

**Career & Education**

In this week's Interpersonal Edge ... Fixing the trauma caused by 2020.

**See page 4**

**AutoMatters & More**

Ben Joiner - "Top Gear" & "The Grand Tour" cinematographer + CLOG BOSS.

**See page 11**

**Your FREE weekly paper**  
Take one!

Navy Marine Corps Coast Guard Army Air Force

# 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



SIXTIETH YEAR NO. 40  
THURSDAY, JANUARY 28, 2021

## THEODORE ROOSEVELT CSG ENTERS SOUTH CHINA SEA SAILORS & MARINES ENTER THE NAVY'S LARGEST FORWARD DEPLOYED FLEET

SOUTH CHINA SEA - The *Theodore Roosevelt* Carrier Strike Group (TRCSG) entered the South China Sea Jan. 23 to conduct routine operations.

The TRCSG is on deployment to the U.S. 7th Fleet to ensure freedom of the seas, build partnerships that foster maritime security, and conduct a wide range of operations.

"After sailing through these waters throughout my 30-year career, it's great to be in the South China Sea again, conducting routine operations, promoting freedom of the seas, and reassuring allies and partners," said Rear Adm. Doug Verissimo, commander, Carrier Strike Group Nine.

"With two-thirds of the world's trade traveling through this very important region, it is vital that we maintain our presence and continue to promote the rules-based order which has allowed us all to prosper," he said. "While we miss visiting our allies and partners in the region in person, we're grateful for all the opportunities we have to operate with them at sea."

While in the South China Sea, the strike group is conducting maritime security operations, which include flight operations with fixed and rotary-wing aircraft, maritime strike exercises,



**USS Theodore Roosevelt (CVN 71) approaches fleet replenishment oiler USNS John Ericsson (T-AO 194) during a replenishment-at-sea Jan. 22. The Theodore Roosevelt Carrier Strike Group entered the 7th Fleet Jan. 23. Photo by MCSN Deirdre Marsac. (Inset) Chief Fire Controlman Ricardo Gonzalez uses a firehose to spray on the deck of destroyer John Finn during a freshwater washdown. John Finn is part of the Theodore Roosevelt Carrier Strike Group. Photo by MC3 Jason Waite**

and coordinated tactical training between surface and air units.

"We all benefit from free and open access to the seas and our operations represent our commitment to maintaining regional security and stability," said Capt. Eric Anduze, USS *Theodore Roosevelt*'s commanding officer. "I'm incredibly proud

of the work and professionalism this crew shows every day operating on the high seas."

Ships of the TRCSG are guided-missile cruiser USS *Bunker Hill*, and guided-missile destroyers USS *Russell* and USS *John Finn*.

TRCSG's operability in the

region directly supports the Chief of Naval Operation's navigation plan to master all-domain fleet operations and exercise with like-minded navies to enhance our collective strength.

7th Fleet is the U.S. Navy's largest forward-deployed fleet and employs 50 to 70 ships and

submarines across the Western Pacific and Indian Oceans. 7th Fleet routinely operates and interacts with 35 maritime nations while conducting missions to preserve and protect a free and open Indo-Pacific region.

*Theodore Roosevelt* departed San Diego for a scheduled deployment to the Indo-Pacific on Dec. 23.

The South China Sea is bor-

dered by Brunei, Cambodia, China, Indonesia, Malaysia, the Philippines Singapore, Taiwan, Thailand and Vietnam.

Beijing views the South China Sea as a crucial part of its maritime territory, not only serving as a bastion for its sea-borne nuclear deterrent based on Hainan island but also as a gateway for the Maritime Silk Road, part of China's Belt and Road Initiative.

### Day One message to the Force from Secretary of Defense Austin

I'm honored to have this chance to serve again and to do so alongside you and your families. My wife, Charlene, and I know all too well the sacrifices you make to keep this country safe. That safety is job one, and I promise to work as hard as you do at it.

The way I see it, my job as Secretary of Defense is to make you more effective at doing yours. That means ensuring you have the tools, technology, weapons, and training to deter and defeat our enemies. It means establishing sound policy and strategy and assigning you clear missions. It means putting a premium on cooperation with our allies and partners. And it means living up to our core values, the same ones our fellow citizens expect of us.

Right now, of course, doing my job also means helping our country get control of the pandemic, which has killed more than 400,000 Americans. You have already come to the aid of our Nation's health care professionals. You can expect that mission to continue. But we must help the Federal Government move further and faster to eradicate the devastating effects of the coronavirus. To that end, we will also do everything we can to vaccinate and care for our workforce and to look for meaningful ways to alleviate the pressure this pandemic has exerted on you and your families.

None of us succeeds at this business alone. Defending the country requires teamwork and cooperation. It requires a certain humility, a willingness to learn, and absolute respect for one another. I know you share my devotion to these qualities.

I'm proud to be back on your team.

## FEBRUARY HOLIDAYS, OBSERVANCES AND LESSER-KNOWN THEMES

Adopt A Rescued Rabbit  
African-American Cultural Heritage Month  
AMD/Low Vision Awareness Month  
American Heart Month  
An Affair To Remember  
Bake for Family Fun Month  
Barley Month  
Beat The Heat Month  
Cricket World Cup (2/6-3/7)  
Declutter For A Cause  
Dog Training Education  
Fasting February  
February is Fabulous Florida  
Strawberry Month  
Feline Fix By Five Month

Free and Open Source Software Month  
From Africa to Virginia  
Great American Pies Month  
Int'l Boost Self-Esteem  
Int'l Expect Success Month  
Int'l Hoof-care  
Int'l Month of Black Women in The Arts  
Int'l Prenatal Infection Prevention Month  
Jobs in Golf Month  
Library Lovers Month  
Love The Bus Month  
Marfan Syndrome Awareness Month

Marijuana Awareness Month  
Nat'l African American History Read-In  
Nat'l Bird Feeding  
Nat'l Black History Month  
Nat'l Canned Food Month  
Nat'l Care About Your Indoor Air Month  
Nat'l Cherry Month  
Nat'l Condom Month  
Nat'l Children's Dental Health Month  
Nat'l Embroidery Month  
Nat'l Enrolled Agents Month  
Nat'l Goat Yoga Month  
Nat'l Haiku Writing Month

Nat'l Hot Breakfast Month  
Nat'l Mend A Broken Heart  
Nat'l Parent Leadership Pet Dental Health Month  
Nat'l Prevent A Litter Month  
Nat'l Self Check Month  
Nat'l Snack Food Month  
Nat'l Teen Dating Violence Awareness Month  
Nat'l Therapeutic Recreation Month  
Nat'l Time Management Month  
Nat'l Weddings Month  
Nat'l Women Inventors Month  
North American Inclusion Pet Dental Health Month  
Plant the Seeds of Greatness

Pull Your Sofa Off The Wall Relationship Wellness Month Responsible Pet Owner's Return Shopping Carts to the Supermarket Month Spay/Neuter Awareness Spunky Old Broads Month Sweet Potato Month Wise Health Care Consumer Month Worldwide Renaissance of the Heart Month Youth Leadership Month  
**SOME WEEKLY OBSERVANCES**  
African Heritage & Health Week: 1-7

Children's Mental Health Week: 1-7  
Cordova Ice Worm Days: 1-6  
School Counseling: 1-5  
Int'l Networking Week: 1-5  
Pride in Foodservice Week: 1-5  
Tax Identity Theft Week: 1-5  
Tinnitus Awareness: 1-7  
Women's Heart Week: 1-7  
American Camp Week: 2-4  
Dump Your Significant Jerk Week: 2-8  
Nat'l Stationery Week: 2-5  
Publicity for Profit: 2-8  
Burn Awareness Week: 7-13  
National Marriage: 7-14

# Austin discusses security threats with counterparts in Japan, South Korea, soon after taking office

by Aaron Kidd,  
Stars and Stripes

TOKYO - New Defense Secretary Lloyd Austin has made his first official phone calls to counterparts in Japan and South Korea, according to a pair of Pentagon statements issued over the weekend.

The discussions took place Saturday, the day after the retired four-star Army general was sworn in as the United States' 28th defense chief and the first Black man to serve in that role.

While neither statement mentioned China or North Korea by name, both said Austin addressed a broad range of defense and security issues in the Indo-Pacific region, including in the South and East China Seas, which Beijing views as its territory. The U.S. considers those areas to be international waters, and the Navy and Air Force frequently carry out freedom-of-navigation operations there.

In his conversation with Japanese Defense Minister Nobuo Kishi, Austin discussed the importance of "ensuring the readiness" of the approximately 54,000 U.S. troops in Japan during the coronavirus pan-

demic. He also affirmed that the U.S. military would respond to any attack on the Senkakus — uninhabited islets in the East China Sea that are controlled by Japan but claimed by China and Taiwan.

Japan frequently urges China to halt incursions into Japanese waters around the Senkakus and to stop harassing fishing boats there. Last year, Chinese vessels made a record 333 trips near the islets, according to the Japan Coast Guard.

"We agreed to oppose any unilateral attempts to change the status quo in the South and East China seas," Kishi told reporters after the call with Austin, according to the Mainichi newspaper.

The defense secretaries also discussed the need to continue construction at Camp Schwab in rural, northern Okinawa, so that aircraft, including a fleet of MV-22 Osprey tiltrotors, stationed at Marine Corps Air Station Futenma can be moved there.

