

# ARMED FORCES DISPATCH

San Diego Navy/Marine Corps Dispatch [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 619.280.2985

Serving active duty and retired military personnel, veterans and civil service employees

WREATHS ACROSS AMERICA DAY DEC. 17



SIXTY-SECOND YEAR NO. 43  
THURSDAY, DECEMBER 15, 2022

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**Local**



I MEF Marines, ESG 3 Sailors kick off Exercise Steel Knight 2023

**See page 5**

**Career & Education**

Air Force Research Laboratory accepting applications for fully funded graduate internship program

**See page 6**

**Things to do around town**

Movies at the bases. Holiday pet parade, boat parade of lights, guided nature walks, ice skating, the Grinch, Scrooge.

**See page 10**

**Exercise your brain**

Challenge yourself with our weekly crossword puzzle and Roy's sudoku. Give your brain a workout.

**See page 10**



**Ocean Ops - Sailors connect a NASA line load attenuation mechanism to the NASA Artemis I Orion spacecraft to pull it into the well deck of USS Portland in waters south of San Diego Dec. 11, 2022. The operation was part of a Defense Department effort to determine best practices for safely retrieving spacecraft capable of carrying humans into space. US Navy photo by MC2 Melvin Fatimehin**

**Navy authenticates keel for future USS Arizona (SSN 803)**

WASHINGTON – Senior Navy leaders, elected officials, and industry partners gathered at General Dynamics Electric Boat's Quonset Point Facility, Dec. 7, to attend a keel-authentication ceremony for future Virginia-class submarine USS Arizona (SSN 803).

The submarine will be the first U.S. naval vessel to bear the name Arizona since battleship USS Arizona was sunk during the attack on Pearl Harbor on Dec. 7, 1941. After being struck with several bombs, Arizona burned for two days and more than 1,100 of her crew were lost. The lives lost during the attack are now permanently memorialized by USS Arizona Memorial, erected over her sunken hull in the berth she has occupied since that historic day.

"The boats in this class are the most advanced attack submarines ever designed," said Rear Adm. Jonathan Rucker of the program executive office, attack submarines. "Their stealth, firepower, and maneuverability are superior to every other attack submarine force in the world. Additionally, Arizona will be the first of the Virginia-class equipped with the Virginia Payload Module, enabling the submarine to deliver an even wider variety of capabilities.

"Building, operating and maintaining Arizona and other

Virginia-class subs is crucial to ensuring the Navy's ability to project power in an ever-shifting global threat environment, and to maintaining peace and the free operation of our sea lanes."

The ship's sponsor, Nikki Stratton, is the granddaughter of Donald Stratton, who was serving as a Seaman First Class



**Ship Sponsor Nikki Stratton (left foreground) and Electric Boat welder Bob Hobday prepare to weld Stratton's initials into a plate that will be placed on future USS Arizona. US Navy photo**

aboard Arizona during the 1941 attack. Badly burned, he was discharged in 1942, but successfully reenlisted in 1944 and returned to the Western Pacific serving aboard destroyer USS Stack (DD-406) to fight in New Guinea, the Philippines and the Battle of Okinawa. Stratton spent the remainder of his life helping honor those who gave their lives during the attack on Pearl Harbor and other battles. He died at the age of 97,

in February 2020.

Per Navy tradition, the ship's sponsor's initials were welded onto a steel plate to be permanently mounted in a place of honor on the completed vessel.

Arizona will be the 30th Virginia-class submarine. Boats in this class can hit shore-based targets with highly accurate Tomahawk cruise missiles and are capable of long-term, stealth surveillance of sea forces, littoral waters or ground targets. Their design also provides for Special Forces delivery and support, mine delivery and anti-submarine and anti-ship warfare.

Arizona's Virginia Payload Module will comprise four large-diameter, vertical payload tubes in a new hull section inserted into the existing Virginia-class submarine design. The tubes enable the submarine to deliver a variety of capabilities, including weapons, unmanned undersea vehicles, and other undersea payloads.

**Port of San Diego Holiday Bowl Parade has new parade route**

SAN DIEGO - America's largest balloon parade – the Port of San Diego Holiday Bowl Parade - will take place Wednesday, Dec. 28 at 10 a.m. on Harbor Drive in front of the Convention Center.

The new parade route will start at the South side of the convention center and will end at Pacific Highway. The route was changed due to a cruise ship will be in port that day.

More than 100,000 street-side spectators are expected for this year's event, along with a live streamed audience, and on [www.holidaybowl.com](http://www.holidaybowl.com).

The entire Holiday Bowl Parade will be streamed live on CBS8+. Just download the free CBS 8+ app to your Roku or Amazon Fire. For more details on how to watch go to [CBS8.com/Community](http://CBS8.com/Community). The parade will be hosted by CBS 8's Evan Noorani and radio personality, Tati from Star 94.1.

The Port of San Diego Holiday Bowl Parade is designed to bring the dynamic waterfront alive with events that engage the community and inspire visitors to enjoy San Diego Bay.

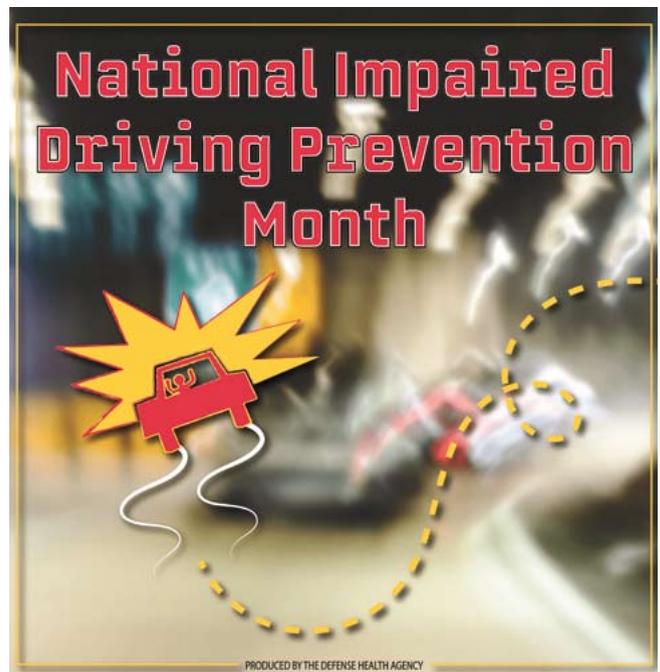
This year's honorary chairmen are Dave Rickards and Cookie "Chainsaw" Randolph from the popular KGB radio station who retired earlier this year. The event will showcase gigantic balloons, specialty units, marching bands and floats. Parade viewing along the street is free.

Parking will be very limited on parade day and the Port of San Diego strongly encourages the use of public transportation. The San Diego Trolley has convenient stations with service to the Harbor Drive and Embarcadero areas with free and paid parking lots. These are located at the Fashion Valley, Old Town and One America Plaza stations. For schedules and routes, please visit [www.sdmts.com](http://www.sdmts.com).

Before the parade's start, the annual Holiday Bowl 5K walk/run will begin at 9:45 a.m. at the corner of Park Blvd. & Harbor Drive. Approximately 1,000 participants will proceed north on Harbor Drive, past the convention center and circle back to Ruocco Park near the G Street along the Embarcadero.

The parade is part of the festivities surrounding the San Diego County Credit Union Holiday Bowl. This year's 43rd annual game will be played at Petco Park on Dec. 28 at 5 p.m. and will be televised nationally on FOX. Each year the SDCCU Holiday Bowl matches top teams from the Pac-12 and ACC.

Information on Bowl Week events can be found at [www.HolidayBowl.com](http://www.HolidayBowl.com).



**Nearing 30 people per day die in vehicle accidents involving alcohol-impaired drivers. Help reduce this number by raising awareness of the risk of impaired driving. [https://www.cdc.gov/transportationsafety/impaired\\_driving/index.html](https://www.cdc.gov/transportationsafety/impaired_driving/index.html)**

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**NATIONAL CITY**  
Dec. 8, 2022

**Capt. Aaron Taylor, commanding officer of amphibious assault ship Essex (LHD 2), speaks during the ship's holiday safety standdown held on board Naval Base San Diego. Essex is dry docked in San Diego conducting a maintenance period to upgrade and refurbish many key systems aboard.**

U.S. Navy photo by MC3 Richard E. Anglin.

