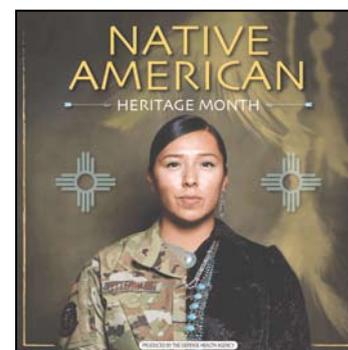


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SIXTY-SECOND YEAR NO. 39
THURSDAY, NOVEMBER 17, 2022

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Career & Education

People First Task Force: Preventing harmful behaviors starts at the roots.

See page 6

Local

Littoral Combat Ship Training Facility Pacific established ... College basketball 'carrier classic'

See page 6-7

Fabulous columnists!

Jan Wagner's AutoMatters & More .. Lisa Molinari reflects on life in & out of the service.

See page 9

Around Town

Doggie Street Festival, Habitat Restoration, Wonderfront Festival, Puppy Yoga, Guided Nature Walks, and more!

See page 10



Snack Time - Navy Petty Officer 2nd Class Pierre Blakely, assigned to San Diego-based USS Tripoli, feeds a kangaroo at the Bonorong Wildlife Sanctuary in Hobart, Tasmania Nov. 11. The ship visited the U.S. 7th Fleet area of operations to enhance interoperability with allies and partners. US Navy photo by Navy Petty Officer 1st Class Peter Burghart

Sailor receives medal for life-saving actions

by Petty Officer 2nd Class
Claire DuBois

NAVAL AMPHIBIOUS BASE CORONADO - A Sailor received the Navy and Marine Corps Medal in a recent ceremony at the Vietnam Unit Memorial here.

Air Traffic Controlman 2nd Class Jacob Bukowiecki, from Surprise, Ariz., was presented the Navy's highest non-combat medal after saving a stranded motorist from flash flooding March 12, 2020.

Bukowiecki, a tactical air control center supervisor assigned to Tactical Air Control Squadron 11, was on leave and traveling with his wife in southeast California when he was the first on-scene to witness a man in his vehicle become trapped by flash flooding. After the vehicle was swept off the road and into Milpitas Wash, he ran a third of a mile and without hesitation, jumped into the water to help.

"At the time I had no idea this was a big deal," Bukowiecki said. "I did what I think anyone would've - what anyone should have done."

The flood-swept vehicle quickly filled with water, leaving only the driver's head visible. With water up to his chest, Bukowiecki was forced to return to shore.

Nearly an hour had passed when someone arrived on the scene who had a rope in their car. Bukowiecki



Capt. Gabriel M. Kelly, commodore, Tactical Air Control Group One, right, presents a Navy and Marine Corps Medal to Air Traffic Controlman 2nd Class Jacob Bukowiecki. US Navy photo by MC2 Claire M. DuBois

then attempted to throw the rope to the stranded driver. When that failed, he jumped back into the wash to bring it to him.

Bukowiecki successfully tied the rope around his torso so others could pull them to shore, but the man was reluctant to leave the car without his shoe. Bukowiecki quickly found out why - his shoe was a prosthetic leg.

Bukowiecki was then able to throw the leg to shore and help the man out of the water without further incident. Soon, border patrol agents arrived, providing continued support for the man's medical needs. It was clear then that any delay in his rescue could have put him at much greater risk due to medical conditions. After ensuring the man was safe, Bukowiecki and his wife continued their trip as planned.

The story spread after Bukowiecki returned to work. When

Lt. Cmdr. Shawn Hazelgrove heard about his heroic actions, he stopped at nothing to ensure he was recognized.

"The more I found out about it, I thought it was incredible," said Hazelgrove. "It's a testament to what our Sailors are willing to do when no one is looking, and the world needs to

see that. He wasn't thinking about getting a medal that day. To see him get recognized for his efforts is important."

Two years later, that became possible. Bukowiecki was presented the Navy and Marine Corps Medal by Capt. Gabriel M. Kelly, commodore, Tactical Air Control Group 1.

The ceremony included his co-workers, wife, and young son. "It's a blessing to get recognition for this," Bukowiecki said.

Following the award ceremony, Bukowiecki reenlisted for another three years of Navy service.

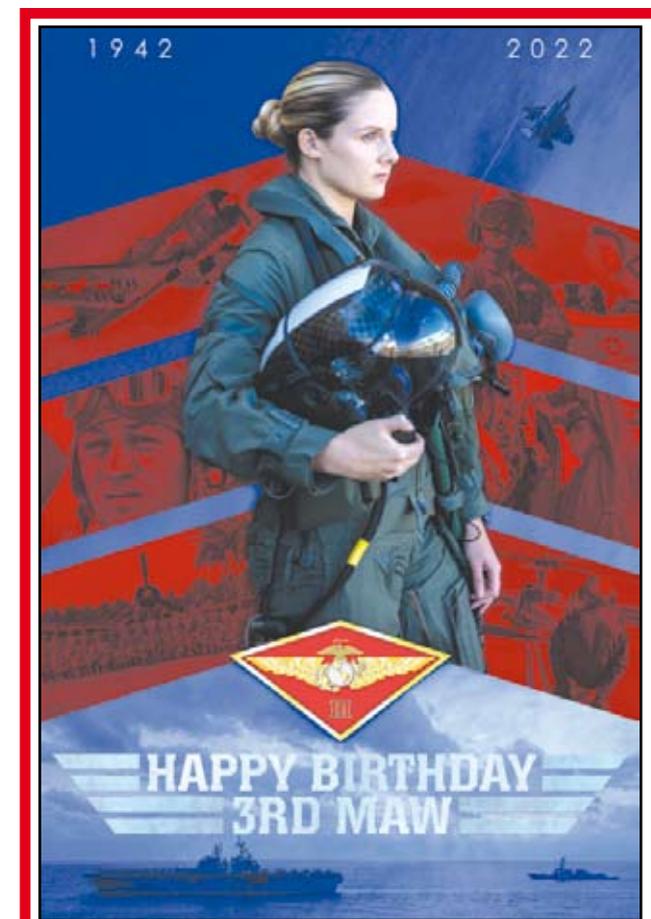
Hazelgrove, who acted as reenlisting officer, was ecstatic to see Bukowiecki recognized. "He didn't have to do anything, but he sprang into action and saved a life that day. Hopefully this will motivate others to do the right thing."

Secret donor gives \$100,000 in gifts to Toys for Tots drive

For 12 years, a mystery man has spread joy to needy families throughout the region by making sure kids aren't forgotten during the holidays. This marks the fifth year the mystery benefactor has purchased thousands of dollars of toys from a local Geppetto's for the Marine Corps Reserve Toys for Tots Program based at Camp Pendleton. Now there's a new high. On Nov. 10, also the birthday of the U.S. Marines, the gift giver spent \$100,700. The anonymous donor's generosity adds up to more than \$340,000 in electric trains, bikes, Lego sets, dolls and plush toys over the past five years alone. The receipt for \$100,700 of toys is stretched out by those at Geppetto's in Carlsbad who loaded the Toys for Tots trucks.

Makin Island Amphibious Readiness Group deploys

Amphibious assault ship *Makin Island*, flagship of the *Makin Island* Amphibious Ready Group, departed Naval Base San Diego Nov 9 for a deployment to the Indo-Pacific region. The amphibious ready group with the 13th MEU embarked includes amphibious transport docks *John P. Murtha* and *Anchorage*. *Makin Island* and *John P. Murtha* left San Diego on Nov. 9, while *Anchorage* left the day before. According to U.S. Naval Institute, the ARG/MEU includes the aviation combat element with Marine Fighter Attack Squadron 122 flying F-35B Lightning II Joint Strike Fighters and Marine Medium Tiltrotor Squadron 362 (Reinforced) flying MV-22B Ospreys; the logistics combat element made up of Combat Logistics Battalion 13; and the ground combat element with 2nd Battalion, 4th Marines. According to a report on usni.org, *Murtha* returned to port this week to "evaluate a maintenance issue."



The Marine Corps and 3rd Marine Aircraft Wing (MAW) both celebrated birthdays Nov. 10. On Nov. 10, 1775, a Corps of Marines was created by a resolution of Continental Congress. Since that date many thousand men have borne the name Marine. 3MAW commemorated its 80th birthday. 3rd MAW is the Marine Corps' largest aircraft wing, serving since World War II. US Marine Corps graphic illustration by Cpl. Sean Potter

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SEPTEMBER 3 | 12:30PM
SNAPDRAGON STADIUM OPENER

SEPTEMBER 10 | TBA
US ARMY RECOGNITION

SEPTEMBER 24 | TBA
US COAST GUARD RECOGNITION

OCTOBER 8 | 7:30PM
US MARINE CORPS RECOGNITION

NOVEMBER 5 | 6:00PM
US NAVY RECOGNITION

NOVEMBER 12 | TBA
FLEET WEEK CLASSIC

NOVEMBER 26 | 6:00PM
US AIR FORCE RECOGNITION

IN COOPERATION WITH SDMAC FOUNDATION

Army sustainers focus on grenade skills to increase lethality

by Sean Kimmons

COMBINED ARMS TRAINING CENTER CAMP FUJI, Japan -- Before any hand grenades could blast more shrapnel into a pockmarked range, anticipation filled the air as 60 live grenades were taken out of their cardboard canisters and distributed to Soldiers.

