ministry of Defense. "It is basically, a phone connection to the Russian Ministry of Defense," Kirby said.

"As I understand it's basically staffed by staff level officers at European Command, and it's being administered

as a bilateral U.S. to Russia deconfliction channel."

Kirby said they have tested the line. "When we tested it, they did pick up the other end and acknowledge that they got the call," he said.

Kirby said U.S. officials believe it is valuable to have such a direct line at the operational level to "reduce the risks of miscalculation and to be able to communicate in real time if need.

This is particularly important because the airspace over Ukraine is contested by both Russia and Ukraine. The contested airspace abuts NATO countries.

## Future USS Frank E. Petersen Jr. set for commissioning

by Petty Officer 1st Class Kelby Sanders

SAN DIEGO - Arleigh Burke-class guided-missile destroyer, future USS Frank E. Petersen Jr. (DDG 121), will be commissioned May 14 in Charleston, S.C.

Cmdr. Daniel Hancock, a 2002 graduate of the United States Naval Academy, is the commanding officer of the ship and leads the core crew of 32 officers and 297 enlisted personnel. The ship was built by Ingalls Shipbuilding in a shipyard located in Pascagoula, Mississippi. The ship is nearly 510 feet long, has a beam of 59 feet, and a navigational draft of 33 feet. Four General Electric LM 2500-30 gas turbines and two shafts power the ship, making it capable of speed in excess of 30 knots.

The ship is named in honor of the late Marine Corps Lt. Gen. Frank E. Petersen, Jr., who was the first Black aviator and general officer in the Marine Corps.

The ship's motto, "Into the Tiger's Jaw," is a phrase used by Lieutenant General Petersen many times in his life and conveys the unbridled spirit

confronting and overcoming social injustices and prejudices as well as courage and bravery in combat. It also served as the title of Petersen's autobiography.

Arleigh Burke (DDG 51) class guided missile destroyers provide a wide range of warfighting capabilities in multi-threat air, surface, and subsurface environments. These ships respond to Low Intensity Conflict/Coastal and Littoral Offshore Warfare (LIC/CALOW) scenarios as well as open-ocean conflict independently or as units of Carrier Strike Groups (CSG), Surface Action Groups (SAG), and Expeditionary Strike Groups (ESG).

Following commissioning, Frank E. Petersen Jr. will be homeported at Hawaii's Joint Base Pearl Harbor-Hickam.

## U.S. provided more than \$1 billion in security assistance to Ukraine in past year

by C. Todd Lopez  
DoD News

Contents of the most recent security assistance package approved for Ukraine - valued at \$350 million dollars - is on its way now and is billed as "the largest presidential drawdown package in history," a senior defense official said during a briefing at the Pentagon.

The official said, \$240 million of that package, which includes things like anti-armor capability, has already been delivered to Ukraine to support them in their fight against an unprovoked and illegal Russian invasion.

Over the past year, the official said, as much as \$1 billion in aid has been delivered to Ukraine, though not all of that may have been classified as "drawdown."

A "drawdown," according to documentation available from the Defense Security Cooperation Agency, allows the president in certain circumstances - including for such things as peacekeeping operations, narcotics control, international disaster assistance, antiterrorism assistance, nonproliferation assistance, migration and refugee assistance - to withdraw existing weapons, ammunitions and material from existing U.S. military stocks and provide that to other nations.

The process of delivering this kind of aid, the official said, begins with the State Department

requesting drawdown authority from the president, and also the Defense Department doing an analysis of what the Ukrainians need, in consultation with the Ukrainians, and then seeing what is actually available.

"Because drawdown is taken from the stocks of the services," the official said, "we're not going out on the market and purchasing new items. We have to actually have it in hand to be able to deliver it."

Back in August, the U.S. provided just such assistance to Ukraine, valued at \$60 million. Already, the entirety of that assistance has been delivered. In late December, the official said, another \$200 million drawdown package was approved, and most of that package is now in the hands of the Ukrainians, though the official said the U.S. is still delivering some portions of that package, including ammunition.

The official said that typically, the back-end processes for making security assistance happen might take weeks or even months, but that for Ukraine the department has been able to significantly compress that back-end process into hours or days, which has helped greatly to expedite the effort to provide the Ukrainians the assistance they need.

The U.S. is not alone in assisting the Ukrainians, the official said. In fact, some 14 other na-

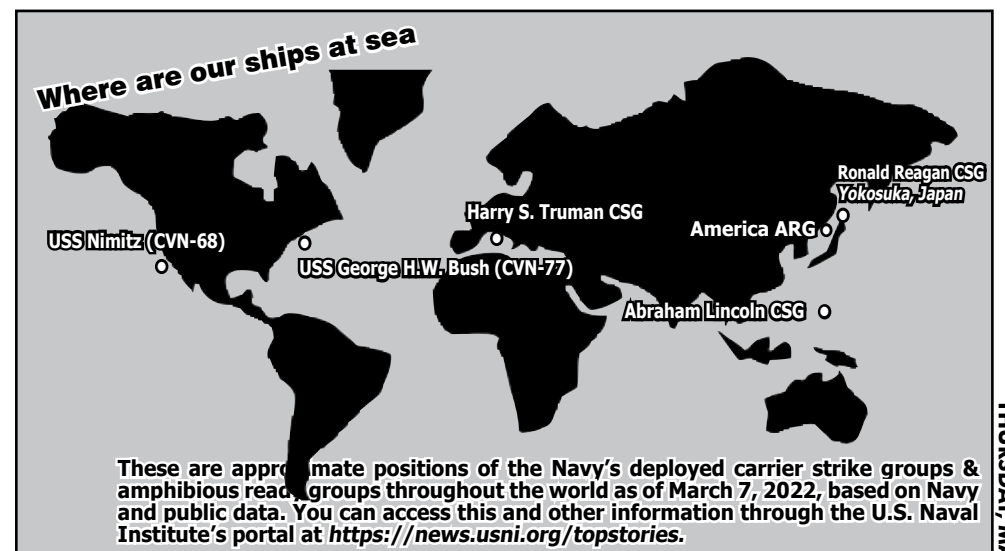
tions have also been helping.

"Since the invasion, we have seen ... 14 separate countries actually deliver security assistance to Ukraine, and some of these countries don't have a record of providing as substantial assistance to Ukraine," the official said. "That also represents a real bureaucratic feat for their ministries of defense to be able to move that quickly, so I think we have to give credit to our allies and partners here."

The official said security assistance to Ukraine will continue and that the U.S. will continue to work with Ukraine to find out what is needed and how the U.S. can help.

"We're always ... looking at what Ukraine needs, and we've been doing this for years now," the official said. "We have just accelerated our process of identifying requirements and accelerated our consultations as well with Ukrainians, talking to them daily, as opposed to periodic meetings that we did before this crisis."

The official said the administration has made a request for additional funding, and the department plans on continuing to provide presidential drawdown assistance to the Ukrainians. Additionally, the official said, the department is seeking assistance from Congress to replenish the stocks that were drawn down to provide the assistance already rendered to Ukraine.



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**The USS Midway Museum is currently recruiting** for docents, air craft restoration, ship restoration and safety volunteers. These assignments are a regular commitment of at least 6 months.

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**678-349-1816**



# Navy won't deploy warship after judge stops dismissal of its commander for refusing the coronavirus vaccine

by Caitlin Doornbos  
Stars and Stripes  
WASHINGTON - Navy officers said they can't deploy a Norfolk, Va.-based warship after a federal judge ruled the service commanders are prohibited from acting against the ship's captain for refusing the coronavirus vaccine despite their insistence they have lost faith in his ability to command.

The Navy commander, identified only by his rank in court papers, filed a lawsuit in the Middle District of Florida in October with several other service members seeking relief from the military's coronavirus vaccine mandate on religious grounds.

The commander later broke off from the class-action suit, re-filing in January with an unnamed

Marine lieutenant colonel to challenge the military's vaccine mandate.

Last month, District Judge Steven Merryday granted a preliminary injunction barring the Navy from requiring the commander or the lieutenant colonel to take the vaccine or issuing "any punitive or retaliatory measure against [them] pending a final judgment in the case."

