

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985
 Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-SECOND YEAR NO. 30
 THURSDAY, NOVEMBER 10, 2022

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**Veterans
 Day
 Specials**

Many eateries are offering discounts to military and veterans with ID.

See page 5

FLEET WEEK SAN DIEGO™
Fleet Week
 11/11 Veterans Day Boat Parade Starts at Shelter Island at noon, sails past Harbor Island and the Embarcadero, before crossing to Coronado. Demos by the Coast Guard, vintage aircraft flyovers and skydiving demonstrations
fleetweeksandiego.org

**Around
 Town**

Hamilton, How the Grinch Stole Christmas, Horse Racing, Grand Tasting, Guided Nature Walks, and more!

See page 10



Combined Federal Campaign is underway. Donate today. See ads throughout our paper.



PHILIPPINE SEA (Nov. 2, 2022) The band Vertical Horizon performs a concert in the hangar bay of aircraft carrier Ronald Reagan. Vertical Horizon performed for the crew as part of a tour organized by Navy Entertainment, which provides Sailors with quality entertainment while overseas and on deployed ships at sea. US Navy photo by MC3 Gray Gibson

‘From salt to sea: 60 years of Navy SEALs

by Petty Officer 1st Class Daniel Gaither
 Naval Special Warfare Group ONE

CORONADO - SEAL Team 1 welcomed frogmen of the past and present to celebrate 60 years of rich SEAL history in a ceremony at Silver Strand Training Complex on Oct. 29.

Retired and active operators, representing warfighters from every era of American combat since the Vietnam War, reunited with former teammates. Enlisted Sailors and officers alike stood united by the trident they had all earned and worn on their chests.

SEAL Team 1 Chaplain Lt. Cmdr. Aman Grant commemorated the nearby beach that had been the forging ground for America’s most formidable warriors during his opening invocation.

“For 60 years, these American men, who loved the Constitution of our country, American men who had self-sacrifice twisted in their DNA, American men who lived to the beat of a different drum, American men who were both quiet yet deadly, loud and proud!” Grant pronounced powerfully. “For 60 years, these men were birthed into SEALs from this Pacific salt and Coronado sand.”

Grant’s sermon to 60 years of SEAL history received roaring applause from past and present

SEALs, who shared memories of perseverance and being pushed to their limits just a few miles down the beach.

The Naval Special Warfare community’s history predates the SEAL teams’ establishment 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, Va., to perform specific missions during Operation Torch – the allied invasion of North Africa – in November 1942.

Soon after, the Cold War brought a new era of conflict and geopolitics, calling for a new type of warfighter.

In his 1961 inaugural address, President John F. Kennedy assured the world of America’s resolve against the challenges it may soon face. “Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty,” said Kennedy. “This much we pledge—and more.”

Less than one full year later, Kennedy established the first SEAL teams at Naval Amphibious Base Coronado, and Naval Amphibious Base Little Creek, Va., in January 1962, pulling Sailors from

preexisting underwater demolition teams. There was no celebration or ceremony to mark the occasion, only the quiet understanding the Navy needed an unconventional maritime warfare capability.

For the 60 original members of SEAL Team 1, also known as its plank owners, their mission was to conduct unconventional warfare, counter-guerrilla warfare, and clandestine operations. They would soon face their first test in Vietnam.

Sixty years later, the operators of SEAL Team 1 stand upon the shoulders of those first 60.

Since the inception of the SEAL Teams, their operations have spanned the globe, participating in every major U.S. conflict. The geography and the capabilities may have changed, but not the type of person needed to meet the challenges.

“Our new kit is a bit upgraded, but I think you’ll recognize the traits of our young warriors are no different from our founders in January of 1962,” said Cmdr. Marty Timmons, SEAL Team 1’s 30th and current commanding officer.

The strength of the SEAL community derives from the individuals at the teams, and the dedication they have to each other, inside and out of the combat zone.

Military mail addressed to and from	Priority Mail Express Military Service *	First-Class Mail Service	Priority Mail Service
APO/FPO/DPO AE ZIPs 090-092	Dec. 16	Dec. 9	Dec. 9
APO/FPO/DPO AE ZIP 093	N/A	Dec. 9	Dec. 9
APO/FPO/DPO AE ZIPs 094-099	Dec. 16	Dec. 9	Dec. 9
APO/FPO/DPO AA ZIP 340	Dec. 16	Dec. 9	Dec. 9
APO/FPO/DPO AP ZIPs 962-966	Dec. 16	Dec. 9	Dec. 9

Holiday mail deadline approaching

The deadline for shipping holiday mail to loved ones stationed overseas is approaching, said the United States Postal Service.

In order to ensure packages, cards and other sentiments arrive by Dec. 25, USPS recommends sending holiday mail no later than the dates listed above for specific Army (APO), Fleet (FPO) and Diplomatic (DPO) Post Office addresses overseas.

Discounted postage rates are being offered on large Priority Mail Flat Rate Boxes for mail sent to APO, FPO, and DPO addresses and Priority Mail Flat Rate Boxes are available at no cost.

A free USPS Military Care Kit is also available that contains six assorted Flat Rate Boxes with an “America Supports You” message, Priority Mail tape and address labels and six customs forms, USPS said.

You can ship care packages to military addresses at domestic prices, even if you’re sending mail overseas. USPS® provides free military shipping kits, help with customs forms, military address tips, shipping restriction lists by country, and free package pickup when your shipment is ready to go.

A guideline for packing, addressing and shipping items to U.S. troops can be found at <https://www.usps.com/ship/apo-fpo-dpo.htm>.

More than 10.1 million pounds of mail is expected to be processed for military and diplomatic members serving abroad this holiday season, according to USPS.

Find additional information using the resources for military mail and country regulations. Check out International Shipping Prohibitions and Restrictions.

APO/FPO inquiries: MilitaryMailOperations@usps.gov.

DPO inquiries: DPO-Answerperson_MB@state.gov.

Ask your local Post Office location.



Select Navy Exchange locations will be participating in the U.S. Marine Corps Toys for Tots Program this holiday season. NEX customers can donate a new, unwrapped toy for a child in need. Campaign begins accepting toys on Nov. 14 and stops accepting toys and donations on Dec. 14. Toy distribution begins Nov. 21 (This is for the registered nonprofit organizations who give the toys to children) and the last day of toy distribution is Dec. 14. Information: <https://san-diego-ca.toysfortots.org>.



Colin Kahl, undersecretary of defense for policy, listens to Kenyan Chief of Defense General Robert Kibochi during a May meeting at the Pentagon. On Friday, Kahl told an audience at the Center for Strategic and International Studies that the U.S., allies and partners must work on integrated deterrence as a means of keeping China, Russia and terror groups in check. DoD photo by James K. Lee

New strategy seeks to reinvigorate deterrence in a changing world

by Jim Garamone
DOD News

The challenge of the National Defense Strategy is to ensure U.S. deterrence at a time of profound change, Colin Kahl, the undersecretary of defense for policy, told an audience at the Brookings Institution.

Kahl, who spoke Friday, said the defense strategy fully supports the National Security Strategy and takes into account the range of threats the U.S. faces.