From a concrete pit that overlooked the small range, Spc. Jermayn Griffio tossed two of the grenades, creating loud booms that echoed through a surrounding wooded area near Mount Fuji.

"I was a little bit nervous, but once I got down there and remembered the training that I received I was comfortable with throwing the grenades," said Griffio, an information technology specialist.

While it was "a rush" to hear and feel the nearby explosions, Griffio said the best part of the training was learning from the lane safeties.

"For me, it's more about getting the proper techniques down," he said, "so I'll know how to deploy them without having a safety there."

Griffio and about 30 other Soldiers assigned to the 35th Combat Sustainment Support Battalion qualified on grenades Nov. 2 during a week of live-fire

training that also included small arms and crew-served weapons to better prepare the unit for possible base defense missions.

"We want our unit to be ready if duty calls," said Staff Sgt. Saony Lopez, an operations noncommissioned officer who helped organize the training event. "So it is important for us to continue to make sure our Soldiers are ready and comfortable executing basic Soldier skills."

Lopez served as one of the safeties during the live grenade event, in which each Soldier demonstrated the procedures of throwing a grenade.

She also had the chance to toss grenades, the first time she has been able to do so since she went through basic training 12 years ago.

"For every Soldier that gets to do this, it's very exciting," she said. "It gets them comfortable and builds more confidence ... to be ready to engage [the enemy] at any time."

The battalion has steadily honed its readiness through recent training events that had Soldiers brave a gas chamber as well as a Best Warrior Competition.

Base security also played a key part in a weeklong field training exercise at Sagami



A Soldier assigned to the 35th Combat Sustainment Support Battalion throws a hand grenade into a small range at Combined Arms Training Center Camp Fuji, Japan, Nov. 2, 2022. About 30 Soldiers from the battalion threw grenades during a week of live-fire training that also included small arms and crew-served weapons to better prepare the unit for possible base defense missions. US Army photo by Sean Kimmons

General Depot in late September that led to last week's live-fire training.

"When we are doing base defense we would have Soldiers with actual hand grenades on them," said Command Sgt. Maj. Paul J. Denson, the battalion's senior enlisted leader. "In order to ensure Soldiers know how to properly use hand grenades, we got to train for it."

As the only U.S. Army sustainment unit in mainland Japan, Denson said that his unit has to maintain its lethality.

"Many times, as sustainers, we do not get as many sets and reps as our maneuver brothers and sisters," he said. "To build

lethality, you have to ensure that you build sets and reps and confidence. And to do that you have to come out and do the hard work."

Soldiers working hard together can then improve unit cohesion, which Denson was able to witness on the grenade range.

"It's not often that units throw live hand grenades," he said. "Just receiving some of the feedback from my younger Soldiers, they're saying that it has definitely helped them build camaraderie.

"They won't forget this day and they won't forget the opportunity of throwing live hand grenades and being ready if called upon."

Japan hosts Australia, India, U.S. in Naval Exercise Malabar 2022

PHILIPPINE SEA - Opening ceremonies kicked-off exercise Malabar 2022, Nov. 8, followed by scheduled at-sea exercises involving naval ships, aircraft and personnel from Australia, India, Japan, and the United States in the Philippine Sea, off the coast of Japan.

This year marks the 26th iteration of the Malabar series of exercises, which began in 1992 between the United States and India. The exercise has evolved in scope and partnerships and now includes Japan and Australia. This is the third time that all four nations have participated in Malabar to advance the collective planning, integration and employment of advanced warfare tactics between participating nations.

This year's at-sea exercise includes a variety of high-end tactical training events, submarine integration, anti-submarine warfare training, air defense exercises, multinational replenishment-at-sea operations, communications drills, joint warfighting planning scenarios, gunnery exercise, and maritime interdiction operations.

"This exercise represents an outstanding opportunity for our like-minded maritime forces to work together, demonstrating our shared commitment to the region and collaborative approach toward security and stability," said Rear Adm. Michael Donnelly, Commander Task Force 70 (CTF-70)/Carrier Strike Group Five (CSG 5). "Now, it is more important than ever for the forward-deployed Carrier Strike Group to work closely with other maritime forces and deter all who challenge a free and open Indo-Pacific."

U.S. Navy forces participating include the embarked staffs of CSG 5, Carrier Air Wing (CVW) 5, and Destroyer Squadron (DESRON) 15 along with aircraft carrier *Ronald Reagan*.

Ships Underway
Total Battle Force: 292
(USS 236, USNS 56)
Deployed ships: 105
(USS 69, USNS 36)
Non-deployed ships: 63
(51 Deployed, 12 Local)
Ships Deployed by Fleet
2nd Fleet, 5; 3rd Fleet, 3
4th Fleet, 2; 5th Fleet, 13
6th Fleet, 26; 7th Fleet, 56
Total 105

Where are our ships at sea

Gerald R. Ford CSG
America (LHA-6)
Ronald Reagan CSG
USS Tripoli (LHA-7)
George H.W. Bush CSG
Makin Island ARG

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of Nov. 14, 2022, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

U.S. Naval Forces intercept explosive material bound for Yemen



MANAMA, Bahrain - On Nov. 8, U.S. 5th Fleet intercepted a fishing vessel in the Gulf of Oman smuggling lethal aid, including a large quantity of explosive material, from Iran to Yemen.

U.S. Coast Guard cutter *John Scheuerman* and destroyer USS *The Sullivans* interdicted the vessel as it transited international waters. Patrol coastal ship USS *Hurricane* and Navy explosive ordnance disposal technicians from U.S. 5th Fleet's Task Force 56 also assisted during a weeklong effort to fully search the vessel and verify the type of material found.

U.S. forces discovered more than 70 tons of ammonium perchlorate, a powerful oxidizer commonly used to make rocket and missile fuel as well as explosives. This is U.S. 5th Fleet's first ever interdiction of ammonium perchlorate.

"This was a massive amount of explosive material, enough

to fuel more than a dozen medium-range ballistic missiles depending on the size," said Vice Adm. Brad Cooper, commander of U.S. Naval Forces Central Command, U.S. 5th Fleet and Combined Maritime Forces. "The unlawful transfer of lethal aid from Iran does not go unnoticed. It is irresponsible, dangerous and leads to violence and instability across the Middle East."

The search also found more than 100 tons of urea fertilizer. Urea is a chemical compound with agricultural applications that is also known for use as an explosive precursor.

The vessel and its four Yemeni crewmembers were intercepted while transiting from Iran along a route historically used to traffic weapons to the Houthis in Yemen. The direct or indirect supply, sale or transfer of weapons to the Houthis violates U.N. Security Council Resolution 2216 and international law.

U.S. forces sank the vessel

Destroyer USS *The Sullivans* and patrol coastal ship *Hurricane* sail in the background as Sailors inventory a large quantity of urea fertilizer and ammonium perchlorate discovered on board a fishing vessel interdicted by U.S. naval forces while transiting international waters in the Gulf of Oman Nov. 9. US Navy photo by Sonar Technician 1st Class Kevin Frus

Nov. 13 in the Gulf of Oman after determining it was a hazard to navigation for commercial shipping. The four crewmembers were transferred to Yemen for repatriation Nov. 15 when

"This was a massive amount of explosive material, enough to fuel more than a dozen medium-range ballistic missiles depending on the size."

Vice Adm. Brad Cooper, commander, 5th Fleet

The Sullivans completed an at-sea exchange in the Gulf of Aden with the Yemen Coast Guard.

"Alongside our partner forces, CENTCOM is committed to security and stability of the region and to deterring the illegal and

destabilizing flow of lethal material into the region over land, in the air, and the sea," said Gen. Michael "Erik" Kurilla, U.S. Central Command (CENTCOM) commander.

U.S. 5th Fleet previously seized 40 tons of urea fertilizer Jan. 18 when destroyer *Cole* and patrol coastal ship *Chinook* interdicted another fishing vessel in the Gulf of Oman that had attempted to smuggle illicit weapons off the coast of Somalia months earlier.

The U.S. 5th Fleet operating area includes 21 countries, the Arabian Gulf, Gulf of Oman, Red Sea, parts of the Indian Ocean and three critical choke points at the Strait of Hormuz, Bab al-Mandeb and Suez Canal.