Schwab was chosen in 1997 as the site to replace MCAS Futenma, which is in a more populated area in the south,

and eliminate residents' safety concerns. Construction has been done in fits and starts since then, due to in part to delays imposed by prefectural leaders who aim to stop the project in favor of

Peninsula and in the region," the Pentagon said.

That statement, which was less detailed than the one about Austin's call with Kishi, also

Gen. Robert Abrams, said the U.S. military has had to send air crews off the peninsula for live-fire training due to local disputes with South Koreans over noise and other complaints.

Abrams insisted that the allies maintain strong military readiness overall and declared a

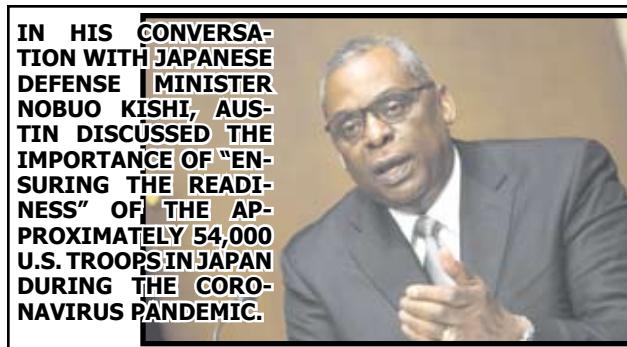
## New Army grooming standards allow ponytails, buzzcuts for female Soldiers

STARS AND STRIPES - Female Soldiers will be permitted by late February to wear several additional hairstyles in uniform under a new Army policy that's part of an effort to improve racial and gender equality throughout the service.

Senior leaders approved new policies last month that allow women to shave their heads or wear ponytails and hairstyle combinations such as braided twists and locs at the same time in uniform, according to service documents released Jan. 26. The new grooming standards will take effect Feb. 25 alongside an updated version of AR-670-1, the Army's all-encompassing regulation governing appearance and how to wear uniforms, which was also announced Tuesday.

Sgt. Maj. of the Army Michael Grinston, the service's most senior enlisted Soldier, told reporters that the changes were driven by feedback from Soldiers. He said many women detailed the struggles that they faced with grooming standards, especially former policies that mandated women with long hair wear it in buns.

"This is about listening to our Soldiers, taking what they are saying and determining how can we incorporate that into the Army," Grinston said. "They spoke out, we listened, and I think we went through a really good process. I'm really excited about the changes we're making." - Refer to <https://www.army.mil/arnews>.



moving the air station off Okinawa altogether.

said the U.S. and South Korean defense ministers "noted the need to maintain the readiness of Alliance combined forces."

The U.S. military has had to cancel or reduce in scope many joint exercises with South Korea since former President Donald Trump met with North Korean leader Kim Jong Un and began diplomatic efforts to persuade the North to give up its nuclear weapons.

In the fall, the commander of U.S. Forces Korea, Army

**GEICO** LOCAL OFFICE

Proudly Serving Our Brave Military



### Meet Your GEICO Local Agents



**Ralph Sanchez**  
386 East H Street,  
Chula Vista  
[geico.com/san-diego-south](http://geico.com/san-diego-south)  
619-264-1751



**Aaron Zazzaera**  
1400 Camino De La  
Reina, San Diego  
[geico.com/sandiego](http://geico.com/sandiego)  
619-321-3789



**Dawn Grant**  
1155 Grand Avenue,  
San Marcos  
[geico.com/san-diego-north](http://geico.com/san-diego-north)  
760-753-7907

Get your discount today.

## Naval Aviation expands readiness cell to include MH-60R/S helicopters

NORFOLK, Va. - Naval Air Force, Pacific Fleet, and Naval Air Force Atlantic, expanded the scope of Naval Aviation's Maintenance Operations Center (MOC) Jan. 5 to include the MH-60R Seahawk and MH-60S Knighthawk helicopters.

The MH-60 aircraft were added to the MOC's readiness process, which previously included F/A-18E/F Super Hornets, EA-18G Growlers, E-2C Hawkeyes, E-2D Advanced Hawkeyes, C-2A Greyhounds, and P-8 Poseidons.

The MOC initiative was launched in response to a 2018 memo from then-Secretary of Defense James Mattis' directing



**Airman Joyce Cruz checks for a clear deck before signaling to a Sea Hawk to take off from John C. Stennis aircraft carrier. Photo by MC3 Ben Crossley**

the Navy, Air Force, and Marine Corps to improve mission-capable rates of their strike fighter aircraft. Based at the NAF Atlantic headquarters here, the MOC enables long-term collaboration among Naval Aviation

maintenance intervals and identifying barriers for resolution.

"We're expanding the scope of the MOC with the end goal of improving and sustaining the number of mission capable

stakeholders by bringing together maintenance, supply, engineering and depot experts from across the Naval Aviation Enterprise to improve aircraft operational readiness through planned main-

MH-60 aircraft," said MOC Director, Capt. Rich Grove. "We will provide that same focus to all of the platforms to continue improving the lethality of Naval Aviation as a whole with continuous improvements to the entire (readiness) chain."

Grove added that the MOC will improve supply and logistics channels, component repair, and squadron-level maintenance activities for the Navy's helicopter community.

"The MOC is a huge improvement to the way we do business and is one of many Naval Aviation success stories," said Rear Adm. John Meier, commander, of Naval Air Force Atlantic, who said that expanding the MOC to

include other types of aircraft increased MC rates for forward-deployed aviation squadrons, Fleet Replacement Squadrons, and test and development squadrons.

time 40 aircraft that have flown in the past year and are scheduled to fly within the next 30 days, are under review by the MOC.

"Maintenance leaders from each squadron participate in the teleconferences to run through the list of individual aircraft, addressing each constraint and identifying solutions on the spot, in real time, with every person in the room sharing the same goal, to take ownership of constraints that fall under their responsibility," said Dave Ferreira, the MOC deputy director. "Since its inception, the MOC has returned hundreds of MC aircraft to the flight line."

Ferreira said that at any given



### Total Navy Battle Force: 297 Ships underway

Deployed ships underway: 58

Non-deployed ships underway: 33

Total ships underway: 91

### Ships deployed by fleet

Fleet Forces: 0

3rd Fleet: 3

4th Fleet: 2

5th Fleet: 22

6th Fleet: 15

7th Fleet: 55

Total: 97



LIKE US  
ON FACEBOOK

A THOROUGHLY MODERN WAY TO KEEP UP WITH YOUR COMMUNITY THROUGH THE ARMED FORCES DISPATCH.

GET THE LATEST NEWS, PHOTOS AND ADVERTISING SPECIALS.

DISPATCH

Armed Forces Dispatch Newspaper

**StorageWest**  
Here for you®

Toll Free  
**877-917-7990**

[www.StorageWest.com](http://www.StorageWest.com)

### TOP QUALITY FIBERGLASS TONNEAU COVERS & TRUCK CAPS

- Improved gas mileage
- Improved security
- Weather protection
- Low profile design
- Smooth, clean lines
- High-strength honeycombed reinforced
- New SL Model has Patented Hinge System

**SoCalTruck.com**  
ACCESSORIES & EQUIPMENT

10460 Mission Gorge Rd • Santee • 92071  
**619-749-0742**

**SNUGTOP**  
THE PERFECT FIT



**Infinitihairtique**  
WE ARE COVID-19 COMPLIANT

New Clients Now  
Being Accepted!!

Complimentary Consultation

APPOINTMENT BASED ONE-ON-ONE SERVICES

**619-534-9466**

[www.infinitihairtique.com](http://www.infinitihairtique.com)



# MAIN AUTO REPAIR

"ALL WORK GUARANTEED"

**FREE ESTIMATES - Serving Military for Over 23 years**

**BRAKE SERVICE SPECIAL**  
from \$99.95  
Per Axle, Parts & Labor included. Most Cars Standard Brake Packages Don't Wait Until You Have a Problem!

**A/C Service and Repair**

**Body Work and Paint**

**CLUTCH \$219.95**  
Most Cars. Parts & Labor included.  
Includes: Pressure plate and disc. Adjustment, New throw out bearing. Pilot bearing. Inspect flywheel

**CV JOINT AXLE \$119.95**  
from Most Cars. Parts & Labor included

**FUEL INJECTION SERVICE \$39.95**  
from Most Cars. Parts & Labor included

**TIMING BELT SPECIAL**  
from \$129.95  
Most Cars. Parts & Labor included

**3714 Main Street, San Diego • 619-238-4385**

**SoCalTruck.com**  
ACCESSORIES & EQUIPMENT

10460 Mission Gorge Rd.

Santee, CA 92071

**619-749-0742**

Work Smarter, Play Harder!

• Truck Bed Covers • Camper Shells

• Side Steps • Truck Racks

• Tool Boxes • Fuel Tanks

• Carpet Kits • Tow Hitches

**MILITARY DISCOUNT**

Get \$25 off \$300 or more with this ad



Spray on Bedliners

# Biden ends Trump-ordered ban on transgender service members

**THE ORDER  
DIRECTS  
THE  
DEFENSE  
SECRETARY  
AND THE  
HOMELAND  
SECURITY  
SECRETARY  
TO  
IMPLEMENT  
IT AND MAKE  
CERTAIN  
ALL  
REGULATIONS  
AND  
POLICIES  
FOLLOW  
THE NEW  
EXECUTIVE  
ORDER.**

by Corey Dickstein and  
Caitlin M. Kenney,  
Stars and Stripes

*Editor's Note: To read this story in its entirety, refer to <https://www.stripes.com/>.*

President Joe Biden on Monday ended the Pentagon's ban on most transgender men and women joining the military, fulfilling a campaign promise to undo one of President Donald Trump's signature Pentagon policies.