## San Diego International Auto Show is back

### Anticipation builds as the show hits the accelerator

SAN DIEGO - As one of the most anticipated events in San Diego for both new car buyers and enthusiasts and "Where the Cars are the Stars," the San Diego International Auto Show is pleased to announce that it's back, and returns to the San Diego Convention Center, Dec. 30, 2022 - Jan. 2, 2023.

**"The San Diego Auto Show is a huge celebration of San Diego County's car culture and, finally, after a two-year absence, we are thrilled to be back," said an exuberant Scott Webb, director of marketing & operations, SDIAS. "We've been working closely with vehicle manufacturers, show sponsors and a variety of other exhibitors to create an event that will inspire, educate and entertain."**

The automotive industry is abuzz with excitement, change and discussion about the future of mobility, and there is no better place to witness this evolution than at the SDIAS - California's second-largest auto show.

Webb said show-goers should

look forward to getting up close and personal with hundreds of new cars, trucks, SUVs, crossovers, EVs, hybrids, exotics and other vehicles in a non-selling environment. Among the vehicles on display will be a wide variety of all-new models not yet in showrooms and high-demand vehicles that have been difficult to find due to supply issues, as well as a record number of electric vehicles. And, for those who want to experience the actual handling and performance of new vehicles -- both behind-the-wheel test drives and the thrilling Camp Jeep off-road experience will return to the show.

"Test drives provide a unique opportunity for car-buyers to experience a variety of vehicles and have become one of the most popular features at the SDIAS," Webb said. "Camp Jeep, for example, has appeared at SDIAS since 2009, and is one of the most anticipated experiential attractions on the auto show circuit, and is produced only at select auto shows including LA, Detroit, New York, Chicago and, of course, San Diego.

Other special displays and exhibits expected to return to the show include Electric Avenue,

the Mobility Zone, Exotics Vault, Classic Cars and more. Electric Avenue will become a focal point of this year's show given the rapid adoption of EVs since the last SDIAS. A variety of EVs from automakers will be on display in one central location, and experts will be available to guide consumers as they personally consider if the time is right to "go electric."

Auto show tickets are on sale now and, for the first time, tickets will only be available online at [www.sdiauto.com](http://www.sdiauto.com). Purchased tickets may be printed at home or shown and scanned on the smart phones of show patrons at the convention center.

#### Ticket prices

- Adult (ages 13-61): \$18
- Military (active duty w/ID): \$15 (one ticket per ID)
- Senior (ages 62+): \$15
- Child (ages 7-12): \$12
- Child (6 and under): Free
- Child (12 and under): Free on Family Day, Jan. 1 (when accompanied by a paid adult)

#### Show Hours

- Dec. 30, 10 a.m.-9 p.m.
- Dec. 31, 10 a.m.-6 p.m.
- Jan. 1, 10 a.m.-9 p.m.
- Jan. 2, 2023 10 a.m.-6 p.m.

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## Army

- Army faces physical space limits in adding electronic warfare tech
- Humvee stolen from psychological operations unit; Army offering reward
- Mysterious burned car, body found on Fort Bragg was traffic accident
- US to deploy more troops to Estonia to boost NATO defenses
- Army kicks off SATCOM-as-a-service pilot to increase soldier connectivity
- An Army M1 Abrams tank named 'Daddy's Belt' is now keeping watch over Europe

## Navy

- Sailor's conviction overturned due to judge's suspended law license
- Project Overmatch: US Navy preps to deploy secretive multidomain tech
- Navy secretary talks drones, fleet size and South American security
- White House steps in as Navy, Pentagon feud over amphibious ship study
- US warships need faster ways to rearm, repair, Navy secretary says

## Marine Corps

- 18 Marines become citizens in North Carolina battleship ceremony
- Family of Marine veteran Paul Whelan backs Griner prisoner swap
- Makin Island ARG, Marines drill with Indonesian forces in the Java Sea
- Woke-ism 'not a factor' in the Marine Corps, commandant says
- Afghan interpreter rescued by Marine officer denied visa to stay in US

## Air Force

- Production of next-gen training jet delayed to 2024
- Air Force lays groundwork for major changes to bomber fleet
- Christmas drops continue to deliver essentials to remote Pacific islanders after 7 decades
- What could be part of the B-21 'family of systems'? New report offers some insight
- Pilots seeking religious vaccine exemption still grounded while other unvaxxed members can fly

## Space Force

- US acquisition exec on being faster, stronger and more united in space
- Stephen Colbert visits Space Force in Greenland and learns the mission is no laughing matter

## National Guard

Air National Guard colonel suspended following investigation

# U.S. military readiness goes beyond just China, Russia

by C. Todd Lopez  
DOD News

Inside the Pentagon, China as the pacing threat and Russia as an acute threat dominate planning and discussions. The Defense Department, for instance, just released the 2022 China Military Power Report last week, and both China and Russia were central in October's National Defense Strategy. But the Pentagon is ready for things beyond just China and Russia, said deputy assistant secretary of defense for force readiness.

"Strategic readiness, it's about balance," said Kimberly Jackson, during a discussion last Wednesday with Center for a New American Security. "We are not foregoing the absolute need to be ready in the near-term, because we are thinking about readiness from a strategic perspective."

Readiness, Jackson said, means also ensuring that the department is able to conduct the operations and respond to the contingencies it can't predict, such as Russia's invasion of Ukraine in February.

"That's not something that we planned for years before," Jackson said. "We need to be able to have our processes enable the predictability that allow us to plan and to resource into the future and to think thoughtfully about how we divest, how we modernize, how we ensure that readiness for years out — but at the same time have enough flexibility built into the system and into our decision making so that we can respond, and we can be agile when things like that ... emerge."

How the department has been able to respond in Ukraine, Jackson said, is at least partly because it has in place already a process that is adaptable enough to let the department respond to anything.

"We have been able to take a contingency, to take a problem that has been posed to the department and figure out a responsible and rigorous

## Wreath laying, 5k run honors NAS Pensacola terrorist attack victims on three-year anniversary

by Petty Officer 2nd Class Zachary Melvin

PENSACOLA, Fla. — Naval Aviation Schools Command held a memorial service honoring the victims of the Dec. 6, 2019, terrorist attack here.

The service included a wreath laying ceremony in NASC's Area of Remembrance and marked the three-year anniversary of the terrorist attack that left three Navy Sailors killed and eight personnel injured. Naval Aircrewman Mechanical 3rd Class Mohammed Haitham, Naval Aircrewman Mechanical 3rd Class Cameron Walters and Lt. j.g. Joshua Watson died when an aviation student from Saudi Arabia opened fire in a classroom building. Portraits of the three Sailors and the Navy Flyer's Creed are displayed in the Area of Remembrance as a quiet place of reflection.

"What happened here three years ago was both terrible and tragic," said Capt. Edgardo Moreno, NASC's commanding officer. "I hope and pray that we can continue to heal together as we remain more united here than ever. It is with our actions that we can repay the fallen."

The ceremony recognized those wounded during the attack - Ensign Kristy Lehmer, Ensign Brianna Thomas, Airman

and repeatable and somewhat agnostic process that can be applied to a whole lot of different readiness challenges," she said. "Even if that process were perfect — and of course it's not — we're constantly iterating on it."

Such processes rely on data and analysis, she said. But more than that, they also rely

on discipline, Jackson said.

"In order to be disciplined and make sure that we have the resources and the capabilities that we need in the future, that means that we as decision makers have to have real and tough conversations about whether or not we're willing to incur those risks that are presented to us with every single choice that we make," she said.

Ryan Blackwell, Airman George Johnson, Jessica Pickett, Capt. Charles Hogue, Deputy Matthew Tinch and Deputy Jonathan Glass.

The community also gathered during the early morning hours for a 5k run in remembrance of the tragic events on that day in 2019.



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(619)222-7291 LivingWaterSD7@gmail.com

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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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Sunday Bible Classes for all ages 9am  
Sunday Worship 10am  
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(Near corner of Balboa Ave. & Clairemont Dr.)  
www.canyonview.org (858) 273-5140

### Christ Community Church

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www.gotoChrist.com or (858) 549-2479

### First Baptist Church of Coronado

"Reach Up, Reach Out, Reach Our World"  
Jim W. Baize, Pastor www.fbcoronado.com  
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

### Holiday Worship at Grace Lutheran

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### La Jolla Lutheran Church

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Wednesday 6:30pm Bible Study  
7111 La Jolla Blvd., La Jolla, CA 92037  
(858) 454-6459  
LaJollaLutheranChurch.com

### Living Water Lutheran Church

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Pastor: Rev. Steven Duescher

### Mesa View Baptist Church

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secretary@resurrectioncoronado.com - www.rl.church  
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The Rev. Dr. Brian Oltman, Pastor

### St. Luke's Lutheran Church

5150 Wilson Ave., La Mesa, CA 91942  
Phone: (619) 463-6633  
website: www.st-lukes-la-mesa.org  
Worship: 9am  
Pastor: Mark Menacher, PhD.  
We thank you for your service!