Army

- ◆The end of Army radios?
- ◆Reward raised to \$50,000 for tips that solve Army sergeant's murder
- ◆Army showcases space-enabled targeting system at Project Convergence
- ◆Army deploys top leaders to schools amid recruiting slump
- ◆Army Reserve chief wants leaders to stop wasting soldiers' drill time on paperwork

TOP STORIES HEADLINES

Navy

- ◆How the Navy resurrected a Growler that crashed into another aircraft
- ◆Multiple instances of alleged abuse at Navy child care center

Marine Corps

- ◆For marchers at Marine birthday parade, it comes down to muscle memory
- ◆Marine Corps charges Parris Island drill instructor with negligent homicide for recruit's death
- ◆'Marines do it different,' Corps' leaders say during moto birthday run
- ◆What happened to the original Tun Tavern, birthplace of the Marine Corps

Air Force

- ◆Air Force and Space Force are offering one-day passes for troops to get COVID-19 boosters
- ◆Special ops Airmen get fewer new gunships than promised

Space Force

- ◆Why the Space Force is getting serious about on-orbit servicing

Coast Guard

- ◆Coast Guard 420-foot ship returns to Seattle following Arctic deployment

National Guard

- ◆Minnesota National Guard breaks new ground in senior enlisted position

Your Military

- ◆Japan, US hold joint drills amid China, North Korea concerns
- ◆Only tiny fraction of US military aircraft met mission capable rate goals in FY21
- ◆Militaries worldwide produce more greenhouse gases than all but 3 countries, study says
- ◆Six killed after vintage military aircraft collide at Dallas air show

Veterans

- ◆Black vets earn more than civilian peers, but not as much as whites
- ◆What Americans are getting wrong about veterans
- ◆Veteran homelessness made harder by climate change
- ◆Will Biden award the Medal of Freedom to burn pit activists?
- ◆She decoded Nazi messages and helped win World War II. Now she's 101.
- ◆Vet fled Moldova in 1991. Now he helps families from Ukraine.

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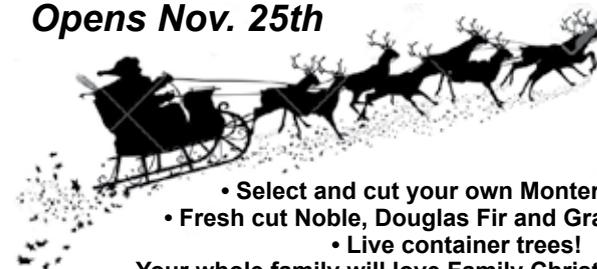
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Many mainstays of US airpower miss the mark for being mission capable, GAO finds



A Navy F/A-18 Super Hornet launches from aircraft carrier *Gerald R. Ford's* flight deck, Nov. 1. Both the Navy and Marine F/A-18s did not meet mission capable goals, according to a new Government Accountability Office report. US Navy photo by Ryan Seelbach

by John Vandiver
Stars and Stripes

All branches of the military are falling far short when it comes to keeping an array of war planes and attack helicopter fleets “mission capable,” according to a new government watchdog report.

Among 49 aircraft types that were assessed, only two met their operational goals in 2021, while the others were plagued with various maintenance difficulties that hindered operations, the Government Accountability Office said in a report issued last Thursday.

Many of the aircraft assessed are among the military’s best-known and are central to American airpower. The report did not offer recommendations to address the readiness shortfall.

Only four of the aircraft the GAO reviewed met mission capable goals in a majority of years during the 10-year analysis period. The four are the Air Force’s B-2 bomber, RC-135S-W reconnaissance plane and UH-1N Huey helicopter, and the Navy’s EP-3 reconnaissance plane.

“According to officials, a number of sustainment challenges including aging aircraft, maintenance challenges, and supply support issues account for this decrease in mission capable rates,” the GAO said.

Set by the services, mission capable rates are defined as the percentage of total time when the aircraft can fly and perform at least one mission. The metric is used to assess the health and readiness of an aircraft fleet.

The GAO found that between 2011 and 2021, 26 aircraft did

not meet their annual mission capable goal in any fiscal year. Moreover, mission capable rates steadily declined for most aircraft during that period, it found.

While mission capable rates for selected aircraft have fallen for the Air Force, Navy and Marine Corps, the Army has seen its numbers improve even if still falling short of goals, the report found.

Aircraft not capable of meeting mission capable goals were the Air Force’s F-16, F-22 and F-15C/D fighters. Army Apache and Chinook helicopters also didn’t hit their mission targets, the GAO said.

Marine and Navy F/A-18 jets also missed their mark, as

did various cargo planes, the GAO said.

The GAO report came at the behest of Congress, which called on the agency to assess aircraft operation and support costs in relation to mission readiness.

Overall, operating and support costs totaled about \$54 billion in fiscal year 2020 for the reviewed aircraft, a decrease of about \$2.9 billion since 2011 after factoring in inflation, the GAO said.

Meanwhile, maintenance costs became a larger portion of operating and support, increasing by \$1.2 billion since 2011. Such trends have largely been driven by changes in the size of aircraft inventory and reduced flying hours, the GAO said.

The future of drone technology is already here

(StatePoint) Since their first use in the mid-1800s in the form of hot air balloons, unmanned aerial vehicles have been used for security, photography, safety, and many other applications. Today, drones have a significant impact on the way we do business -- from warfare reconnaissance and real estate marketing, to filmmaking and inventory tracking. For example, on the military battlefield, drones are playing increasingly pivotal roles in providing crucial real-time intelligence and reconnaissance data that allow for tactical advantages. Pre-mission mapping, target surveillance, and battle damage assessment are just some of the benefits provided by drones on the battlefield without additional risk to human Soldiers. General Motors uses drones to inspect its facilities as a way to safely monitor inventory on its production lots in two to three hours versus what might otherwise take eight to 12 hours with an on-ground, manual inspection. More industries are catching on to the technology’s potential to speed up protocol, offer safer working conditions, and provide fewer disruptions. To meet this rising demand, there are 865,505 drones registered in the U.S. and counting and 280,418 certified remote pilots, according to the Federal Aviation Administration. “Given the many critical uses of drone technology, we are working to ensure that drones offer speedier, more versatile, uninterrupted footage that can be acquired using safer, remotely operated technology,” says Jeff Thompson, a spokesman for a leading provider of drone-based products, services and solutions.

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<p>Bethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd., Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 10:30am Sundays Bible Class, Wednesdays 10am (619)222-7291 LivingWaterSD7@gmail.com</p>	<p>Christ Community Church <i>Helping people love God and each other!</i> Services Onsite or Online Sundays 8:45 & 10:30am Children’s Ministries for All Kids! Small Groups for Teens & Adults of All Ages! 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15 www.gotoChrist.com or (858) 549-2479</p>	<p>Mesa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) <i>Seeking Sinners; Saving Souls; Strengthening Saints</i> Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd., Poway • 858-485-6110 • www.mesaview.org</p>
<p>Bayview Church <i>Attract...Assimilate...Activate</i> 6134 Pastor Timothy J. Winters St., San Diego 92114 (619) 262-8384 Sunday 6:45am, 8:30am, 11am Worship Service Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am www.bayviewbc.org info@bayviewbc.org</p>	<p>First Baptist Church of Coronado <i>“Reach Up, Reach Out, Reach Our World”</i> Jim W. Baize, Pastor www.fbcoronado.com Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am Meeting in person and online on YouTube or Facebook FB: First Baptist Church of Coronado email: secretary@fbcoronado.com 445 C Ave., Coronado, CA 92118 (619) 435-6588</p>	<p>Military Outreach Ministries Int’l Church <i>“Transforming the World, One Person at a Time”</i> Dr. Dennis Eley, Jr, Th.D., MBA • dennis@militaryoutreachministries.org 7997 Paradise Valley Rd, San Diego, CA 92139 Sunday Services In Person • 12-2pm Live Stream: 12:30pm on “Moministries” free church app www.militaryoutreachministries.org</p>
<p>Canyon View Church of Christ <i>“Love God, Love People, Serve the World”</i> Sunday Bible Classes for all ages 9am Sunday Worship 10am 4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org (Near corner of Balboa Ave. & Clairemont Dr.) www.canyonview.org (858) 273-5140</p>	<p>La Jolla Lutheran Church <i>“We Follow Jesus”</i> Sunday 9:30am Worship Wednesday 6:30pm Bible Study 7111 La Jolla Blvd., La Jolla, CA 92037 (858) 454-6459 LaJollaLutheranChurch.com</p>	<p>Resurrection Lutheran Church <i>A Small Place with a Big Heart!</i> Worship Service Sunday at 10:15 am. (please see website for details) 1111 Fifth Street – Coronado, CA 92118 – 619.435.1000 secretary@resurrectioncoronado.com – www.rlchurch https://www.facebook.com/resurrectioncoronado/ The Rev. Dr. Brian Oltman, Pastor</p>
<p>St. Luke’s Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. <i>We thank you for your service!</i></p>	<p>Living 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</p>	

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Career and Education

People First Task Force: Preventing harmful behaviors starts at the roots

by Joe Lacadan
Army News Service

WASHINGTON — Prevention of sexual assault and other harmful behaviors can pose a significant challenge for an institution as large as the Army. That's why members of the People First Task Force believe true prevention begins with a holistic community approach that addresses the factors that lead to harmful conduct.

Speaking during an Association of the U.S. Army Annual Meeting and Exposition panel on last month, Maj. Gen. Christopher Norrie, the task force's director, outlined how Army communities with robust protective factors helps diminish the risk of harmful behaviors such as suicide, harassment and sexual assault.

Norrie cited suicidal ideations as an example. He said the typical response upon learning that a Soldier has suicidal thoughts would be to send the Soldier to seek behavioral health services.

But treatment isn't always so simple, so the Soldier in crisis may require services beyond a mental health intervention to resolve complicating factors like financial difficulties, spiritual fulfillment or physical chal-

lenges, Norrie advised.