Biden issued an executive order Jan. 25 that allows all qualified Americans to serve in the military, regardless of their gender identity.

"President Biden believes that all gender identity should not be a bar to military service, and that America's strength is found in its diversity," according to a White House statement. "Allowing all qualified Americans to serve their country in uniform is better for the military and better for the country because an inclusive force is a more effective force. Simply put, it's the right thing to do and is in our national interest."

The order directs the defense secretary and the Homeland Security secretary to implement it and make certain all regula-

tions and policies follow the new order.

It also immediately stops involuntary separations, discharges, and denials of reenlistment or continuation of service due to gender identity, according to the statement. The order also starts a process to find and examine records of personnel who were kicked out based on their gender identity and correct their military records.

An initial report is to be submitted to Biden within 60 days on the progress for implementing the new directives and policy, according to the statement.

The policy change was expected to essentially revert the Pentagon back to its 2016 policy, which opened the military to most transgender men and women near the end of former President Barack Obama's administration. Biden, who backed that policy at that time, had pledged last year as a presidential candidate to quickly kill the policy, labelling it discriminatory.

The order comes as new Defense Secretary Lloyd Austin took the Pentagon's reins on Friday. Austin last week committed to overturning the ban during

his confirmation hearing before the Senate Armed Services Committee, telling lawmakers that he agreed with Biden's plan to allow transgender men and women to serve.

"I truly believe ... that if you are fit and you are qualified to serve, and you can maintain the standards, you should be allowed to serve," Austin said Jan. 19.

It was not immediately clear Monday how long the Pentagon would need before it would start accepting new transgender service members. Experts said last summer that the Pentagon could reverse the policy in just 30 days.

The ban's end could result in a rush to recruiting offices throughout the country for transgender men and women who have long sought to serve, said Nicolas Talbott, a transgender man who was among the first military hopefuls to file a lawsuit against Trump and the federal government to end the policy.

"We're are all very excited we are all very eager," Talbott said last week. "We're right on the

edge of our seats ... and I know a lot of folks are chomping at the bit to run right to their nearest recruiter's office."

Talbott plans to re-enter ROTC training, which he was forced to leave in 2019 after the ban was implemented and hopes to serve as an Army or Air Force intelligence officer.

"I'm thrilled and relieved that I and other transgender Americans can now be evaluated solely on our ability to meet military standards. I look forward to becoming the best service member I can be," Talbott said in a statement after the ban was lifted.

The Pentagon's ban on transgender men and women enlisting in the military went into effect in April 2019, nearly two years after Trump's surprise July 2017 Twitter announcement that he would no longer allow transgender persons to serve in the military "in any capacity."

That announcement, which caught the Pentagon including all the members of the Joint Chiefs of Staff off guard, resulted months later in the Defense Department policy — known as the "Mattis plan" for former Defense Secretary Jim Mattis, who

crafted it. The policy bars almost any transgender men and women from joining the military.

That plan was long delayed as transgender service members and military hopefuls filed a series of lawsuits that resulted in preliminary injunctions halting the Pentagon for implementing its plan. In January 2019, a 5-4 Supreme Court decision removed those preliminary injunctions, allowing the Defense Department to implement its ban.

The Pentagon long insisted its policy wasn't a blanket ban because of its protections for those transgender service members who came out after the 2016 policy and a waiver process that could allow some transgender people to join the military.

But the policy barred nearly all people diagnosed with gender dysphoria — described by the American Psychiatric Association as "a conflict between a person's physical or assigned gender and the gender with which he/she/they identify."

*Editor's Note: According to a Jan. 25, 2021, Wall Street Journal article, the military health-care system would cover medically necessary gender transition care.*

## Career and Education

# Fixing the trauma caused by 2020

by Dr. Daneen Skube,  
Tribune Content Agency

*Q: As I go into 2021 I don't know whether to duck or look forward to a better experience. I want to be optimistic but feel like I've got Post-Traumatic Syndrome Disorder (PTSD) from 2020. Is it possible for a global crisis to give you PTSD as an adult and if so how are you suggesting your clients cope with the emotional trauma?*

A: Yes indeed when you experience a severe event that shreds your former life it can truly create a Post-Traumatic reaction in an adult. Symptoms can include: nightmares, severe anxiety or depression, flashbacks, numbing out, self-destructive behavior, irritability, negative beliefs about self or world and diminished concentration.

The above list is not complete but many people during 2020 developed these kinds of symptoms. Mental health experts expect that 2020 will leave scars on our individual

Once we can accept where we currently are we have options to react differently. The usual recipes for self-care will make a huge difference in recovering from 2020. Sleep lots, eat well,

tion would help. Sometimes a temporary dose of medicine that stabilizes our mood can see us through the worst life challenges.

What research tells us is that when the going gets rough therapy is extremely helpful. Separately medicine is helpful. But, the best recipe for rapid healing is to combine both. Psychiatric medicine doesn't change who you are, and doesn't work if your brain chemistry is normal but can be a revelation if your brain chemistry is struggling. Normalizing brain chemistry means you can easily learn the powerful tools a good therapist will offer you.

We can't heal if we just keep doing more of what is numbing us out. Despite all the jokes about alcohol use during 2020 high alcohol use doesn't help us adapt. When we are numb we cannot think or feel to see better options during a crisis. Our emotions, even if painful, create energy that motivates change and growth.

Comfort food, being sedentary, and staying distracted may all feel good in the moment but being comfortably numb just takes our ability to problem solve offline. We need our feelings, even if we're uncomfortable, to be motivated to make helpful changes.

## INTERPERSONAL EDGE:

and collective psyche. We are not, however, powerless after traumatic events. Our reactions to events is where we all have super powers.

Part of our recovery is to not shame or criticize ourselves for having the symptoms of PTSD. If we can accept our current compromised functioning we're more prepared to heal. If we chose to just feel bad about feeling bad we compound our suffering.

lower alcohol and sugar intake, connect and talk with people that love you, and slow down your demands on yourself. Now is not the time for multi-tasking, pushing yourself or adding stress.

National statistics tell us that both depression and anxiety have increased about 50% during 2020 but use of mental health services has decreased. Ironically the more overwhelmed and numb we feel the less likely we are to ask for help.

A superb New Year's resolution would be to find a competent therapist that gives practical and wise advice to dig out from last year. A gift of 2020 is remote therapy is now easily available from the comfort of your home. Also you are not limited only to therapists in your geographic area but can chose any therapist you want that offers remote work.

If you know you're struggling with anxiety or depression consider finding a psychiatrist to help assess whether medica-

## New Defender SUVs provide cooler, smoother ride for canines

JOINT BASE SAN ANTONIO-LACKLAND, Texas - The Air Force Security Forces Center's vehicle program delivered the first of new military working dog patrol vehicles to Robins Air Force Base, Ga., as part of their initiative to modernize Defender equipment across the Air Force.

The improvements from previous patrol vehicles is the result of AFSC's vehicle program's input to the Federal Service Law Enforcement Vehicle Equipment Standardization initiative and is focused on keeping MWD handlers and canines mission-ready.

Security Forces members at Robins learned about the vehicle "hot dog" system, which automatically kicks in when the interior gets too hot for the canines. The full-size sport utility vehicles also have a more spacious interior that gives the dogs a more comfortable ride.

"These new vehicles are definitely an upgrade," said Staff. Sgt. Matthew Cerulli, MWD handler with the 78th Security Forces Squadron. "I think the best thing is the 'hot dog' system, which, in case of an emergency, we have to leave our dog in the vehicle and it gets too hot, an alarm will go off, the windows will roll down and the A/C will crank on to help keep the canines cool."

"However, I think the dogs' favorite thing is the additional room. We have some large canines and in this new vehicle they can get up and stretch out as needed," Cerulli added.

Prior to the FEDSLEVES program, units sourced their own funds to purchase the necessary equipment, which required local vendors to outfit vehicles after they arrived at the installation.

As a therapist one of the hardest sales jobs I do is to convince clients that their current comfortable habits may not be their richest life choice. My clients always prefer the devil they know than the angel waiting around the next corner. Healing from PTSD requires us to leave behind our familiar routines.

You're never permanently stuck in any hell an adversity creates in your life unless you refuse to change and grow during crisis.

The last word(s)  
*Q: I'm so bone weary right now I think I'll never feel rested again. Is there any technique you recommend to recover from profound exhaustion?*

A: Yes, I'm a huge fan of the Transcendental Meditation technique and a long-term practitioner myself. Unlike many other techniques this tool helps you discover you have a 24 hour access pass to a temple of deep rest and rejuvenation inside you when you sit quietly.

## 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

Publisher.....Sarah Hagerty

The Dispatch is published weekly on Thursdays, by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. It does not necessarily reflect the opinion of the Department of the Navy and is in no way associated with the Department of the Navy. The editorial objective of the Dispatch, however, is to promote support for a strong military presence. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Dispatch or Western States Weeklies, Inc. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$70 per year to CONUS or FPO address.

## Local Military

# You're winners, Naval Base Coronado and Naval Weapons Station Seal Beach

### CNIC Installation Excellence Award winners

by Destiny Sibert

WASHINGTON - Commander, Navy Installations Command, Vice Adm. Yancy B. Lindsey, announced the 2021 CNIC Installation Excellence Award winners Jan. 11, recognizing the top shore commands for their installation management, program excellence and community outreach.