China is the pacing threat for the United States - the one threat U.S. planners must measure their decisions against. But that doesn't mean the Indo-Pacific nation is the only threat.

The geopolitical landscape is fundamentally changing, Kahl said. "You have a rapidly rising China; you have a more aggressive Russia; you have persistent threats from Iran,

North Korea and violent extremist groups," he said. "But you also have a technological revolution, which is informing all of those trends, and a set of transboundary challenges, climate change, pandemics and others, which are generating real international security challenges, and also real demands on the Department of Defense."

Kahl said the National Defense Strategy grapples with this complicated world.

Secretary of Defense Lloyd Austin has always emphasized the fact that China is the only country with the intention to reorder the political landscape and overturn the rules-based system that has served the world in the years since World War II.

Kahl said China seeks to challenge the United States, militarily, economically, diplomatically and technologically.

But the fact that the United States must keep pace with China doesn't mean the department ignores other threats, he said. The strategy notes "the most acute challenge at the moment is obviously Russia," Kahl said. "That word 'acute' is very intentional because it means both immediate and sharp."

Kahl said Russia does not possess the capabilities to remake the world the way that China could, he said. But Russia "does have the capability to blow up the world," he said. "And [Russian President] Vladimir Putin has shown himself to be reckless and capable of profound miscalculation and is directly threatening the security order in Europe and beyond through his aggression toward Ukraine."

North Korea and Iran remain lesser

threats, and the threat from international terrorist groups can flare up at any time, he said.

Kahl said these threats are the reason that "integrated deterrence" is a concept applicable across the range.

"Integrated deterrence and what that means . . . is a way to remind ourselves that deterrence activities have to be integrated in various ways," Kahl said. Deterrence must be integrated in the domains of land, sea, air, space and cyberspace. It must be integrated with allies and partners. Deterrence must be integrated within the U.S. government, he said.

"We also need to make sure that we're integrated across the tools of the U.S. government," he said. "The U.S. military needs to remain the most potent military in the world — and it will — but we have other potent tools in our toolkit to include U.S. dominance of the global financial system and our unmatched political power."

Kahl said another core concept in the National Defense Strategy is resilience. "The reason resilience is important is that our adversaries have gone to school on the American way of war," he said. "They understand the American reliance on various networks in cyber and space in the informational domain, and they have spent hundreds of billions of dollars to try to hold those networks at risk."

These networks are too vast to defend every point, "so, you have to make sure your networks are resilient so that you can fight through the inevitable disruptions that your adversaries plan for you," he said.

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Army

- Soldiers are finally getting a 'robotic mule' to haul all their heavy stuff for them
- Army conducts live-fire HIMARS training at Yakima Training Center
- Fort Riley specialist charged with stabbing fellow soldier to death



Navy

- Why aircraft carriers are no longer a constant in the Middle East
- The Navy wants to turn submarines into 'UUV mother-ships'

Marine Corps

- How Toys for Tots got its iconic train logo from Walt Disney himself
- We salute the Marine who got promoted at a fried chicken restaurant on base
- In Netflix's 'Killer Sally' ex-Marine who shot spouse tells her story
- MCLB-Albany advances in electric vehicle charging infrastructure

Air Force

- Air Force secures 1st Commander-in-Chief's Trophy since 2016
- Hotels at Air Force bases across the country are closing
- F-22 Raptors begin rotating into Okinawa to replace Kadena's aging F-15 fleet
- C-17 crew that rescued 823 from Afghanistan awarded Distinguished Flying Crosses

Space Force

- Space Force's secretive X-37B plane has spent more than 900 days in orbit

National Guard

- 'Slow day:' Guard emails don't match Noem border 'war' talk
- Leaders warn more cyber security spending needed to help protect elections

Stratcom commander says U.S. should look to the 1950s to regain competitive edge

by C. Todd Lopez
DOD News

The current conflict in Ukraine is not the worst that the U.S. should be prepared for. Around the corner, said the commander of U.S. Strategic Command, the U.S. must be prepared for much more.

"This Ukraine crisis that we're in right now, this is just the warmup," Navy Adm. Charles A. Richard, commander of Stratcom, said. "The big one is coming. And it isn't going to be very long before we're going to get tested in ways that we haven't been tested a long time."

During a speech at the Naval Submarine League's 2022 Annual Symposium & Industry Update Richard said the U.S. must get itself prepared.

"We have to do some rapid, fundamental change in the way we approach the defense of this nation," he said. "I will tell you, the current situation is vividly illuminating what nuclear coercion looks like and how you, or how you don't stand up to that."

Competitors like China, Richard said, are outcompeting the U.S., and in a dramatic fashion. The U.S. must step up its deterrence game, he said,

or it's going to be bowled over.

"As I assess our level of deterrence against China, the ship is slowly sinking," he said. "It is sinking slowly, but it is sinking, as fundamentally they are putting capability in the field faster than we are. As those curves keep going, it isn't going to matter how good our [operating plan] is or how good our commanders are, or how good our forces are—we're not going to have enough of them. And that is a very near-term problem."

One area where the U.S. still dominates is with its undersea capabilities—the U.S. submarine fleet, Richard said.

"Undersea capabilities is still the one... maybe the only true asymmetric advantage we still have against our opponents," Richard said. "But unless we pick up the pace, in terms of getting our maintenance problems fixed, getting new construction going... if we can't figure that out... we are not going to put ourselves in a good position to maintain strategic deterrence and national defense."

Regaining the advantage in other areas might mean looking backwards, as much as 60 or more years, Richard said, to a time when the U.S. military was able to do things faster

than what it does today. "We used to know how to move fast, and we have lost the art of that," he said.

One example he provided was that of the AGM-28 Hound Dog cruise missile, which entered service in 1960. "The Air Force went from a request, almost written on a napkin... when they figured out in the late 1950s that the Soviet integrated air defense systems were getting to the point that the B-52 just wasn't going to make it in, and we needed a thing called up 'cruise missile.' And so, they envisioned what a standoff weapon looks like."

The U.S. military was able to deliver the Hound Dog cruise missile

in just 33 months.

"We had two squadrons of B-52s equipped with this 800-nautical-mile Mach two-plus, one megaton nuclear warhead with accuracy that was really good for its day, hanging off the wings of B-52s in less than three years," he said. "This weapon was so cool you could actually turn the engines on, on its cruise missiles on your wings, to give you additional thrust on takeoff."

Richard said there are other examples of how the U.S. military was able to rapidly develop and field capability to meet its needs, and that the U.S. must get back to that.

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USS Ronald Reagan hosts Japanese prime minister during International Fleet Review

by Petty Officer 2nd Class
Askia Collins
PHILIPPINE SEA -- Japanese
Prime Minister Fumio Kishida

visited the forward-deployed
aircraft carrier *Ronald Reagan*,
while Carrier Strike Group
(CSG) 5 units concluded their

participation in the Japan Mari-
time Self-Defense Force Inter-
national Fleet Review (IFR)
in Yokosuka and Sagami Wan,
Nov. 6.