# House approves bill rolling back coronavirus vaccine mandate

by Svetlana Shkolnikova  
Stars and Stripes

WASHINGTON - House members approved a 2023 defense policy bill Dec. 8 that rolls back a controversial coronavirus vaccine mandate for service members, invests in programs to counter Russia and China and bulks up the defense budget by \$45 billion.

Two-thirds of the House, 350-80, voted for the National Defense Authorization Act, an annual must-pass legislation that outlines priorities for the Pentagon and other agencies involved in defense. The bill authorizes \$858 billion, including \$847 billion for defense programs for the fiscal year that began Oct. 1.

"This is a good bill that advances the national security of the United States," said Rep. Rob Wittman, R-Va.

Republicans led the effort to rescind the vaccine mandate, but it found support among Democrats as well. Rep. Adam Smith, D-Wash., the chairman of the House Armed Services Committee, said Wednesday that he no longer supported the policy.

"The policy the DOD implemented in August 2021 requiring service members to be vaccinated was absolutely the right policy, it saved lives and it made sure that our force was as ready as it possibly could be in the face of the pandemic," he said. "Now in December 2022, does that August 2021 policy still make sense? Is it still the right policy? We don't believe that it is, and I don't believe that it is."

Smith noted troops who adhered to the mandate and got a shot last year were now unprotected from the coronavirus.

The policy only mandated initial vaccination but not subsequent boosters, he said.

"It's time to update the policy, and that is what we require in this legislation," Smith said.

The White House pushed back on the decision Wednesday but did not indicate whether President Joe Biden would veto the bill over the vaccine issue. White House National Security Council spokesman John Kirby told reporters the administration still considered rescinding the mandate "a mistake" and blamed Republicans for fighting "against the health and well-being" of troops.

Rep. Mike Rogers of Alabama, the top Republican on the House Armed Services Committee, said he will try to ascertain who was "adversely affected" by

the mandate and "make them whole" when Republicans take control of the House in January and he becomes the committee's chairman.

The defense bill requires the Pentagon to find out which troops were affected by the mandate and submit a report to Congress.

Thousands of troops were discharged for refusing to take the vaccine, though the vast majority complied with the mandate. Smith on Thursday defended the dismissal policy, calling it a consequence of not following orders.

"Orders are not optional in the United States military," he said. "We're not going to undo that."

Rogers promised to continue work on other quality-of-life issues for troops in the next Congress, including income, health care, child care and housing.

The defense bill approved Wednesday gives service members the largest pay raise in 20 years, hiking up salaries by 4.6 percent, and increases special pay and bonuses by more than 30 percent. It also devotes \$750 million to ensure commissaries don't raise prices due to inflation and allows for more generous housing and basic needs allowances.

Refer to <https://www.stripes.com/theaters/us/2022-12-08/house-ndaa-coronavirus-vaccine-mandate-8350365.html>.

# U.S. Department of Defense, Japan Ministry of Defense joint statement on cooperation for Japan's next fighter aircraft

WASHINGTON - The United States supports Japan's security and defense cooperation with likeminded allies and partners, including with the United Kingdom and Italy - two close partners of both of our countries - on the development of its next fighter aircraft.

The United States and Japan are bolstering our defense cooperation in a number of promising areas, particularly in advancing opportunities for joint research, development, testing, and evaluation. Together, we have begun important collaboration through a series of discussions on autonomous systems capabilities, which could complement Japan's next fighter program among other platforms. In this context, both sides have concurred to start concrete cooperation within the next year. Such efforts between the United States and Japan greatly strengthen the U.S.-Japan Alliance and build on our cooperation with likeminded partners, further enabling joint responses to future threats in the Indo-Pacific region and beyond.

# Army offers \$5,000 reward for information on stolen Humvee in Texas

by Doug G. Ware, Stars and Stripes

WASHINGTON - The Army is offering cash for credible information that leads to whomever stole a Humvee at a reserve center in Texas, officials said Dec. 8.

Officials said the Humvee - formally known as a High Mobility Multipurpose Wheeled Vehicle - was taken two weeks ago at the Army Reserve Center in San Marcos, located in south-central Texas between Austin and San Antonio.

Officials said the Humvee was taken from the reserve center sometime between Nov. 22 and Nov. 28. Its identifying number - 399 TPC A1-6 - should be displayed on its front and rear bumpers.

The Army's Criminal Investigative Division is offering \$5,000 for information that leads to the arrest and conviction of the thief.

"Information will be held in the strictest confidence allowable," the Army's CID states on a reward poster for the vehicle.

The information can be reported anonymously to CID Crime Tips at <https://www.cid.army.mil/report-a-crime.html>.

The U.S. military has used the Humvee as a primary utility vehicle for nearly 40 years. There are many Humvee variants, and many foreign militaries also use it as a utility vehicle.



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**Armed Forces Dispatch (619) 280-2985**  
Published by Western States Weeklies, Inc.  
2604 B-280 El Camino Real, Carlsbad, CA 92008  
E-mail: [editor@navydispatch.com](mailto:editor@navydispatch.com)  
Publisher.....Sarah Hagerty  
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**Ships Underway**  
Total Battle Force: 293  
(USS 237, USNS 56)  
Deployed ships: 104  
(USS 70, USNS 34)  
Underway: 76  
(47 Deployed, 29 Local)  
**Ships Deployed by Fleet**  
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4th Fleet, 2: 5th Fleet, 13:  
6th Fleet, 22: 7th Fleet, 62.  
Total 104

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## Local Military

### MARINE CORPS-NAVY TEAM Join up for Exercise Steel Knight '23

Nov. 28, 2022

Marines with I Marine Expeditionary Force, to include 1st Marine Division, 1st Marine Logistics Group, 3rd Marine Aircraft Wing will train alongside Sailors with Expeditionary Strike Group 3 in exercise Steel Knight 2023 throughout southern California, now through Dec. 16.

**“STRENGTHENING THE FABRIC OF OUR NAVAL TEAM TO ACHIEVE BETTER WARFIGHTING INTEGRATION AND PREPARING OUR MARINES FOR NAVAL COMBAT IS NO LONGER AN EXPERIMENT - IT IS AN IMPERATIVE,” SAID MAJ. GEN. BENJAMIN T. WATSON, COMMANDING GENERAL OF THE 1ST MARINE DIVISION.**

Historically led by 1st MARDIV, Steel Knight is designed to refine naval integration in the areas of expeditionary operations, fire support planning and targeting, command and control, and logistics support to geographically dispersed forces.

This year's iteration will certify 1st Marine Regiment as the command element and Combat Logistics Battalion 1 as the logistics combat element for the upcoming annual rotation of Marines and Sailors deploying to Australia as part of Marine Rotational Force – Darwin 2023.

This year 3rd MAW is increasing its participation by providing a full complement of aviation support to ground-based units participating in the exercise. This will include a forward-deployed MAW headquarters for aviation units to rehearse concepts and tactics that enable expeditionary advanced base operations in a contested environment.



Training events include division-level command and control procedures, establishing and sustaining expeditionary advanced bases, combined arms operations, amphibious operations, mechanized attacks, and a regimental-sized maritime air assault against a simulated opposing force.

“Strengthening the fabric of our naval team to achieve better warfighting integration and

preparing our Marines for naval combat is no longer an experiment - it is an imperative,” said Maj. Gen. Benjamin T. Watson, the commanding general of the 1st Marine Division.

A mission rehearsal exercise, comprised of naval warships and elements of the Marine-Air-Ground Task Force, will take place across several installations including Fort Hunter Liggett, Camp Pendleton, Marine Corps

**Navy medical personnel with Naval Hospital Camp Pendleton remove a simulated casualty from an ambulance during a mass casualty drill as part of Steel Knight 23 on Dec. 7. US Marine Corps photo by Cpl. Cameron Hermanet**

Air Ground Combat Center Twentynine Palms, and training locations on San Clemente Island.

As a Navy-Marine Corps team, Steel Knight 2023 provides an opportunity to practice and demonstrate how amphibious forces can access critical

areas that shape actions across the range of military operations to resolve conflict, conduct humanitarian assistance or combat an adversary.