The Navy on Feb. 28 asked Merryday for an emergency stay on the injunction, arguing the order prevents the service "from removing an officer from ... commanding officer billets who the military has deemed unfit for command," according to court documents.

"The order is an extraordinary intrusion upon the inner workings of the military that presents a direct and imminent threat to national security during a global military crisis, and it indefinitely sidelines a Navy warship," the service said in its appeal on the injunction.

The ship is a guided-missile destroyer. The Navy has already sent at least four similar warships from Norfolk to Europe as Russia's war on Ukraine intensifies, the service has said.

In the judge's response, Merryday accused the Navy's attorneys of attempting "to evoke the frightening prospect of a dire national emergency resulting from allegedly reckless and unlawful

overreaching by the district judge" and denied their appeal.

The denial forces the Navy to keep the commander in his position and bars the Marine Corps from canceling the lieutenant colonel's upcoming assignment to command a combat logistics battalion — a job that would require her to visit ally nations across the world, many of which require U.S. service members to be vaccinated, according to the court papers.

While the judge held the military is trampling on the commander's and lieutenant colonel's religious rights, the Navy argued in its appeal that "the threat to military readiness and national security outweighs the impact on these plaintiffs of additional military proceedings while an appeal is pending in this matter," especially in the commander's case.



Josh Sweeney will represent the U.S. in the 2022 Winter Paralympics Nordic skiing competition in Beijing in March. He's pictured here in 2015. Courtesy photo by Josh Sweeney

## Military, veteran athletes compete in Winter Paralympic Games

by David Vergun  
DoD News  
The XIII Winter Paralympic Games are underway in Beijing and the nearby areas of Yanqing and Zhangjiakou.

The international event, which runs through March 13, features 78 events in five sports: Alpine skiing, 30 events; Nordic skiing, including the biathlon, 18 events, and cross-country skiing, 20 events; para ice hockey, one event; snowboarding, eight events; and wheelchair curling, one event.

Military athletes competing this year for Team USA:  
Alpine skiing: David Williams, Army  
Nordic skiing: Daniel Cossen, Navy, and Josh Sweeney, Marines  
Sled hockey: Jen Lee, Army; Joseph Woodke, Marines; Josh Misiewicz, Marines; Ralph De-Quebec, Marines; Rico Roman, Army; and Travis Dodson, Marines  
Snowboarding: Michael Spivey, Marines; and Tyler Burdick, Navy  
Wheelchair curling: Stephen Emt, Army

The Winter Paralympics is

open to athletes with physical disabilities, including mobility disabilities, amputations, blindness, intellectual disabilities and cerebral palsy. They're held



every four years following the Winter Olympic Games; they're held in the same city that hosts the Olympic Games.

The origin of the Winter Paralympics is similar to that of the Summer Paralympics. Injured soldiers returning from World War II pursued sports as an avenue to healing. Dr. Ludwig Guttmann organized sports competitions between British convalescent hospitals began in 1948 and continued them until 1960 when parallel Paralympic Games were held in Rome after the 1960 Summer Olympics. Over 400 wheelchair athletes competed at the 1960 Paralympic Games, which became known as the first Paralympics.

**Army**

- South Korean military drone hits water tower at U.S. Army outpost in Busan

**Navy**

- Navy upping its aircraft goals beyond former defense secretary Mattis' 80% readiness challenge
- Navy says China fight is most likely in 2020s, sharpening its focus on readiness

**Marine Corps**

- Marine Corps continues to lead COVID-19 vaccine separations

**Air Force**

- No, the Force isn't going to give Ukraine its A-10 Warthogs
- First B-21 moves to new hangar for loads calibration
- Kendall: Despite Russian invasion, China remains military's top challenge
- Air Force not concerned about Russia's decision to halt rocket engine sales, support

**Space Force**

- Space Force's top priority for next decade: Resiliency, says CSO Raymond

**National Guard**

- Minnesota National Guard deployment not tied to Ukraine

**Coast Guard**

- Coast Guard searches for 2 missing after plane took off from Fort Lauderdale

**Veterans**

- Two years of COVID for VA: 609,000 cases, 21,000 deaths
- VA Agent Orange benefits would expand under landmark burn pit bill

## Equality continued from page 1

Notably, the DoD leveraged its workforce of trained Gender Advisors (GENADs) to support the relocation and resettlement of Afghan evacuees during Operation Allies Welcome (OAW) — the first time that the Department has ever deployed this capability during an operation.

"Alongside our partners, the Department of Defense is working to develop an inclusive, holistic approach towards the security challenges of today and tomorrow. Incorporating diverse gender perspectives is key in this effort, from mitigating the unintended consequences of military action and protecting civilians, to addressing transnational security challenges that impact all of us such as climate change and global pandemics," said Michelle Strucke, DASD for Global Partnerships in the Office of the Under Secretary of Defense for Policy.

"I am excited to recognize the outstanding contributions women have made to the Department, to highlight men who welcome and accelerate these changes, and I look forward to deepening this important work alongside our Allies and partners."

"One of our primary objectives in the Department is to better enable meaningful participation of women across the ranks of our Joint Force. Our national defense is stronger when we fully leverage the skills and capabilities of all our people to the maximum extent possible. That's why when women in our Armed Forces can succeed, then our military is more likely to succeed, too," said Beth Foster, Executive Director of Force Resiliency in the Office of the Under Secretary of Defense for Personnel and Readiness.

"This past year, we have seen firsthand how applying Women, Peace, and Security principles to efforts such as Operation Allies Welcome enhances our military capabilities and better accounts for the safety and security of an entire affected population," responded Brigadier General Rebecca Sonkiss, Deputy Director for Counter Threats and International Cooperation in the Joint Staff J5.

"Integrating a gender perspective to inform our military strategy, plans, and operations is crucial to building a more resilient Joint Force, capable of identifying and addressing strategic and operational blind spots."

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## Local Military

### Destroyer Squadron 23 holds change of command



Capt. Steven McDowell, commodore of Destroyer Squadron (DESRON) 23, salutes the color guard during a change of command ceremony where Capt. Patrick O'Mahoney relieved McDowell. Navy photo by MC1 Julio Rivera

### Makin Island named Ney Award winner for food service excellence

by Petty Officer 2nd Class Jacob Bergh

USS Makin Island (LHD 8)

SAN DIEGO - USS *Makin Island* (LHD8) was announced as the 2022 recipient of the Navy Captain Edward F. Ney Memorial Award in the Large Afloat category, Feb. 28.

Established in 1958, the Ney Award for food service excellence is given annually to Navy galleys of each category of ship and shore commands. The objective is to improve the quality of life for the Navy personnel and recognize the best general galleys in the Navy.

Cmdr. Edelio Joloya, *Makin Island's* supply officer, considers this award a showcase of the ship's skill in providing award winning service, and credits the crew for their support in making it happen.

"I am so honored and privileged to be part of our world class food service professionals. This prestigious award clearly validates *Makin Island's* Culinary Specialists' and Food Service Attendants' dedication in providing the best service to our Sailors and Marines on board," said Joloya. "Not only were they able to compete and earn this year's Captain Edward F. Ney Memorial Food Service Award, but to do so during a pandemic is truly beyond the highest standards. We wholeheartedly share this award to all Culinary Specialists across the Navy and our sister branches."

The award recognizes a supply department's sanitation, food production, training and level of knowledge, equipment operational status, habitability efforts and financial records management. These categories are each weighted to produce the overall grade of an inspection.

For these accomplishments, *Makin Island* will be receiving a trophy along with other Ney award winners during a recognition ceremony. The trophy will be displayed on board *Makin Island* as a testament to what continued focus on mission and a "Gung Ho" mindset can truly accomplish.

*Makin Island* is homeported in San Diego.

SAN DIEGO - Destroyer Squadron 23 (DESRON 23) held a change of command at the Veteran's Museum in Balboa Park on March 4.

Capt. Steve McDowell turned over as commodore of the squadron with Capt. Patrick O'Mahoney.

"It was an absolute honor to lead the Sailors of DESRON 23 over the last 16 months," said McDowell. "DESRON's Little Beavers similar to their predecessors, performed absolutely brilliantly while deployed and at home after our return. There is nothing that this outstanding team can't accomplish."