"We're naturally overloading one part of the system, behavioral health, and then possibly underutilizing the remainder of the environment to help solve or reduce that specific behavior," Norrie said. "The goal is to align resources with problems, and then problems with resources, from a whole-of-system, whole-of-community approach."

While raising awareness about sexual assault and sexual harassment should be encouraged, members of the task force said prevention begins in the community — in the environment surrounding Soldiers on post and at home. The environment that Soldiers, families and civilians experience on an installation should be rife with protective factors and be actively, deliberately inhospitable to harmful behaviors.

"Training and awareness alone isn't enough to change behavior. We really need to be focusing on

the underlying conditions and the environment that contribute to harm," said Angela Major, People First Task Force prevention lead. "We're really trying to change how we see the problem — not ... as a harmful behavior that exists, but



Maj. Gen. Christopher Norrie, People First Task Force director. US Army photo by Joe Lacadan

start to think about the problem as, 'How do I improve those conditions in the environment where we all live, work and play?'"

Earlier this year, the Army established the Integrated Prevention Advisory Group, or I-PAG, to help compliment and extend the ongoing work of the prevention workforce on installations.

The I-PAG's work will focus on developing and measuring

processes and outcomes to assist commanders and leaders in assessing the effectiveness of prevention activities and advise on the allocation of resources based on this data.

The Army originally created the People First Task Force to implement the recommendations from the Fort Hood Independent Review Committee's report, published in December 2020.

In August, the task force released a handbook titled "Integrating People and Training – Considerations and Concepts," which contains best practices that Army leaders can incorporate into their leadership strategies for integrating Soldiers from different walks of life, while treating each individual with dignity and respect.

The task force's Cohesion Assessment Team has also been active, visiting units to provide commanders an in-depth assessment of several factors and focus areas impacting unit cohesion.

The CAT was designed to receive candid feedback that was facilitated and compiled by a team of experts that will help a unit better understand itself. The CAT is comprised of a group of experts to evaluate Army brigades and below on inclusivity, communication and command climate. The CAT is be-

ing institutionalized at Army Training and Doctrine Command.

Through the People First Task Force, the Army is also testing a fusion directorate concept that streamlines the delivery of services to victims of sexual assault in a timely, integrated and supportive environment. The fusion directorate unites services under one leader, makes victim services more accessible, and provides enabling sys-

tems and practices, Norrie said. on decreasing risk factors such as poor command climate, social isolation, economic insecurity, substance abuse, unhealthy relationships and crime.

"We have to find ways to prevent harmful behaviors instead of responding to them after they occur," Hunter said.

Norrie said the goal remains to develop well-trained, fit, co-



hesive units of Soldiers. He said troops who successfully serve in a united team represent more than themselves. The task force follows the Golden Triangle model of the Army's chief of staff in building Soldiers whose commitment to duty is underpinned by strong family relationships, strong peer support and strong leadership teams.

In addition to the 81 prevention specialists being hired at five Army installations in the past year, Secretary of the Army Christine E. Wormuth announced plans to hire 200 more specialists in 2023.

Task force member Jonathan Hunter said Army installations must focus on bolstering protective measures — including developing coping skills, learning positive norms and beliefs, emotional regulation, crime prevention and social connectedness — while focusing

That's a representation of a Soldier that's connected to family, [their] unit and their friends," Norrie said. "That is foundational. It is essential. It's who we are as an Army. And fundamentally, this is what 'people first' means."

Veterans News

Rand study offers revealing findings about Black American veterans

by John Vandiver
Stars and Stripes

Black veterans are less likely to be chronic marijuana smokers than their white counterparts and enjoy a higher standard of living than African Americans who never joined the military, according to a new study that examined life outcomes for veterans.

The Rand Corp. report, released this week, found that in many respects past military service was associated with a high quality of life for African Americans when they return to the civilian world.

The report aimed to fill an information gap in an area often overlooked: how military service influences the future lives of Black Americans, said Rand, a nonpartisan research group that is often commissioned by the Defense Department.

Among the positive indicators are higher income, improved ability to cover health care costs, higher rates of homeownership and decreased reliance on food assistance programs, compared with Black people who were lifetime civilians.

Black veterans also have "a substantially lower" likelihood

of marijuana use disorder than Black civilians as well as white veterans and civilians, the report said.

"This suggests that there might be some downstream protective effect of military service for Black veterans for this outcome or that there might be a bias against marijuana use among Black people who join the military," Rand said.

Despite their strong representation in the armed forces, "there is little research on the impact of military service on Black people," Rand said.

African Americans represent 13.4 percent of the overall U.S. population and 11.7 percent of the roughly 18 million American veterans, according to RAND.

Another finding was that military service corresponds with higher marriage rates for Black veterans compared with Black civilians.

Still, Black veterans do not have economic equity compared with white civilians and veterans, when examining indicators like annual income and need for food assistance, the report said.

Black veterans also have higher odds of experiencing chronic pain and other ailments such as hypertension and high cholesterol, when compared with Black civilians, Rand said.

In the area of suicide, Rand found no significant difference between Black veterans and Black civilians. Likewise, there was no significant difference between Black veterans and white veterans or civilians related to suicide, the report said.

Among whites, the income pattern was mixed, with male veterans earning less than their civilian counterparts. By contrast, white female veterans earned more than white female civilians.

FLEET RESERVE ASSOCIATION: Concurrent receipt update

The House and Senate returned to Washington, D.C., to complete work on spending bills and the National Defense Authorization Act (NDAA). The Senate Armed Services Committee has approved the Senate version of the annual NDAA. The Senate bill will go to the Senate floor for approval. Senators will file a Senate floor amendment to add a provision to this bill to expand concurrent receipt.



Soldiers from the 3rd U.S. Infantry Regiment (The Old Guard) place flags at headstones as part of Flags-In at Arlington National Cemetery in 2019. Arlington National Cemetery photo by Elizabeth Fraser

jurisdiction does not report the legislation to the House floor, it will be placed on the Consensus Calendar allowing House Speaker Nancy Pelosi to bring legislation to the House floor for a vote. The FRA argues that retired pay is for years of arduous military service



paid by the Department of Defense while disability pay is for lifelong injury paid by the VA. To reduce retirement pay because of a disability is an injustice.

Please use the Action Center to urge your legislators to support concurrent receipt reform online. See <https://www.fra.org/FRA/Web/Content/VotervoiceFullInfo.aspx?vvsr=%2fCampaigns%2f81358%2fRespond>.

Littoral Combat Ship Training Facility Pacific established

by Kimberly Lansdale

SAN DIEGO – Marking a significant milestone event for the waterfront community, the Littoral Combat Ship Training Facility Pacific official ceremony was held on board Naval Base San Diego, Nov. 1.

Capt. Justin Long, commanding officer for Surface Combat Systems Training Command (SCSTC) San Diego, turned over duties to Capt. Dustin Lonero as the first commanding officer for LTF PAC.

Lonero is well-known in the LCS community. He previously served as commanding officer for USS *Gabrielle Giffords* (LCS

10) Blue Crew during the ship's maiden deployment to western Pacific, commanding officer for USS *Coronado* (LCS 4) and most recently, USS *Montgomery* (LCS 8).

"It is an honor to stand here today as your first commanding officer," said Lonero. "I know this command is in great shape because of Capt. Long's outstanding leadership and I look forward to leading an incredible team of subject matter experts in training future LCS warfighters."

The establishment of LTF PAC is part of SCSTC's large internal realignment effort that began in 2021 with the changing

of its name, formerly the Center for Surface Combat Systems. The name change and realignment define the command's critical mission of training surface warfighters. SCSTC, with their surface community partners and force development counterparts, provides system and platform specific combat systems training to a growing surface Navy.

Capt. George A. Kessler, Jr., commodore of SCSTC, presided over the ceremony and delivered remarks as the keynote speaker.

"LTF PAC is part of the domain's overall realignment effort but the significance of LTF PAC is about the mission," said Kessler. "A mission that is growing

in importance each day. Strategic competition at sea is not an amorphous concept but an everyday reality and it demands that our Sailors have the tactical competence and proficiency needed to execute the mission across the spectrum of operations in today's challenging environment. Our warfighters must be ready to execute the mission – whenever, and wherever called. LTF PAC provides the high-end tactical training needed to ensure warfighting readiness, which leads to security for our country and our allies and maintains the freedom of the seas we so richly enjoy."

The LTF PAC commenced LCS training operations in May

2007 and was the first surface warfare shore-based training facility to provide high-fidelity integrated bridge, combat systems, and engineering tactical scenario training for Sailors serving aboard LCS combatants. Today, it facilitates the training concepts of Train-to-Qualify and Train-to-Certify for LCS-2 USS *Independence* ship variants and provides an integrated command and control environment to support training in both navigation and combat systems mission areas.

Its training systems, Surface Training Advanced Virtual Environment (STAVE) – LCS, is a networked virtual training environment coupled with Part

Task Trainers (PTT) and Virtual Operations Trainers (VOTs) that provides the ability to visualize, communicate, and simulate system operations for individual watchstander and watchteam training events.

STAVE LCS contains a multi-purpose multi-media display component, consisting of virtual reality labs which are designed to support the Immersive Virtual Ship Environment. IVSE introduces the depiction of actual LCS shipboard spaces presented within a state-of-the-art gaming engine. The tasks completed within STAVE-LCS fulfill many qualification requirements for system fundamentals, operations, and maintenance.