Cruiser *Chancellorsville* partic-
ipated in the parade of ships
while Prime Minister Kishida
served as reviewing officer from
aboard JS Izumo (DDH 183).
Kishida visited *Ronald Reagan*
following the review of ships and
was welcomed by U.S. Ambas-
sador to Japan Rahm Emanuel,
and Chief of Naval Operations
Adm. Michael Gilday.

Kishida and Emanuel dis-
cussed the importance of the
U.S. – Japan alliance, while tour-
ing the ship, meeting Sailors and
engaging with leadership aboard
Ronald Reagan. During his time
aboard, Emanuel took time to
address *Reagan's* crew over the
ship's intercom system.

“On behalf of the entire United
States I want to say a very
simple, but much needed, thank
you,” said Emanuel. “A lot of

times in America, we have a
debate about what represents
the one percent. You who have
volunteered on behalf of our ide-
als, our values and our interests,
represent the true one percent
of America. Thank you for your
selfless sacrifice.”

IFR is an exercise that in-
cludes navies from numerous
countries to strengthen and
develop maritime partnerships.
This year's event celebrated the
Japan Maritime Self-Defense
Force's (JMSDF) 70th anni-
versary.

CSG 5 crews integrated with
JMSDF and other participating
navies to strengthen interop-
erability and further develop
maritime partnerships through
team-building good will events
ashore, the parade of ships at sea,
as well as a multilateral search
and rescue exercise.

While aboard *Reagan*, CNO
spoke with Sailors, while also
presenting awards and conduct-
ing a re-enlistment ceremony.



Chief of Naval Operations Adm. Mike Gilday meets with India's Chief of the Naval Staff Adm. R. Hari Kumar aboard Japanese destroyer JS Izumo at sea Nov. 6. This engagement was one of many held during the International Fleet Review and Western Pacific Naval Symposium. Courtesy photo

“What we ask you to do out
here is incredibly important,
and I can never understate that,”
said Gilday. “Whether you're

working down in the engineer-
ing spaces, whether you're in a
supply parts storeroom, whether
you're in AIMD [Aircraft Inter-
mediate Maintenance Depart-
ment], whether you're serving
meals, whether you're working
on the flight deck and every-
where in between just know that
you are on a phenomenal team.
I thank you all for what you're
doing.”

Chancellorsville, destroyer
Higgins and the *Ronald Reagan*
Carrier Strike Group are forward-
deployed to the 7th Fleet area of
operations in support of security
and stability in the Indo-Pacific.
7th Fleet is the largest numbered
fleet in the world, and with the
help of 35 other maritime-nation
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providing credible, ready forces
to help preserve peace and pre-
vent conflict.

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(Parking lot off the Alley - North of the building)
Worship 10:30am Sundays
Bible Class, Wednesdays 10am
(619)222-7291 LivingWaterSD7@gmail.com

Bayview Church
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6134 Pastor Timothy J. Winters St., San Diego 92114 (619) 262-8384
Sunday 6:45am, 8:30am, 11am Worship Service
Studies in Christian Living (formerly known as Sunday School) Tuesday
& Thursday 6pm, Wednesday 5:30pm & Saturday 9am
www.bayviewbc.org info@bayviewbc.org

Canyon View Church of Christ
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4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org
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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
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Sunday 9:30am Worship
Wednesday 6:30pm Bible Study
7111 La Jolla Blvd., La Jolla, CA 92037
(858) 454-6459
LaJollaLutheranChurch.com

Living Water Lutheran Church
"Whoever believes in me, streams of living water will flow from within him."
Meeting at Hampton Inn
Corner of Carmel Mountain Rd. and El Camino Real
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(858)792-7691 LivingWaterSD7@gmail.com
Pastor: Rev. Steven Duescher

Mesa View Baptist Church
Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.)
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Wednesday Night Bible Study 7pm
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APPLEBEE'S: Continuing its 15-year, Veterans Day tradition, the chain offers active duty military, veterans, reserves & National Guard a free full-size entrée from an exclusive menu Friday, Nov. 11. These special guests also receive \$5 Bounce Back Card to redeem for dine-in, to-go or delivery.

BAKERS SQUARE -- Veterans and active-duty military get a free 2-2-2 Breakfast that includes two eggs (any style), two bacon strips or two sausage links, and two buttermilk pancakes on November 11. Valid for dine-in and to go.

BJ'S RESTAURANT & BREW-HOUSE: A free meal, plus complimentary Dr Pepper beverage, is offered to current & former military with valid military ID on Friday, Nov. 11. Meal from select menu. Available for dine-in only.

BLACK ANGUS STEAKHOUSE: Current & past military can enjoy a free meal on Veterans Day, Nov. 11. The dine-in offer from 12 p.m. - 3 p.m. features a 6-ounce top sirloin steak, mashed potatoes & broccoli for those with photo ID verifying military service. Dine-in only. Throughout the year, the steakhouse offers 15% discount to all servicemen and women.

BUCA DI BEPPO: Veterans & active duty military receive complimentary lunch-size entrée all day Nov. 11. Valid ID for active military or veteran status required.

BUFFALO WILD WINGS -- Veterans and active-duty service members get a free order of 10 boneless wings and fries on November 11. The offer is available for dine-in or take-out (online ordering excluded).

CALIFORNIA PIZZA KITCHEN: On Friday, Nov. 11, veterans & active military are invited for a complimentary non-alcoholic beverage & entree from prix-fixe menu with salads, pizza & pasta. Bring valid ID.

CHILLI'S -- Veterans and active-duty service members get a free meal from a select menu on November 11. In-restaurant only.

CHUCK E. CHEESE -- On November 11, active-duty military, National Guard and vet-

erans get a free personal 1-topping pizza with valid military ID or proof of military service. Not available for delivery.

CICIS PIZZA -- Active and retired military personnel get a free adult buffet on November 11. The offer is valid for dine-in only and it does not include a drink.

CLAIM JUMPER STEAKHOUSE & BAR: The tradition to celebrate vets & active duty with a free dine-in meal on Veterans Day continues Nov. 11. Limited meal options. Verification ID required.



COCO'S BAKERY -- Veterans and active-duty military get a buy one entrée get one free offer on November 11. Available for dine-in or take out.

CORNER BAKERY: Active & former military members can enjoy 20% off their orders Veterans Day, Nov. 11. Among dining options are paninis, pastas, breakfast meals & more. Don't forget military ID.

CRACKER BARREL -- Veterans get a complimentary slice of Double Chocolate Fudge Coca-Cola Cake in-store or online on November 11.

DENNY'S -- Veterans and active military personnel get a free Build Your Own Grand Slam on November 11, from 5 a.m. to noon. Dine-in only.

DUNKIN' DONUTS -- On November 11, veterans and active-duty military receive a free donut at participating locations. Offer available in-store only.

EINSTEIN BROS. BAGELS -- Veterans and active-duty military get a free hot or iced coffee (any size) with a purchase in-store on November 11.

EL TORITO: On Nov. 11, veterans with valid ID can choose a free, three-item combo for lunch or dinner.

FAMOUS DAVE'S -- Veterans and active-duty military get a free Georgia Chopped Pork Sandwich + Side on November 11. Dine-in and to go. Use code VETERAN at checkout on famousdaves.com/menu.

