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SIXTIETH YEAR NO. 46
THURSDAY, MARCH 11, 2021

WOMEN PEACE AND SECURITY PROGRAM

NO NATION CAN AFFORD TO IGNORE HALF ITS POPULATION

by Jim Garamone
DOD News

No nation can afford to ignore half its population.

That's the premise of the United Nations Security Council resolution 1325 on the Women Peace and Security program. It is good to remember this on International Women's Day.

In 2017, Congress passed the Women Peace and Security Act that called for the United States "to be a global leader in promoting meaningful participation of women in conflict prevention, management and resolution."

This premise is at the heart of the U.S. Strategy on Women Peace and Security. "Governments that fail to treat women equally do not allow their societies to reach their full potential [while] societies that empower women to participate fully in civic and economic life are more prosperous," it says in the strategy.

While Women Peace and Security is a government-wide effort, the DOD has an important role. The DOD has an overarching program for Women Peace and Security, but it is at the combatant commands where the program is crafted to suit the needs of the United States and partner nations.



Ensign Christa Robison, a student naval aviator assigned to Training Air Wing 4, Naval Air Station Corpus Christi, stands in front of a T-6B Texan II aircraft. The T-6B is the primary training aircraft for naval aviators. TRAWING 4 is one of five wings under the Chief of Naval Air Training. Navy photo by Ensign Beau Nicker-sonh

U.S. Southern Command has been energetic in promoting the program and is already making headway in this relatively new portion of strategy.

Air Force Lt. Col. Duilia Mora Turner is the chief of the Women Peace and Security program at the command, which covers Central America, South America and most of the nations in the Caribbean Sea. Southcom commander Navy Adm. Craig S.

Faller was an early proponent of the program and assigned it to his civilian deputy Ambassador Jean E. Manes.

The hemispheric command seems made for the program: Most of the nations are democracies and all have provisions calling for equal rights. Most of the militaries in the region have female service members.

Turner said the command sees

the program as a capability. "No commander in the world, and particularly here in the United States, wants to make a decision on only 50 percent of the information," she said in an interview. "So when we take in consideration that statistically, about 50 percent of the world population are women, it's paramount that we include that perspective in everything we do."

This perspective must be part

of decisions in the countries and in the command. From budgets to resources to exercises to operations to intelligence, commanders should "put on those gender lenses" to ensure that Southcom is not blindsided because it didn't consider gender perspectives, she said.

To an extent, this is a change in military culture. "One of the premises in which we want to expand the program through Southcom is that Women Peace and Security is not something we do, but is the way in which we think," Turner said.

It is not a singular event or activity, but something that "every member of the staff, every component, every security cooperation office, and our partners," must consider as they work together.

How the U.S. military deals with women in the ranks is part of this. "We want to be a role model to our partners, that we are a diverse, inclusive force," the colonel said. "We say proudly when we talk about wanting to secure the United States, (that) no jobs are limited for women."

Defense Secretary Lloyd. J. Austin III Message to the Force

(March 4, 2021) - Today, Secretary of Defense Lloyd J. Austin III, published his Message to the Force, which committed to ensuring that the Department develops the right people, priorities, and purpose of mission to continue to defend the Nation from enemies foreign and domestic. Secretary Austin provided his top three priorities and specific areas of focus: **1. Defend the Nation** • Defeat COVID-19, • Prioritize China as the Pacing Challenge, • Address Advanced and Persistent Threats, • Innovate and Modernize the DoD, • Tackle the Climate Crisis. **2. Take care of our people** • Grow our Talent, • Build Resilience and Readiness, • Ensure Accountable Leadership. **3. Succeed through teamwork** • Join Forces with our Allies and Partners, • Work in Partnership with Our Nation, • Build Unity Within the DoD. Secretary Austin reiterated the need for resources matched to strategy, strategy matched to policy, and policy matched to the will of the American people. The Secretary closed the message by thanking the women and men of the Department of Defense for their service to the country and commitment to the security of the Nation.

Secretary Austin's full message can be through <https://www.defense.gov/Newsroom/Releases/Release/Article/2525149/secretary-lloyd-j-austin-iii-message-to-the-force/source/GovDelivery/>.

VA ASKED TO VACCINATE ALL VETERANS, SPOUSES, CAREGIVERS

STARS AND STRIPES - An effort is underway in Congress to mandate the Department of Veterans Affairs to vaccinate all U.S. veterans against the coronavirus, as well as their spouses and caregivers.

Four senators on the Senate Veterans' Affairs Committee plan to introduce legislation Tuesday that would expand the population that the VA can vaccinate. The department is currently vaccinating employees and veterans enrolled into VA health care, as well as some

veteran caregivers.