CNIC oversees 70 U.S. Navy installations worldwide. For the Installation Excellence Awards, bases are evaluated on a number of categories including facilities management, quality of life, environment, energy, property stewardship and safety & health, among others.

"As always, nominations this year were highly competitive

and it was very difficult to select only three finalists in each category," said Lindsey. "I remain amazed by the depth and scope of what our installations do year-in and year-out, often under very challenging conditions, to support the Fleet, Fighter and Family."

### Large installation

Winners in the Large Installation category were Naval Support Activity Bahrain, led by Capt. Greg A. Smith, in first place; Naval Air Station Jacksonville, led by Capt. Brian D. Weiss, in second place; and **Naval Base Coronado**, led by Capt. John W. DePree, in third place. NSA Bahrain also received the 2021 Commander in Chief's Annual Award for



**Navy destroyer Russell, shown here conducting a cooperative deployment with the Federated States of Micronesia National Police. Courtesy photo**

### Russell engages with partners during Oceania transit

PACIFIC OCEAN - Destroyer USS *Russell* (DDG 59) completed an Oceania transit and presence operation Jan. 18, interacting with partners and upholding commitments with the Republic of Marshall Islands, the Federated States of Micronesia, and Papua New Guinea.

*Russell* conducted a brief stop for fuel in Majuro, RMI, Jan. 7. After successfully completing their fueling and replenishment at Majuro, *Russell* conducted a cooperative deployment with two FSM National Police Maritime Surveillance Division patrol craft in the vicinity of Pohnpei, FSM. The ship completed its transit through Oceania, rich in fisheries, by patrolling the Compact of Free Association (COFA) states high seas pockets in order to discourage incidence of known illegal, unregulated, unreported (IUU) fishing.

"USS *Russell* is honored to work with COFA states to foster our enduring partnerships in the region," said Cmdr. Ryan Rogers, *Russell*'s commanding officer. "Our operations showed our support to these fine nations in a wonderful region of the world that is rich with naval history."

The COFA agreement establishes the relationships of free association between the U.S. and the three Pacific Island sovereign states of the Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau.

"All nations benefit from free and open access to the seas," said Capt. Steve McDowell, commodore, Destroyer Squadron Twenty Three. "Together with our allies and partners, we are able to ensure maritime security and adherence to international rules and norms that have allowed all nations to continue to prosper. We're extremely proud to operate with our COFA partners and to continue to enhance our strong partnership."

*Russell*'s transit and operations across Oceania demonstrate the U.S. commitment to upholding its agreement with the COFA states, while also building trust with emerging strategic partners like PNG, in support of advancing international rules and norms of the high seas.

"My crew and I enjoyed the opportunity to conduct a Cooperative Deployment with USS *Russell*," said Lt. Cmdr. Paulino Yangitesmal, commanding officer of Federal States of Micronesia's FSS Palikir. "Even without COVID interrupting our ability to complete at sea training with like-minded partners, it is rare for us to meet up with a warship of this size and capability."

Installation Excellence, which recognizes outstanding and innovative efforts among those operating and maintaining U.S. military installations.

NSA Bahrain, U.S. Central Command's only major operating base, earned its impressive accolades for providing phenomenal shore support for 31 forward deployed U.S. and coalition warships, enhancing warfighter readiness and lethality against the backdrop of increased regional tensions and the COVID-19 pandemic. Among its accomplishments, the installation completed the \$49 million construction of the Mina Salman pier, growing berthing capacity by 50 percent, and an \$18.9 million port security barrier, the longest of its type in the Navy, which was finished in nine months. Throughout the COVID-19 pandemic, the base's programs innovated with unprecedented speed to develop safe morale activities for the fighter, provide continuous support for the family and ensure uninterrupted mission operations in service of the fleet.

### Small installation

2021 winners of the Small Installation category were NAS Whiting Field, previously led by Capt. Paul D. Bowdich, in first place; **Naval Weapons Station Seal Beach**, led by Capt. Jason J. Sherman; and Camp Lemonnier, led by Capt. Kyle D. Schuman, in third place.

"I could not be more proud of the entire team here at NAS Whiting Field," shared Bowdich, prior to his change of command ceremony earlier this month. "This award is truly a team effort of all hands on the base. It could not have been accomplished without all the hard work of everyone on the team. Congratulations, and well-deserved!"

Whiting Field provided outstanding support of the Navy's largest air wing and management of three towered airfields, 12 outlying fields, 4 million yards of tarmac, 16 miles of runways and 4,500 square miles of airspace. However, Bowdich said the honor couldn't be achieved without a community that works hand-in-hand with the air station to accomplish the mission. NAS Whiting Field's award nomination included citations for the base's partnerships with Santa Rosa County, Calif., toward securing property around the base to prevent incompatible development; gaining grants to support infrastructure improvements; incorporating dozens of military family life counselors in area schools creating the most robust program in the country and much more.

# PERRY

CHRYSLER

DODGE

Jeep

RAM

### NEW 2021 JEEP GRAND CHEROKEE LAREDO ALTITUDE

START SOMETHING NEW  
SALES EVENT

**\$328 Mo.**

Plus tax, title, license,  
acquisition fee & first  
payment



### NEW 2021 RAM 1500 BIGHORN 4X4

START SOMETHING NEW  
SALES EVENT

**\$348 Mo.**

Plus tax, title, license,  
acquisition fee & first  
payment



### NEW 2020 DODGE CHARGER

START SOMETHING NEW  
SALES EVENT

**\$358 Mo.**

Plus tax, title, license,  
acquisition fee & first  
payment



Lease for \$358/mo. for 60 mos. MSRP of \$41,680. Down payment \$4,995 plus any manufacturer rebate. Residual \$21,673. Tax, title, license acquisition fee not included. 10,000 miles per year. 4 at this price. # D20305, D20289, D20301, D20286 See dealer for more details.

[www.PerryChrysler.com](http://www.PerryChrysler.com)  
2340 National City Blvd (877) 325-8099

# PERRY

Certified Pre-owned  
CHRYSLER • DODGE • JEEP • RAM • FIAT



2012 DODGE CHALLENGER \$14,995



2016 JEEP GRAND CHEROKEE \$15,995



2018 JEEP RENEGADE \$18,995



2018 DODGE CHALLENGER \$22,995



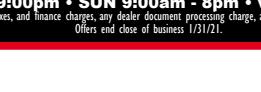
2019 JEEP COMPASS \$18,995



2015 JEEP WRANGLER \$21,995



2019 DODGE CHARGER \$23,995



2019 DODGE PACIFICA \$24,995

MON-SAT: 8:30am - 9:00pm • SUN 9:00am - 8pm • [www.PerryChrysler.com](http://www.PerryChrysler.com)  
All advertised prices exclude government fees & taxes, and finance charges, any dealer document processing charge, any electronic filing charge and any emission testing charge.  
Offers end close of business 1/31/21.

# Subaru of El Cajon



## MILITARY ONLY SERVICE SPECIALS!!

### 4-WHEEL ALIGNMENT

**\$8995**  
+ tax

- Precision computerized wheel alignment
- Adjust caster, camber & toe
- Inspect suspension for wear
- Center steering wheel • Inspect tires

Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 1/31/21.

### OIL CHANGE & TIRE ROTATION + MULTI-POINT INSPECTION

**\$9995**  
+ tax

- Install Genuine Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE Check & set tire pressure to vehicle specifications
- FREE Multipoint inspection
- FREE Car Wash
- FREE Battery Test

Synthetic, V6 & V8 additional. Subarus only. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 1/31/21.

### 2021 SUBARU FORRESTER CVT Option Pkg 02

**\$234**  
Mo. +  
Tax



MSRP \$27,298. Security deposit \$0. Due at signing \$1999. Lease for 36 Months, Residual \$18,133.70. Military Rebate \$500. 10,000 miles per year. Tier 1 Credit Needed to Qualify. 3 at this price.

### 2021 SUBARU OUTBACK PREMIUM CVT Option Pkg 11

**\$285**  
Mo. +  
Tax



MSRP \$30,834. Security deposit \$0. Due at signing \$1999. Lease for 36 Months, Residual \$19,117.08. Military Rebate \$500. 10,000 miles per year. Tier 1 Credit Needed to Qualify. 3 at this price.

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. Offer expires 1/31/21.

## WE ARE HERE FOR YOU AND YOUR SAFETY We are in compliance with all State and CDC Protocols



- We utilize hourly cleaning, including all surfaces.
- Every car that's in our service drive is UV sanitized, too.
- Solo test drives in sanitized car.
- We are the only Subaru retailer to UV sanitize the showroom every week.
- Limited people in showroom for social distancing.
- Home delivery and test drives.

**900 Arnele Ave., El Cajon  
619-440-0404  
www.SubaruOfElCajon.com**



**SUBARU®**



#1 2020 VOLUME BUICK DEALER IN SAN DIEGO COUNTY  
**SOUTH COUNTY**  
BUICK | GMC

## 2021 Buick Encore

**\$227** PER MO.  
+ TAX



Satin Steel Metallic.

\$1995 Drive off. 36 months @ \$227 mo. + tax. 10,000 miles per year.

This includes \$2000 Conquest Rebate (Must have a non GM Lease). Stk #3210033, Vin #MB051383.



## WE ARE HERE FOR YOU AND YOUR SAFETY

We are in compliance with all  
State and CDC Protocols



- We utilize hourly cleaning, including all surfaces.
- Every car that's in our service drive is UV sanitized, too.
- Solo test drives in sanitized car.
- We are the only Buick/GMC retailer to UV sanitize the showroom every week.
- Limited people in showroom for social distancing.
- Home delivery and test drives.