Vice Adm. James W. Kilby, deputy commander, U.S. Fleet Forces, served as presiding officer and guest speaker for the ceremony.

O'Mahoney, a native of Southern Pines, N.C., fledged up from his position as deputy commodore, DESRON 23. "I am honored and energized to take over as the 50th Commodore of Destroyer Squadron 23," he said. "Since 1943, the country has called upon DESRON 23 to preserve freedom and security of the international maritime commons. I look forward to serving alongside and leading this incredible team wherever the Navy and the nation may need us."

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# Essex ARG, 11th MEU return from deployment

The *Essex* Amphibious Ready Group (ARG) returned to port at Naval Base San Diego March 4, concluding a seven-month deployment.

*Essex* ARG is comprised of the amphibious assault carrier *Essex*, amphibious transport dock USS *Portland* see photo gallery, at left, and dock landing ship USS *Pearl Harbor* led by Amphibious Squadron (PHIBRON) 1.

Marines with the 11th MEU, embarked aboard the ships of the ready group, arrived off the coast of Southern California March 2 to disembark to Camp Pendleton with a small contingent of MEU personnel remaining aboard the ships for the pierside arrival.

"It is a great honor to welcome

the *Essex* ARG and the 11th MEU back to San Diego," said Rear Adm. Wayne Baze, commander of Expeditionary Strike Group (ESG) 3. "I'm excited to have them home after a successful deployment. Their integrated operations while at sea are a testament to the Navy-Marine Corps team's ability to face any challenge to accomplish the mission. I could not be more proud of the Sailors and Marines and am incredibly thankful for the families and friends they rejoin today who supported them."

The *Essex* ARG and 11th MEU provided numbered fleet and combatant commanders with a responsive, flexible and forward-deployed asset capable of maritime power projection, contingency operations, and crisis response. Their capabilities

enabled shaping of the operational environment to protect the United States and allied interests in any threat environment.

"Throughout the ARG-MEU's 212-day deployment, I have been most humbled to have served alongside a highly skilled team of Sailors and Marines," said Capt. Karrey Sanders, commander, PHIBRON 1. "Our integration as a combined blue-green team was nothing short of exceptional, and I am thankful to have not only showcased our amphibious capabilities throughout three Navy fleets together but to have created and shared countless memories that will last a lifetime."

During deployment, Sailors and Marines supported Operation Freedom Sentinel and

Operation Inherent Resolve. The ARG-MEU team also supported Large Scale Exercise 21, Exercise Indigo Defender 21, Red Sea Maritime Security Operations, Marine Exercise Philippines 22, and Noble Fusion 22.

"We have an exceptional team made up of the world-class Marines and Sailors of the 11th Marine Expeditionary Unit and *Essex* Amphibious Ready Group," said Col. James Lively, 11th MEU's commanding officer. "I'm humbled by their commitment to excellence, resilience, and professionalism throughout this seven month deployment. We are indeed thankful to be home and grateful for all the support from our families and friends while we were away."

## The Portland family



(top) Operations Specialist 2nd Class Carprue embraces his children on the pier on Naval Base San Diego. (bottom) A *Portland* crewmember 27 embraces his child for the first time. Navy photos by MC2 Jacob D, Bergh





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# U.S. Marines with Wounded Warrior Regiment begin in the Marine Corps Trials



Athletes from the U.S. Marine Corps (far left, far right) and the French Armed Forces sprint during practice for the 2020 Marine Corps Trials at Camp Pendleton, California, March 3. The Marine Corps Trials is an opportunity for recovering service members to demonstrate their achievements and serves as the primary venue to select Marine Corps participants for the DoD Warrior Games. Marine Corps photo by Sgt. Warren Smith



## Naval Hospital Camp Pendleton

On March 3, Naval Hospital Camp Pendleton celebrated the 151st anniversary of the U.S. Navy Medical Corps.

On March 3, 1871, the Navy recognized its corps of physicians as an official staff corps.

Navy Medical Corps is comprised of more than 3,600 active duty and more than 400 reserve physicians who are practicing or training in 26 medical and surgical specialties with more than 200 subspecialties.

by Cpl. Mackenzie Binion  
Marine Corps Wounded  
Warrior Regiment

CAMP PENDLETON - Marines participated in a powerlifting competition, kicking off the start of the 2022 Marine Corps Trials on March 4.

“The Marine Corps Trials allows recovering servicemembers the opportunity to meet and socialize with other recovering service members and other people who might be going through a similar struggle of what they’re going through,” said Capt. Thomas Benge, an engineer operations officer with Wounded Warrior Regiment. “So, they’ve built that morale and camaraderie and realize that they’re not isolated in their recovery, that there’s other people who are also going through a recovery process. This allows them to see the similarities between themselves and someone else which can enhance their overall recovery process.”

Hosted by Wounded Warrior Battalion-West, the Marine Corps Trials serves as an opportunity to cultivate camaraderie and the warrior ethos and provide a venue for showcasing mental and physical achievements through adaptive sports competitions.

“The mission of the Wounded Warrior Regiment,” said Benge, “is to provide and facilitate assistance to wounded, ill, injured



(top) Marine Corps Capt. Thomas Benge, Wounded Warrior Battalion-West, stretches before practice during the Marine Corps Trials at Camp Pendleton. Photo by Sgt. Warren Smith. (below) Lance Cpl. Donato Medina-Nieto, an avionics technician with Wounded Warrior Regiment, competes in a shooting event. Photo by Lance Cpl. Bradley Ahrens



servicemembers attached to Marine units, and their family members, throughout the phases of recovery.”

The Trials reinforces the regimental mission by allowing recovering servicemembers the opportunity to compete in sports events and see the beneficial effects of their recovery.

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1230 Commanding Officer's Welcome  
1235 Vicki Benzing  
1300 John Collver and "Wardog"  
1320 USAF A-10 Thunderbolt II Demo  
1340 Pause/Fod Sweep  
1400 Fat Albert Air Lines  
**1430 US Navy Blue Angels**  
1600 Festival of Flight ends

**Evening Schedule:**  
1600 Food Fest Begins  
1630 Live Concert - Navy Band San Diego: The Destroyers  
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## World peace starts on the job

by Dr. Daneen Skube  
Tribune Content Agency

*Q: Everywhere I go it seems people are talking about respect, diversity, and issues like world peace. I'm just trying to live from paycheck to paycheck. I see no way I can make any difference in social issues. Do you think it's possible for one person to make a dent in these problems?*

A: Yes the cliché about doing good while doing well is about making a dent in big problems. Every day we have the power to make social problems worse or make social problems better. We can start world peace by creating more peace in ourselves and in the people we encounter.

We all get discouraged when we read the news. An unexpected consequence of this pandemic is we have seen the best and worst in people. Some people reacted by creating a breakthrough vaccine through collaboration. Some people decided all experts were untrustworthy.

If you pay attention you'll find many situations daily in which someone upsets you. In that moment you have a choice to react in a way that creates peace or

creates conflict.

Peace does not mean becoming an office doormat. Peace means side-stepping drama and power struggles in favor of results. If

### Interpersonal Edge



by  
Dr.  
Daneen  
Skube

someone in a meeting tells you, "You are wrong," you could attack back. You could also say the magic solution words, "You may be right and I want to balance the budget what do you suggest?"

When someone criticizes us responding with, "You may be right," puts a full stop to power struggles. When people publicly criticize us they are unconsciously starting a war. There are many ways to give effective feedback but public criticism is not one of them.

Be prepared that the first time you calmly say, "That may be

so..." in response to criticism the other person will look confused. Almost no adult can resist a war if invited. Be abnormal and resist! In that pause of disorientation you can suggest you work together to create results (which benefits you both).

A physical war is a hard reality when the alternative is domination by an unacceptable force (think Nazi Germany). Perhaps as our species matures we'll discover better options but right now there are times physical wars are tragic necessities.

Emotional wars, however, are optional. We can develop interpersonal skills to collaborate, create peace, and create solutions. In fact, the diversity of viewpoints during conflict is essential to innovation. When two opposing viewpoints integrate into a higher level of thinking breakthrough ideas are the result!