For ideas of Exercise Steel Knight 2023, see <http://www.dvidshub.net/feature/SteelKnight>.

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# Carl Vinson completes PIA ahead of schedule, saves 4 million dollars

by Petty Officer 1st Class  
Tyler Fraser

PACIFIC OCEAN -- After being moored pierside at Naval Air Station North Island for six months, Nimitz-class aircraft carrier USS *Carl Vinson* (CVN 70) successfully completed a Planned Incremental Availability (PIA) ahead of schedule while underway conducting sea trials Dec. 4.

The successful coordination and team effort between the ship and shipyard allowed the completion of the availability four days early and saved the U.S. Navy 4 million dollars.

"*Vinson's* ability to complete our availability period early is a huge win for the ship, the shipyards, the Navy, and the American people," said Capt. P. Scott Miller, *Vinson's* commanding officer. "This accomplishment allows us to return to

operational readiness and to get back to supporting and defending our nation."

*Vinson* started the maintenance period in June 2022, and over the duration of the availability, the ship received upgrades and repairs that enhanced its capabilities and lifecycle.

"This PIA was a much needed maintenance period to repair critical equipment onboard and install new systems and upgrades to our current configuration after a rigorous Western Pacific deployment," said Cmdr. David Tirey, *Vinson's* chief engineer. "PIAs are critical to a ship's overall health so we can continue to operate the ship for the planned 50-year lifecycle and maintain an operational readiness guaranteeing *Carl Vinson* is always mission ready."

During PIA, testing and re-

pairs focused on all areas of the ship to include habitability spaces, the flight deck, navigation, communications, radars, weapons, and information systems.

"The project team executed 1,571 work items of production completing 17 thousand certification phases in 36,735 total man-days. The ship's crew completed 326,017 man-hours for the ship's force work package," said Tirey. "This unprecedented ship's force work package included the refurbishment of 820 berthing racks in 22 berthings, the restoration of 20 heads, as well as, the painting of 215 spaces and the replacement of 90,000 square feet of decking."

In addition to effecting mis-

sion capability, the completion of PIA ahead of schedule had a huge impact on fiscal savings for the U.S. Navy.

"Ultimately, by finishing early, we saved roughly a total of four million dollars," said Tirey. The early completion of *Vinson's* PIA is an exceptional accomplishment; not only saving money but also ensuring cost overruns and delays did not occur.

*Vinson's* successful PIA was a joint effort spread among the ship's crew, Puget Sound Naval Shipyard (PSNS), and Southwest Regional Maintenance Center.

"The reason we were so successful in finishing PIA early was by building relationships

amongst private sector maintenance and ships force; and the shipyard ability to understand who our counterparts were," said Kendall Carlson, project superintendent for PSNS. "Those relationships aided the planning efforts with ship's leadership to develop strategies for how to execute early."

Tirey agreed that the strong relationships among the ship's crew and maintenance professionals were key in the early completion of PIA.

"I was surrounded by maintenance professionals who were super motivated to meet every milestone on time or early and I'm very proud to be part of America's favorite maintenance team," said Tirey. "The ultimate

goal is come out of the availability on time and in a better material readiness. Not only did we meet that goal, but we did it earlier than expected."

With PIA complete, *Vinson* is setting its sights on future operations.

"Coming out of PIA, *Vinson* is required to complete a series of inspections, certifications, and training events that will prepare us for the next deployment," said Tirey. "We are looking forward to becoming operational again, taking the ship out to sea and coming together as a diverse team with a common mission and purpose, demonstrating our readiness to deploy globally and counter any threat."

## Sailors, Marines aboard USS *Makin Island* begin CARAT Indonesia

by Lt.j.g. Mohammad Issa  
Destroyer Squadron 7 Public Affairs

SURABAYA, Indonesia – The Navy and Marine Corps began exercise Cooperation Afloat Readiness and Training-Indonesia 2022, focusing largely on amphibious operations with an ashore bilateral command and control center made up of Indonesian and U.S. service members. U.S. assets and personnel supporting the amphibious operations include the *Makin Island* Amphibious Readiness Group with embarked 13th Marine Expeditionary Unit (MEU).

CARAT Indonesia is a joint, bilateral maritime exercise taking place ashore in Surabaya and in the Java Sea, Dec. 7-21. The exercise commenced with an opening ceremony led by Rear Adm. Rachmad Jayadi, deputy commander of TNI-AL Education and Training Doctrine Development Command, and Rear Adm. Joaquin J. Martinez de Pinillos, vice commander of U.S. 7th Fleet.

"CARAT Indonesia is about practicing interoperability, honing capabilities, and strengthening relationships," said Martinez. "The purpose is to make each of our navies more capable of defending our own nations. But also to make us more capable of defending the international norms that both of our governments consider in our national interests."

"The 28th year of the CARAT series exercise shows the U.S.'s commitment to a free and open Indo-Pacific region," said Capt. Tony Chavez, commanding officer of USS *Makin Island* (LHD 8). "We share maritime security priorities with Indonesia and will continue to share knowledge, skills, and information to enhance interoperability and promote regional security cooperation."

The exercise will feature three distinct phases over the next two weeks. Phase one will primarily take place in the classroom setting, with a series of subject matter expert (SME) exchanges. These will include topics such as maritime domain awareness and intelligence, unmanned aircraft systems, band, public affairs, diving and underwater construction, force protection, legal, and medical.

Phase two will include practical application of the information shared in SME exchanges, as well as standing up the bilateral C2 center. In phase three, the bilateral C2 center will provide exercise control of the at-sea and beach landing operations by the participating Indonesian and U.S. forces.

"Our navies have been maintaining a strong bilateral relationship over decades," said Jayadi. "Numerous bilateral meetings and exercises have been executed with high level performances in order to enhance strategic mutual understanding."

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**PHOTO ESSAY**



**OCEANSIDE**  
Dec. 9, 2022

**Marine Corps Lance Cpl. Nicole Leeds, an aviation meteorological equipment technician, inspects an Advanced Micro Weather System during weather data collection at Camp Pendleton. Weather data collection provides commanders with vital information that can determine actions on the battlefield. US Marine Corps photo by Cpl. Patrick Katz**



**CORONADO**  
Dec. 8, 2022

**Capt. Kenneth Colman, prospective deputy commander, Helicopter Maritime Strike Wing, Pacific speaks during a change of command ceremony held at NAS North Island. HSMWP mans, trains, and equips squadrons to fly and fight the MH-60R Sea Hawk helicopter. US Navy photo by MC2 Madison Cassidy**

**Make shelter animals wishes come true with a forever home**

by Yvette Urrea Moe  
County of San Diego  
Communications Office

Dear Santa Paws, my biggest wish for the holiday season is for a kind and loving person to be my family.

The San Diego County Department of Animal Services would love to find forever homes for every animal in their care and they are offering a Santa Paws adoption special of \$12 per pet in December. All animals will be spayed or neutered, have vaccinations, a microchip and a one-year license for dogs in the service area.

“Make a real difference in the life of an animal by giving one or two a caring home,” said Animal Services Director Kelly Campbell. “You can be an angel to one of our region’s homeless pets.”

On the subject of giving, it is quite possible that you know someone who would love a pet. If after careful thought, you have decided to give an animal as a gift, why not give a gift certificate from a County shelter and let the recipient pick out their lifetime family member? That ensures a good match for both human and animal.

The first step to finding a new best friend is browsing all

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Various animals available for adoption. Courtesy photo

the lovable animals from cats to dogs to chickens and pigs available now on the Adoptions page. Animal Services staff recommend picking out a second and third choice too, just in case your first choice is already chosen by another person.

Walk-in hours are from 1 to 4 p.m. Tuesday through Friday and from 10 a.m. to 4 p.m. Saturday and Sunday at both the South Shelter, 5821 Sweetwater Road in Bonita, or North Shelter, 2481 Palomar Airport Road in Carlsbad.

Fill out an application online to print or pick one up at the shelter. Applications can also be emailed but it is quicker to go in person. See <https://www.sddac.com/content/sdc/das/adopt.html>. If you cannot adopt, consider fostering or volunteering.