The "Saves Lives Act" would order the department to vaccinate any veteran, even if he or she is not eligible for VA health care. Under the bill, more caregivers would be eligible for a vaccine through the VA, as would spouses of veterans, veterans living abroad and recipients of the VA's CHAMPVA program. The CHAMPVA program serves spouses and children of veterans permanently and totally disabled due to a service-related disability.

"The goal is to try to help as many people around the veterans get a shot so that everybody can feel comfortable," Jon Tester, D-Mont., said during an interview Monday.

Along with Tester, Sens. John Boozman, R-Ark.; Jerry Moran, R-Kan.; and Richard Blumenthal, D-Conn., are introducing the bill.

Boozman said he heard from several veterans in his state who were unhappy that their spouses couldn't get vaccinated when they did. During a Senate hear-

ing Feb. 24, Boozman brought up the issue with Dr. Richard Stone, the VA's acting undersecretary for health. Stone said that because of federal law, the VA wasn't allowed to vaccinate spouses.

"So you need additional legislative relief to get there?" Boozman asked. "Maybe that's something the chairman and I can work on."

The legislation would add millions more people to the population that the VA is responsible for vaccinating.

There are about 6 million veterans who actively use VA health care, as well as 450,000 employees. As of Monday, the VA had vaccinated 2.8 million, with slightly more than 1 million receiving both doses of the Moderna or Pfizer vaccines.

The senators aren't concerned about the department's logistics. During the hearing Feb. 24, Stone said that the VA can vaccinate 350,000 to 600,000 people each week - about double the number it's currently vaccinating.

The senators said they want to harness the VA's resources to get more people vaccinated at a faster pace.

"They've shown they can do a good job, a timely job, to get shots into peoples' arms," Tester said of the VA. "This is going to help everybody because a lot of states are having a hard time getting shots in arms. That's not the case with the VA anywhere that I know of."

However, to vaccinate a larger population, the department would need more doses.

Mastering the Helm

by Petty Officer 3rd Class
Dartanon Delagarza

Among a crew of 5,000 Sailors aboard USS *Theodore Roosevelt* (CVN 71) only four are entrusted to steer the aircraft carrier in restricted maneuvering evolutions.

From the first days of the U.S. Navy, helmsmen have played an essential role, steering the country's ships as they travel the seas. Typically drawn from the ship's deck department, their objective is to drive the ship at sea during normal situations. However, during special evolutions and unique scenarios, the master helmsmen take charge.

"Any time the navigation team thinks it's going to be a difficult sea state, we'll come up," said Sonar Technician (Surface) 1st Class Allison Coughlin, from Ronkonkoma, N.Y., one of *Theodore Roosevelt's* master helmsman. "When the ship is most likely to crash, that's when we're driving to keep the boat safe."

When a ship is executing a special sea-and-anchor detail, a strait transit, or pulling in or out of port, a master helmsman applies fine-tuned expertise and knowledge to navigate the variably-changing waters, ensuring safety of the crew and operational efficiency of the ship,

guaranteeing a stayed course no matter the wind or tide.

Theodore Roosevelt's helmsman qualification program makes it clear: Any Sailors, whether they have more than a decade of service under their belt or are fresh out of "A" school, will be given the same opportunity to prove themselves worthy of manning the helm.

"I didn't know about the position at first," said Coughlin. "I had never even been to the bridge before, but my chief said navigation was looking for more master helmsmen and asked me if I would be interested. I was unsure, but I wanted to get more command involvement under my belt too."

Coughlin and her chain of command reached out to *Theodore Roosevelt's* navigation department to begin the standard qualification process. She received hundreds of hours of hands-on training from other qualified Sailors, spending days under instruction and behind the wheel until she qualified as a helmsman. Coughlin then routed a special request chit to start the master helmsman program.

Accepted into the program, she was present for every subsequent at-sea evolution, receiving valuable instruction on operating

the helm during restricted maneuvering operations and similar events. With the support of her department, leadership, and fellow Sailors, Coughlin became a fully-qualified master helmsman Nov. 18, 2017.

Coughlin has served as a master helmsman for more than 120 special evolutions over three-and-a-half years, but still remembers her first watch.

During the ship's Composite Training Unit Exercise (COMPTUEX) in 2017, she manned the helm for her first replenishment-at-sea (RAS) as a qualified master helmsman.

"I was nervous when my instructor finally left me with the helm, because it felt like he was always there before," said Coughlin. "I thought, 'this is crazy,' but then that pride kicks in and the training becomes second nature. After that, I was just so proud and really excited that the whole chain of command had so much trust in me. It's like they were telling me, 'you got this now, and it's your turn to steer the ship while we're 180 feet away from another ship.'"