Peace starts by solving wars within our psyche. Being able to listen to opposing viewpoints within ourselves is uncomfortable. Being able to integrate these conflicts into a higher level of functioning is enlightenment!

If we can face our darker, less

appealing, and destructive inner selves we can manage nearly anyone in our outer world. As a corporate consultant ironically I find that most conflict exists among individuals with the exact same emotional issue.

If we can make peace with ourselves few people will ruffle our feathers. We will not defend against accusations we secretly fear are true. Keep in mind the magic words, "That may be so..." We all have darker moments where any weakness anyone can criticize us for is true. Defending our self-esteem against these comments never works. Giving up our ego in favor of results is always profitable and peaceful!

The last word(s)

*Q: Many people in my workplace and family have died of Covid these last two years. I still have close work friends and family but find myself detaching emotionally. Is there a way to balance love and loss?*

A Yes, all of mortal life means we get to dance in the rain of impermanence accepting everything in our physical world will end. The alternative is to get wet anyway and never enjoy the richness of deep attachment.

## MyNavy HR force development leaders meet for spring offsite

PENSACOLA, Fla. - Leaders from across the Naval Education and Training Command (NETC) domain gathered to discuss a variety of issues and priorities for the MyNavy HR Force Development team during a spring off-site meeting at Naval Air Station Pensacola March 1-2.

Leadership from Navy Recruiting Command, Naval Service Training Command, NETC learning centers, Naval Education and Training Professional Development Center, Naval Education and Training Security Assistance Field Activity, and other stakeholders joined with NETC headquarters staff at the offsite.

Rear Adm. Pete Garvin, NETC commander, commenced the event by discussing the recently released Force Development strategic plan and his updated Commander's Intent, which underscores the Chief of Naval Operations' priorities and keeps the focus on Sailors, readiness, capabilities and capacity. He encouraged the more than 80 leaders in attendance to incorporate the CNO's "Get Real, Get Better" learning mindset as they tackled a complex range of aspects of the "street to fleet" mission of recruiting, training and delivering combat-ready warfighters to the fleet.

"Today and tomorrow are the 'get real' part, being really introspective, taking a hard look at ourselves and each other and calling it like it is - being honest with ourselves, self-reflective, self-assessing and then most importantly self-correcting," said Garvin.

Rear Adm. Dennis Velez, NRC's commander, provided a recruiting update. With the Navy competing in an unprecedented labor market, he discussed the various efforts underway to increase interest in military service with the nation's youth, including recognizing influential teachers and college professors for their roles and new Sailors who inspire friends to consider joining the service.

NETC staff updated leaders on the multi-layered "shipping" mission. Shipping starts with recruits reporting to boot camp through reporting to their first assignment.

## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

Sometimes, I worry that I might be addicted to caffeine. When this happens, I quit cold turkey for a while, usually during Lent. Since my primary source of caffeine is coffee, I'm forced to give it up during these decaffeinated hiatuses, which isn't easy considering that coffee is not only my morning beverage of choice, it is my lifestyle, my culture, my manifesto, my identity.

I am a coffee drinker, through and through.

It all began during tenth grade, when I couldn't manage to stay awake during Geometry Class. Every morning at eight-o'clock, my big, sandy, iron-curved head of hair would bob and my purple frosted eyelids would droop, while my peers giggled and Mr. Sistik scowled. In an effort to end this daily public humiliation, I tried pinching my leg, chewing gum, shaking my head, and doodling in the margins of my textbook, but nothing kept my adolescent brain from slipping into slumber.

At home, I observed that my mother relied on a scoop of Folgers Instant in a cup of hot water to start her day with a boost of energy, so I gave that a try. Once prepared and cooled, I chugged the mug's contents while pinching my nostrils

## A Lenten ode to coffee

shut to avoid the acrid flavor. To me, drinking coffee was revolting; however, I couldn't deny the pep it put in my step. Not to mention, the jittery tremors in my extremities. I wondered, perhaps I should use the recommended one scoop of instant coffee instead of four?

Machts nichts. Notwithstanding the slight deterioration in my handwriting skills, my Geometry grades improved remarkably, thanks to gulping a mug of thick, tarry instant coffee before heading to my morning bus.

I eventually discovered that one can actually tolerate coffee without pinching one's nose if one makes it according to the directions. And that by testing certain additives — creamers, sweeteners, flavorings — one may actually enjoy the experience. Who knew!

After marriage, a drip coffee maker became a fixture in our family household, no matter where the Navy stationed us. Our coffee tastes varied over the years from large cans of inexpensive ground coffee with powdered non-dairy creamer, to specialty beans ground at home and lightened with warm frothy oat milk. Of course, I love a sturdy mug of diner coffee served on a paper placemat with mini pods of half and half, but I also delight in a prissy cappuccino piled high with creamy foam and accompanied by a stir stick heavy with crystalized sugar.

At first, I drank coffee exclusively in the mornings. But with each passing year of life, I found reasons to

sip more and more throughout the day, often microwaving coffee that had long gone cold just to savor one more cup. Somewhere along the way, I bought an insulated to-go tumbler to take hot brew with me to the commissary, to the gym, to cross country meets, on dog walks, to Target, wherever.

Regardless of how, when or where, coffee has become a constant in my life — an ever present friend I can always depend upon.

Mornings, coffee roasts me gently, begging me to inhale its aromatic vapor while it cools. From the first sip, I feel it permeate my insides, coursing through my veins, awakening my senses. It simultaneously soothes and invigorates, emboldening me to seize the day. In the midst of my daily routine, hot coffee offers me a break from chaos, boredom, tedium. A tiny treat tempting me like a rich and creamy bon bon wrapped in colored foil, lifting my mood and carrying me on. Then, in the afternoon, coffee comes to my rescue, beckoning me out of my inevitable late-day slump with its swirling jolt of steamy goodness.

During Lent, while I'm drying out from my pandemic caffeine bender, I'll be drinking herbal teas, which, to a hardened coffee drinker such as myself, is akin to ingesting my own soapy bathwater. Despite the steady hand, reliable bladder and unstained teeth hibiscus, green, ginger, chamomile and echinacea teas offer, they are, nonetheless, a pitiful substitute for coffee—my beloved morning elixir, my heavenly nectar of the Gods, my lusty liquid constitution.

AutoMatters™ & More



by Jan Wagner

Speed limits is a subject that all drivers likely have an opinion about. In northwestern San Diego County we have had a reduced speed limit (55mph) along a heavily travelled section of the Interstate 5 freeway for several years. This has been due to the construction of the new High Occupancy Vehicle (HOV) lanes along an eight-mile stretch of I-5 between Manchester Avenue in the City of Encinitas and State Route 78 (SR 78) in the City of Oceanside — the "Build NCC" phase of the larger "North Coast Corridor Program." "The speed limit reduction took effect on March 11, 2019, and will be in place until project completion in 2023" (<https://www.keepsandiegomoving.com/build-NCC/buildNCC-introduction.aspx>).

The I-5 is the freeway that motorists use when driving between San Diego and Los Angeles, along the coast, while they are in North San Diego County. There is no alternative freeway route through Marine Corps Base Camp Pendleton. This section of the I-5 can get extremely congested in either direction, which is why the HOV lanes are being extended. However, construction of those HOV lanes has, of necessity, temporarily created a further, frustrating bottleneck during construction.

Perhaps the trip is for an important business meeting in Los Angeles or San Diego, or to maximize time spent at a fun day at Disneyland, but whatever the reason, drivers are often in a hurry to get where they are going. Accustomed to the previous 65mph speed limit through this section of freeway, the last thing that drivers want is for their trip to take even longer because of the reduced speed limit of 55mph for the construction zone. Consequently, many drivers simply ignore the numerous posted speed limit and warning signs, and instead drive at similar speeds to what they used to do — often exceeding even the previous speed limit.

My personal observation is that the

## Speed limits through highway construction zones

majority of drivers exceed the posted speed limits, so drivers who do drive the speed limit essentially create rolling chicanes for other drivers to weave in and out of. The increased speed differential between the slowest vehicles and the fastest ones is therefore even greater in the construction zone. Add to that the possibilities of reduced law enforcement due to staffing shortages and budget constraints, temporarily narrower and somewhat rerouted traffic lanes, and the likelihood of construction workers and their equipment in the area, and the risk for serious accidents increases exponentially.