**2202 National City Blvd. 619-375-0409**

**WWW.SDMILITARYAUTODISCOUNTS.COM**

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. Offer expires 1/31/21.



2021 GMC  
TERRAIN SLE  
Elevation Package

**\$223** PER MO.  
+ TAX

\$1995 Drive off. 36 months @ \$223 mo. + tax. 10,000 miles per year. Rebate of \$1350. Plus this includes \$1500 Conquest Rebate (Must have a non GM Lease). Stk #3210113, Vin #ML332250.

2020 Buick  
Encore GX

ONLY  
**\$22,800**  
Plus tax & fees.



Burnished Bronze Metallic. MSRP \$28,300, Discount \$ 2,000, Customer Cash \$3,500. Buick & GMC Conquest Rebate (Must have a non GM Lease). Stk #320298, Vin #LB112588.

2021 GMC  
ACADIA SLE  
Elevation Package

**\$285** PER MO.  
+ TAX



\$1995 Drive off. 36 months @ \$285 mo. + tax. 10,000 miles per year. Rebate of \$3000. Plus this includes \$1000 Conquest Rebate (Must have a non GM Lease). Stk #3210128, Vin #MZ147605.



## This week's snapshots



**USS MAKIN ISLAND**  
Jan. 19, 2021

Marine Corps Sgt. William Easter, right, and Lance Cpl. Nathaniel Hinkle, both MV-22 Osprey flight line mechanics, remove an engine from an Osprey aboard amphibious assault ship Makin Island. Photo by MC3 Aaron Sperle



**CAMP PENDLETON**  
DEC. 10, 2020

Marines static line jump from a KC-130J Hercules over Drop Zone Basilone. Marine Corps photo by Lance Cpl. Drake Nickels



**USS PRINCETON**  
Jan. 22, 2021

Cruiser USS Princeton steams alongside Nimitz aircraft carrier during a refueling-at-sea. Nimitz and Princeton are part of Nimitz Carrier Strike Group and are deployed to the 5th Fleet. Photo by MC2 Logan C. Kellums



**CAMP PENDLETON**  
JAN. 4, 2021

Marine Corps Capt. Charles O'Donnell Jr., the All Domain Reconnaissance Detachment commander with the 11th MEU, participates in a combatant dive exercise. ADRD trains to refine and sustain proficiency in combatant dive skills and enhance the capability to conduct specialized insertion and extraction methods. Photo by Sgt. Jennessa Davey

## John P. Murtha completes repair work at regional maintenance center

Southwest Regional Maintenance Center (SWRMC) successfully delivered USS John P. Murtha (LPD 26) from her availability on-time, Jan. 8.

"The team's determination to complete John P. Murtha's availability was clearly reflected in their hard work, which resulted in a successful delivery," said Capt. David Hart, commanding officer, SWRMC. "Their willingness to work through and overcome any challenges is another example of SWRMC's dedication to providing a much-needed asset to the Fleet on-time."

The work accomplished during the selected restricted availability included the complete overhaul of the Kelly Crane, and install of the Hull, Mechanical, and Electrical /Navigation Critical Distribution System, and Consolidated Afloat Networks and Enterprise Services (CANES). The teams also made repairs to the main propulsion diesel engines, ship service diesel generators, exhaust bellow, and ballast tank. Over 211 additional work items were executed on various platforms throughout the ship.

According to SWRMC Execution Branch Head (BAE Shipyard) for John P. Murtha, Thomas Grand, one of the key elements that resulted in the successful completion of this availability was the drive to work together as a team and maintaining a positive attitude throughout.

During the availability, SWRMC teams collaborated with Serco, Naval Information Warfare Center Pacific Raytheon, Delphinus, and VT Milcom to conduct a variety of scheduled maintenance.

"Everyone involved worked in concert to bring the availability together to get John P. Murtha completed on time," said Grand. "Team camaraderie, open communication, and a supportive CO that projected a contagious optimism throughout the availability helped get the work done."

SWRMC is meeting its mission to provide superior ship maintenance, modernization, technical support, and training for the Pacific Fleet.

For more information on SWRMC, visit <https://www.navsea.navy.mil/Home/RMC/SWRMC>.

**MADE FOR  
THE MILITARY**  
**SPOUSES | CHILDREN | VETERANS**  
with a discharge type of Honorable

**USAA.COM/JOIN or call 800-531-8521**

No official U.S. Army endorsement is implied. Sponsorship does not imply endorsement by the Department of Defense. The Department of the Navy does not endorse any company, sponsor or their products or services. MCCS Sponsor. No federal or DoD endorsement implied. Paid ad. No federal endorsement of advertiser is intended. Neither the Coast Guard nor any other part of the federal government officially endorses any company, sponsor or their products or services. Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change. To join USAA, separated military personnel must have received a discharge type of "Honorable". Eligible former dependents of USAA members may join USAA. Membership eligibility and product restrictions apply and are subject to change. USAA means United Services Automobile Association and its affiliates. © 2020 USAA. 266508-1020



## LOCAL NEWS CAPSULES

### MCTSSA establishes cyber 'Blue Team' designation

by Amy Forsythe

CAMP PENDLETON - Marine Corps Tactical Systems Support Activity (MCTSSA) recently established a Marine Corps' Adversarial Cyber Assessment "Blue Team."

This designation is dedicated to support Marine Corps Systems Command's Programs of Record, which enhances acquisitions cyber test and evaluation capabilities, stated Maj. Gen. M.G. Glavy, commander of Marine Corps Forces Cyberspace Command, in a memo authorizing the adversarial "Blue Team" designation.

As part of the U.S. computer security defense initiative, "Red Teams" were developed to exploit other malicious entities that would do them harm. As a result, "Blue Teams" were developed to design defensive measures against such "Red Team" activities.

A "Blue Team" consists of security professionals with a holistic view of the organization. Their task is to protect the organization's critical assets against any kind of cyber threat. Having a "Blue Team" capability greatly increases the Corps' overall operational cyber resiliency in a contested cyber environment.

The Cyber Assessment Team is able to assess the effectiveness of the security and defense of MCSC and Program Executive Officer Land Systems PoRs for fielded systems and those in the developmental test phase. It includes military, government and contractor personnel aligned to the DoD's "Blue Team" roles.

"This capability strengthens our acquisition cyber footprint while also enhancing our Corps' operational cyber resiliency," said MCTSSA commanding officer Lt. Col. Michael Liguori.

### USS Freedom completes exercise with El Salvador, Guatemala

EASTERN PACIFIC OCEAN - USS *Freedom* littoral combat ship executed a passing exercise (PASSEX) with its naval counterparts from El Salvador and Guatemala, Jan. 21.

PASSEXS are a series of advanced close proximity maneuvering exercises designed to improve interoperability and advance the partner nation's ability to communicate, navigate and operate together at sea.

"This tri-lateral PASSEX, strengthens our tactical readiness and practices operational command and control while signaling strategic commitments to our partners throughout the region," said Cmdr. Larry Repass, commanding officer of San Diego-based *Freedom*.

Throughout the exercise the forces were able to practice tactics in realistic training scenarios and develop greater trust, understanding and respect for each other's capabilities.

*Freedom* is deployed to the U.S. 4th Fleet area of operations to support Joint Interagency Task Force South's mission, which includes counter illicit drug trafficking in the Caribbean and Eastern Pacific.

U.S. Naval Forces Southern Command/U.S. 4th Fleet supports U.S. Southern Command's joint and combined military operations by employing maritime forces in cooperative maritime security operations to maintain access, enhance interoperability, and build enduring partnerships in order to enhance regional security and promote peace, stability and prosperity in the Caribbean, Central and South American region.

*Freedom* is a fast, agile, mission-focused-platform designed for operation in near-shore environments. For more information on *Freedom*, visit <https://www.public.navy.mil/surfor/lcs1/Pages/default.aspx>.

### Information center to host TEAR 3M virtual online event Feb. 23-24

by Patric Petrie

SAN DIEGO - Naval Information Warfare Center Pacific's Battlespace Exploitation of Mixed Reality Lab and National Defense Industrial Association San Diego will host the Technical Exchange on Augmented Reality for Military, Maintenance, and 3D Modeling (TEAR 3M). The virtual event will feature more than 90 speakers, virtual booths and demos Feb. 23-24.

Industry keynote speakers will include Cathy Hackl, augmented reality/virtual reality (AR/VR), artificial intelligence and spatial computing author and futurist, and Curtis Hickman, magician as well as cofounder and chief creative officer of The VOID, a collective of immersive VR destinations within and outside the United States. Both speakers are leaders in the world of AR/VR.

Heidi Buck, director of NIWC Pacific's BEMR Lab, will discuss the Navy's needs for AR/VR technologies such as AR/VR, 2D/3D displays, mobile displays, wearables, to name a few.

The conference is free for government and DoD; \$49 for academia; and \$99 for early bird registration or \$149 beginning Feb. 1 for industry. Register for TEAM 3M 2021 at <https://sites.google.com/view/tear3m/home> to attend or sponsor the event.

For more information on this event, contact Jim Fallin, Corporate Communications and Public Affairs director, at [jim.fallin@navy.mil](mailto:jim.fallin@navy.mil), or (619) 892-7524.

NIWC Pacific conducts research of integrated command, control, communications, and computers, among other support.