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Flight deck carrier classic

by Petty Officer 3rd Class
Caitlin Coyle

IN PORT, NAS NORTH ISLAND - More than 3,500 service members, spectators, media and ESPN staff assembled on the flight deck of carrier USS *Abraham Lincoln* as the Gonzaga University Bulldogs defeated the Michigan State Spartans 64-63 in an NCAA men's basketball showdown.



Gonzaga Bulldogs Guard Rasir Bolton, left, drives past Michigan State Spartan Guard Tyson Walker during the 2022 ESPN Armed Forces Classic-Carrier Edition. US Navy photo by MC2 Joel Mundo

"It is truly an honor that, on Veterans Day in the centennial year of the U.S. Navy aircraft carrier, we hosted the Armed Forces classic basketball game on the flight deck of one of our most renowned aircraft carriers, USS *Abraham Lincoln*," said Vice Adm. Kenneth Whitesell, commander, Naval Air Forces. "Those who serve, and those who have served, know that the military is the ultimate team sport, and I can think of no better way to salute our men and women in uniform than to celebrate this all-American pastime together on one of our nation's capital warships."

Eleven years ago, aircraft carrier *Carl Vinson* held the inaugural Armed Forces Classic - Carrier Edition. Wearing special, camouflage-patterned uniforms, the North Carolina Tarheels beat the Michigan State Spartans 67-55 in front of more than 8,000 fans, including then-President Barack Obama and his family. The game paused at sundown to retire the colors.

After cancelling the 2012 Carrier Classic planned on board the USS *Yorktown* (CV 10), due to condensation on the court, ESPN established an annual Armed Forces Classic as part of their week long programming event America's Heroes: Salute to Veterans, which is held every year around Veterans Day.

The inaugural Armed Forces Classic was held in a C-5 Gal-

axy transport aircraft hangar on Ramstein Air Force Base. Since then, this annual NCAA Division I basketball game has been hosted at Camp Humphreys in the Republic of Korea, U.S. Coast Guard Air Station Borinquen in Puerto Rico, Marine Corps Base Camp Smedley D. Butler in Japan, the Stan Sherriff Center in Honolulu, Hawaii, Fort Bliss in Texas, and the Alaska Airlines Center in Anchorage, Alaska.

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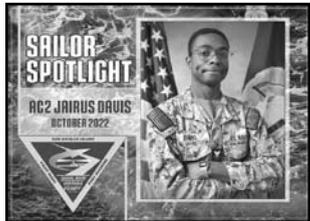
Naval Base Ventura County Legacy Sailor is in the spotlight

by Ensign Drew Verbis

Naval Base Ventura County

POINT MUGU - Air Traffic Controller 2nd Class Jairus Davis, from Oak Harbor, Wash., assigned to Naval Base Ventura County, has been recognized as the October 2022 Sailor in the Spotlight.

“Davis accepts challenging tasks and completes them flawlessly and ahead of schedule,” said Air Traffic Controller



Master Chief Megan Donnell, air operations leading chief petty officer, NBVC. “His motivation is contagious to his peers, and he sets the example for others to emulate. He is deserving of recognition.”

Davis has served for three years, reporting to NBVC in 2020. His jobs include ground control, radar associate, clearance delivery, flight data, and Flight Planning Supervisor.

“My dad was stationed at Naval Air Station Whidbey Island and retired after 20-years of Navy service,” said Davis. “I attended college before joining so I thought it would be smart to continue my family’s military legacy while also working on eliminating college dept.”

The Sailor in the Spotlight is a program that recognizes Sailors who display outstanding drive and dedication.

“Next I’m working on my graduate-degree in the area of educational counselling,” said Davis.

“Sailors are our top priority,” said NBVC Command Master Chief William Kumley. “Petty officer Davis is leading the change for mission readiness and supporting our tenant commands.”

NBVC is comprised of three distinct operational facilities: Point Mugu, Port Hueneme and San Nicolas Island. It is Ventura County’s largest employer and protects Southern California’s largest coastal wetlands through its award-winning environmental program.

Boxer celebrates the Marine Corps’ 247th birthday

by Petty Officer 3rd Class Zach Issa

USS Boxer (LHD 4)

SAN DIEGO - Sailors and Marines aboard amphibious assault ship USS *Boxer* celebrated the Marine Corps birthday shoulder-to-shoulder as the service turned 247 years old, Nov. 10.

For *Boxer*, the day held another significance as the ship also commemorated the 64th anniversary of the first Marine aviation detachment permanently assigned to an afloat Navy vessel. This milestone occurred on the last USS *Boxer* (CVS-21) in order to provide supply, maintenance and flight deck control support to Marine helicopter squadron operations.



“It’s special to be able to celebrate the Marine Corps birthday and carry on the tradition and legacy as Marines being stationed on naval vessels - especially aboard *Boxer*,” said Chief Warrant Officer Rod McDaniel, *Boxer*’s Combat Cargo Officer. “We are at our core, amphibious, and to be able to have the blue and green team work together - it’s something that has always been very special to me.”

Amphibious assault ships like *Boxer* provide the Marine Corps with a means of ship-to-shore movement through a combination of aircraft and landing craft. Celebrating the Marine Corps birthday offers *Boxer* Sailors the opportunity to reflect on the sacrifices made by the men and women that serve alongside them. As an amphibious assault ship, *Boxer* Sailors understand the importance of supporting Marines and their mission every day.

“We will help and support the Marines with anything we can do,” said Master Chief Culinary Specialist Victor Chiquito. “Whether that is making them cake or making time to help them celebrate what is important. All in all, we are an amphibious landing ship and our main mission is to make sure we get the Marines where they need to go. Now is a good moment to take a pause and thank them for their service.”

Amphibious assault ships have a special tie with the Marine Corps. The teamwork between Sailors and Marines has continued for more than six decades and continues aboard *Boxer*. For more information or imagery for USS *Boxer* visit: <https://dvidshub.net/ussboxer/>.



Chief Warrant Officer Rod McDaniel shares a piece of cake with the youngest Marine aboard USS *Boxer* (LHD 4), Staff Sgt. Brandon Penamejia, on the mess decks during the celebration of the Marine Corps’ 247th birthday. *Boxer* is homeported in San Diego. US Navy photo by MC2 Zachariah Issa

Local photo gallery



SAN CLEMENTE (Oct. 28, 2022) - A Marine Corps MV-22B Osprey assigned to Marine Aviation Weapons and Tactics Squadron One (MAWTS-1) conducts live hoist exercises during a weapons and tactics instructor course. WTI is a seven-week training event hosted by MAWTS-1, providing standardized advanced tactical training and certification of unit instructor qualifications to support Marine aviation training and readiness, and assists in developing and employing aviation weapons and tactics. US Marine Corps photo by Cpl. Celestino HernandezSilvar



SYDNEY (Nov. 4, 2022) - Sailors pose for a photo on the flight deck aboard amphibious assault ship *Tripoli* as it pulls into Sydney for a port visit. *Tripoli* is operating in the U.S. 7th Fleet area of operations to enhance interoperability with allies and partners and serve as a ready response force to defend peace and maintain stability in the Indo-Pacific region. US Navy photo by MC1 Peter Burghart



SAN DIEGO (Nov. 9, 2022) - Retired Master Chief Petty Officer of the Navy and former Command Master Chief of destroyer *Preble*, Rick West, gives remarks during a ceremony celebrating the ship’s 20th anniversary. US Navy photo by MC2 Stevin C. Atkins



NAS NORTH ISLAND (Oct. 21, 2022) - Aviation Boatswain’s Mate (Handling) 1st Class Krystofer C. Smith is pinned by his family during a chief petty officer pinning ceremony in the hangar bay aboard aircraft carrier *Abraham Lincoln*. US Navy photo by MCSA Karli Wilkerson



PORT HUENEME (Nov. 4, 2022) - Naval Mobile Construction Battalion Three’s pile driving crew uses an organic excavator with an attachment to drive piles into the harbor at Naval Base Ventura County, simulating pier repairs for a battle damaged port as part of its Field Training Exercise, also known as Operation Turning Point. Official US Navy photo

NAVFAC Southwest is Fiscal Year 2022 Facilities Engineering Command Best of Type Award winner

by Mario Icaro

NAVFAC Southwest
SAN DIEGO - Naval Facilities Engineering Systems Command (NAVFAC) Commander Rear Admiral VanderLey announced NAVFAC Southwest as Best of Type Award winner for fiscal year 2022 Nov. 7 in Washington D.C.

“The CONUS FEC Best of Type Award winner is NAVFAC Southwest. NAVFAC Southwest is commended for exceptional management of their MILCON program,” said VanderLey. “NAVFAC South-

west MILCONs performed to their planned schedule at higher rate than any other FECs.

“The Southwest team navigated the complex process of 2854 Congressional notification to contract award in only nine months in support of the Naval Air Facility El Centro \$23.2 million P-262 Structural and Aircraft Rescue Fire Station Replacement, sustaining critical support to high operational tempo. NAVFAC Southwest Human Resources’ ability to recruit rapidly resulted in a 92.8 percent fill rate; best in the enterprise.