FOGO DE CHAO: The churrasco-style Brazilian restaurant is honoring veterans & ac-

tive-duty on Veterans Day with 50% off food, plus 10% off food for up to three guests. Bring military ID. Reservations.

GOLDEN CORRAL -- Golden Corral is hosting their Military Appreciation Night on November 14 from 5pm to close. This includes a free "thank you" meal when dining in.

HOOTERS -- Active-duty military and veterans get a free entrée from the Hooters Veterans Day Menu with purchase of a beverage on November 11. Dine-in only.

IHOP: Red, White, & Blueberry Pancakes are free for veterans & active duty Friday, Nov. 11 from 7 a.m. to 7 p.m. Dine-in only, one order per guest & military ID or proof of service required.

KRISPY KREME -- Veterans get a free coffee and doughnut of choice on November 11 at participating locations. Offer is available in-shop and drive thru only.

LITTLE CAESARS: As part of 16-year tradition of honoring U.S. military men & women, a Veterans Day freebie -- a HOT-N-READY Lunch Combo -- is offered Nov. 11 from 11 a.m. - 2 p.m. at participating shops. Proof of service (such as ID card with veteran designation, DD-214 form or current military-issued ID card) is needed.

LUCILLE'S SMOKEHOUSE BBQ: With military ID or proof of service, veterans & active duty can select one of four freebies. Dine-in or takeout. Temecula.

MACARONI GRILL -- Veterans and active-duty military receive a free Mom's Ricotta Meatballs + Spaghetti on November 11.

MENCHIE'S -- Veterans and active-duty military get their first 6 oz of froyo free on November 11 with proof of service.

OUTBACK STEAKHOUSE: Service members and veterans, plus medical workers, police and first responders, get 10% off their checks as part of Heroes Discount program. Valid ID required. The promo applies Nov. 11 ... and all day, every day

QDOBA MEXICAN EATS: Active-duty military and veterans receive 50% off any entrée when showing military ID at check-out on Veterans Day, Nov. 11. The offer is valid in-store only.

RED LOBSTER: Special on Veterans Day, Friday, Nov. 11 allows vets, active-duty & re-

servants, with military ID or proof of service, a free Walt's Favorite Shrimp, fries & coleslaw for dine-in or takeout from 11 a.m. - 4 p.m.

RED ROBIN: A free Red's Tavern Double burger & Bottomless Steak Fries await veterans & active duty Friday, Nov. 11 at participating restaurants. The offer is for dine-in only. Proof of service required.

7-ELEVEN: On Veterans Day, Nov. 11, score a free Quarter-Pound Big Bite, all-beef hot dog. Available to military & veterans for one day only in-store & via delivery through 7NOW app. Don't forget ID and hot dogs can be customized with such condiments & toppings as hot chili, melted nacho cheese, onions, jalapeños & pico de gallo.

SMASHBURGER -- Get a free CLASSIC SMASH when you show a valid military ID in store on Nov 11 at participating locations.

SMOOTHIE KING -- On November 11, veterans and active-duty military members get a

free 20 oz. smoothie.

STARBUCKS -- As with previous years, Starbucks will offer a free tall (12-oz) hot brewed coffee for veterans, military service members and military spouses on November 11. In 2022, Starbucks is expanding this offer to include a free tall (12-oz) iced coffee.

TCBY -- Veterans and active military personnel get their first 6 oz. of frozen yogurt for free on November 11 at participating locations.

TEXAS DE BRAZIL -- Veterans receive 25% off dinner November 8 through 11 during dinner hours. Dine-in only. Reservations highly recommended.

TEXAS ROADHOUSE -- Veterans and active-duty military receive a meal voucher on November 11, from 11am to 2pm. These vouchers are good for dine in or carry out and can be used until May 30, 2023. There will be a specific menu to select from.

TGI FRIDAYS: Veterans & active duty per-

sonnel are treated to a limited menu free meal Friday, Nov. 11. Offer is for dine-in at participating locales from 11 a.m. - 2 p.m. Valid military ID required.

WENDY'S -- Active-duty military and veterans get a free breakfast combo on November 11 at participating locations from 6:30 to 10:30am.

WIENERSCHNITZEL -- Veterans and active-duty military receive a free Chili Dog, small fries and a small drink at participating locations on November 11.



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A family of a *Lake Champlain* sailor gets a bird's eye view of family day activities. US Navy photo by Cryptological Technician 3rd Class Cody Cochran

Families enjoy a day cruise

by Lt.j.g. Sarah Weinstein
Carrier Strike Group ONE

SAN DIEGO – Cruiser *USS Lake Champlain* hosted a family and friends day cruise off the coast of San Diego, October 28.

Lake Champlain welcomed approximately 150 guests aboard to experience life out to sea on a Navy ship.

Family members and friends observed linehandling from the foc'sle and shiphandling from the bridge during the ship's departure.

Family day activities commenced with a narrated transit of the San Diego channel, during which they cruised by Naval Base San Diego and Naval Air Station North Island, the City of San Diego and its landmarks.

Once outside of the channel, *Lake Champlain* demonstrated some of the ship's capabilities, showcasing the full force of the four gas-turbine engines and demonstrating the speed at which controllable pitch propeller ships can shift their speed.

Guests were treated to a "steel beach" lunch cookout on the ship's flight deck where they enjoyed a sea-bound driving range while listening to music.

They were given an opportunity to try their hand at basic damage control, conducting races, to don fire protective equipment, tested out hose handling skills, and demonstrated pipe-patching techniques.

Lake Champlain Sailors demonstrated search and rescue capabilities - a simulated rescue with a full set of disentanglement procedures.

"I really enjoyed getting to demonstrate what I learned in school in front of my parents," said Smith. "It is one of the evolutions that you can explain to someone, but they don't see everything that goes into it until they are actually there."

Lake Champlain showed off her full battery. From forward to aft, every gun on *Lake Champlain* boomed, showing the cruiser firepower in a gunnery demonstration.

"Our Sailors work hard every day whether they are underway or in port. We hosted a family day cruise so that our loved ones can see what we do when we get underway, and everything that contributes to getting *Lake Champlain* underway and keeping her there," said Capt. Steve Foley, the ship's commanding officer.