Yeoman 3rd Class Alexandra Miller, from Annapolis, Maryland, another of *Theodore Roosevelt's* master helmsman, shares that sense of accomplish-



(from left) Yeoman 3rd Class Adriana Soto, Yeoman 3rd Class Alexandra Miller, and Sonar Technician (Surface) First Class Allison Coughlin are three of the four qualified master helmsmen aboard *Theodore Roosevelt* aircraft carrier, pose for a photo March 4. The *Theodore Roosevelt* Carrier Strike Group is on a scheduled deployment to the 7th Fleet area of operations. Navy photo by MCSN Alexander Williams

ment and pride with Coughlin.

"To me, it was one of those challenging qualifications that I wanted to get," said Miller, who has piloted the ship for more than 25 special evolutions. "It's cool to know that you are doing something really important. When I'm driving, when I'm keeping the ship on course, it makes it easier to launch and catch aircraft. What we do compliments the ship's essential operations."

A helmsman navigates from the bridge — the brain center of an aircraft carrier's superstructure, where the commanding officer monitors all shipboard and airborne operations.

"Personally, it means a lot to man the helm," said Coughlin. "It shows that the chain of command has a lot of trust in you even as a lower enlisted Sailor. They don't look at rank or whether you're a woman or

a man; they don't look at age - I mean, I got qualified at eighteen, and a couple of the other master helmsmen are currently eighteen and nineteen. When they see that you are capable, no matter who you are, and they trust you, that's an awesome feeling."

The *Theodore Roosevelt* Carrier Strike Group is deployed to

the U.S. 7th Fleet area of operations to build partnerships that foster maritime security and to conduct a wide range of operations that support humanitarian efforts and freedom of the seas.

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

NAF El Centro presents first-ever radio broadcast of Air Show

by Petty Officer 3rd Class
Drew Verbis

EL CENTRO - Naval Air Facility El Centro will host the first-ever radio broadcast of its inaugural Festival of Flight, March 13 from 12:30-4:30 p.m., featuring high-flying performances by a variety of military aircraft including the Navy Blue Angels.

The decision to radio broadcast the air show in a virtual space on KXO, 107.5 FM and



Navy Blue Angels and the Air Force Thunderbirds conduct training at NAF El Centro Feb. 25. Navy photo by MC3 Drew Verbis

1230 AM, instead of the traditional public audience on base, allows Imperial Valley residents an opportunity to encounter U.S. military aviation demonstrations in a safe environment during the COVID-19 pandemic. The result will be a unique back-yard barbecue approach that can be experienced across the region in more personal setting.

"The Navy is approaching 75 years of flying in the Imperial Valley," said Capt. William Perkins, commanding officer, NAF El Centro. "In order to celebrate our relationship with the communities which surround the base, especially in light of the impact that we have all felt from the COVID-19 pandemic, we fought hard to create a safe event that highlights the importance of our flight operations while recognizing the environmental conditions COVID-19 is imposing on us all."

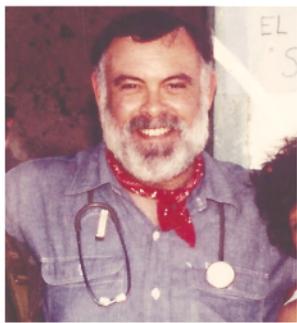
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Joel Barry Lench, M.D., Capt. (Ret.) USN
May 9, 1940 - February 19, 2021

Joel B. Lench, MD, Capt. (Ret.) USN, died peacefully on February 19, 2021, at Belmont Village Senior Living in Cardiff-by-the-Sea, CA, from Alzheimer's Disease.

Born in Pittsburgh, PA, on May 9, 1940, Dr. Lench grew up in Beaver Falls, PA. He was preceded in death by his parents, Bessie and Morris Lench. He is survived by his brother Ronald G. Lench, by two nieces, five grand nieces and nephews, and by his partner-in-love, Carla Brown.

After receiving his BA degree from The Johns Hopkins Univ. and his MD from the Univ. of Pennsylvania, Dr. Lench joined the Navy. He served as a flight surgeon aboard the USS Coral Sea, an aircraft carrier that saw combat during the Vietnam War. Remaining in the Navy, he then received training leading to Board Certification in OBGYN and served in duty stations around the world, rising to the rank of Captain.

Dr. Lench received military citations and decorations including the Air Medal, the Vietnam Service Medal, the Navy Achievement Medal and the Humanitarian Service Medal. He was proud of being in the Navy and of his service to his country.