NAVFAC Southwest also earned distinction by consistently completing Contractor Performance Assessment Reporting System and safety training in advance of requirement.”

NAVFAC Southwest demonstrated sustained superior performance across five functional areas of military construction (MILCON) Performance to Plan (P2P), execution excellence, Safety performance, fiscal stewardship, and people recognition and development programs.

NAVFAC Southwest was

measured on efforts across the board: from contract and construction management and MILCON P2P, to transportation asset management and PM completions, lowest growth of overdue CPARS, PMAP scores, Small Business goal accomplishment, crane lift safety performance, safety training and medical surveillance performance, reporting of near misses, DART rate, FIAR compliance, environmental restoration performance, funding request backlog/processing times, reimbursable funding collection attainment, funds execution relative to plan, civilian billet fill rate, annual appraisal and awards performance, and annual mandatory training performance.

“Each and every one of you should be justifiably proud of this accomplishment for your individual and collective roles in propelling NAVFAC Southwest to the top,” said Capt. Laurie Scott, NAVFAC Southwest commanding officer. “Congratulations! SUPER PROUD!”

The Best of Type Program recognizes the most outstanding Facilities Engineering Command in the Continental U.S. and Outside the CONUS for the prior fiscal year. The OCONUS FEC Best of Type Award winner for fiscal year 2022 is NAVFAC Far East.

USNS Comfort arrives in Colombia

CARTAGENA, Colombia - Navy hospital ship Comfort arrived here in support of U.S. Naval Forces Southern Command/U.S. 4th Fleet’s Continuing Promise 2022 (CP22) mission, Nov. 11.

This visit marks the third of five mission stops as part of CP22 and the eleventh visit to Colombia since 2007.

“The impact Continuing Promise 2022 has showcased so far in both Guatemala and Honduras has surpassed mission expectations,” said Capt. Kathryn Elliott, commanding officer of Medical Training Facility (MTF) aboard *Comfort*. “From exceeding the number of planned patients seen, to repairing important medical equipment, our team has expressed a passion for this mission, these countries, and building relationships. We are looking forward to continuing this work in Colombia.”

For the duration of this stop, *Comfort* will provide medical services at two different medical sites, one at Coliseo de Deportes and the other at

Institucion Antonia Santos. Dental, optometry, adult care, pediatric care, women’s health and various ancillary support services will be available at these two sites. Additionally, surgeries will be taking place aboard the ship.

Comfort will also be supporting through Humanitarian Assistance Disaster Relief (HADR) training and demonstrations, Women, Peace and Security (WPS) seminars with the host nation, veterinary subject matter expert exchanges, as well as community relations projects to include musical performances, ship tours, and the refurbishing of Tierra Bomba school.

The CP22 Team in Colombia will include U.S. and partner nation medical and veterinary personnel, as well as the National Guard personnel from South Carolina, Colombia’s State Partnership Program partner. Medical personnel from Brazil, Canada, Chile, Colombia, Dominican Republic, Ecuador, Honduras, the Netherlands and United Kingdom will also be a part of the team.

US AIR FORCE GALLERY



(top photo) Capt. Logan Hawke, C-17 Globemaster III pilot, Lt. Gen. David Nahom, commander of Alaskan NORAD Region, and Maj. Courtney Diekema, 11th Air Force commander aide-de-camp, ride on the ramp of a Globemaster III while flying above the Hawaiian Islands, Oct. 24. US Air Force photo by Staff Sgt. Alan Ricker

(bottom photo) Two Air Force B-1B Lancers assigned to the 37th Expeditionary Bomb Squadron, Ellsworth Air Force Base, S.D., and four Air Force A-10C Thunderbolt IIs from the 23rd Wing, Moody Air Force Base, Ga., fly in a joint formation during a Bomber Task Force mission over the Pacific Ocean, Nov. 9. BTF missions provide an opportunity to train alongside Allies and partners to demonstrate interoperability and bolster the collective ability to support a free and open Indo-Pacific. US Air Force photo by Staff Sgt. Hannah Malone

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Almost three decades ago, I became dependent upon my husband. No, I’m not physically disabled or mentally incompetent. I have college and graduate degrees. I’ve held leadership positions. I’m the mother of our three adult children. I’m healthy and relatively strong. I’m a responsible adult and active community citizen. And I believe wholeheartedly in gender equality.

However, the fact remains that on the day we married nearly three decades ago, I suddenly qualified as my husband’s dependent, and I’ll be his dependent until the day I die.

This is not a sappy declaration of marital love for my betrothed, an admission of feminine inferiority, or an IRS tax determination. It’s simply a legal fact, proven by my registration as a military spouse dependent in the Defense Enrollment Eligibility Reporting System (DEERS) and the ID card I carry in my wallet. Because my husband, Francis, was in the US Uniformed Services when we exchanged vows, I became his military “dependent” and he became my “sponsor” about the time Father Joe said, “You may now kiss the bride.”

The feminist Gloria Steinem is famous for saying, “A woman without a man is like a fish without a bicycle.” But for roughly 11 million female military spouses (92%) in the U.S., their husbands

Independently Dependent: Sponsors depend on milspouses, too

are very necessary. Without them, military wives have no access to military medical insurance, military bases, military housing, and all other benefits and services afforded military dependents. Spouses and children of uniformed service personnel automatically qualify as military dependents, regardless of their income, abilities, health status, competence, and need for a bicycle. As such, the term “Military Dependent” is somewhat of a misnomer.

“Honey, put our show on, would ya?” Francis bellows nightly from his spot on the couch. No matter how many times I tsk and show him how our smart TV works, he’ll never figure it out on his own. Same goes for the printer, leaf blower, thermostat, circuit breaker panel, router and most machines and technology in our lives.

Francis’ dependency on me doesn’t end there. Throughout our three-decade marriage, he has relied on me to make the vast majority of our parenting and home management decisions. Although he is very good at taking care of himself and being the primary breadwinner for our family, Francis requires my assistance with anything beyond that defined realm.

I’ve often wondered what might’ve happened if I’d died prematurely. Francis would’ve undoubtedly carried on, but his daily life would’ve changed dramatically. Beyond the obvious deterioration of home cleanliness and ceasing of daily vegetable intake, there would’ve been many other substantial, long-term consequences of my absence in Francis’ life.

The dog would’ve gained weight. The lint trap wouldn’t have been cleaned. Our holiday decorations would’ve never been found. Our important papers would’ve been lost. Electronic devices, appliances and gadgets would’ve stopped working. The roast wouldn’t have been defrosted. Orthodontist appointments would’ve been missed. Boxes would’ve remained unpacked. The house wouldn’t have smelled like roasting turkey on Thanksgiving. Family vacations wouldn’t have been planned. Socks would’ve never been matched.

Also, Francis would’ve had to take up doing cross word puzzles to entertain himself at night because he’d never figure out our smart TV.

DoD may have deemed that I am my husband’s military dependent, but his 28-year active duty Navy career wouldn’t have been successful without his dependence on me. In order for the military to recruit and retain a combat-ready volunteer force, its uniformed members’ “dependent” military spouses must be gritty, unselfish, responsible, hard-working, reliable and independent multi-taskers. They must possess good managerial, practical and often mechanical skills to keep the family machine running while their sponsor is home and away.

Francis may not have a government-issued card in his wallet deeming him my dependent, but like all military spouses, I’ve been key and essential to the success of his military career nonetheless.

AutoMatters™ & More by Jan Wagner



In the past couple of weeks, I have covered the SEMA Show in Las Vegas (including the awesome parade of show vehicles in the “SEMA Cruise” and the exciting post-show public outdoor party called “SEMA Ignited”), the thrilling “Aviation Nation” air show at Nellis Air Force Base (featuring the USAF Thunderbirds) — also in Las Vegas, and the pavement-pounding NHRA drag racing Finals in Pomona, California. However, rather than share any of that with you this week, instead I have regrettable news to share with you about the current, post-COVID state of auto shows.

Until this morning I had longstanding plans to hit the road yet again tomorrow and drive from my home in San Diego to Los Angeles to cover yet another major event: “AutoMobility LA 2022”: the official Press day for the 2022 LA Auto Show. I have been covering the LA Auto Show continuously for about two decades — until recently. Thanks to COVID, the Press day for the 2021 LA Auto Show was a significantly scaled-back event — so much so that I decided not to incur the time and expense of traveling from my home base in San Diego to Los Angeles to cover it.

I hopefully anticipated that, by 2022, at least one Press day similar in stature to those of years past, would be well on its way to returning, in advance of the LA Auto Show. However, as the date of the auto show drew ever closer, I began

Auto shows have changed - sadly not for the better

to have serious doubts about that.

According to a very recent schedule for AutoMobility LA 2022, most of the major auto manufacturers will not be conducting Press conferences at AutoMobility LA. The few exceptions are (in chronological order): Subaru, Hyundai, Fiat, Genesis and Kia. That’s it. I’ll leave it to you to list who will NOT be presenting. The rest of the day will be allocated to test rides, notifications of awards, discussions about technological innovations, networking and more — including an announcement about the Indy Autonomous Challenge, which I will be covering in January during CES (the Consumer Electronics Show).