Local Veterans Day observances

FREE Veterans Day Ceremony. The Camp Pendleton Young Marines as Color Guard, "Feathers from Heaven" Doves, the Santa Fe Christian School Band and more. Nov. 11, 11 am–12 noon. La Colonia Park, 715 Valley Ave., Solana Beach. www.ci.solana-beach.ca.us

FREE Veterans Day Ceremony. Join VFW Post 7907 and the Poway Veterans Park Committee for a ceremony to honor those who selflessly served our country. Nov. 11, 11 am. Veterans Park, 14134 Midland Rd., Poway. www.poway.org

Veterans Day Celebration on the USS Midway. Nov. 11, 10 am–4 pm. 910 N. Harbor Dr. Details: www.midway.org

Fleet Week San Diego's Veterans Day Boat Parade. The Fleet Week Veterans Day Boat Parade departs from Shelter Island at 12 pm on Nov.11. The parade will feature boats of all sizes decorated to salute and honor veterans and members of the U.S. Military. Spectators can view the parade from Shelter Island, Harbor Island, Embarcadero, Seaport Village and Coronado Tidelands Park. www.fleetweeksandiego.org/veterans-boat-parade-2022/

2022 Veterans Day Ceremony. This year's theme, "Honor – Answering the Call to Duty," recognizes the honorable service of our veterans. Retired Colonial Greg Rassatt will join the event as Master of Ceremonies and the San Marcos High School Junior Reserve Officers' Training Corps cadets and local scout troops will assist with the ceremony. Music provided by the San Elijo Middle School Jazz Band. Parking will be available at the church next to Helen Bougher Memorial Park. Guests are welcome to bring lawn chairs to view the ceremony. Nov. 11, 2 pm. Helen Bougher Memorial Park, 1243 Borden Rd., San Marcos. www.san-marcos.net/departments/parks-recreation/special-events/veterans-day

Patriotic Salute to Veterans. Show your appreciation for the members of the armed forces at the annual Patriotic Salute to Veterans. Following the military banner presentation, enjoy a musical performance by the Temecula Valley Symphony. A free meal will be served to those in attendance. Don't forget your lawn chair and blanket for this patriotic program. Nov. 11, 6-9 pm. 41000 Main St. Temecula.

FREE Warrior Hike Challenge. Choose from three adventures designed to test the physical and mental stamina of our active duty and retired military personnel, their families and supporters. Nov. 12, 7 am–4 pm. El Capitan County Preserve, 13775 Blue Sky Ranch Rd., Lakeside. www.sdparcs.org/warriorhike

FREE SeaWorld Red, White & Blue Salute. Former military personnel and up to three guests may enjoy one complimentary admission. Through Nov. 13. Interstate 5, exit SeaWorld Dr. www.seaworldsandiego.com



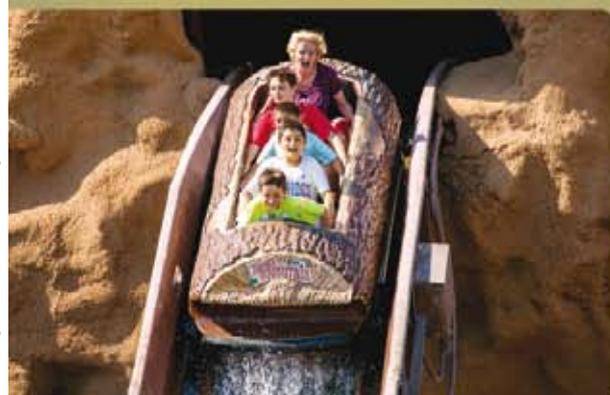
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Naval intelligence senior leaders visit IWTC San Diego

Courtesy Story, Center for Information Warfare Training

SAN DIEGO - Sandy Brown, assistant deputy director of Naval Intelligence and director, intelligence capabilities and systems division on the Chief of Naval Operations' staff, and Chris Page, deputy director, OPNAV N2N6Q, visited Information Warfare Training Command (IWTC) San Diego recently.

Brown and Page met with IWTC San Diego leaders and staff to deepen their understanding of the intelligence training conducted at the fleet-focused schoolhouse, and discuss information warfare (IW) training requirements necessary to strengthen integrated deterrence efforts and maintain the Navy's maritime dominance.

Cmdr. Greg Gabriel, commanding officer, IWTC San Diego, provided a command brief that included an overview of the 50 courses offered at IWTC San Diego's geographically dispersed training sites spread across the Pacific. Brown and Page visited classrooms supporting the Foreign Military Intelligence Collection Activities (FORMICA) course and Senior Enlisted Maritime Intelligence Analysis Course (SEMIAC), and toured intelligence team trainer facilities used to simulate shipboard systems and capabilities in a schoolhouse environment ashore.

IWTC San Diego instructors provided an overview of their respective courses and described the need to keep pace with technological advances in the fleet to maintain their information advantage over evolving adversarial threats.

"Intelligence Team Trainers help prepare afloat intelligence teams with the necessary processes and watch stander knowledge to provide timely and accurate indications and warning in support of deploying carrier strike groups and amphibious readiness groups," said Chief Intelligence Specialist Josh Bibb, lead instructor for the three-course intelligence team trainer series. "Intelligence Team Trainers replicate real-world scenarios in a simulated environment, providing afloat intelligence teams with realistic training early in their pre-deployment training cycle."

Pendleton Marines take delivery of last Viper attack helicopter

by Chris Jennewein, Times of San Diego

Aviators at Camp Pendleton have taken delivery of the last AH-1Z Viper attack helicopter produced by Bell Textron for the Marine Corps.

Col. Nathan "MOG" Marvel, commanding officer of Marine Aircraft Group 39, flew the 189th Viper from the Bell factory in Amarillo, Texas, to California on Nov. 4.

"The completion of the H-1 program of record delivery is a momentous event for Marine aviation," Marvel said. "By no means is this the end of an era - it's the next chapter in the great legacy of the H-1 and the U.S. Marine Corps."



The final AH-1Z Viper lands at Camp Pendleton. Marine Corps photo

The AH-1Z Viper is a twin-engine attack helicopter featuring a four-blade main rotor system. It carries a M197 Gatling gun, 70 millimeter rockets, and both air-to-air and air-to-surface missiles.

It's based on the UH-1 "Huey" platform that was widely used in the Vietnam War.

"Today's H-1s are far more lethal, survivable and sustainable than their predecessors. They bring capability and capacity to the battle space that no other platform can provide," Marvel said.

The Marine Corps fleet also includes an earlier version, the UH-1Y Venom, for a total of 349 attack helicopters.



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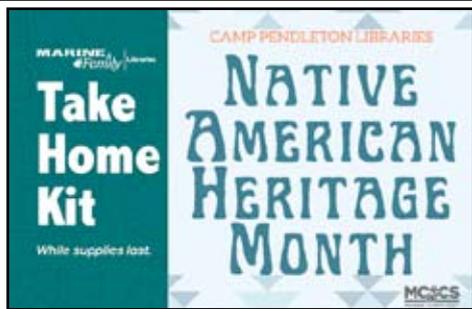
CAMP PENDLETON

**Take Home Kit:
Native American Heritage Month**
Monday, Nov. 14 - Friday, Nov. 18

This November, the Camp Pendleton libraries will celebrate Native American Heritage with take-home activities that pay homage to the Native American culture.

Visit any library branch to pick up a take-home activity kit to celebrate this month! For ages 5-12 years. While supplies last, during open hours at all library locations.

For more information, call (760) 725-5104.