Retiring from the Navy after 20 years, Dr. Lench became the Medical Dir. of the Nurse

Midwifery Service, Naval Medical Center, San Diego and worked at Planned Parenthood. He volunteered at St. Vincent de Paul Homeless Shelter Medical Clinic in San Diego and on relief missions to disaster areas after earthquakes, etc.

Dr. Lench had a special gift for friendship, making many devoted and loving friends from all walks of life around the world. He was a wonderful storyteller who loved to tell of travels and events often using slide shows to add life to his tales. He loved to travel with his family and friends. People came from far and wide to be with Dr. Lench; everyone loved being in his warm and optimistic company, full of great humor and camaraderie. He was a devoted amateur photographer, especially loving to take award winning pictures of children.

Dr. Lench was proud of his Jewish heritage, which he expressed by living a life of Tikkun Olam (improving the world), supporting charitable organizations, traveling to Israel and seeking out the best Jewish delis in the land.

Donations in memory of Dr. Lench can be made to Planned Parenthood, the Alzheimer's Association or the Navy-Marine Corp Relief Society.

Miller becomes longest-serving commander of Afghan War as U.S. mulls its next move

by Phillip Walter,
Stars and Stripes

KABUL, Afghanistan - Gen. Austin "Scott" Miller on Friday marked 915 days as head of the U.S.-led coalition in Afghanistan, making him the longest-serving commander of America's longest war.

"The world recognizes we cannot fail," Miller said when he was sworn in as the 17th commander overseeing the U.S. and NATO mission on Sept. 2, 2018, taking over from Gen. John Nicholson, who was at the helm for 914 days.

Since then, Miller, who turns 60 in May, played a key role in a historic deal with the Taliban and has overseen a U.S. drawdown amid rising violence among Afghans.

But under the Army general's command, transparency about the U.S.'s actions in the war has shrunk while territory under Taliban control has grown to reach the highest level since the U.S.'s arrival in 2001.

The former leader of Joint Special Operations Command has mostly remained out of the public eye during his time in Afghanistan. But within weeks

of assuming command, he made headlines when he escaped an attack in Kandahar that killed provincial police chief Gen. Abdul Raziq and wounded several others, including Army Brig. Gen. Jeffrey Smiley. The Taliban claimed responsibility.

One of Miller's tasks during his tenure has been to maintain the Afghan government's trust in the United States. That was shaken early when the Trump administration excluded Kabul from talks with the Taliban, which began in late 2018 — around the same time then-President Donald Trump announced plans to slash the number of U.S. troops fighting overseas, including in Afghanistan.

The moves out of Washington put Miller "in react mode very

early on in his time in command," said Jason Campbell, a policy researcher at Rand Corp., who has worked with Miller on several occasions.

"Everyone was operating under some level of uncertainty as to what the White House was going to decide or state publicly



Gen. Kenneth F. McKenzie Jr., front right, head of U.S. Central Command, meets with Gen. Scott Miller, front left, Resolute Support mission commander, during his visit to Kabul, Afghanistan, April 5, 2019. Army photo by Franklin Moore

next," Campbell said in a phone interview.

Miller worked behind the scenes to convince Trump

not to pull all U.S. troops out of Afghanistan, said Michael O'Hanlon, senior fellow at the Brookings Institution policy group.

"He persuaded Trump to be more patient and careful than the initial instinct of the commander in chief," O'Hanlon said.

Miller brought a no-nonsense military attitude to the table when he attended the talks with the Taliban in Qatar and showed himself to be "a skilled negotiator," a U.S. administration official who was at the talks said.

"He had a calm diplomatic demeanor, but he also called it like it was when it came to levels of violence, going toe-to-toe with the Taliban in a way that we weren't seeing from other U.S. diplomatic officials," the official, who insisted on anonymity because they were not authorized to speak on the matter, said in a telephone interview.

"He consistently pressed the Taliban to reduce violence and made clear to them that the U.S. would continue to defend Afghan security forces if necessary," the U.S. official said.