### USS Essex conducts change of command in port

by Chief Petty Officer Ace Rheaume,  
USS Essex

Capt. Kelly Fletcher relieved Capt. Aaron Kelley as commanding officer of USS *Essex* amphibious assault ship during a change of command ceremony held on the ship's flight deck Jan. 22.

During the ceremony, Kelley expressed appreciation of his crew during his time commanding aboard. "I'm proud of the Iron Gators that demonstrate excellence every day," said Kelley. "I'm humbled by the opportunities and experiences that *Essex* has given me, and by those who have shared them with me."

Additionally, Kelley prepared *Essex* to complete all required training events and certifications with 100 percent grades at both light-off assessment and engineering operational certifications.

"The *Essex* team, under your leadership has shown tremendous strength and resilience," said

Commander, Amphibious Squadron One Capt. John Barnett. "We need leaders like you with the right vision and determination to carry us into the next phase of the fight."

During the ceremony, Barnett awarded Kelley the Legion of Merit for his performance as commanding officer.

Fletcher, a native of West Hempstead, N.Y., completed her most recent assignment aboard *Essex*, serving as executive officer for 17 months.

After serving as second in command since 2019, Fletcher said she's excited to take over the role of CO.

"To the *Essex* crew, it's a privilege to take command of this great ship," she said. "It was humbling taking the job as [executive officer] and now even more humbling to follow in the footsteps of great commanding officers."

## Veterans News

### Getting the VA secretary nominee right for veterans

by David Shulkin

FLEET RESERVE ASSOCIATION - The Senate must confirm the right person to be secretary of the VA. The leader of the government's second-largest agency, with over 400,000 employees, is a complex job, but more important it is their responsibility to honor the nation's commitment to those who have sacrificed for the country.

President Joe Biden understands this responsibility. I know that there are few issues closer to his heart than our country's commitment to those who serve. It's personal for him. It's about looking out for their safety and

welfare while they are abroad and when they come back home. We have witnessed it with his actions, heard it in the way he talks about his son, and seen it with a list he holds pressed against his heart wherever he goes.

Biden nominated Denis McDonough for this important job. McDonough is an experienced leader who is capable of taking on this role. I worked with him when he was White House chief of staff and I know his passion and commitment to ensure our veterans and military families get the care they have earned.

As the first non-veteran secre-

tary to serve at VA, I know how important it was to work closely with veterans, and veteran organizations, to ensure that I understood how to lead the agency. I know McDonough, too, shares

this respect for those who have served. I am confident he has the character and skills to represent our nation's veterans well.

While there has been much progress in recent years, significant reforms are needed at VA. Too many veterans continue to struggle to get the benefits they deserve and veterans with toxic exposures such as those who are suffering from Agent Orange and burn pits, continue to wait for help. The VA health system requires modernization of its facilities, its processes, and the systems supporting those working to serve veterans. Too many veterans are taking their life by suicide and many others face barriers in getting the right care in the community. The department needs a leader capable to implement major reforms, not just incremental improvements.

The secretary of VA requires a person able to get things done in Washington. It requires a person who will represent veterans and their families, inspires the workforce, collaborates with community groups, and navigates the complexity of Congress and the executive branch. McDonough knows how to work in these environments and use every lever of government to get things done. His experience is what is needed and will benefit veterans.

I was first appointed to serve in the Department of Veterans Affairs as the under secretary of Veterans Affairs for health in 2015 by President Obama. President Trump then nominated me to become his secretary of Veterans Affairs after he assumed office in 2017 - it was my honor to accept.

I say this because, while our country has suffered from a deep partisan divide over the past four years, there is one issue that has and must stay above the fray: our solemn duty to protect and care for our nation's veterans and their families.

McDonough not only has the management skills to lead the Department of Veterans Affairs, but he cares about our veterans

and their families. He has seen firsthand the costs of war and understands the ripple effect they impose. Importantly, he will have the confidence and support of the president.

Our service members and their families sacrifice every day to protect us. It is our duty to do the same for them. They should never have to worry about whether they can get the care and benefits

they need and deserve, and if they'll be able to put food on the table or a roof over their head.

The Department of Veterans Affairs is there to work for veterans and their families, and McDonough is the right man to ensure it does. The Senate should vote to confirm Denis McDonough to be our nation's next secretary of Veterans Affairs.

#### Veterans

- Biden signs executive order delaying VA debt collection
- Congressional Medal of Honor Society plans Boston convention



**eBenefits**  
[www.ebenefits.va.gov](http://www.ebenefits.va.gov)

### VA Disability Claim Denied?

*Know Your Rights and*

*Don't Take "No" for an Answer!*

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

**760-585-4665**

**www.VetDisabilityAid.com**

# CLASSIFIEDS

## ARMED FORCES DISPATCH CLASSIFIEDS

To place your ad, please call the Classified Advertising Department at (619) 280-2985.

Deadline to place an ad is Tuesday at noon.

See your ads in print, and on the web, on Thursday!

## ATTORNEYS

## LOW COST DIVORCE

Recordon & Recordon, Attorneys

- SUPPORT •
- CUSTODY •
- VISITATION •
- MEDIATION •
- ADOPTION •

## PAYMENT PLANS

**Free Consultation**

**(619) 232-1717**

Mission Valley ... 283-7777  
El Cajon ..... 442-6999  
Chula Vista ..... 427-3404

## LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys

**STOP  
Creditor Calls  
Home Foreclosure  
Repossessions**

## PAYMENT PLANS

**Free Consultation**

**(619) 232-1717**

Mission Valley ... 283-7777  
El Cajon ..... 442-6999  
Chula Vista ..... 427-3404

## AUTOS FOR SALE

1966 FORD F-100 CUSTOM CAB PICKUP TRUCK "Old Blue." 3 on the tree. Runs but needs lots of TLC on interior and body. Project truck. It runs and has non-op filed this year. We're downsizing. Call for info. 619-246-2461 leave message.

## FURNITURE



### WOOD CARVED CHERRY FURNITURE

Acme furn for living rm, bedroom, family rm, dining room. Excellent condition. Come see to believe! 619-757-7887.

ANTIQUE CHILD-SIZE ROLLOP DESK \$100. In good shape. Belonged to my 80-year-old brother as a child. Desk with cubbies and two small drawers above the roll top. 3 big drawers underneath. We're downsizing. Call for info. 619-246-2461 leave message.

## HORSE BOARDING

**HORSE BOARDING CARLSBAD**  
\$400/month  
Western casual, family-oriented ranch.  
We have roomy 12x48 or 12x24 corrals and provide a veterinarian recommended diet twice daily.

**760.840.0187**

## LANDSCAPING

Landscape/Tree Service  
Free estimates, 25 years experience.  
Any day. 760-685-7585.

## CROSSWORD ANSWERS



## SUDOKU SOLUTION



## Social Security Matters

### Claim now and invest or wait to claim?

*Dear Rusty: I'm 66 now and will be 67 in December and my question is this: Should I take Social Security now or wait? I'm still working full time and plan to work for a few more years, at least until I'm 70 but maybe longer. I was told by a friend that I should take my Social Security now and put the money into savings, invest it or use it. And, since I'm still working, I'm still contributing to Social Security, so that when I reach 70 I should get the full amount. I'm not sure if this is accurate so would like to hear your advice.*

*Signed: Uncertain Lady*

Dear Uncertain Lady: By taking your Social Security benefit now you will be locking into a benefit amount that is smaller than it would otherwise be if you wait longer to claim. You've already reached your Social Security full retirement age (FRA) of 66 and, since then, have been earning delayed retirement credits (DRCs) at the rate of .667% per month of delay past your FRA. You will continue to earn those DRCs – an 8% higher benefit for each year you delay – until age 70 when your benefit will be 32% more than it would have been at 66 and 24% more than at age 67. Can you do better than that by taking a smaller benefit now and investing it? That depends upon what type of investing you intend to do. I cannot answer that for you, but a guaranteed 8% increase in your benefit amount for each year you delay, resulting in a much higher benefit for the rest of your life, is pretty hard to beat.

It is true that continuing to work now may help increase your Social Security benefit, but that's true regardless of when you claim. Your benefit will be based upon the 35 highest earning years over your lifetime (adjusted for inflation) at the time you claim. If, after your benefits start, your current earnings are higher than any of those used to originally compute your benefit, you will get credit for those higher earnings and your benefit will increase. Even after you claim benefits, Social Security examines your new earnings every year to see if you're entitled to a higher benefit. And you will get credit for your current earnings even if you wait and continue to earn those DRCs for a much higher benefit later.

In the end, when to claim Social Security is a decision that should consider your current and future financial needs, and your health and estimated longevity. If you are working and don't need the extra money right now, and like the idea of a higher benefit later, after you are done working, then waiting to claim makes sense, especially if you're in good health and expect at least average longevity. Average life expectancy today for a woman your age is about 87, and if you attain at least the average, you'll collect much more in cumulative lifetime benefits by waiting longer to claim. Conversely, if your longevity outlook is less than average and you need the money now, claiming earlier is a perfectly good strategy.

One last thing to consider: if you are married and your husband is collecting benefits, you are eligible to file a "restricted application for spousal benefits only" which would let you collect a spouse benefit equal to half of your husband's FRA benefit amount, while allowing your own benefit to continue to grow until age 70. You can do this because you were born in 1953, before the cutoff date of January 2, 1954. The option was eliminated for anyone born after that date.