**(above) This is Pine, now renamed Goku, whose wish came true this week when he was adopted at the Carlsbad shelter. His new dad is showing him where to sleep and is helping him feel safe and loved.**

**COUNTY'S TOP NEWS STORY-Flu testing appointments now available at 7 county COVID-19 test sites**



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## The how of the now

by Dr. Daneen Skube  
Tribune Content Agency

*Q: I enjoy reading personal growth books. They always talk about being present. I do not see how this would help me as my present is usually stressful. Why do so many personal growth teachers recommend being in the "now." How would it help my work to be present anyway?*

**A:** The reason that being present would help your work is the only way we can engage our reality is in moment that is now available. Yes, the price is we have to experience everything going on within us and around us and that can be stressful.

Even though being in the now can reveal upsetting truths, what we feel we can heal.

Think of feelings as being emotional riptides that if you relax pull you off shore. As the riptide pulls you away from familiar land, you may feel afraid. But, if you relax, the current will only take you a little ways off shore and then you can swim parallel to shore and come back to land.

Fighting a rip tide will only

result in your drowning. Fighting an internal emotion will only exhaust and upset you. Think of each emotion as different colors of energy. Sadness dissolve our past. Anger fuels change. Fear keeps us safe. Joy motivates us. In the now, we can use each emotion to drive a solution.

If you avoid your present moment because the color of energy you experience is one you judge as wrong, then you lose the benefits of that energy. No emotion is wrong, although behaviors you may chose when you're upset can be destructive to yourself or others.

There's an highly effective therapy called Dialectical Behavior Therapy (DBT). The main point of this therapy is our ability to act well when we feel bad. This is central to effectiveness in life and work. How can we regulate our emotions, if we refuse to be present in the now when the emotions are happening?

Try this exercise to discover the how of the now: Sit on your couch making sure you are warm, your back is straight, and close your eyes. Scan your body, starting at your head while you

## Air Force Research Laboratory accepting applications for fully funded graduate internship program

by Gail Forbes

Air Force Research Laboratory WRIGHT-PATTERSON AIR FORCE BASE, Ohio – The Air Force Research Laboratory, or AFRL, is accepting applications now through Jan. 20, 2023, for a fully funded, world-class graduate student internship program here. Applicants must be U.S. citizens who are currently enrolled full-time in a graduate-level Master of Science or Ph.D. program at an accredited U.S.-based institution.

Selected candidates will be

placed in AFRL's Materials and Manufacturing Directorate and the 711th Human Performance Wing to gain hands-on experience conducting state-of-the-art research and prototype development with world-class mentors and senior scientists. In addition to collaborating with experts in specialty fields, internship awardees receive a housing allowance of up to \$2,000 per month for off-base accommodations and a monthly stipend of \$3,600 to cover meals, transportation and incidentals.

"We want to bring new talent

to the local area," said 1st Lt. Suren Uswatta, technical program manager in the Biomaterials branch. "All of the work [the interns] will be doing is state-of-the-art. They get really good exposure in terms of mentoring, more hands-on experience, more network-building. They will be joining the workforce very soon, so this is a great opportunity to build up that network within the DOD community."

The internship opportunities are offered in partnership with the Nano Bio-Materials Consortium, an organization that

advances human performance monitoring and performance augmentation technologies produced in the lab. NBMC will announce the final candidates for the eight open intern positions March 6, 2023.

Interns have the option to complete the internship during the summer immediately following graduation; however, they can complete the program within any consecutive three-month period within one year. All internships must be completed on or before Apr. 1, 2024.

pay attention to all the physical sensations. Lastly, listen to your feelings and observe. Now listen to the chatter in your mind. The point of this exercise is to observe, not change, and breathe.

When you open your eyes, what did you discover about what's happening to you now? Remember, in this exercise you are allowing yourself to be conscious. Just be, and breathe. You'll notice that being present, no matter what you discover, will calm you and make it easier for you to think.

We do not know what the

future will bring, but we can guarantee many moments of now will continue to be uncomfortable. Being in the now we lean into each moment no matter how uncomfortable, and consider discomfort life's swimming lesson.

I frequently think of people who have an illness that makes them unable to feel physical pain. These people hurt themselves all the time because their bodies do not give them feedback. No matter how painful the now may be, your present moment is giving you essential feedback for your long-term well-being.

The last and most powerful how of the now is the more we take care of our present, the better our future becomes. When we fail to show up in our now, we mortgage our future because our decision making is impoverished without the data of our present.

On Monday morning, no matter your judgments, opinions, or thoughts about your now, start the habit of now and see what you discover. The discomfort of the now is temporary, but the wisdom and improved decision making you'll gain are permanent.

The last word(s)

*Q: Often at work I end up feeling like a small cog in an enormous machine. The worst part is I struggle to feel like what I do matters or who I am counts. Is there a way you counsel your clients to think about themselves in the world?*

**A:** Yes, I agree with Eckhart Tolle, a German-born spiritual teacher and author, who recommends that we remember the following: "You are the universe, experiencing itself as human for a while." Consider the Hubble telescope photos, and realize your inner world is that infinite and awesome.



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## VA launches national PACT Act Week of Action to inform veterans and survivors about new health care and benefits

WASHINGTON - On Dec. 10, the VA kicked off a PACT Act Week of Action to inform veterans, their families, and survivors about the PACT Act and encourage them to apply for the health care and benefits they have earned.

From now until Dec. 17, VA is hosting more than 90 Week of Action events across all 50 states, the District of Columbia and Puerto Rico. These events will feature veterans, veteran families and survivors, VA leaders, members of Congress, local elected officials, Veterans Service Organizations, state directors of Veterans Affairs and more — all of whom are working together to spread awareness about the new health care and benefits available to Veterans and survivors.

Many of these events will have VA staff present to help veterans apply for benefits, get screened for toxic exposures and enroll in VA health care.

“There are millions of Veterans and survivors across America who are eligible for new health care and benefits, and we will

not rest until every one of them gets what they’ve earned,” said Denis McDonough, Secretary of Veterans Affairs. “That’s what this PACT Act Week of Action is all about: educating Veterans, their families and survivors — and encouraging them to apply today.”

A full list of events can be found at <https://news.va.gov/111511/va-host-town-halls-pact-act-week-of-action/>.

Additional participants in the events include Denis McDonough, Secretary of Veterans Affairs and Donald Remy, Deputy Secretary of Veterans Affairs, to name a few.

The PACT Act is the largest expansion of Veteran health care and benefits in decades. Since President Biden signed it into law Aug. 10, more than 176,000 Veterans have applied for PACT Act-related benefits and more than 503,000 Veterans have received the new toxic exposure screenings, with nearly 39 percent reporting a concern of exposure.

The PACT Act Week of Action is just one component of VA’s

nationwide PACT Act Veteran outreach campaign, which is the largest coordinated outreach campaign in VA history. The campaign has one goal: ensuring every eligible Veteran and survivor gets the PACT Act-related health care and benefits they have earned. Highlights of the campaign to date include:

•**VA.gov/PACT:** Within one hour of the Senate passage of the PACT Act, VA launched *VA.gov/PACT* - a one-stop-shop for veterans and survivors to learn about and apply for PACT Act-related care and benefits.

•**Earned Media:** VA is executing an aggressive national and local earned media campaign, seeking to inform Veterans and survivors about the PACT Act and encourage them to apply. Between Aug. 10 and Nov. 30, these efforts have helped generate 8.5K news articles and 3.9K broadcast items about the PACT Act - with a total potential reach of 28.4 billion.

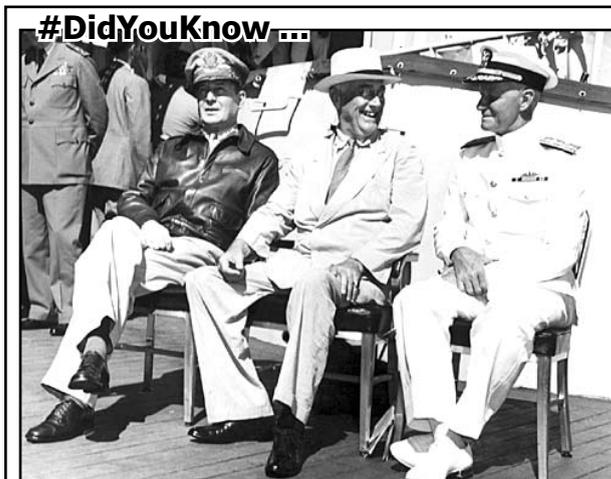
•**Paid Media:** VA is executing a nationwide, targeted advertising campaign across TV, streaming, radio, podcasts, from YouTube and Google, to USA

Today, RallyPoint and more. To date, VA has spent more than \$3.1 million on PACT Act advertising, garnering approximately 100 million impressions. This campaign is focused on reaching all eligible veterans and survivors, including those who have not previously come to VA for benefits or care.