Speaking of CES, for several years that has increasingly become where the world’s major automakers have presented their most technologically advanced vehicles. I look forward to seeing and sharing that information with you in 2023.

You may wonder why it matters that I and many other independent journalists will no longer be invited to cover auto show Press conferences put on by most of the world’s major automakers? Before COVID, auto manufacturers competed with each other, at great expense, to creatively share exciting global and domestic reveals of their latest vehicles with the world’s Press. In turn, we shared that exciting news about the auto industry with you, in publications large and small. I have no doubt that prompted some of you to visit your local car dealers and auto shows to check out those and other new vehicles for yourself, and perhaps buy them.

I bought my most recent vehicle (a 2021 Toyota RAV4 Prime XSE Premium) as a direct result of seeing a prototype of it previewed in a Press conference at Automobility LA 2019. I shared that vehicle introduction with you in AutoMatters & More 618, entitled “2021 Toyota RAV4 Prime May Be the Best All-Around SUV Ever!” Here is a link to that column on my “AutoMatters & More” website: <https://automatters.net/2021-toyota-rav4-prime-may-be-the-best-all-around-suv-ever/>.

I think that this shift in publicity lanes is very short-sighted of the majority of the large automakers, since the legions of us smaller — often freelance — journalists have shared the auto industry’s news and built excitement for their brands for decades, with countless audiences — but that is coming to a screeching, devastating halt.

Fortunately, I also cover a huge variety of subjects in my “AutoMatters & More” weekly column (at my <https://automatters.net> website and in other publications), so I will still have more than enough to write about and photograph.

Despite not having your ‘tour guide,’ I still do encourage you to attend your local auto show to see what is available from the various auto manufacturers.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit *AutoMatters & More* at [AutoMatters.net](https://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* #768

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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. \$2850/mo. 619-697-7094 11/24

"Kindness is giving hope to those who think they are all alone in this world."

THINGS TO DO AROUND TOWN

LA Clippers vs. Detroit Pistons
Thur, Nov 17, 7:30pm. Crypto.com Arena. www.nba.com/clippers

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

Komen San Diego 3-Day Walk, Nov 18-20. komen.org/sandiego

SD Gulls vs. Grand Rapids Griffins, Fri, Nov 18, 7pm. Pechanga Arena San Diego. www.sandiegogulls.com

Wunderfront Music & Arts Festival, Fri-Sun, Nov 18-20. Embarcadero Marina Park North, 400 Kettner Blvd, downtown SD.

Ebenezer Scrooge's Big San Diego Christmas Show. Nov 18-Dec 23. The Old Globe www.theoldglobe.org

Habitat Restoration, Sat, Nov 19, 8:30-11:30am. Free. Plant native plants. El Monte Preserve, 13950 El Monte Rd., Lakeside

Doggie Street Festival, Sat, Nov 19, 9am-3pm. Free. Liberty Station NTC Park, 2455 Cushing Rd, Point Loma.

Puppy Yoga, Sat, Nov 19, 12:30-2:30pm. \$30. Benefit for ARWOB. Spirit Yoga, 1559 Garnet Ave, San Diego.

Vienna Boys Choir: Christmas in Vienna, Sat, Nov 19, Balboa Theatre

SD Gulls vs. Grand Rapids Griffins. Sat, Nov 19, 7pm. Pechanga Arena San Diego. www.sandiegogulls.com

Art Night Encinitas at local civic and art galleries, Sat, Nov 19, 5:30-8:30pm. www.encinitas101.com

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

Holidays at Legoland California Resort. Nov 19-Jan 2. legoland.com

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

NovemberFest. Sun, Nov 20, 12-4pm. Alta Vista Botanical Gardens. www.altavistabotanicalgardens.org

Banda MS. Sun, Nov 20. Viejas Arena www.ticketmaster.com

Encinitas Holiday Street Fair.

Sun, Nov 20. encinitas101.com

LA Chargers vs. Kansas City Chiefs. Sun, Nov 20, 1:25pm. SoFi Stadium, 1:25pm. chargers.com

LA Clippers vs. Utah Jazz. Mon, Nov 21, 7:30pm. Crypto.com Arena. www.nba.com/clippers

Skating by the Sea at Hotel Del Coronado. Tues, Nov 22-Jan 2. hoteldel.com/activities/skating

SD Gulls vs. Tucson Roadrunners. Wed, Nov 23, 7pm. Pechanga Arena San Diego. sandiegogulls.com

O'side Turkey Trot. Thurs, Nov 24. www.osideturkeytrot.com

Native American Heritage Day Friday, Nov 25.

Boarded! A Pirate Adventure. Sat, Nov 26. Tickets www.sdmartime.org

Guided Nature Walk. Saturdays, Nov 26, 8:30-10am. Free. Kumeayay Lake Campgnd. mtrp.org

Bing Crosby Fall Horse Racing Season Thru Dec 4, at Del Mar Racetrack. www.dmtc.com

Dr. Seuss's How the Grinch Stole Christmas, Thru Dec 31, at The Old Globe. theoldglobe.org

Escondido Cars & Coffee. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. Cars, trucks, bikes!

Promenade Market downtown San Diego. 10am, Ongoing Saturdays thru Dec. Free. Enjoy crafts, coffee, and street food including Mexican, woodfired pizza, gyros, smashed avocado toast, kettle corn, waffles and crepes, more. Ruocco Park, 585 Harbor Lane, SD, 92101.

Street Food Market. Sat-Sun, 10-4, ongoing thru Dec. Free. Lane Field Park Market is a street food market showcasing 20+ food vendors, boutique coffee, live music from 12:30-2:30pm.

Food includes Vietnamese bao, Thai burgers, wood-fired pizza, waffles & crepes, Mexican, empanadas, sushi and poke, smoothies, hot mini-donuts, more. Lane Field Park, 1009 North Harbor Drive, San Diego.

United Through Reading 14th Annual Storybook Ball raise a over \$260,000 for military families

Funds allow nonprofit organization to continue fostering deep connections between deployed service members and their families through the shared bond of video-recorded bedtime stories

SAN DIEGO (November 11, 2022) -United Through Reading hosted its annual black-tie event, the Storybook Ball on November 5, 2022 and raised over \$260,000. Each year, the ball brings together hundreds of corporate executives, senior military leaders, long-serving supporters, and military families to celebrate the connections United Through Reading enables for military service members separated from their families due to deployment or military assignment.

An annual centerpiece of United Through Reading's presence in San Diego, this ball included remarks by military guests of honor Vice Adm. Kenneth Whitesell, Commander, Naval Air Force, US Pacific Command and Mrs. Melody Whitesell. The program also featured two military families, Petty Officer 2nd Class Robert Franklin "Frankie" Hard of the U.S. Navy, a longtime volunteer with the program; and Mrs. Maggie Worthington, the spouse of a Navy Seal whose family uses United Through Reading. Of note, the event also celebrated the career of retiring United Through Reading CEO, Dr. Sally Ann Zoll and welcomed Tim Farrell, the new United Through Reading CEO.

MOVIES AT THE BASES

Movies & times subject to change. * Indicates last showing
Visit navydispatch.com/entertainment_03movies.htm to find your base theatre information

Naval Base Theater - NBSD, 619-556-5568, Bldg. 71 3465 Senn Rd.

FREE entry to the first 300 customers (per showing), no outside food, concessions will be available.

Friday, November 18
6pm Black Adam pg13
Saturday, November 19
3:20pm Ticket to Paradise pg13
6pm Black Adam pg13

Sunday, November 20
1pm Ticket to Paradise pg13
3:30pm Black Adam pg13
Thursday, Nov 24-CLOSED

Friday, November 25
5:50pm Black Adam pg13
3pm Till pg13
6pm Black Adam pg13

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

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

Friday, November 18
6pm Black Adam pg13
Saturday, November 19
3pm Ticket to Paradise pg13
6pm Black Adam pg13

Sunday, November 20
1pm Black Adam pg13
4pm Ticket to Paradise pg13
Friday, November 25
6pm Till pg13

Saturday, November 26
3pm Black Adam pg13
6pm Prey for the Devil

Bob Hope Theater 577-4143 MCAS Miramar Bldg 2242

Friday, November 18
6pm Black Adam (PG-13)
Saturday, November 19
NO MOVIE - Tree Lighting at 3pm
6pm Dr. Seuss' The Grinch (2018) (PG) FREE SCREENING
Sunday, November 20
12pm Ticket to Paradise (PG-13)
3pm Black Adam (PG-13)

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

Saturday, November 19
1:30pm Smile (R)
Saturday, November 26
1:20pm Amsterdam (R)
Saturday, December 3
1:30pm Halloween Ends (R)

Q-Zone - NAB Bldg. 337 • 619-437-3190

Family Friendly Movies:
Fues, Thur, Sat: 11 am. NDVDs
Friday, November 18, 2022
5pm Breaking pg13
Saturday, November 19
11am Lightyear pg
Monday, November 21
11am Thanksgiving Movie Presentation
5pm Thor: Love and Thunder pg13
Tuesday, November 22
11am Thanksgiving Movie Presentation
5pm Nope r

CROSSWORD PUZZLE

Across

- 1 Honshu drama
- 4 Words before a recap
- 11 Audi rival
- 14 Boise-to-Billings dir.
- 15 "Raging Bull" boxer
- 16 Infamous Vietnam War site, My ___
- 17 "Take my advice: no use crying over spilled milk ..."
- 20 Compact part
- 21 Greet warmly
- 22 Spumante source
- 23 PC core
- 26 Spot to get a bite on the street
- 27 Rockets' org.
- 28 Low cloud
- 32 Two-___: half-price opportunity
- 33 Pouch
- 34 With 36-Across, "There's no going back ..."
- 35 Ship letters
- 36 See 34-Across
- 39 Brewery vessel
- 40 Celestial feline
- 41 Snoots put them on
- 45 Other, in Oaxaca
- 48 "Put everything behind you ..."
- 53 Sigma follower
- 54 Shorebirds related to stilts
- 55 Crux
- 57 Cards
- 59 Up on the latest
- 60 Sax type
- 61 "And look ahead."
- 64 Force featured on "Bosch," for short
- 65 "So close!"
- 66 Oodles
- 67 They often take turns

Down

- 1 ___ Own Organics
- 2 Where "The Man With the Hoe" carried the

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'Mad Cow' blood donor ban lifted

by Robert Hammer,
MHS Communications

A decades-old blood donor ban was recently lifted by the Food and Drug Administration—mad cow, potentially increasing the nation's blood supply by hundreds of thousands of donors each year.