In the interests of safety, according to the Institute of Transportation Engineers, speed limits on high speed roadways are typically set at what is referred to as the 85th percentile principle — "the speed at or below which 85 percent of vehicles travel" (<https://www.ite.org/technical-resources/topics/speed-management-for-safety/setting-speed-limits/>), as reported in this Reason Foundation article: <https://reason.org/commentary/do-lower-speed-limits-make-roadways-safer/>). When some drivers continue to drive at the speeds that they used to (higher than the speed limit), while some drivers drive at the reduced speed limit, the speed differential increases dangerously.

We have all experienced this speed differential issue when, as we are driving along, suddenly a vehicle appears 'out of nowhere' and disappears into the distance. Sometimes, after they pass us, we can observe them cutting in and out of lanes — often without even signaling their intentions. I have had cars cut me off so closely as they passed that I could not see any distance between the rear of their car and the front end of mine — at freeway speeds! The greater the speed differential, the greater the likelihood and severity of collisions.

According to the California Highway Patrol, "the CHP works with the California Department of Transportation (Caltrans) to ensure highway work zones are as safe as possible. Our officers are actively looking for motorists driving unsafely in highway work zones. Unsafe drivers may be cited by

our officers. The presence of CHP officers in highway work zones serve as a reminder to the motoring public to slow down, observe and obey posted signage, and use care while driving through the work zone. The CHP uses several tactics to accomplish our goals in serving the motoring public and Caltrans workers and may include, but are not limited to roving patrol vehicles, stationary patrol vehicles, or providing traffic control."

"Physics tells us that the faster an object moves, the more time it will take that object to stop. What people do not realize is that as a vehicle's speed doubles, it needs four times the distance to stop. Translate this to the road, if a vehicle is driving 50 mph, it will take approximately 175 feet to come to a complete stop. Now increase that speed to 80 mph, it will take approximately 400 feet to come to a complete stop. This is why there is a reduction in speed in construction zones, 225 feet can be the difference between coming to a safe stop or being involved in a serious traffic collision."

"If a member of the public would like to report any unsafe driving, whether it be a reckless driver, excessive speed, or a possible driving under the influence (DUI) vehicle, please contact us at 9-1-1 (emergency) or at our non-emergency line 1-800-TELL-CHP (1-800-835-5247)."

"When reporting an incident, please provide the following: location (freeway/street, direction of travel and nearest cross street), vehicle's license plate (if possible) and a detailed description of that vehicle(s) (color, make, model and anything else unique to that vehicle)."

As yet there seems to be no perfect solution to the issue of safe, yet reasonable speed limits. Perhaps someday self-driving vehicles will settle this once and for all...

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit [AutoMatters.com](http://AutoMatters.com) & More at [AutoMatters.net](http://AutoMatters.net). On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2022 by Jan Wagner – AutoMatters & More #732



## VA supports women veteran entrepreneurs in obtaining government contracts

WASHINGTON - Graduates from the Department of Veterans Affairs' Women Veteran-Owned Small Business Initiative recently finished the VetBizLadyStart program, paving a way for their future in the federal marketplace.

The inaugural 14-week program, completed in early February, provided women transitioning out of the military, tools and resources to manage and grow their small businesses in government contracting.

Training modules and small group discussions were hosted by successful women mentors from the government and commercial sector. The initiative works to bridge the gap between economic disparities by providing disadvantaged populations equal access to contracts.

President of WJM Professional Services LLC Veronica Lane, was one of 20 women Veterans who participated in the sessions.

"I am grateful for completing this program and the opportunity to meet with motivated women Veterans," said Lane. "My goals were to ramp up and receive four contract awards and apply for an increased line of credit from my business banker — and I was able to accomplish both!"

VA Chief of Staff Tanya Bradsher attended the ceremony. "The graduation marks a step toward fulfilling President Biden's Executive Order

Advancing Racial Equity in Underserved Communities," Bradsher said. "What better way to answer the call than a program that brings results for our women Veterans, who in turn can use these tools to become successful business contractors, bringing opportunities back to those in their communities."

The EO aims to identify and remove barriers in the federal government that impact the ability of individuals within

underserved socioeconomic categories to seek viable economic opportunities.

According to the Small Business Administration, only 15% out of 2.5 million Veteran-owned business are owned by women Veterans.

The Women Veteran-Owned Small Business Initiative, part of VA's Office of Small and Disadvantaged Business Utilization, is focused on using VetBizLadyStart to increase

awareness of opportunities for women-owned small businesses to increase these numbers.

VetBizLadyStart is a federally funded program and collaborates with the Women's Business Centers of the District of Columbia, Maryland and Virginia's Old Dominion University.

Entrepreneurship programs are offered through each organization to assist women in preparing for procurement.

## Seabees building bases, roads, airstrips, and reputation for past 80 years

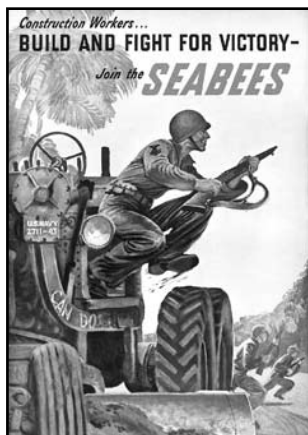
by Jeff Jardine

After the bombing of Pearl Harbor drew the United States officially into World War II, the Navy determined it would need to build bases, roads, and airstrips in combat zones — and at warp speed. But who would build them?

Civilian contractors who built facilities at Wake Island were captured by Japanese soldiers 15 days after Pearl Harbor. They were taken as prisoners of war — in part — because as civilians, international law prohibited them from resisting attack from an enemy military. Those who tried were often executed.

On March 5, 1942, a true military construction force was established—the Naval Construction Regiment—with its construction battalions, known as CBs. Their motto is Construi-mus, Batuimus — "We Build, We Fight."

These battalions, known as the



**A 1940s enlistment poster for the SeaBees. Courtesy art**

Seabees, recruited persons with construction and engineering experience. While the enlistment age range was 18 to 50, several men older than 60 managed to get in, and the average age early in the war was 37.

More than 175,000 Seabees trained at the Naval Construction Battalion Center at Port

Hueneme in Ventura County. By the time World War II ended, Seabees had been awarded 5 Navy Crosses, 33 Silver Stars, and over 2,000 Purple Hearts. They lost 272 enlisted men and 18 officers in battle, and more than 500 in construction accidents.

They became an integral part of the U.S. war machine, not only building facilities but often fighting the enemy to do so.

They assembled "Bailey Bridges" — trussed portable bridges still used today — over rivers, streams, and ravines, enabling equipment and personnel to advance. They carved roads throughout Southern Asia as part of the China-India-Burma Campaign. In one instance, they needed only 10 days to drive off the enemy on a Japanese-held island in the Pacific and construct headquarters for Admiral Chester Nimitz.

The Seabees played a major

role in ending the war and saved hundreds of thousands of American lives in the process.

In July 1944, the Marines invaded Tinian Island in the North Marianas. Even as the fighting continued, the Seabees began building what, a year later, was the world's largest airfield: four 8,500-foot-long runways to handle 1,000 B-29s.

On July 26, 1945, the USS Indianapolis delivered the innards of the "Little Boy" atomic bomb to Tinian. Eight days later, the Enola Gay dropped the first atomic bomb on Hiroshima. Three days after that, another B-29 — The Bockscar — dropped a second one on Nagasaki.

The death and destruction ultimately convinced the Japanese to surrender. Had President Truman decided against the bombs, the military would instead launch "Operation Downfall," the code name for the invasion of Japan. The Allied command projected at least 1,000 American deaths per hour early in the invasion, 125,000 deaths overall, and as many as one million dead and wounded combined. Many more Japanese soldiers and citizens would die as well.

"It would have made D-Day seem like a piece of cake," said Lonie Black of Turlock, a member of the 11th Airborne Division

who would have been part of the invading American force. "Knowing what it was going to be like, I cried like a baby, and I'm not ashamed to admit it.

"The way I look at it, I've been living on borrowed time for 64 years," Black said in 2009, just

four years before his death.