•**Print, digital and video resources:** VA has developed a library of PACT Act flyers, videos and fact sheets to help Veterans understand what this new law means for them. The videos have been viewed hundreds of thousands of times across platforms, and the resources have been shared directly with veterans, VA facilities, VSOs and other partners nationwide.

•**Direct mail:** VA has sent 136 million e-mails with PACT Act information, videos or frequently asked questions.

All eligible vets and survivors can apply for their earned PACT Act-related health care and benefits now. Veterans and survivors can apply or learn more by visiting *VA.gov/PACT*, by calling 1-800-MYVA411 or by attending one of next week’s events.



**#DidYouKnow** During WWII, the Pacific Theater divided into the Southwest Pacific Area under Gen. Douglas MacArthur and the Pacific Ocean Areas under Adm. Chester W. Nimitz. Source: <https://www.nationalww2museum.org/war/articles/pacific-strategy-1941-1944>

### FLEET RESERVE ASSOCIATION: New NDAA moves forward

The House passed a behind-the-scenes agreement on the FY2023 National Defense Authorization Act that’s a blend of the House and Senate NDAA’s. The new version authorizes \$45 billion above the president’s budget request to address some of the effects of inflation and accelerate implementation of the National Defense Strategy. The compromise defense policy bill would allow the Navy to obtain 11 ships, instead of the eight the Pentagon requested. The bill authorizes \$12.6 billion for inflation impacts on purchases; \$3.8 billion for inflation impacts on military construction projects; and \$2.5 billion for inflation impacts on fuel purchase. Other important provisions in the new NDAA include: •No new TRICARE fee increases; •Increasing eligibility and allowance for Basic Needs Allowance; •Creating an open season during calendar year 2023 for eligible retirees to opt-in or out of the Survivor Benefit Program; •Extending temporary increases in BAH; and •Requiring study of military suicide by occupational specialty.

### The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

“I told you, I don’t want gifts this year,” my son said after I asked him to fill out a “Molinari Family Game Night” questionnaire asking about Christmas gifts, cookies, movies and foods our kids might want this holiday season. “I don’t want cologne, I don’t want shirts, I don’t want back-scratchers,” Hayden added, passively-aggressively complaining about past gifts we’d given him. “I have everything I need,” he concluded, putting his pen down.

Admittedly, Hayden is a successful software engineer in his mid-20s, living independently. He didn’t want to play games or fill out silly questionnaires. “But how am I supposed to make holidays fun for my family?” I thought. His younger sisters, Anna and Lilly, also in their twenties, looked back and forth between Hayden and me, feeling the tension.

I’d been planning game night for weeks. It had taken two hours to get the questionnaire just right, complete with a score sheet to tally points for three table games I’d set up in the dining room - shuffleboard, bowling and Skittles. Prizes were wrapped and ribboned on the buffet. Christmas music was playing. An elaborate nacho bar was displayed on the kitchen counter. Brownies were baking in the oven.

I’d envisioned an evening of warm glowing lights and loving interactions with my family of five, but my son’s

## Forced family fun

early refusal to play along felt like the needle of a record player scratching violently across my expectations. I gazed at Hayden blankly. My husband, Francis, and the girls waited nervously for my response.

“C’mon Hayden, this is supposed to be fun,” I urged, lovingly. He opened his mouth to speak. Anticipating another negative tirade, I interrupted, “Okay fine, let’s move on.”

“More forced fun,” I heard our middle child, Anna, whisper to her sister Lilly. I pushed away an inkling of anger that was building just under the surface.

Francis dragged the kids off to play games, while I stayed back in the kitchen to check the brownies and take a few deep breaths. “Keep it together,” I told myself, “they’ll come around.”

“Okay, so that’s four points for Hayden and five for Anna,” I heard Francis say as I entered the dining room.

“So, I win?” Anna asked.

“No, you have to get to 21 points,” Francis said.

“Twenty-one?” Hayden blared, “that’ll take forever. I’m not doing that.”

“Then, don’t play, Hayden.” I heard myself blurt suddenly. That inkling of anger had swollen into an undeniable pimple glowing red like Rudolph’s nose.

he next few moments were fuzzy, but something triggered me — the snide remark, that eye roll, the smirk, I can’t be sure — but before I knew it, the boil had burst.

“This isn’t working. No one is having fun. We are done,” I said matter-of-factly. Our three young adult children stared at me like Santa’s reindeer in the headlights. They were used to their mother planning “forced fun” events, but they had never seen me abruptly pull the plug like this before.

In the days that followed, I received a sincere apology from Hayden, and an unsolicited gift from Anna and Lilly. All three kids acknowledged needing to be more grateful for their parents’ efforts. However, something still felt wrong.

“Aliya’s not coming home this year. I tried decorating, but instead I just sat on my couch and cried,” my friend Annette said over the phone. We compared notes about our young adult children, our transitioning family roles, and our communal holiday “funk”, finally recognizing that we needed to change our attitudes as mothers.

After three decades as a military wife and primary caregiver to our three children, I’d become accustomed to being solely responsible for my family’s enjoyment of the holidays. They depended on me to supply the fun, and my happiness depended upon them having fun. This dynamic made sense when the kids were little, but now that they’re adults, it smacks of codependency.

Although our young adult children aren’t quite ready to host our Christmas gatherings themselves, I also can’t force fun on my family anymore. One day soon, maybe even this year, everyone in our family will contribute to the cheer, and holiday spirit will happen spontaneously.

### AutoMatters™ & More by Jan Wagner



Strap in and hang on tight for the ride of your life! Introducing the Typhoon Aquatic Utility Vehicle (A.U.V.) by Shadow Six Racing. Utilizing state-of-the-art, competition-proven technology and exotic, strong, lightweight materials, the Typhoon A.U.V. is an ultra-custom, high-powered, incredibly nimble side-by-side vehicle that has been designed exclusively for high-performance use on the water. In concept, think of it as sort of a racing ATV suspended atop a pair of high-powered jet skis.

My introduction to the Typhoon was at the 2022 SEMA Show. Out of the water in the Las Vegas Convention Center, it was quite tall, so it was impossible to miss and had drawn a big crowd. A video was playing, to show what it was capable of.

Typhoon is suspended atop two custom-designed, Yamaha SVHO-powered, 700-horsepower, purpose-built jet ski platforms. Typhoon is optimized for incredibly nimble handling, thanks to its low center of gravity. The suspension system is capable of tackling extreme surf conditions, unlike any other vehicle on the market.

I interviewed Ryan Goldberg — Founder and CEO of Shadow Six Racing, and his team. The Typhoon’s low center of gravity contributes to its nimble handling, weighing just 238 pounds above the waterline, from a total vehicle weight of only 1,800 pounds. Its cage and frame are titanium, with carbon fiber and fiberglass construction inside. Most of the weight is in the engines, below the waterline. The hulls are totally

## Introducing the Typhoon - totally custom & absolutely wild aquatic utility vehicle

custom carbon fiber and composite.

Shadow Six Racing partnered with Race Tech Titanium, which offers “titanium nuts, bolts, and custom parts for all types of racing applications from mountain bikes to top fuel dragsters. They work directly with many of the biggest names in the racing industry.”

Typhoon is capable of doing 100mph in as little as only six inches of water. It soars over waves like a comfortably-sprung luxury car.

The Typhoon’s handling around turns is incredible. It is able to pull a full 180-degree turn at top speed, and it launches over eight-foot waves.

Ryan tells us that the goal for Typhoon is to be the very best at what it does, which is being “the Baja truck of the ocean.” He explains that: “It’s meant to be able to get out there and, when other guys are bouncing around on their offshore race boats, speed right past them.”

Final assembly is done in Jupiter, Florida. All of the titanium work, in terms of welding, is done in St. Louis, Missouri — in part due to the consistently high quality of welding that is performed there.

As if all this was not enough, Typhoon also has an incredible Wet Sounds audio system, specially engineered for marine and powersports use. Everything that Wet Sounds builds is built in-house for a marine environment, engineered to withstand the elements. In 2005, Wet Sounds was the first horn-loaded pro-audio marine audio company. They developed a speaker system that projects sound 80 feet away, overcoming engine noise, wind noise and the elements.