Since the 1980s, the existence of Creutzfeldt-Jakob Disease, referenced as vCJD and otherwise known as the "Mad Cow" disease, banned many potential donors from donating blood—in particular, those who have served in or traveled to certain countries in Europe.

In 2020, the FDA lifted the vCJD disease travel deferral for the majority of affected European countries, but it wasn't until May 2022 that it was determined to be safe enough to lift the ban for the U.K., France, and Ireland.

Now, with lifting of the ban, the Armed Services Blood Program wants to see an increase in donors with "thousands of military members and their families who had been excluded from being able to donate blood because



of geographical travel or military assignment now being eligible to donate," said U.S. Navy Capt. Leslie Riggs, division chief of the ASBP.

According to the FDA, most individuals who were once deferred should now be eligible to donate blood, assuming they meet all other donor requirements.

Riggs said that "standard procedures are in place to assure that donors are healthy at the time of donation and serve as an effective safeguard against collecting blood or blood components from a donor after the onset of clinical symptoms of vCJD. Blood safety

is always our top priority."

Riggs added that everyone should consider donating blood, if they are eligible.

"Blood is the most precious gift that anyone can give to another person—the gift of life," he said. "A decision to donate your blood can save a life, or even several if your blood is separated into its components—red cells, platelets and plasma—which can be used individually for patients with specific conditions."

What is the Armed Services Blood Program?

Since 1952, the ASBP has been

tasked with ensuring the safety of the military's blood supply. As the official blood program of the U.S. military, the ASBP's mission is to provide quality blood products and support to military health care operations worldwide, according to Riggs. As a joint operation within the Defense Health Agency, the ASBP collects, processes, stores, transports, and distributes blood products to service members, their families, retirees, and veterans worldwide.

Seventy-two years ago, the ASBP was established under President Harry Truman and became a fully operational blood program by 1962. "Our decades-long mission of providing lifesaving support for our warfighters carries on today," said Riggs. Along with the American Red Cross, America's Blood Centers, and the Blood Centers of America, the ASBP is one of four organizations that ensure the nation has a safe blood supply.

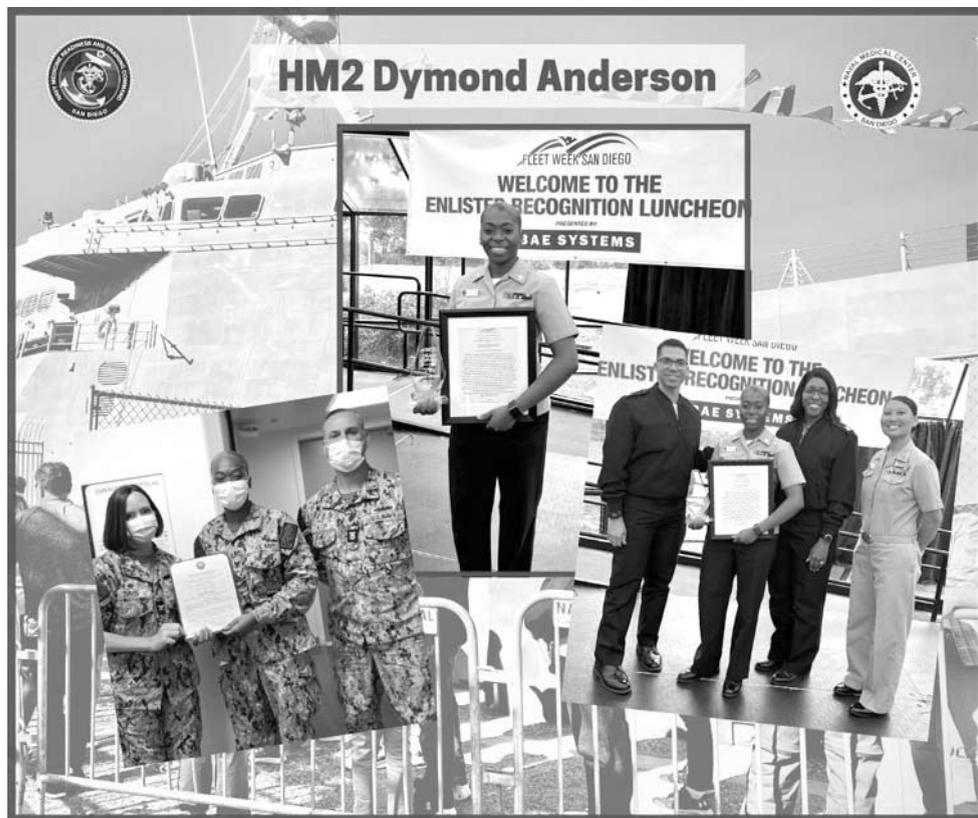
If you are interested in donating blood or checking your eligibility, visit militaryblood.dod.mil to locate a military blood donor center near you.



NMCS D had the pleasure of hosting Rear Adm. Cynthia Kuehner, Commander, Naval Medical Forces Support Command/Director of the Nurse Corps, Nov. 14. With the visit coinciding with Nurse Practitioner Week, Kuehner toured various wards and recognized numerous exceptional performers. The visit culminated with an Admiral's Call where Kuehner engaged with a diverse range of nurses, Corpsman, physicians, and further recognized talent. Throughout her visit, Kuehner imparted her leadership ideals of lead, learn, and love - along with the critical component of caring that is at the heart of nursing profession. Thank you Admiral for a memorable day

"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted."

— Denis Waitley



Dymond Anderson: Making A Difference Award winner

The Fleet Week San Diego, Enlisted Recognition Luncheon was held at Sea World, Nov. 8. This award recognizes an enlisted member of active duty service E-6 and below who has extraordinarily contributed to the San Diego military or civilian community during the preceding year. This year, NMRTC submitted three nominations, YN3 James Owens, OS2 Aujanee McKinney, and HM2 Dymond Anderson. All three have provided outstanding support to our San Diego community in a role which reflects positively on the San Diego community.

This year's winner for Making

A Difference Award went to HM2 Dymond Anderson from our Mental Health directorate. She dedicated 12 hours volunteering at PATH Connections Housing providing 220 meals for homeless persons. Additionally, she volunteered 25 hours at American Red Cross to provide 375 families with information regarding critical assistance and resources available to service members and their families. As Vice President for CSADD (Coalition of Sailors Against Destructive Divisions), HM2 hosted two command resource fairs that provided 1,000 personnel with information regarding career

advancement and personal growth. As an active member of W.A.V.E.S (Women's Association Vowing Excellence in Service), she planned and organized various events including the Kid's Holiday Party, which serviced more than 50 #NMRTC-San Diego families. She also helped raise over \$600 for the command's Valentine's Day fundraiser in support of Black History Month. BZ HM2 Anderson!

By the way, HM2 was recently MAP'd (Meritorious Advancement Program), demonstrating her hard work and promising future within Navy Medicine.



In celebration of the 247th Birthday of the Marine Corps, the available Marines at the hospital gathered for a cake cutting ceremony. They were joined by a few other members of the hospital staff for the reading of General Lejeune's message, the cake cutting, and the youngest and oldest Marines present.

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Unlimited Sport

Lease For
\$388/Month for 48 Months

SAVE \$\$



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New 2022 Dodge
CHARGER SXT

Lease For
\$398/Month For 48 Months

SAVE \$\$



For well-qualified buyers. MSRP OF \$35,960. Down payment \$4,995. Residual \$17,260. Tax, Title, License acquisition fee not included. 10,000 miles per year. Three at this price: Vin #143057, 153117, 153119. Expires 11/30/22.

New 2023 Jeep
GRAND CHEROKEE

Laredo
Lease for
\$428/Month For 48 Months

SAVE \$\$



For well-qualified buyers. MSRP OF \$42,080. Down payment \$4,995. Residual \$25,248. Tax, License, acquisition fee not included. 10,000 miles per year. Two at this price: Vin #106128, 106129. Expires 11/30/22.

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