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THIS WEEK'S GALLERY



MCRD, SAN DIEGO (Nov. 4, 2022) - A trip back in time: Marine vet, 97, visits origins of his decorated military career: Lodi resident Frank Wright took a trip back in time last month when he returned to southern California to revisit the birth of his military career. Wright, 97, enlisted with the Marine Corps in 1942 at the age of 16 and completed basic boot camp here. He fought in battles throughout the Pacific Theater during World War II, including at Iwo Jima, where he witnessed the raising of the flag on Mount Suribachi. Wright was an original member of the Marine Corps' Raiders special forces unit. Courtesy photo

SAN DIEGO (Nov. 6, 2022) - Army Capt. Cara Adams, member of team Army, shoots a basket during a game at the Armed Force's Men's and Women's basketball championships held at the Admiral Prout Fieldhouse. Service members from the Army, Marine Corps, Navy (with Coast Guard players) and Air Force (with Space Force players) battle it out for the gold. US Air Force photo by Staff Sergeant James R. Crow



MCAS MIRAMAR (Nov. 4, 2022) - President Joe Biden engages with the media before departing Southern California aboard Air Force One here. Biden is making his second trip to California in less than three weeks as a run-up to Election Day. US Marine Corps photo by Lance Cpl. Jackson Rush

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 NOVEMBER 5 8:00PM US NAVY RECOGNITION	 NOVEMBER 12 7:00PM FLEET WEEK CLASSIC	 NOVEMBER 26 8:00PM US AIR FORCE RECOGNITION	 IN COOPERATION WITH SDMAC FOUNDATION

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

“Would you like goggles for eye protection?” the cheery but humorless dental hygienist asked while I reclined in her naugahyde chair. Her question was innocent enough, but I felt interrogated under the blazing light with its hinged robotic arm.

“Ngh.” I responded, a tubular spit sucker (known as a saliva ejector) hooked in my open mouth, which she correctly interpreted as, “No, thank you.”

Why have saliva ejectors replaced those rinse and spit sinks that looked like miniature toilet bowls, anyway? I once heard there were specialized “dental plumbers” just for dental offices. “Are they out of work?” I wondered. “Is there a dental plumbers’ union? Are they marching in protest, carrying signs calling for the return of rinse and spit bowls?”

This is what happens when I go to the dentist. There’s something about reclining in a naugahyde chair, unable to move or speak, that gets my mind going. Strangely, I’ve had some of my deepest thoughts while having my teeth cleaned. My brain meanders from detailed observations, to philosophical ponderings, to intense self-examination, to in-depth analyses of the entire human race.

It all starts in the waiting room.

Dental daydreaming

While perusing magazines, I usually find a recipe I’d like to take home. This must be done secretly, of course, because tearing pages out of my dentist’s magazines is technically stealing. I usually set the magazine nonchalantly on my lap and pretend to read, while tugging at the recipe. To hide ripping sounds, I wait for someone to cough, sneeze or open the doors, then “Whoosh!” I tear the page out and stuff it in my purse in one fell swoop. My hand comes out of my purse with a tube of Chapstick, which I apply stolidly and act bored.

This little act of kleptomania triggers a round of grave self-analysis. After a few minutes of guilt-induced panic, I eventually take mercy on myself, chalking recipe stealing up as a minor personality flaw. But my brain’s deep recesses have been activated, and there’s no going back.

Once I’m lounging supinely in the dental chair with instruments in my mouth, real contemplation begins. My eyes avoid direct contact with the hygienist’s, as my thoughts wade through the past, the present, and the future.

I think of my childhood, when our family dentist, Dr. Petras, put his washed but ungloved fingers into my mouth during dental exams. Moments before, he’d likely used that same hand to smoke a cigarette in his office, but I only tasted soap. He scraped tartar from my teeth with his tiny gaffing hook, and polished them with a spinning rubber pencil eraser while microscopic bits of paste and saliva flew with centrifugal force. Many times during those visits, I

was asked to rinse and spit into the little toilet bowl, and wondered if it had its own tiny brush.

Back in the present, I’m grateful that my hygienist is wearing gloves. However, I note that nearly everything today is sheathed in protective plastic or bacteria-filtering polypropylene fiber. My hygienist is wearing goggles and a face shield, too, which prompts the inner query, “Who is she protecting, herself or me?”

My over-processing mind then considers the future. Will scientists realize that, like old rinse and spit bowls, saliva ejectors are obsolete? How will society deal with all that drool? Will hygienists wear air-tight space suits, or will the task of dental cleaning be relegated to high-tech sanitized robot arms? What’s the danger in drool anyway? Endless Covid strains? The flu? Monkey pox? Parasitic creatures like those horrifying microscopic mites that live in our eyebrows? Have we all become hopeless hypochondriacs destined to isolate ourselves permanently and thereby doom the human race to extinction?

“You’re all set!” my hygienist says, yanking me back to reality. She opens a drawer full of new toothbrushes, mini toothpaste tubes and floss. “Take whatever you’d like,” she offers.

Admiring my teeth in my car’s rear-view mirror on the way home, I contemplate why I took a second mini toothpaste tube from the drawer while the hygienist wasn’t looking. “Minor personality flaw,” I remembered, my mind having come full circle.

Is a fully electric vehicle the best choice for you?

If you are considering the purchase of a new vehicle, you might be thinking about getting one that is fully electric. However, especially if this will be your only vehicle and if you have never tried to include a fully electric vehicle in your day-to-day routine, there are factors that you should carefully consider first, to determine if a fully electric vehicle will meet your needs.

There are definitely benefits to going all-electric. Test drives can provide you with good insight into some of those benefits. You will probably notice the quick accelerations, and the lack of engine noise. These vehicles are quiet! Since there is no gasoline engine—just electric motors—maintenance is significantly reduced.

However, there are critical differences between fully electric vehicles and gas-powered vehicles. Of these differences, the fuel source is likely the most consequential, by far. Whereas you refuel a conventional vehicle with gasoline, you ‘refuel’ a fully electric vehicle with electricity. It takes significantly longer to ‘refuel’ an electric vehicle than it takes to refill the gas tank of a conventional vehicle. You must take this fact into consideration when making your travel plans.

My daily driver is a 2021 RAV4 Prime plug-in hybrid. A plug-in hybrid combines an internal combustion engine and electric motors. It can run on a driver-selectable combination of gas and electricity. It is plugged in to recharge and gas goes in the tank. It also qualifies for California’s single driver carpool lane stickers, just like a full EV.

Before purchasing my RAV4 Prime,

I gave serious thought to purchasing a fully electric vehicle, but ultimately I decided that was not a good choice to meet my driving requirements consisting of a mixture of short and long trips. Driving it for more than two years has confirmed that I made the correct choice. Long trips in a fully electric vehicle would require much

AutoMatters™ & More
by Jan Wagner



longer stops to recharge than stopping for gas would take, where you could quickly fill up your gas tank and be on your way. Furthermore, charging stations are much less common than gas stations, and those that are there may already be in use by other drivers or not be working.

Thanks to its 42 miles of all-electric range, I do most of my local driving using electricity in my RAV4 Prime plug-in hybrid. I have solar panels on my house, so I usually recharge at home. I really appreciated that recently, when the price of gas skyrocketed.

I just returned from a week-long trip from San Diego to Las Vegas, during which I covered the SEMA Show (a huge automotive trade show), and the Aviation Nation air show (featuring The USAF Thunderbirds, at Nellis Air Force Base). The distance from my home to the Las Vegas Conven-

tion Center is around 350 miles. Even under ideal conditions the maximum range of all but the most expensive EVs is less than 350 miles (and in cold weather, EV range can drop sharply), so if I had an EV I would have needed to stop along the way to recharge for much longer than a stop for gas would have taken. I left home with a full tank and a full charge, so when I arrived at the Las Vegas Convention Center in my RAV4 Prime, I still had about a quarter of a tank of gas.