On the Typhoon, the tower speakers are mounted in the back. To keep weight to a minimum, there is one pair of really high output 10-inch Compression Driver speakers that reproduce the bass, mid and highs — everything — in one compact package. The audio system is powered by a Wet Sounds Sinister amplifier, with a Wet Sounds AM/FM/Weather Band/Bluetooth head unit to control the audio. Learn more about Wet Sounds at: <https://wet-sounds.com/marine-audio/>.

Of course, all of this comes at a steep price. To buy a Typhoon, you’d be looking at a price tag of a cool quarter-of-a-million dollars. Cutting corners, like making Typhoon from stainless steel, is not an option.

Using the Typhoon in competition seems like an obvious thing to do, so I asked Ryan about that. He told me that a goal is getting the first 20 of these to race in what he referred to as the “Bimini 500,” between Florida and the Bimini chain of islands in the Bahamas.

You really have to see Typhoon in action to truly comprehend what it does. Watch this video of the Typhoon racing at high speed along the winding Kissimmee River in Florida: <https://shadowsixracing.com/videos/>. For more information, visit: <https://shadowsixracing.com>.

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 <https://automatters.net>. In the Search Bar in the middle of the Home Page search by title or topic, or click on the blue “years” boxes. Copyright © 2022 by Jan Wagner — AutoMatters & More #771

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## ROY'S SUDOKU

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### RENTALS CONDOS

PACIFIC BEACH - 1BR/1BA newly remodeled, block to ocean. \$1600, \$2050. DW, custom tile. 858-262-0257. 8xy Diamond on Craigslist. 12/22

### RENTALS HOMES

CORONADO - 3BR/2+Bath, spacious beautiful home in Village. 2 car gar, office or hobby room. Fabulous master BR with natural light. Updated kitchen, bath & laundry room, all new appl's. NO PETS, NO SMOKING on property. 12 month lease. \$6500/mo. 408-307-7695. 12/22

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Charming cottage house, fully furn., 1BR/1BA. \$3275 + utilities mo.. Available now. Lease mo. to mo. Carport prkg. W/D, AC/heat, wi-fi, dishwasher, fenced yard, central location. 10 min. walk to beach. Close to stores. Ask for your military discount. No smoking/ no pets. **773-580-4701**

"For what it's worth, it's never too late to be whoever you want to be. I hope you live a life you're proud of, and if you find you're not, I hope you have the strength to start over."  
- F. Scott Fitzgerald

### RENTALS TOWNHOMES



### TOWNHOME FOR RENT

IMPERIAL BEACH 3BR/2.5BA Spacious new construction (2018). Designer townhome within close proximity to IB Navy base. 1579 sq ft. \$3,350 mo. Call/text to set up a showing 1040 Fern Ave., Imperial Beach **858-583-2018**

### TOWNHOMES FOR SALE

CHULA VISTA ROLLING HILLS RANCH - 3BR/2.5BA, VA approved, near award-winning schools and lovely amenities. 619-977-6447. 1/19

### VOLUNTEERS WANTED

USS Midway Museum is recruiting for docents, air craft restoration, ship restoration and safety volunteers. [www.midway.org/give-join/volunteers/](http://www.midway.org/give-join/volunteers/)

### WANTED TO BUY

\$\$\$ WANTED \$\$\$ to buy RV's & trailers, boats running/not. We offer free tow 24/7. 1-800-613 5410 Al. 12/22

## THINGS TO DO AROUND TOWN

**Feliz Navidad**, Ongoing til Sun, Jan 1, 11am-4pm. Free. Family-friendly immersive experience designed to bring the spirit of the holidays to life. Fiesta de Reyes, Juan Street at Calhoun Street, Old Town San Diego.

**Ice skating outdoors**: Liberty Station, 875 Dewey Road, \$20. Hotel Del Coronado, 1500 Orange Ave, \$40.

**Jingle Terrace Live**, Dec 14-18, Free. The Moonlight, Vista. [www.moonlightstage.com](http://www.moonlightstage.com)

**Guided Bird Walk**, Sat, Dec 17, 8-10am. Free. Lake Murray Community Park, 7001 Murray Park Dr, San Carlos.

**Camino Ruiz Rim to the Creek Hike**, Sat, Dec 17, 8-10am. Free. Naturalist-led, steep hike on switchbacks. Camino Ruiz trailhead, 11489 Camino Ruiz, Mira Mesa.

**Free microchips, Rabies & Dhpp vaccines for Chula Vista & National City residents**. Sat, Dec 17, 10:30am-12:30pm. Limit 3 pets per household. Please bring dogs on a leash and cats in a carrier. Government-issued photo ID and proof of Chula Vista or National City residency required. While supplies last

**Holiday Craft Fair**, Sat, Dec 17, 10-4, Free. Mt Miguel High School, 8585 Blossom Lane, Spring Valley.

**Convoy Nights: A Holiday Market**, Sat, Dec 17, 4-11pm. Free. Celebrate the holidays with your family at the Convoy District: food, shopping, vendors, multicultural entertainment.

**Holiday Posada** at Chula Vista Center, Sat, Dec 17, 2-5pm. Free. Dance, Folklorico, DJ/live music, holiday theme, vendor booths. Chula Vista Center, 555 Broadway.

**An Irish Christmas** at Balboa Theatre, Sat, Dec 17. Tickets [www.sandiegotheatres.org](http://www.sandiegotheatres.org)

**14th Annual Xmas Pet Parade**, Sat, Dec 17. [www.gaslamp.org](http://www.gaslamp.org)

**Movie Night The Grinch**, Sat, Dec 17. Moonlight Amphitheatre [www.moonlightstage.com](http://www.moonlightstage.com)

**How The Grinch Stole Christmas** Movie and SD Symphony at Rady Shell. Sat, Dec 17. [www.TheShell.org](http://www.TheShell.org)

**Movie Night: How The Grinch Stole Christmas**, Sat, Dec 17. The Moonlight (Free) [www.moonlightstage.com](http://www.moonlightstage.com)

stage.com  
**Guided Nature Walk**, Saturdays, Dec 17 & 24, 9:30-11am. Free. Mission Trails Regional Park, San Carlos. [mtrp.org](http://mtrp.org)

**Hanukkah**, Sun, Dec 18 (first night of eight nights)

**Cars & Coffee SD Automotive Museum**, Sun, Dec 18, 7:30-9am. Free. All makes & models. Free coffee & donuts. Decorate your 'sleigh' - Santa will pick his favorite! 2080 Pan American Plaza, Balboa Park.

**Escondido Cars & Coffee**. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. Cars, trucks, bikes!  
**Free Interpretive Nature Walks**, Sundays, Dec 18, 9-10:30am. Free. Elfin Forest Recreational Reserve, Escondido.

**Cocoa with Santa**, Sun, Dec 18, 10am-noon. Free. Enjoy hot cocoa with Kris Kringle himself. One Paseo, 3725 Paseo Place, Carmel Valley.

**Friendship Pop Up Market** Sunday, Dec 18, 11am-4pm. Free. Small home-based business market with vendors. Chula Vista Friendship Park on F St.

**Julian Certified Farmers' Market**, Sundays, 11am-4pm. Free. Wynola Farms Marketplace, 4470 Highway 78, Julian.

**San Diego Bay Parade of Lights**, Sunday, Dec 18. 5:30-7:30pm. [sdparadeoflights.org](http://sdparadeoflights.org)

**Ebenezer Scrooge's Big San Diego Christmas Show**. Thru Dec 23. The Old Globe. [theoldglobe.org](http://theoldglobe.org)

**Guided Nature Walk**, Sat, Dec 24, 8:30-10am. Free. Kumeyaay Lake Campground, Santee. [mtrp.org](http://mtrp.org)

**Dr. Seuss's How the Grinch Stole Christmas**, Thru Dec 31, at The Old Globe. [theoldglobe.org](http://theoldglobe.org)

**Snow N Glow Holiday Festival**, Thru Jan 1, Del Mar [www.delmarfairgrounds.com](http://www.delmarfairgrounds.com)

**Holidays at Legoland California Resort**. Thru Jan 2. [legoland.com](http://legoland.com)

**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.

## Armed Forces Dispatch • (619) 280-2985

Published by Western States Weeklies, Inc.  
2604 B-280 El Camino Real, Carlsbad, CA 92008  
E-mail: [editor@navydispatch.com](mailto:editor@navydispatch.com)

## MOVIES AT THE BASES

Movies & times subject to change. \* Indicates last showing  
Visit [navydispatch.com/entertainment\\_03movies.htm](http://navydispatch.com/entertainment_03movies.htm) to find your base theatre information