The talks culminated in the see **Afghan, page 4**

Army

- Army's extended-range guided rocket sees successful 80-kilometer test shot
- Medal of Honor recipient, a chaplain who died in captivity, identified among Korean War remains
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- U.S. considering use of Virginia military base to house migrant children

Navy

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- Navy mysteriously cancels plan to arm jets with "Screaming Arrow" hypersonic anti-ship missile
- For the Navy's Seabees, everything old is new again

Air Force

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- Two civilian pilots safely eject before trainer jet crashes at Edwards AFB
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- Military officials plan to rename Vandenberg Air Force Base, more launches in 2021

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- Marines investigating how drug test urine samples were mistakenly mailed to a private citizen
- Ex-Marine accused of assaulting Capitol police with chemical spray during DC riot to remain in custody pending trial

National Guard

- Guard members who deployed for the inauguration are getting a brand-new award
- Lawmakers demand changes after National Guard troops at Capitol sickened from tainted food
- Wyoming governor quietly mobilized National Guard troops in Cheyenne
- Arizona National Guard adjutant general to retire in April
- National Guard member takes photo with every U.S. Senator: 'I couldn't believe it'



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Published by Western States Weeklies, Inc.
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E-mail: editor@navydispatch.com

Publisher.....Sarah Hagerty

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PROPERTY MANAGEMENT

Afghan

continued from page 3

February 2020 deal, which said all foreign forces would leave Afghanistan by May if the Taliban met several conditions, including barring terrorist groups like al-Qaida from using Afghanistan to recruit new fighters or launch attacks on the U.S. and its allies.

U.S. troop numbers in Afghanistan fell from about 13,000 to 8,600 less than five months after the deal was signed, and by January, they were down to around 2,500. But critics have said the Taliban have consistently flouted the agreement by maintaining links with al Qaida. They've also ramped up attacks against Afghan security forces.

Miller has admonished the Taliban, including in October, when he called on them to "reduce their violence around the country" and immediately end an offensive in Helmand province.

The statement was made via the Twitter feed of U.S. Forces-Afghanistan spokesman Col. Sonny Leggett immediately after an announcement that the U.S. had launched airstrikes against Taliban positions in Helmand.

The public statement was rare. Under Miller, who declined to be interviewed through his staff, the mili-

tary has become increasingly opaque about its actions.

In May, the military stopped publishing monthly tallies of airstrikes in the country, something it did for most of the war, which began in 2001.

Journalists have seen access to NATO troops, officers and bases heavily restricted under Miller in comparison to previous years.

And although the official Twitter account for the NATO commander in Afghanistan has Miller's face on it, it doesn't include a single tweet from him — only statements by his predecessor.

While the full details of the fighting remain unclear, U.S. and Afghan forces have teamed up to capture or kill several al-Qaida leaders in recent months, military officials have said.

Afghan forces respect him because of the bonds he's built during multiple deployments, First Deputy Defense Minister Shah Mahmood Miakhel said. But Miller's legacy in Afghanistan depends on what happens in the coming months and how, or if, the U.S. withdraws while he's in command.

Last month, he told Reuters news agency that Taliban violence was "much higher than historical norms," which was not conducive to moving "forward in what is hopefully a historic turning point for Afghanistan."

DOD official says budgetary flexibility is essential to countering China threat

by David Vergun,
DOD News

A Defense Department official described China's rapid success in advancing highly capable new technologies for its military, just as DOD's own modernization efforts are hampered by budgetary restraints.

Michael Brown, the director of the Defense Innovation Unit, spoke today at a virtual Hudson Institute panel discussion on "Competing with China through Budget Agility."

Brown said the Chinese are often portrayed as being skilled at copying Western technology.

They have 500 investing entities that mirror Western ways of raising capital, he said. They do venture capital, growth capital and private equity for example, just like the U.S. does.

And, they're trying to mirror what the U.S. has done with research, creating research parks, co-locating people and having startup investments.

Having said that, the Chinese are incredibly innovative, Brown said.

They're doing a good job of bringing government, business and academia together, just like the U.S. did with the Manhattan Project and the Apollo Program and they're building a very successful commercial economy, Brown said, offering some examples.

One of the satellites they launched in 2016, uses quantum science for secure communications. They're using artificial intelligence in some of their weapons platforms. For instance, they now have anti-ship ballistic missiles that incorporate AI so that they can effectively evade countermeasures. They also have effective cyber capabilities and they lead the world in small drone production, he said.

"The [People's Liberation Army] is not magical. There [are] inefficiencies in their bu-

reaucracy, just like there are in ours. But they're very focused and thinking about the long term. So I think it's a mistake for us to dismiss their innovative capability," Brown said.

Technology is at the heart of the great power competition with China, he said. "That tech race implies speed. We need to be moving at a rate of speed that ensures we're not getting behind. There's a first-mover advantage for these new technologies, both the adoption and production of those."

Brown said China is beginning to take the lead in new technologies like 5G, AI, biotechnology and autonomous systems because their system allows them to move big and to move fast.

The department has a budget

cycle that requires years, from requirements to production. Brown said the department should have much shorter timelines like the private sector.