The Seabees, he said, helped him enjoy many more birthdays.

Today, and for the 80th time, it's their turn. Happy birthday, Seabees.

### Happy Birthday Navy Reserve, Navy Band and Seabees

Thursday, March 3 was the 107th year anniversary of the Navy Reserve, known as the United States Naval Reserve from 1915 to 2005, and is the Reserve Component of the Navy.

The Navy Band, based at the Washington Navy Yard, has served as the official musical organization of the Navy since March 4, 1925. The Navy Band serves the ceremonial needs at the seat of government, performing at presidential inaugurations, state arrival ceremonies, state funerals, state dinners and other significant events.

The Naval Construction Battalions, better known as the Navy Seabees, form the Naval Construction Force (NCF). The Seabee nickname is from the initial letters "CB" from the words Construction Battalion. They were started on March 5, 1942, as replacements for civilian construction companies in combat zones, after the attack on Pearl Harbor.

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County Operations Center  
5560 Overland Ave., Suite 110  
San Diego, CA 92123  
Phone: 858-694-3222

Oceanside VA Clinic  
1300 Rancho Del Oro,  
Room #1C-138  
Oceanside, CA 92056  
Phone: 760-643-2049

South Region Military & Veterans Affairs Resource Center  
401 Mile of Cars Way, Ste 300  
National City, CA 91950  
Phone: 619-731-3345

Chula Vista Vet Center  
180 Otay Lakes Road #108  
Bonita, CA 91902  
Phone: 877-618-6534

Fallbrook Senior Center  
135 South Mission Road  
Fall Brook, CA 91942  
Phone: 760-723-7570

San Diego County Library  
Ramona Branch  
1275 Main Street  
Ramona, CA 92065  
Phone: 760-788-5270  
9 a.m. to 3 p.m.

San Diego County Library  
Julian Branch

1850 Highway 78  
Julian, CA 92036  
Phone: 760-765-0370

San Diego County Library  
Alpine Branch  
1752 Alpine Boulevard  
Alpine, CA 91901-2105  
Call 858-694-3222 (VET-CONNECT ONLY)

San Diego County Library  
Rancho San Diego Branch  
11555 Via Rancho  
El Cajon, CA 92019  
Phone: 619-660-5370

Escondido Military & Veterans Affairs  
Resource Center  
649 W Mission Avenue  
Escondido, CA 92025  
Phone: 760-740-5573

North County Coastal  
(Oceanside)  
Military & Veterans Affairs  
Resource Center  
1701 Mission Avenue, Ste. 110  
Oceanside, CA 92058  
Phone: 442-262-2701

VAMC, La Jolla  
3350 La Jolla Village Drive,  
Room 1596  
San Diego, CA 92161  
Phone: 858-552-8585 Ext. 1813

Mission Valley VA Regional Office  
8898 Rio San Diego Drive  
San Diego, CA 92108  
Phone: 858-694-3222

La Mesa Adult Center  
8450 La Mesa Boulevard  
La Mesa, CA 91942  
Phone: 619-667-1322

San Diego County Library  
El Cajon Branch  
201 East Douglas  
El Cajon, CA 92020  
Phone: 619-588-3718

San Diego County Library  
Pine Valley Branch  
28804 Old Highway 80  
Pine Valley, CA 91962  
Phone: 619-473-8022

San Diego County Library  
Poway Branch  
13137 Poway Road  
Poway, CA 92064  
Phone: 858-513-2900

San Diego Central Library  
330 Park Boulevard  
San Diego CA 92101  
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Borrego Springs Branch Library  
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"Kindness is seeing the  
best in others when they  
cannot see it in them-  
selves."

"Kindness is something  
anyone can give without los-  
ing anything themselves."

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7	8	6	2	8	9	1	4	9	
8	4	8	6	1	9	2	7		

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## UPCOMING CONCERTS

**Humphreys by the Bay, 2241  
Shelter Island Dr, San Diego.**  
**619-224-3577**

Colbie Caillat: Sun, March 27, 7:30pm  
The Go-Go's: Thur, March 31, 7:30pm  
Celtic Thunder: Thur, April 7, 7:30pm  
Marcus King: Wed, April 27, 7:30pm  
They Might Be Giants: Thur, April 28, 7:30pm  
St. Paul & The Broken Bones: Sat, May 7, 8pm  
Mat Kearney: Fri, May 20, 7:30pm  
Jessie James Decker: Sun, May 29, 7:30pm  
Amos Lee: Fri, June 3, 7:30pm  
Yacht Rock Revue: Fri, Aug 12, 7:30pm  
Little Feat and Hot Tuna: Sun, Aug 14, 7:30pm  
The Head & The Heart and Dawes: Mon &  
Tues, Aug 22-23, 7:30pm  
Hanson: Sat, Sept 3, 7:30pm  
Peter Hook & The Light: Tues, Sept 6, 7:30pm  
RuPaul's Drag Race: Sat, Sept 17, 8pm  
**North Island Credit Union  
Amphitheatre, 2050 Enter-  
tainment Cir, Chula Vista.**  
**619-671-3600**  
Backstreet Boys: Sat., June 4, 7:30pm  
Tears For Fears: Sun., June 5, 7:30pm  
Slipknot, Cypress Hill: Sat., June 18, 6:30pm  
REO Speedwagon, Styx: Tue., July 19, 7pm  
Keith Urban, Ingrid Andress: Fri., Sept 9,  
7:30pm  
Morgan Wallen, Hardy: Thur., Sept 15, 7:30pm  
Dave Matthews Band: Fri., Sept 16, 7:30pm  
Iron Maiden: Sun., Sept 25, 7:30pm  
Jack Johnson, Ben Harper: Fri., Oct 7, 7:30pm

**Open Air Theatre, 5500 Cam-  
panile Dr, San Diego.**  
**619-594-6947**

Ángela Aguilar: Sun., March 27, 7:30pm  
Mercy Me: Sat., April 2, 7pm  
Billy Strings: Sat., April 16, 7:30pm  
Pancho Barraza: Sat., April 23, 7:30pm  
Interpol: Fri., April 29, 7:30pm  
Russ: Tue., May 3, 7:30pm  
Rex Orange County: Sun., May 29, 7:30pm  
Matchbox Twenty and the Wallflowers: Tue.,  
May 31, 7:30pm  
Tenacious D and Puddles Pity Party: Sun.,  
June 26, 7:30pm  
Fleet Foxes: Wed., July 6, 7:30pm  
Dispatch and O.A.R.: Sun., July 17, 7:30pm  
David Gray: Sun., July 31, 7:30pm  
Third Eye Blind and Taking Back Sun.: Thur.,  
Aug 11, 7:30pm  
Tedeschi Trucks Band and Los Lobos: Thurs-  
day, August 18  
Alicia Keys: Fri., Sept 9, 7:30pm  
**Pechanga Arena San Diego,  
3500 Sports Arena Blvd, San  
Diego. 619-224-4171**  
Sonic Tonic: Sat., March 12, 6pm  
The Weeknd: Sun., March 13, 7:30pm  
André Rieu: Thur., March 17, 8pm  
alt-J and Portugal. The Man: Fri., Mar 25, 7:30pm  
Toto and Journey: Thur., April 7, 7:30pm  
J Balvin: Sun., April 24, 7:30pm  
Eric Church: Fri., May 6, 7:30pm  
Andrea Bocelli: Wed., June 15, 7:30pm

## ROY'S SUDOKU

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## 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 300 custom-  
ers (per showing), no outside food,  
concessions will be available.