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

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

**Thursday, December 15**  
5:50pm Black Panther: Wakanda Forever pg13

**Friday, December 16**

6pm The Menu r

**Saturday, December 17**

2:30pm Black Panther: Wakanda Forever pg13

6pm The Menu r

**Sunday, December 18**

12:50pm The Menu r

3:10pm Black Panther: Wakanda Forever pg13

**Thursday, December 22**

6pm The Menu r

For updates check <https://sandiego.navylifefsw.com/movies/>

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

**Friday, December 16**

6pm The Menu (R)

**Saturday, December 17**

3pm Black Panther: Wakanda Forever (PG-13)

6:30pm The Menu (R)

**Sunday, December 18**

12pm Black Panther: Wakanda Forever (PG-13)

3pm Armageddon Time (R)

**Friday, December 23**

6pm Devotion (PG-13)

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

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

**Friday, December 16**

6pm The Menu r

**Saturday, December 17**

3pm Black Panther: Wakanda Forever pg13

6pm Till pg13

**Sunday, December 18**

1pm Black Panther: Wakanda Forever pg13

4pm The Menu r

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

**Q-Zone - NAB**

Bldg. 337 • 619-437-3190

Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

**Thursday, December 15**

11am Encanto pg

5pm Happy Gilmore pg 13

**Friday, December 16**

5pm Breaking pg13

**Saturday, December 17**

11am DC League of Super-Pets pg

**Monday, December 19**

11am Jingle All the Way pg

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

**Saturday, December 17**

1:30pm Black Panther: Wakanda Forever (PG13)

**Saturdays, December 24 & 31**

**CLOSED FOR THE HOLIDAYS**

## CROSSWORD PUZZLE

### Across

- Anger
- List member
- Reheat, in a way
- "That's on me"
- Service station sections
- Crime site
- One may symbolize friendship
- Gets with difficulty, with "out"
- Ctrl+V, commonly
- \*Like some pages in used books
- It arrives just before Christmas, for many
- Substituted (for)
- Send an IM to
- Public health org.
- Card game cry
- Like some exams
- MLB's Angels, in sportscasts
- \*"Mean" Pro Football Hall of Fame lineman
- Before, in Brest
- List-ending abbr.
- Helpers
- \*Arcade staple
- Puts away
- Pre-event periods
- Chemical suffix
- Fire remains
- Calls in poker
- Criminal
- Tell when one shouldn't
- Secondary persona, or what's hidden in the answers to starred clues
- Distinctive characters
- Verdi solo
- Paintball souvenir?
- With 7-Down, teary
- Tolerate
- Not worth \_
- LAX info
- Rogues

### Down

- Fowl
- Facetious target of a series of guides
- Talk of the town?
- \*Metaphor suggesting suspense
- Spain and Portugal, mostly
- Unavailable
- See 57-Across
- Ed.'s stack
- Word with lemon or orange
- Pot starter
- Jury member
- English
- \*Is a fifty-fifty proposition
- Extends, as a building
- Building extension
- Jigsaw bit
- "No clue"
- Start over
- Over
- No \_; surprisingly
- Possess
- Tel \_
- Fill with freight
- Casual pants
- React to fightin' words, maybe
- Hebrides native
- Wedding destinations, often
- Like 55-Down
- Inspiration for the 2004 film "Troy"
- Parts of some V's
- Lit up
- Kind of position used for meditation
- "Ditto"
- Pack it in
- \_ Major
- Triangle calculation
- See 45-Down

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## Flu SHOTEX conducted at NBSD

Medical personnel from Naval Base San Diego's (NBSD) Branch Medical Clinic are supporting fleet units by hosting a flu shot exercise (SHOTEX) at NBSD's base theater, Dec 7.

The Flu SHOTEX, scheduled for Dec. 7-8, is an opportunity for units to meet the requirement of 100% vaccination of active duty personnel.

"We are grateful to Naval Base San Diego's branch clinic for taking the initiative and time to support our warfighters by setting up this Flu SHOTEX that makes it incredibly convenient to get vaccinated against the flu," said Capt. Ted Carlson, NBSD commanding officer. "Respiratory infections can be an insidious enemy, and one we need to do everything we can to safeguard against."

Flu activity typically peaks between December and February, but can last as late as May, according to the CDC.

"Influenza-like illness (ILI), or commonly referred to as respiratory illness, is defined as sore throat, cough or fever," said Capt. Molly Jenkins, NBSD Branch Medical Clinic, officer in charge. "However, the intent behind getting the flu vaccine is to avoid these symptoms all together."

Preserving the health of the warfighter also helps preserve the health of not only the unit, but also the health of those with family members. This is particularly more relevant when children have seen an increase



Medical personnel from Naval Base San Diego's (NBSD) Branch Medical Clinic are supporting fleet units by hosting a flu shot exercise (SHOTEX) at NBSD's base theater, Dec 7-8, 2022. "We are grateful to Naval Base San Diego's branch clinic for taking the initiative and time to support our warfighters by setting up this Flu SHOTEX that makes it incredibly convenient to get vaccinated against the flu," said Capt. Ted Carlson, NBSD commanding officer. "Respiratory infections can be an insidious enemy, and one we need to do everything we can to safeguard against." NMCS's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMCS employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere. Photo By Marcelo Calero.

in flu infections this season, per the CDC.

During the Flu SHOTEX, medical officials said that on the first day a total of 370 flu vaccines have been administered.

"I was pleased at the steady stream

of Sailors rolling through our Flu SHOTEX today," said Hospital Corpsman 3rd Class Abigail Varela. "As with what usually happens during these evolutions, we can anticipate a drastic increase in the number of patients that we will see tomorrow. Fundamentally, to be part

of ensuring our warfighters are safeguarded against one less medical threat is an honor for me."

For additional immunizations information such as locations, dates and hours of operations, visit <https://www.facebook.com/NMCS> and look for the information pinned to the top.

NMCS's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMCS employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere.



Hospital Corpsman 3rd Class Abigail Varela, from NBSD Branch Dental Clinic, administers vaccines during the SHOTEX.



The San Diego Military Advisory Council (SDMAC) presented Cmdr. Adeline Ong, Naval Medical Center San Diego's (NMCS) associate director for Mental Health, with the prestigious 2022 SDMAC Nancy Dix Community Achievement Award during a ceremony onboard Naval Base Point Loma on Dec 1, 2022. Ong was recognized for providing outstanding support to the San Diego military community. NMCS's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMCS employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere. Photo by Marcelo Calero, Naval Medical Center San Diego.



**VA**



U.S. Department of Veterans Affairs



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Jeep



RAM

## New 2022 Jeep COMPASS

Altitude

Lease For

**\$288**/Month For 39 Months

**SAVE \$\$**



No Payments\* For 90 Days

For well-qualified buyers. MSRP of \$32,970. Down payment \$4,995. Residual \$15,166. Tax, title, license acquisition fee not included. 10,000 miles per year. 2 at this price. VIN: 213353, 210716. Expires 1/03/23.

## New 2022 Dodge CHARGER SXT

Lease For

**\$398**/Month For 48 Months

**SAVE \$\$**



No Payments\* For 90 Days

For well-qualified buyers. MSRP of \$35,960. Down payment \$4,995 plus any manufacturer rebate. Residual \$12,945. Tax, title, license acquisition fee not included. 10,000 miles per year. 2 at this price. VIN: 143057, 153117. Expires 1/03/23.

## New 2022 Jeep WRANGLER

Unlimited Sport

Lease For

**\$388**/Month for 48 Months

**SAVE \$\$**



No Payments\* For 90 Days

For well-qualified buyers. MSRP of \$37,870. Down payment \$4,995. Residual \$22,722. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price. VIN: 231939. Expires 1/03/23.

## New 2023 Jeep GRAND CHEROKEE

Laredo

Lease for

**\$428**/Month For 48 Months

**SAVE \$\$**



No Payments\* For 90 Days

For well-qualified buyers. MSRP of \$42,080. Down payment \$4,995. Residual \$22,302. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price. VIN: 106128. Expires 1/03/23.



## New 2022 RAM 1500

Big Horn 4X4

Lease For

**\$478**/Month For 42 Months

**SAVE \$\$**



No Payments\* For 90 Days

For well-qualified buyers. MSRP of \$54,090. Down payment \$4,995 plus any manufacturer rebate. Residual \$27,585. Tax, title, license acquisition fee not included. 10,000 miles per year. 2 at this price. VIN: 413392, 413381. Expires 1/03/23.



# PERRY



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