*Column by AMAC Certified Social Security Advisor Russell 'Rusty' Gloor, Association of Mature American Citizens (AMAC). This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website ([amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).*

## RENTALS CONDOS

FASHION VALLEY – Clean & move in now. Murphy wall bed, balcony, media ready, pool, sauna. Gated prkg. \$1195/mo. \$900 deposit. 619-378-7434.

1/28

## RENTALS STUDIO

GOLDEN HILLS – New furnished studios. Full bath/share kitchen. \$315 weekly utilities include. 619-850-9923.

1/28

**Advertise to the assured-income military community.**  
To place your ad please call our classified advertising department at (619) 280-2985.

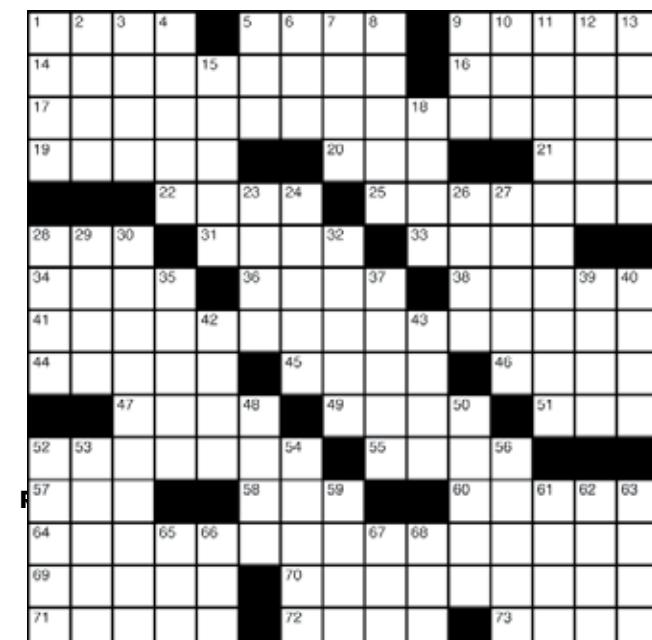


**Military/Veterans Crisis Line**  
**1-800-273-8255**

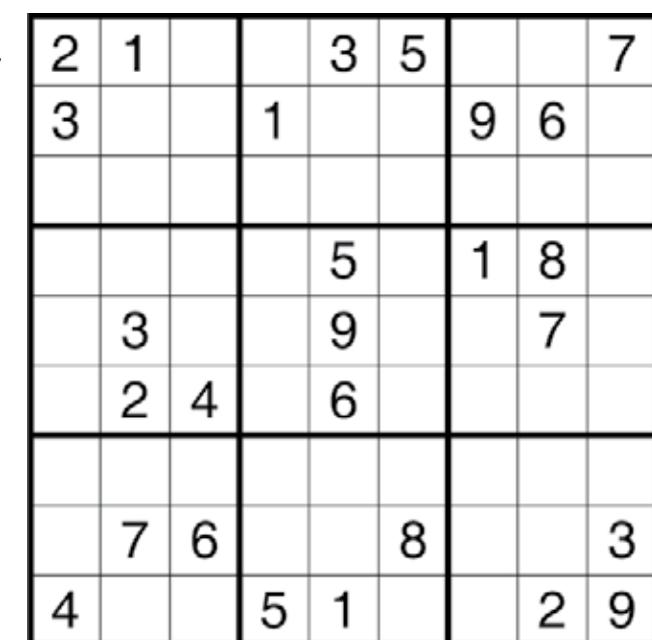
Confidential chat at [MilitaryCrisisLine.net](http://MilitaryCrisisLine.net) or text 838255

# Crossword Puzzle

Across	3 Yale students
1 Furniture chain that also sells lingonberry jam	4 Totally wiped
5 Highlander	5 Moo goo ___ pan
9 Irritable	6 "Commonwealth" novelist Patchett
14 December temp	7 "Unique everything" online shop
16 Overseas coppers	8 "Gotta run!"
17 March commander	9 PC core
19 Count who has a cameo in "Blazing Saddles"	10 Copying button
20 Thus far	11 Music to a bar customer's ears
21 Airport with many connecting flights	12 Really clean
22 Rathskeller rejection	13 Some Slavs
25 Tenants	15 Stylishly smooth
28 SFO overseer	18 GPS displays
31 Not just assume	23 Go very slowly
33 Merit badge spot	24 "I'm not kidding!"
34 Gaga over	26 Torments with reminders
36 Shellfish serving	27 Letter-shaped opening
38 Smug look	28 "Natural artesian water" brand
41 March composer	29 Give ___ to: okay
44 Fritters away time	30 Fashionable sportswear portmanteau
45 French 101 verb	32 Ballroom dance
46 Old Russian ruler	35 Tatum who plays Amanda in "The Bad News Bears"
47 Not demanding	37 Tangle around a surge protector
49 Citrus peel	39 Pronto
51 Greener Living org.	40 "Teen Titans" and "Teen Titans Go!" voice actress Strong
52 English blue cheese	42 Hissed summons
55 Whiskey cocktail	43 100 centavos
57 Form 1099 org.	48 Tranquil discipline
58 "Wonder Woman" actress Gadot	50 Veil material
60 Run out	52 Opera great Beverly
64 March creator	53 Brook fish
69 Hides in the shadows	54 Identifies
70 "Shape of You" Grammy winner	56 Regatta entrant
71 Direct	59 Put on cargo
72 "Gone Girl" actress Ward	61 Peruse, with "over"
73 "Queen of Country," familiarly	62 Wild guess
Down	63 Italian peak
1 Website for looking up "that actor on that show"	65 '50s prez
2 Zor-El: Supergirl's name on Krypton	66 Pre-1991 atlas initials
	67 Couture monogram
	68 "I've got it!"



## Roy's Sudoku





## The Meat & Potatoes of Life

by  
Lisa  
Smith  
Molinari

I couldn't wait for 2020 to be over. I sprinted out of that abysmal year like I was escaping a burning building ... only to find that 2021 was smoldering, too.

COVID-19 was still raging, people were still rioting, businesses and schools were still closed, and we were all still stuck at home with Netflix and TikTok.

A new year is supposed to feel like a fresh start, but other than a new spider vein I found on my thigh last week, all I saw was same 'ol, same ol. Rejuvenation seemed impossible, because 2021 just wasn't ready yet.

For military spouses, personal renewal usually doesn't mean getting a chin lift or booking a trip to visit the Dalai Lama. The revival that we encounter comes in more budget-friendly forms, such as buying a new sweater from the clearance rack at TJ Maxx or taking a Pedi-Egg to our calluses.

This month, I endeavored to do a little cleaning around the house to boost my sagging spirits. First, I lifted the couch cushions to reveal \$3.96 in coins, two ballpoint pens, the DVD clicker we lost two moves ago, and a veritable snack mix of old popcorn, fuzzy gummy bears, stale peanuts and pulverized goldfish

## Refrigerator repo

crackers. Next, I pulled the master bed away from the wall to discover a dust bunny large enough to knit into a pair of knee socks. Then, I rummaged through our closets to fill thrift store donation bags with dressy clothes that we haven't worn since the pandemic began.

This mini-purge felt good, but I needed more to break through my stubborn funk. I considered giving myself a hot oil hair treatment, organizing the junk drawer, and bleaching the grout, but I needed something that would really make a noticeable difference.

Then, it came to me: The Refrigerator.

Despite its perfect chill of 36 degrees Fahrenheit, I knew there were food items lurking in the back that appliance that were no longer edible. Items forgotten about months ago, hidden behind the OJ and the leftover pot roast. Purging all things rotting would provide both actual and symbolic relief.

I began with the freezer, hoping to find a forgotten casserole dish to cook for dinner. However, after chipping away the thick layer of frost, I found only brownish blocks of unidentifiable meat encased in unlabeled storage bags, and a sticky can of daiquiri mix. Turkey leg or hamburger patty? Who knew? I thought about licking each bag to determine the contents, but instead, I hedged my best guess, knowing I might inadvertently cook Ham Hock Sloppy Joes or Rump Roast Noodle Soup.

Next, I cleared out the small shelves on the refrigerator door.

For some unknown reason, jelly jars, dressing bottles, mustard pots, and pickles jars tended to breed and multiply here. My inner hoarder took a deep breath — the world would not implode if I threw out that almost empty jar of apricot spread, or the bottle of Catalina dressing I used a quarter cup of for a recipe last summer.

Moving to the refrigerator shelves, I found food items that were so old, they might be mistaken for something else altogether. Expired feta looked like bleu cheese. Expired sour cream masqueraded as small curd cottage cheese but smelled like dirty feet. Expired apple juice made a "pfzzzt" sound when I turned the cap, and gave off an aroma reminiscent of tequila.

A quick poke in the lunchmeat drawer revealed slippery slices of iridescent pastrami, before moving on to the vegetable crispers. As anyone who's ever grabbed for a cucumber only to find a log of mush knows, this area of the fridge can challenge even the strongest constitution. While mentally paralyzing my gag reflex, I tossed out rusty lettuce, milky tomatoes, shriveled apples and blackened cauliflower florets.

Once all the odiferous offenders had been removed from our refrigerator, I gave it a good scrub with disinfectant, popped open a fresh box of baking soda and headed off to the commissary for replacement vittles. Considering that military family budgets don't often include funds for cosmetic surgery and exotic spiritual pilgrimages, a clean refrigerator might be as good as renewal gets in 2021.