Besides moving faster, the department needs more flexibility in how it spends the money. For example, Brown noted that DOD funds are placed in a variety of pots and it's illegal to take money from one pot and move it to another one, even when an urgent need arises.

Another example is the "use it or lose it" rule, that money has to be spent on a program and if it's not, that program will not receive funding in subsequent years.

"It's a completely mismatched system for what the competition with China calls for," Brown said. "You can learn a lot by adapting to what the private sector has already perfected."

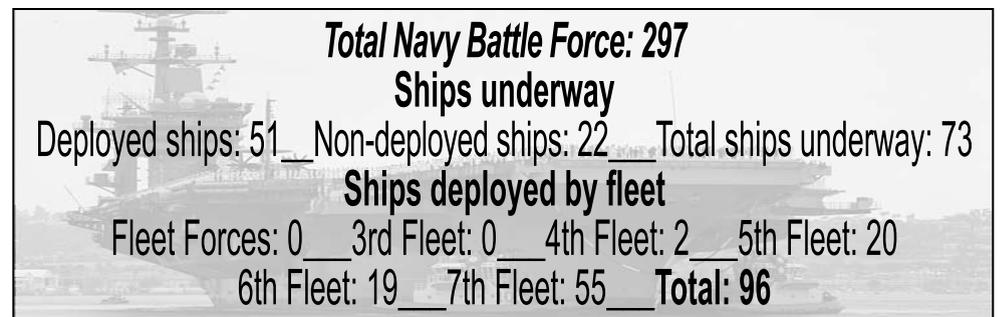
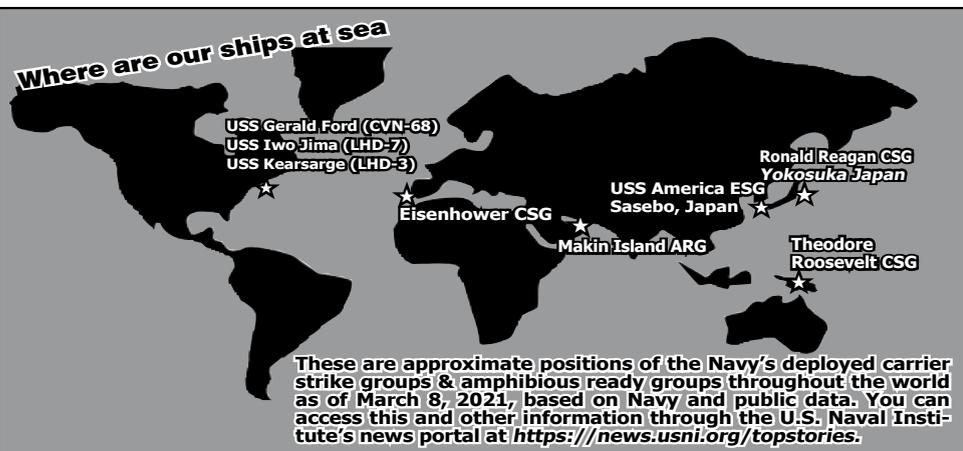
Erosion of U.S. strength in Indo-Pacific is dangerous to all, commander says

Editor's Note: You can read this story in its entirety at <https://www.defense.gov/Explore/News/>.

The greatest danger facing the United States in the Indo-Pacific region is the erosion of conventional deterrence capabilities, Adm. Philip Davidson told the Senate Armed Service Committee March 9. Davidson leads U.S. Indo-Pacific Command, and his primary

worry is the People's Republic of China. Since the 1990s, successive U.S. administrations have emphasized the importance of the Indo-Pacific region. Davidson called it "the most consequential region for America's future," and more and more defense resources are pouring into the United States military's priority theater. "The region itself contains four of the five

priority security challenges identified by the Department of Defense: China, Russia, North Korea and violent extremist organizations," Davidson said. "The Indo-Pacific region also experiences frequent, natural and manmade disasters, the negative impacts of climate change, rapid population growth, drug and human trafficking and of course, disease and pandemics."