My hotel offered free electric vehicle charging, which would have enabled me to drive for free for my week in Las Vegas. However, the hotel only had three pairs of ChargePoint stations, some of which were out of order. I was able to recharge twice during my stay. The rest of the time I used gas. With a fully electric vehicle, you do not have that choice.

If you need a new vehicle and occasionally make long trips, my advice to you is to hold off on buying a fully electric vehicle until the charging infrastructure and battery range improve. In the meantime, get a hybrid or plug-in hybrid.

To learn more about the Toyota RAV4 Prime plug-in hybrid, here are links to two of my “AutoMatters & More” columns about that vehicle: <https://automatters.net/2021-toyota-rav4-prime-may-be-the-best-all-around-suv-ever/> and <https://automatters.net/2021-toyota-rav4-prime-plug-in-hybrid-trounces-the-competition/>

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Wednesday Night BINGO

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Veterans Association of North County
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Volunteer opportunities available at all Navy-Marine Corps Relief Society (NMCRS) locations. Receive training and mentorship and make a difference in the lives of our active duty service personnel and their families. 619-767-6800/www.nmcrs.org

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RENTALS HOMES

CORONADO - Spacious beautiful home in Village. 3BR/2+Bath, 2 car gar, office or hobby room. Fabulous master BR with natural light. Updated kitchen, bath & laundry room, all new appliances. NO PETS, NO SMOKING on property. 12 month lease. \$7000/mo. 408-307-7695. 11/17

LA MESA - 2BR/1BA house in charming neighborhood, air conditioning, solar, hardwood floors, all appliances including washer/dryer. Shared patio. 1 block from the Village of La Mesa. Available Dec. 1st. \$3000/mo. 619-697-7094. 11/24

People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.

THINGS TO DO AROUND TOWN

San Diego Bay Wine and Food Festival, Wed-Sun, Nov 9-13. www.sandiegowineclassic.com

Broadway San Diego presents: Hamilton, Nov 9-20, at San Diego Civic Theatre. sandiegotheatres.org
Dr. Seuss's How the Grinch Stole Christmas, Nov 9-Dec 31, at The Old Globe. theoldglobe.org
Veterans Day Ceremony at Poway Veterans Park, Nov 11, 11am. www.poway.org

Veterans Day Ceremony. Nov 11. La Colonia Community Center. www.ci.solana-beach.ca.us

Veterans Day Ceremony. Nov 11, 2pm. Helen Bougher Memorial Park, San Marcos. www.san-marcos.net/veterans

SD Gulls vs. Bakersfield Condors at Pechanga Arena San Diego, Nov 11, 7pm. www.sandiegogulls.com

Bing Crosby Fall Horse Racing Season Nov 11-Dec 4, at Del Mar

Racetrack. www.dmtc.com
Zach Bryan, Nov 11. Petco Park www.ticketmaster.com

Grand Tasting San Diego Bay Wine and Food Festival, Sat, Nov 12. www.sandiegowineclassic.com

All About Worms Workshop, Sat, Nov 12, 10-noon. Free. Learn about vermiculture. Linear Park, Rancho Bernardo. bit.ly/3CoC2XA

MTRP Discovery Table: Bird Beaks, Sat, Nov 12, 10am-1pm. Free. Mission Trails Regional Park. mtrp.org

Chollas Lake Ranger-led History Hike, Sat, Nov 12, 1-3pm. Free. Chollas Lake.

Holiday Crafts Fair Olivenhain Sat, Nov 12. www.olivenhain.org

Football, Sat, Nov 12: SDSU vs. San Jose State at Snapdragon Stadium, 4pm. www.goaztecs.com

Guided Nature Walk. Saturdays, Nov 12 & 26, 8:30-10am. Free.

Kumeyaay Lake Campgnd. mtrp.org
Guided Nature Walk, Saturdays, Nov 12, 19, 26, Dec 3, 9:30-11am. Mission Trails Regional Park. mtrp.org

Silver Strand half marathon, 10 miler & 5K. Sun, Nov 13. www.silverstrandhalf.com

Grand Fiesta. Sun, Nov 13. Liberty Station. sandiegowineclassic.com

LA Lakers vs. Brooklyn Nets at Crypto.com Arena, Sun, Nov 13, 6:30pm. www.nba.com/lakers

Free Interpretive Nature Walks, Sundays, Nov 13, 20, Dec 11, 18, 2022, 9-10:30am. Free. Elfin Forest Recreational Reserve, Escondido.

Deck the Halls with Disney Featuring DCappella at Balboa Theatre, Tue, Nov 15, 8pm. www.sandiegotheatres.org

LA Clippers vs. Detroit at Crypto.com Arena, Thur, Nov 17, 7:30pm.

Rady Children's Hospital Ice Rink opens Friday, Nov 18 (thru Jan 9). Liberty Station www.rady-foundation.org/icerink

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Saturday, November 12
1:30pm Top Gun: Maverick (PG-13)
FREE SCREENING
5pm Devotion (PG-13)

FREE ADVANCE SCREENING

Sunday, November 13
noon Amsterdam (R)

3pm Halloween Ends (R)

Friday, November 18
6pm Black Adam (PG-13)

Saturday, November 19
NO MOVIE - Tree Lighting at 3pm
6pm FREE Christmas Movie (TBD)

Pendleton Theater and Training Center
Bldg 1330 Mainside (Across from Mainside Center)

Saturday, November 12
1:30pm Don't Worry Darling (R)

Saturday, November 19
1:30pm Smile (R)

Saturday, November 26
1:20pm Amsterdam (R)

Q-Zone - NAB
Bldg. 337 • 619-437-3190
Family Friendly Movies:
Tues, Thur, Sat: 11 am. NDVDs

Friday, November 11
5pm The Invitation (2022) pg13

Saturday, November 12
11am Paws of Fury: Legend of Hank pg

Monday, November 14
5pm Elvis pg13

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

Outside food and beverage are NOT permitted. Debit/Credit cards only.