**AutoMatters™ & More**



by Jan Wagner

**Ben Joiner, cinematographer**

The February 2021 issue of American Cinematographer magazine (visit <https://ascmag.com>) features a fascinating article by Peter Tonguette, entitled "Touring the Planet." It is about Ben Joiner, ASC. If you've watched "Top Gear" or "The Grand Tour," you've seen and enjoyed Ben's award-winning cinematography.

Ben was hired to photograph "Top Gear" in 2002. Initially locations were largely in the U.K., but they went worldwide. The show "could go wherever there were cars and roads."

When Clarkson, May and Hammond moved over to "The Grand Tour," so did Ben Joiner. Worldwide locations have included Colombia, Croatia, South Africa, Vietnam, Azerbaijan and Mongolia. Ben tells us that "they often choose unlikely destinations away from the well-trodden paths of TV travelogues."

To shoot "The Grand Tour," Ben supervises a group of camera operators who have been with the show for a long time. That consistency of personnel is important to maintain the consistent, expansive, epic look of the show. They integrate the "hero" automobiles, boats or whatever Clarkson, May and Hammond are driving in a particular episode, along with their gags and jokes, and immerse the audience in the visual essence of the place and the

## Ben Joiner - 'Top Gear' & 'The Grand Tour' cinematographer + CLOG BOSS

people – what you might hope to see in a documentary or as a traveler to that place. "We're always trying to relate the environment back to the story of the guys' journey through it."

For example, in the 2019 Madagascar episode, entitled "A Massive Hunt," "The people were endlessly curious about us, particularly James' car, which for some reason they just found hysterically funny. So we tried to capture kids laughing at this cartoon of mud and orange as the convoy rumbled by." "You share a passing moment of humor, a joyful wave, or maybe even sorrow and empathy."

In a shoot in Namibia, Hammond's car broke down. "Suddenly, these women came out of the wild and started dancing around Richard." "It's a really funny and beautifully spontaneous scene." As the producers always said, "We'll just go somewhere and stuff will happen," giving each episode a unique flavor.

Before they travel to a location, research is done to prepare for the conditions that they will encounter there. Sometimes the roads are little more than "a wide path beaten into a jungle," with "long bruising days in the [back] of a Land Cruiser being thrown around by the rocks and nuts. There are days when you think we'll never make it through there, or we will never get that vehicle unstuck."

Episodes convey to us "a visceral sense of being and existing in that country," further enriching our understanding of the world.

### CLOG BOSS

How many times have your plans been interrupted because, no matter how hard you worked at it, it took for-

ever to clear your clogged toilet with a common plunger? (Important toilet tip: never flush "flushable" wipes.)

CLOG BOSS is a better plunger - a truly unique, hygienic and patented plunger that is easy to use, unlike those other plungers that we've all bought over the years (I own several. How about you?).

The reason why conventional toilet plungers don't work well is because much of the water pressure that you apply by plunging takes the path of least resistance, either going into the siphon jet of jettied toilets (the hole at the bottom of the toilet bowl that is opposite the toilet's drain), sending dirty water up through the inside of the toilet to jets at the rim; it simply escapes around the slippery, typically very poor seal with your plunger where it contacts the bottom of the toilet bowl, splashing dirty water up and out of the toilet; or both. Therefore, much of the pressurized water isn't directed into the toilet's drain, where the stubborn clog likely is. Instead, your old-style plunger spreads a watery toilet plume containing harmful germs up into the air that you breathe, and onto surfaces.

The soft, unique, flexible foam tip of CLOG BOSS fits deeply into the drain at the bottom of the toilet, creating a much more complete seal, thereby directing much of the pressurized water directly towards the clog.

For photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #676" in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com). Copyright © 2021 by Jan Wagner - AutoMatters & More #676

## Health & Fitness

### 'Wear Red' on February 5 to celebrate American Heart Month

National Wear Red Day®, celebrated each year on the first Friday in February, to bring greater attention to heart disease as a leading cause of death for Americans.

Each February, National Heart, Lung and Blood Institute (NHLBI) and The Heart Truth® celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

Research shows that we're more successful at meeting personal health goals when we join forces with others. When we take care of #OurHearts as part of our self-care, we set an example for those around us to do the same. Inspire and motivate yourself and those you love to make heart health a regular part of your self-care routine.

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the



most common type. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can lower your risk of developing heart disease and

also improve your overall health and well-being.

The first step toward heart health is understanding your risk of heart disease. Your risk depends on many

### Wylde Sydes Tattoo & Piercing

**10% OFF  
TATTOOS  
and/or  
\$5 OFF  
PIERCING**



1515 Palm Ave. #K1  
San Diego, CA 92154  
619.575.6792  
[www.wyldesydestattoo.com](http://www.wyldesydestattoo.com)



**OPEN  
7 DAYS A  
WEEK**

factors, some of which are changeable and others that are not. Risk factors are conditions or habits that make a person more likely to develop a disease. These risk factors may be different for each person.

Preventing heart disease starts with knowing what your risks factors are and what you can do to lower them.

**Your risk of heart disease is higher if you:**

- Have high blood pressure

- Are older (age 55 or older for women or age 45 or older for men)

Each risk factor increases a person's chance of developing heart disease. The more risks you have, the higher your overall risk.

Some risk factors cannot be changed. These include your age, sex, and a family history of early heart disease. But many others can be modified. For example, being more physically active and eating healthy are important steps for heart health.

**DÉJÀ VU LOVE BOUTIQUE®**

*Love the one you are with on Valentine's Day.*

We have everything you need to create a night to remember

**Military Discount 20% Off**

With valid military ID. Some restrictions may apply. Not valid on any sale items.  
Not valid with other offers or prior purchases. Exp. 2/15/21

2130 Industrial Ct., Vista, CA 92081  
866-711-0425  
Shop online at [www.dejavuloveboutique.com](http://www.dejavuloveboutique.com)  
7 Days a Week 10am - 10pm

# FRANK HYUNDAI

3150 NATIONAL CITY BLVD.  
866.542.8238  
[www.frankhyundai.com](http://www.frankhyundai.com)

**2020 HYUNDAI IONIQ PLUG-IN HYBRID SE**  
**\$97** PER MONTH  
PLUS TAX  
36 MONTHS



\$97. per month plus tax. 36 month lease. 10,000 miles per year. \$2,999 due at signing. Offer expires 2/1/21. 3 at this payment #193739, #188617, #196367.

**2020 HYUNDAI KONA EV LIMITED**

**\$157** PER MONTH  
PLUS TAX  
36 MONTHS



\$157. per month plus tax. 36 month lease. 10,000 miles per year. \$2,999 due at signing. Offer expires 2/1/21. 3 at this payment #056890, #060774, #060942.

**2020 HYUNDAI ACCENT SE**

**\$14,527 FRANK'S PRICE**  
-\$1250 RETAIL BONUS CASH  
-\$500 MILITARY

**NET PRICE**  
**\$12,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Finance through HMF. Offer expires 2/1/21. 3 at this price. #125120, #123019, #126708.

# FRANK TOYOTA

2400 NATIONAL CITY BLVD.  
866.217.1866  
[www.franktoyota.com](http://www.franktoyota.com)

**2021 Toyota Corolla LE**

Lease for  
**\$215**  
PER MONTH PLUS TAX  
36 MONTHS



4 Cyl, Auto.

**2021 Toyota Corolla SE**

Lease for  
**\$222**  
PER MONTH PLUS TAX  
36 MONTHS



4 Cyl, Auto.

**2021 Toyota Corolla LE Hybrid**

Lease for  
**\$229**  
PER MONTH PLUS TAX  
36 MONTHS



4 Cyl, Auto.

### Military Special Only

**OIL & FILTER CHANGE**

**\$39.95**  
+ tax

**WAS  
\$49.95**

- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE Check & set tire pressure to vehicle specifications
- FREE Multipoint inspection
- FREE Car Wash
- FREE Battery Test

Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 1/31/21.

# FRANK SUBARU

2829 NATIONAL CITY BLVD.  
888.207.1891  
[www.franksubaru.com](http://www.franksubaru.com)

**2021 Subaru Forester**

**\$269**  
PER MONTH  
PLUS TAX  
36 MONTHS



\*1 at this payment, STK# 24150, VIN# MH404835, Model #MFB 02. \$269 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 1/31/21.

**2021 Subaru Crosstrek**

**\$279**  
PER MONTH  
PLUS TAX  
36 MONTHS



\*1 at this payment, STK# 23695, VIN# MH205339, Model #MRD 14. \$279 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 1/31/21.

**2020 Subaru WRX 6MT**

**\$315**  
PER MONTH  
PLUS TAX  
36 MONTHS



\*1 at this payment, STK# 24247, VIN# L9826001, Model #LUN 01. \$315 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 1/31/21.

### 4-WHEEL ALIGNMENT

**\$89.95**  
+ tax

**WAS  
\$119.95**



- Precision computerized wheel alignment
- Adjust caster, camber & toe
- Inspect suspension for wear
- Center steering wheel
- Inspect tires

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 1/31/21.

### ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

Frank Motors is now hiring part-time & full time employees.  
Apply on-line [www.FrankToyota.com](http://www.FrankToyota.com)

### FRONT BRAKE SPECIAL

**FRONT BRAKE  
SPECIAL  
\$50 OFF**

- Inspect and Resurface Rotors
- Inspect Brake Hardware
- Replace Front Brake Pads

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 1/31/21.

**Plus 10% OFF**

**Any recommended Services or  
Repairs. May not be combined with  
any other special.**

**WE HONOR OUR MILITARY!!**