**Thursday, March 10**  
6pm Jackass Forever r  
**Friday, March 11**  
5:50pm Death on the Nile pg13  
**Saturday, March 12**  
1pm Uncharted pg13  
3:40pm Marry Me pg13  
**Sunday, March 13**  
1pm Death on the Nile pg13  
3:50pm Jackass Forever r  
**Friday, March 18**  
6pm Dog (2022) pg13  
**Saturday, March 19**  
1pm Dog (2022) pg13  
3:20pm Blacklight pg13  
**Sunday, March 20**  
1pm Uncharted pg13  
3:50pm Blacklight pg13

**Pendleton Theater  
and Training Center**

Bldg 1330 Mainside (Across  
from Mainside Center)

**Saturday, March 12**  
1:30pm Jackass Forever (R)  
**Saturday, March 19**  
1:30pm MarryMe (PG13)  
**Saturday, March 26**  
1:30pm Death on the Nile (PG13)

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

**Friday, March 11**  
6pm Death on the Nile (PG-13)  
**Saturday, March 12**  
3pm Uncharted (PG-13)  
6:30pm Marry Me (PG-13)  
**Sunday, March 13**  
3pm Moonfall (PG-13)  
**Friday, March 18**  
6:00 PM Blacklight (PG-13)  
**Saturday, March 19**  
3pm Death on the Nile (PG-13)  
6:30pm Dog (2022) (PG-13)  
**Sunday, March 20**  
3pm Dog (2022) (PG-13)

**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, March 11**  
6pm Death on the Nile pg13  
**Saturday, March 12**  
3pm Uncharted pg13  
6pm Marry Me pg13  
**Sunday, March 13**  
1pm Marry Me pg13  
4pm Death on the Nile pg13  
Sunday, March 20  
1pm Dog (2022) pg13  
4pm Blacklight pg13

## CROSSWORD PUZZLE

Across

1 "\_\_\_ All That": 1999 movie  
5 Diver's gear  
9 "Fancy seeing you here!"  
14 Hoof it on a bad knee, say  
15 Ecstatic internet shout  
16 Driver's choice  
17 Oberlin's state  
18 "We tried, but this won't work"  
20 Give up on  
22 Superman's makeup?  
23 Fashion plate  
24 Kerfuffle  
27 Construction girder  
31 Dubuque denizen  
33 Serve as a reminder  
37 Mic \_\_\_: triumphant move  
39 Finnish company that created Angry Birds  
40 James Patterson hero \_\_\_ Cross  
41 Do an accountant's job  
44 Cheapen  
45 Subtle summons  
46 Run-of-the-mill  
47 Nonsense  
50 Yellowfins, e.g.  
55 Write briefly and quickly  
59 Cause of a crash  
62 Family \_\_\_  
63 Cup or star  
64 Emerald City princess  
65 "Haven't decided yet"  
66 Uses WhatsApp, say  
67 Eject  
68 Tibetan title

Down

1 Slackens the pace  
2 Drum kit item with a pedal  
3 "Into the Wild" star Hirsch  
4 Took the mic

5 "Just saying." in 66-Across  
6 Kappa preceeder  
7 Meddlesome  
8 Nonsense companion?  
9 Black-and-white dessert  
10 Ian who plays Bilbo Baggins  
11 It might be adjusted in Photoshop  
12 Kang and Kodos, on "The Simpsons"  
13 "Affirmative"  
19 Sellout letters  
21 Sacha Baron Cohen alter ego  
24 Mil. truants  
25 "You wouldn't \_\_\_!"  
26 Black gemstone used to make beads  
28 Snooze inducer  
29 Auth. unknown  
30 Gun  
32 Actor Epps  
33 Fish story notable  
34 Backs (out)  
35 Popular video game series, with "The"  
36 Unruly groups  
37 Scot's Scotch order  
38 Yahoo  
42 Foreshadows  
43 R&B great James  
48 Ending with malt  
49 Ache  
51 "\_\_\_ we meet again"  
52 Fashionista Kamali  
53 Likely roster for the big game  
54 "I'm outta here"  
55 Bar flier  
56 Rice-shaped pasta used in salads  
57 Acronymic anxiety about being excluded  
from the fun  
58 Group with pledges  
59 The 1% in 1% milk  
60 Flabbergast  
61 Sales \_\_\_

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**Military/Veterans  
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Confidential chat at [MilitaryCrisisLine.net](http://MilitaryCrisisLine.net) or text 838255



# Health & Fitness

## Don't ignore those lumps, bumps and weird moles on your skin

by Janet A. Aker,  
MHS Communications  
Beware of lumps and bumps.

When it comes to your skin, anything out of the ordinary is a potential cause for concern.

Keep an eye out for moles that are changing or growing in size.

Maybe it's just acne. But it also could be skin cancer.

You might be surprised to hear that your skin is the largest organ in your body. It protects against the environment, including sunlight, bacteria, chemicals, and extreme temperature.

Skin problems are among the top 10 reasons active duty service members seek out medical care, military medical data show.

A common reason that service members seek out medical attention is for inflammatory skin conditions, including acne, shaving bumps, or ingrown hairs. Others report unusual lumps and bumps. These are generally the top reasons service members seek dermatology care, said Dr. Neil Gibbs, dermatology residency program director at Naval Medical Center San Diego Naval Medical Center San Diego website.

Eczema or psoriasis are other skin conditions. They can be treated but not cured, Gibbs added.

### Increased Risk for Military?

The military is primarily an outdoor profession. Many service members are continuously exposed to the sun. Others get intermittent overexposure when they step out from behind their desks.

Either way, sun exposure takes its toll over time. Whether you're fair or dark skinned, too much

sun can lead to diseases including skin cancer.

"Be proactive and protect yourself from the sun by avoiding it or using sun protection," said Navy Capt. (Dr.) Josephine Nguyen, senior dermatology consultant to the Navy Surgeon General Bureau of Medicine and Surgery page on the Navy Medicine website in Falls Church, Virginia.

Many service members fail to make skin care a top priority, she said.

"There is a lack of focus on preventative care," Nguyen said.

The first key step is regular use of sunscreen with an SPF of 15 or higher. Avoid the sun when possible between 10 a.m. and 4 p.m., when the sun's rays are the strongest. And, wearing protective clothing.

Also, get your moles checked. If you have a large number of moles, ask a doctor for a whole-body mole check to see if there are any signs of changes that could be serious, Nguyen advised.

Mole checks are a common reason to seek out a dermatologist. At Naval Hospital Bremerton Naval Hospital Bremerton website, Navy Lt. Cmdr. (Dr.) Tatyana Yetto explained how these are the most common skin condition she sees. Yetto is the staff dermatologist and head of Internal Medicine.

### When Should You See a Doctor?

As a general rule, you should seek out medical care for any skin condition that seems unusual.

"If it's bleeding, if it hurts, if it's draining, if it's a lump or bump that is rapidly increasing in size, a mole



**Elizabeth Anderson, a physician assistant at Naval Hospital Jacksonville's Dermatology Clinic, uses a lighted scope to check a patient's skin. "Skin cancer rates are high in Florida, and it's important to self-check monthly," Anderson said. Skin cancer is the most common cancer in the U.S. To reduce risk, protect your skin from UV rays from the sun, tanning booths, and sunlamps. Photo: Deidre Smith, Naval Hospital Jacksonville**

that has changed, or it's something you can't explain," you should get it checked out, Gibbs said.

Start with your primary care health care professional, he suggested.

That's because there are relatively few dermatology specialists, both in the military and the civilian health care systems. Appointments with dermatologists are hard to come by and may take months to get, Gibbs said.

Meanwhile, the dermatology problem could get worse, Gibbs cautioned.



### What about Deployments?

Yetto detailed how at Bremerton approximately four to five patients per month become non-deployable due to a skin problem or related medication. That might be temporary, or a sign of a medical condition that prevents deployments permanently, such as an immune system disease.

Service members who work with potentially harmful chemicals may be especially at risk. "If you are exposed to chemicals at work, make sure you protect your skin because they can be damaging or could be absorbed," Nguyen

said.

Some younger service members with skin conditions may try to treat themselves. Be careful – some over-the-counter treatments can make the initial problem worse, Nguyen said.

Some chemicals can cause a bad reaction – even common chemicals found in your body wash or in your duty uniform, Nguyen said. Painful skin problems could affect

your ability to do your daily work or function in your personal life.

To counter that risk, Nguyen suggests using products with minimal chemicals.

You can find more information about dermatology on the TRICARE website TRICARE website <https://www.tricare.mil/CoveredServices/IsItCovered/Dermatology>

## Mobile Crisis Response Teams successfully operating countywide

by José A. Álvarez,  
County of San Diego  
Communications Office

County of San Diego officials and community partners today announced early results and the launch of a broad, public awareness campaign for a program providing a specialized response to people experiencing a mental health, drug or alcohol-related crisis.