Saturday, November 12
1pm Halloween Ends (2022) r

6pm Devotion pg13

Sunday, November 13
1pm Amsterdam r

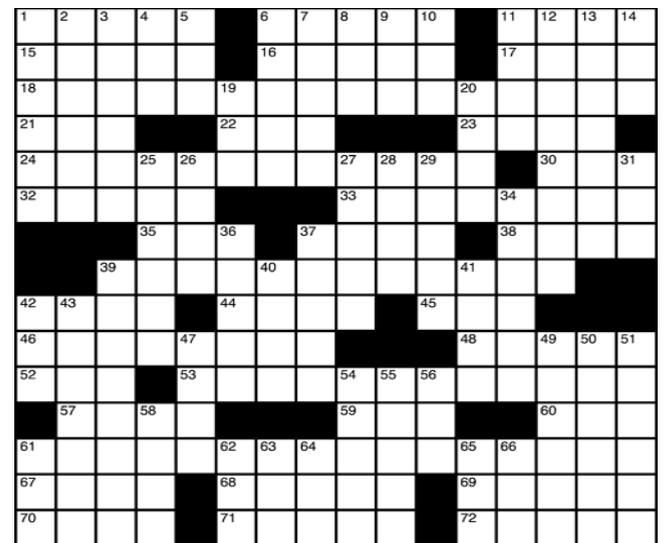
4pm Halloween Ends (2022) r

Friday, November 18
6pm Black Adam pg13

CROSSWORD PUZZLE

Across
1 Toronto Raptors president of basketball operations ___ Ujiri
6 "Ditto!"
11 Qatar's capital
15 Largest members of the dolphin family
16 B's equivalent
17 Indescent gem
18 2010s sci-fi crime drama starring Michael Emerson
21 Two after epsilon
22 Full Sail offering
23 "Rats!"
24 Completed in haste
30 Bill collection?
32 Diva's numbers
33 Stalls
35 NBA official
37 "I'll skip it"
38 Noodle output?
39 Equine sprinter
42 Leave speechless
44 "Silly me!"
45 Discouraging words
46 NBC drama with two pronouns in its title
48 Brass in parades
52 Name that's also a Roman numeral
53 Pull-and-peel food item
57 Dresden denial
59 Castle queenside, in chess notation
60 "Atonement" author McEwan
61 "Start at the beginning," and a hint to the four other longest Across answers
67 Smoothie berry
68 Traffic cop?
69 More loyal
70 Ping-Pong supplies
71 Kids
72 Showing one's claws, so to speak

26 Crossing the pond, say
27 Pronoun-shaped girders
28 Hurry
29 Emmy winner Cicely
31 Anti-traffic org.
34 Crying need
36 Cold coat
37 ___ Challenge: soft drink promotion
39 Shake in fear over
40 Series of dates
41 With 66-Down, nest egg option
42 Cardinal letters
43 Metaphor for a treacherous situation
47 Ain't right?
49 Lebanon's capital
50 How flatware is usually sold
51 Guard at the gate
54 Time being
55 "We Got the Beat" group
56 Trig. ratio
58 Goddess with cow's horns
61 Ceiling fixture
62 Big bang letters?
63 Mare's meal
64 Really bug
65 Consumer protection org.
66 See 41-Down



ROY'S SUDOKU

								3
	9			5				1
	4	7		9				6
9			1	7	5			
		5		6		2		
		3	5		8			9
	5			8		9	2	
	2			1			5	
6								

Down
1 Fuel-efficient bikes
2 Playground rebuttal
3 Prescription, to a layperson?
4 Remote batteries
5 Prefix with metric
6 Take to task
7 Did in
8 Whom Clay became
9 Fellow
10 Wednesday kin
11 TV explorer with a monkey named Boots
12 Hygienist's request
13 Can really play
14 Ctrl-_-Del
19 Photographer Goldin
20 Freezer aisle brand
25 Shutout feature

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VA begins toxic exposure screening for enrolled veterans

Tuesday, Nov. 8, 2022, Department of Veterans Affairs medical centers and clinics across the country began offering enrolled veterans a new toxic exposure screening. These screenings are a key part of the PACT Act, a new law that empowers VA to deliver care and benefits to millions of toxic exposed Veterans and their survivors. The screening takes around five to 10 minutes and begins by asking veterans if they believe they experienced any toxic exposures while serving in the armed forces.

Veterans who answer "yes" will then be asked about specific exposures, including open burn pits/airborne hazards, Gulf War-related exposures, Agent Orange, radiation, Camp Lejeune contaminated water exposure and other exposures. Veterans enrolled in

VA health care will be offered an initial toxic exposure screening then follow-up screenings at least once every five years.

After completion of the screening, VA will connect veterans who are concerned about toxic exposures to information about benefits, registry exams and clinical resources. Medical concerns will continue to be addressed through existing care teams or other facility resources as appropriate.

Veterans can ask about receiving the screening at their next VA primary care provider appointment. If veterans are not assigned to a primary care team or wish to be screened sooner than their next appointment, they are invited to contact their local facility and ask to be screened by the toxic exposure screening navigator.

VA encourages veterans not currently enrolled in VA health care to apply now. Learn more at <https://www.va.gov/health-care/apply/application/introduction>. Information: [VA.gov/PACT](https://www.va.gov/PACT). <https://www.publichealth.va.gov/exposure>



MARINE CORPS RECRUIT DEPOT SAN DIEGO -- U.S. Marine Corps Staff Sgt. Matthew Magana, an academic instructor with Instructional Training Company, Support Battalion, demonstrates treatment for a chemical burn during a tactical combat casualty care (TCCC) class at Marine Corps Recruit Depot San Diego, Nov. 1. TCCC is a three-phase approach to casualty management, ensuring the appropriate medical care is given at the correct time and place during a combat mission. U.S. Marine Corps photo by Lance Cpl. Jacob Hutchinson.

Register for Nov. 17 TRICARE Open Season webinar

TRICARE Open Season is your once-a-year chance to enroll in or change your TRICARE Prime, US Family Health Plan, or TRICARE Select plan. Don't miss the "TRICARE Open Season and Your Options" webinar on Nov. 17 at 1 p.m. ET to learn more about this year's open season.

"With open season quickly approaching, now is the time to make sure you get the health care coverage you need," said Zelly Zim, a program analyst with TRICARE Policy and Programs at the Defense Health Agency. "During this webinar, we'll look at some of the key factors that could affect your choice."

TRICARE Open Season starts Nov. 14 and it will run through Dec. 13. The enrollment changes you make will take effect on Jan. 1, 2023. If you don't act during this time, you may have to wait a full year before you can switch your coverage again. Outside of Qualifying Life Events, such as moving, marriage, birth, and retirement, open season is the only time you can make enrollment changes for TRICARE Prime and TRICARE Select plans, as described in the TRICARE Qualifying Life Events Fact Sheet.

Open season doesn't apply to active duty service members. And it doesn't apply to TRICARE Reserve Select, TRICARE Retired Reserve, and TRICARE Young Adult. You can purchase these health plans at any time throughout the year. The other health plan not impacted by open season is TRICARE For Life (TFL). Remember TFL coverage is automatic if you have Medicare Part A and Part B.

Who should attend this webinar? Active duty family members, as well as retirees and their family members who are enrolled in or eligible for:

- TRICARE Prime (or TRICARE Prime Overseas)
- US Family Health Plan
- TRICARE Select (or TRICARE Select Overseas)

A Q&A will follow the presentation. Register for the Nov. 17 webinar today at <https://register.gotowebinar.com/register/7677374452334099726>. Registration for the webinar is limited.

IS FOR VETERAN

When we're thanked for our service we reflect on how we served.

The way we had to break in boots.
The times we gathered up our nerve.

The nicknames that made us laugh.
The smell of chili mac MREs.

The pride we felt with that first oath.
The friendships that came to be.

So, at the game, when we're asked to stand,
it's not applause that's in my sight.

I'm looking around for you, my friend,
to see who's on my left and right.



Scan to learn how you can honor a fellow veteran.



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Art inspired by St. Jude patient **Amber**
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