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 Meeting at Green Flash Brewery Gathering Room
 6550 Mira Mesa Blvd.
 (Entrance Directly in back - off Sequence Dr.)
 Worship 8:45am
 (858)792-7691 LivingWaterSD7@gmail.com
 Pastor: Rev. Steven Duescher

Military Outreach Ministries Int'l Church
"Transforming the World, One Person at a Time"
 Dr. Dennis Eley, Jr. Th.D., MBA dennis@militaryoutreachministries.org
 Sunday Worship Service (in-person) 12pm to 2pm
 7997 Paradise Valley Rd, S.D., CA 92139 619-773-6032
 Live Stream: 12:30pm-1:30pm on "Moministries" free church app
 Or www.militaryoutreachministries.org click on 'live stream' blue button

Mt. Moriah Christian Church
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 Multi-Cultural, Non-Denominational
 Services on Sunday at 9am and 11am
 Near Miramar Base
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 (858) 695-9692 www.mtmoriahcc.org

St. Luke's Lutheran Church
 5150 Wilson Ave., La Mesa, CA 91942
 Phone: (619) 463-6633
 website: www.st-lukes-la-mesa.org
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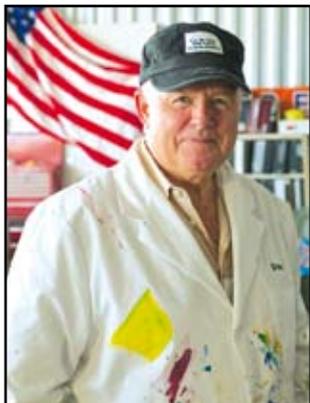
'Take Me Home Huey' to launch final project on Vietnam War Veterans Day

SAN DIEGO – On March 29, the Take Me Home Huey project will launch the final portion of their multi-year project. A 216-page hard cover book will be published and dedicated to military veterans. The project focuses on the Vietnam era and March 29 was chosen for the launch to coincide with National Vietnam War Veterans Day.

The launch will occur without the founder and artist. Local Rancho Santa Fe resident and Vietnam era veteran, Steve Maloney, died on Feb. 23, 2021.

"Steve would have wanted the book to get into the hands of the veterans," said Yvonne Maloney. "Art was his passion, and we will be donating a portion of the book sales to art therapy programs for veterans."

The Take Me Home Huey project centers on a 47-foot helicopter that was shot down during the Vietnam War and made into a colorful work of art that has helped thousands of Vietnam veterans with their PTSD. The evolution of the artistic creation and the search for the surviving crew members is documented



Artist and 'Take Me Home Huey' founder Steve Maloney passed away Feb. 23. Proceeds from his book to be donated to military veteran organizations.

in an Emmy-award winning film and supported by a powerful song.

The transformed Huey helicopter traveled for nearly three years around the country to 29 major museums and events in 13 different states. On exhibit, veterans felt an immediate connection with the aircraft and walked up to touch its sides.

The veterans recognized their squadron names and the call signs incorporated into the artwork and responded to the symbolic imagery woven into the piece. Many then opened up to share their stories of war and the continuous struggle with PTSD that they often face.

The Take Me Home Huey helicopter is on permanent display at Palm Spring Air Museum.

Steve Maloney said in an interview, "I am honored to say Take Me Home Huey is the proudest thing I have done!"

The book will launch in a livestream event on Monday, March 29, 2021. The book can be pre-ordered for \$45 by going to: www.takemehomehuey.org. A portion of the sales will be donated to art therapy charities that helps veterans work through their PTSD.

About Take Me Home Huey:

Take Me Home Huey is a multi-media project created by Rancho Santa Fe resident Steve Maloney. With the mission to thank and honor Vietnam veterans for their service and



Huey #174 on display in Palm Springs

sacrifice, artist Steve Maloney took a shattered medevac helicopter, shot down in Vietnam, and transformed it into a colorful, mixed-media sculpture. A powerful testament to the power of art, Take Me Home Huey has grown to include an Emmy-winning documentary film, a song and new book. Take Me Home Huey® is dedicated to the 2,709,918 Americans who served in Vietnam. Take Me Home Huey can be found on Facebook, Instagram, and YouTube.

Crossword Puzzle

Across

- 1 June event that highlighted Zion in 2019
- 5 Revolt
- 9 Questlove's do
- 12 "___ is human ..."
- 14 Asian gambling mecca
- 15 Pasture
- 16 Greek goddesses of the seasons
- 17 Anglicized name for Australia's Uluru
- 19 Game response that means no
- 21 Like mockumentaries
- 22 Sailboat staff
- 23 Sell
- 25 Disquiet
- 26 Messy roommate
- 27 Oscar winner Kazan
- 28 Valentine's Day buys
- 29 Parts
- 31 Seeing right through
- 33 "Shame!"
- 34 Wannabe
- 36 Result of a lost feed
- 39 Free from
- 41 Get ready to play
- 45 Tests graded on a scale of 1 to 5: Abbr.
- 48 "Oh ___!": insult reaction
- 50 Maine college town
- 51 Deep-fried seafood appetizer
- 54 Thin opening
- 56 Winnipeg NHLers
- 57 End of a toast
- 58 This is one
- 59 Texter's "But ..."
- 60 To such an extent (as)
- 62 Thin
- 64 Connecticut college town
- 66 "My name is ..." site
- 68 LAX abbr.
- 69 Brainstorms
- 70 Disney's "Moana" was translated into it
- 71 ___ gratias
- 72 Second opening?
- 73 Flanders et al.