Since the Mobile Crisis Response Teams began services in January 2021, the non-law enforcement program has responded to 672 referrals and successfully linked over 110 people to treatment services. Forty-seven percent of referrals have resulted in people being able to access treatment in their community, without the need for law enforcement or more acute services. Of those MCRT has served, approximately 20% were experiencing homelessness.

"These response teams are saving lives, demonstrating that this new approach to mental health is showing signs of real progress," said Supervisor Terra Lawson-Remer. "San Diego, we need your help to get the word out. You can call the Access and

Crisis Hotline at 888-724-7240 when someone is experiencing a mental health or substance use emergency that does not involve threats of violence. Remember this phone number, because it can change someone's life."

### What Are MCRTs?

Mobile Crisis Response Teams, or MCRTs, are available countywide for people experiencing a mental health or substance use crisis. The teams are comprised of licensed mental health clinicians, case managers and peer support specialists who travel to the person to provide assessment, crisis intervention services and connections to treatment and other services, as needed. The training, compassion and resources these teams bring with them on every call is proving to be a winning combination.

In the past few years, the County has made significant increases in investment and funding to provide better access to behavioral health services.

If you or someone you know is experiencing a behavioral health crisis, call the Access & Crisis Line at (888) 724-7240.

## AROUND TOWN

**29th Annual Latino Film Festival.** Thur, March 10-Sun, March 20, \$12-\$300. Mission Valley. In-person screenings with 160+ films from Latin America, the U.S., and Spain, presented at the AMC Mission Valley 20. Parties on opening and closing night, Q&A sessions with visiting filmmakers, Sabor Latino food, beer, and wine festival, Sonido Latino concerts, and more. Purchase tickets to individual screenings, or opt for passes with varying levels of VIP-ness. Virtual screening option also available.

**Hanami (Cherry Blossom Festival) in Balboa Park.** Fri, March 11-Sun, March 13. \$12 general admission, kids 6 & under free. Japanese Friendship Garden Balboa Park. Visit the 17th annual Cherry Blossom Festival to enjoy the Japanese custom of hanami (appreciating the beauty of cherry blossom flowers). Various food and merchant vendors, cultural performances and demos, and lots of family-friendly activities. Purchase tickets in advance online.

**Free Trout Fishing Seminar at Lake Poway.** Sat, March 12, 8-9am. Come learn from the experts. This seminar is geared toward beg

inners and first time anglers. Free for all ages! The seminar will cover basic fishing techniques, bait types, equipment. No registration is required and no equipment is needed. <http://poway.org/calendar.aspx?> Begins promptly at 8! Lake Poway, 14644 Lake Poway Rd, Poway.

**Guided Nature Walk.** Sat, March 12, 8:30-10am. Free. Visit the lush riparian habitat of the Kumeyaay Lake shoreline. Start from the Kumeyaay Lake Campground Entry Station. wear sturdy, closed-toe shoes and bring along water. Hat and sunscreen are also recommended. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, San Diego, 92119. [mtrp.org](http://mtrp.org)

**Celebrate Chicktopia.** Sat, March 12, 9am-5pm. Annual Chick Day with more than 115 varieties of baby poultry available. Hawthorne Country Store, 675 West Grand Avenue, Escondido, 92025.

**Busker Festival.** Sat, March 12 at Seaport Village. Free admission, tipping performers encouraged. The Busker Festival, returns for its 15th year this Saturday, bringing you the world's most fascinating and unique street performers. More than a doz-

en astonishing acts, from juggling and sword swallowing to fire throwing and aerial acrobatics on three stages at the Carousel District. Also, live music and food vendors, plus a new addition, Bubbles & Balloons, an immersive pop-up complete with champagne tastings courtesy of San Pasqual Winery, massive inflatable installations for Instagram-worthy photo ops, balloon artistry and bubble machines in the Lighthouse District.

**Wildflower Hike with a Ranger,** Sat, March 12, 1-3pm. Free. Chollas Lake, 6350 College Grove Dr, San Diego, 92115.

**Family Day,** Sat, March 12, noon-2pm. All ages welcome. Free. Shared, intergenerational art experience at Institute of Contemporary Art (ICA) San Diego. Create, learn and spend quality time with your family. Create your own artwork. ICA San Diego North, 1550 S. El Camino Real, Encinitas.

**40th Annual St. Patrick's Day Parade & Festival.** Sat, March 12, 10:30am Fifth Ave at Laurel St. Free. The Annual San Diego St. Patrick's Day Parade (largest Parade west of the Mississippi) will step off on Saturday, March 12, at 10:30am on as thousands of marchers and specta-

tors gather to celebrate the Patron Saint of Ireland. Over 120 Parade entries. See Floats, High School Marching Bands, Police and Fire Department Units, Dancing Groups, Marching and Equestrian Units, Clowns, Dignitaries and Honorees, Representatives from Ireland, Antique Cars, Irish Setters and more. Following the parade, an event filled Irish Festival in Balboa Park (Sixth and Maple) features live entertainment on 3 Stages. In the morning we have Irish Step Dancers and then we have a full afternoon line-up with Irish Folk singers and bands. All day there are Craft Booths, a Celtic Food Village and other Food Booths, a Beer Garden and a Kids Zone.

**Parade and Festival Schedule** 9am Festival Area Open 9a-6p 9:45am Flag Presentation Ceremony, Balboa Park: Sixth Ave & Laurel 10:30am Parade Steps off at Fifth Avenue and Laurel St. and proceeds North up Fifth Avenue to Upas Street, over to Sixth Avenue and South on Sixth to Juniper.

**shamROCK Saint Patrick's Day bash in the Gaslamp Quarter.** Sat., March 12. Age 21+. \$59-\$69 ga; \$109-\$129 VIP. San Diego shamROCK is back to celebrate its 26th year! This long-standing San

Diego tradition transforms San Diego downtown neighborhoods into a Celtic carnival with an abundance of pub-style seating, traditional Irish stepper performances, Celtic/Irish rock bands, photo-ops, shenanigan games (with prizes!), a leprechaun contest, and more. Over 50,000 square feet of astroturf will be rolled out to accommodate three stages, non-stop music, and (of course) plenty of green and craft beer as well as Tullamore Dew Irish Whiskey libations to ensure it's a night to remember.

**San Diego Leprechaun Run** is BACK in Pacific Beach! Registration is open for the 4th Annual San Diego Leprechaun Run 5K & Kids 1K. Register [https://www.sandiegorunningco.com/sdrc\\_events/san-diego-leprechaun-run/](https://www.sandiegorunningco.com/sdrc_events/san-diego-leprechaun-run/) San Diego Leprechaun Run is the first leg of the 2022 RUN PB Challenge. Complete Leprechaun Run, Pacific Beach 5K & San Diego Santa Run all in 2022 and receive the huge challenger finisher bling!

**Circle of Art: Celebrating Art in the Desert.** Sat-Sun, Mar 12-13, 9am-5pm. Sunday ends at 4:00 PM. 2022 Fine Art Show & Sale. Organizers select about 60 artists for the show each year, exhibiting quality paintings and art works repre-

senting a variety of media including oil and watercolors, photography, sculpture, ceramics, pottery, weaving and jewelry. Christmas Circle, Borro Springs, CA 92004.

**St. Puptrick's Day with your doggo.** Sun, March 13 in Point Loma. Free to enter, items available for purchase. RSVPs appreciated. Spend quality time with your pup at Bay City Brewing's St. Puptrick's Yappy Hour. Dog-friendly brewery in Point Loma hosts food trucks, a Saint Patty's themed pupnic setup perfect for selfies, and a shop with a variety of dog & picnic items from the Puppy Picnic Co. pop-up shop at Liberty Station.

**Guided Nature Walk,** Sun, March 13, 9:30am. Free. Join MTRP Trail Guide and learn about the area. Walks start at Visitor Center, are open to the public, no reservations req. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos, 92119. [mtrp.org](http://mtrp.org)

**The Flower Fields at Carlsbad Ranch** Take in the beauty daily between 9am and 6pm. \$22 adults, \$20 seniors 60+ and military, \$10 children 3-10, and free for children under three. Tickets must be purchased online at <https://www.the-flowerfields.com/>





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