Down

- 1 Utmost degree
- 2 "Electric ___": 1984 dance-pop song
- 3 Sprays from cans
- 4 It's on tap
- 5 ___ trip
- 6 Salchow support
- 7 "Waitress" composer Bareilles
- 8 "The Planets" composer Holst
- 9 User of 28-Across
- 10 Speaks from memory
- 11 Winery fixture
- 13 Outdoorsy retailer
- 14 Island thanks
- 18 Baltic capital
- 20 "___ Walks in Beauty": Byron poem
- 22 Car ad fig.
- 24 Jackpot, e.g., and a hint to completing four puzzle answers
- 30 ___ genres
- 32 Western treaty gp.
- 35 Hwys.
- 37 Daft Punk, for one
- 38 Shoe brand first made for an NBA star
- 40 Happening in film
- 42 In close combat
- 43 Hard to work with
- 44 Sumptuous
- 45 Allergy medicine discontinued in the U.S.
- 46 Rotate inward while walking, as one's foot
- 47 Gets married
- 49 Money symbolized by a stylized L
- 52 Crude dude
- 53 Northern seabird
- 55 Afternoon ___
- 61 John/Rice musical
- 63 Edge
- 65 Southeast Asian language
- 67 PFCs, e.g.

'The Day Before I Died' Veteran's book nominated in memoir category for the Eric Hoffer Award

The Day Before I Died (ISBN 13 : 978-1645449133, Page Publishing, 2020) by JF Whitaker has been nominated for the Eric Hoffer Award in the category of memoir.

The Eric Hoffer Award honors books from small, academic, and micro presses, including self-published offerings. Nominated books are judged by independent literary panels.

Award winners will be announced in May of 2021. The Day Before I Died is a moving memoir of despair, depression, and ultimate triumph. It has earned strong critical reviews and endorsements.

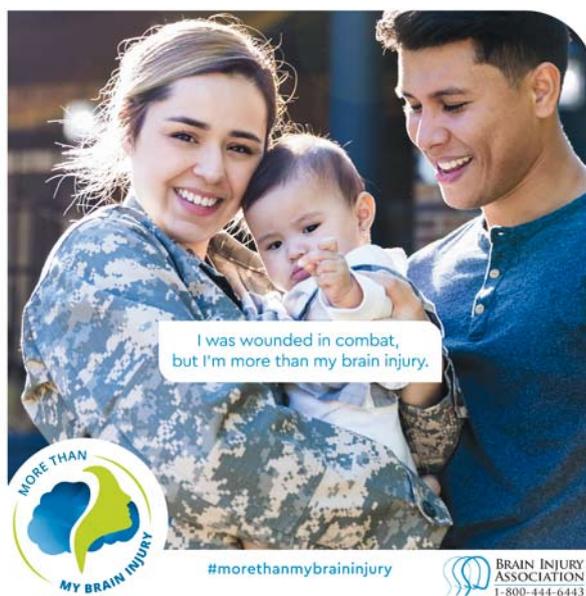
"I am very honored and humbled that The Day Before I Died has been nominated for

the Eric Hoffer Award," said JF Whitaker. "I am truly thankful at the reception that my book is receiving from readers and literary critics alike, as seen by this nomination."

The Day Before I Died is Whitaker's deeply emotional memoir of how following his service in the United States Navy in Vietnam and exposure to Agent Orange, he returned home only to experience Post Traumatic Stress Disorder (PTSD), skin cancer, depression, sexual orientation issues, and alcoholism, bringing him to the brink of suicide and his remarkable tale of survival and triumph.

Additional information on JF Whitaker and The Day Before I Died may be obtained at jfwitaker.com.

'More than my brain injury' is the theme for March's Brain Injury Awareness Month



There are more than 5.3 million children and adults in the United States who are living with a permanent brain injury-related disability.

That's one in every 60 people.

If you know someone who is living with brain injury – or if you have one yourself – you know that brain injury is not an event or an outcome. It's the start of a misunderstood, misdiagnosed, underfunded neurological disease.

Join the #MoreThanMyBrainInjury campaign and help us educate others about what it's like to live with a brain injury. We want everyone, everywhere to join us in:

- Increasing understanding of brain injury as a chronic condition
- Reducing the stigma associated with having a brain injury
- Showcasing the diversity of injury and the demographics of the community
- Improving care and support for individuals with brain injury and their families

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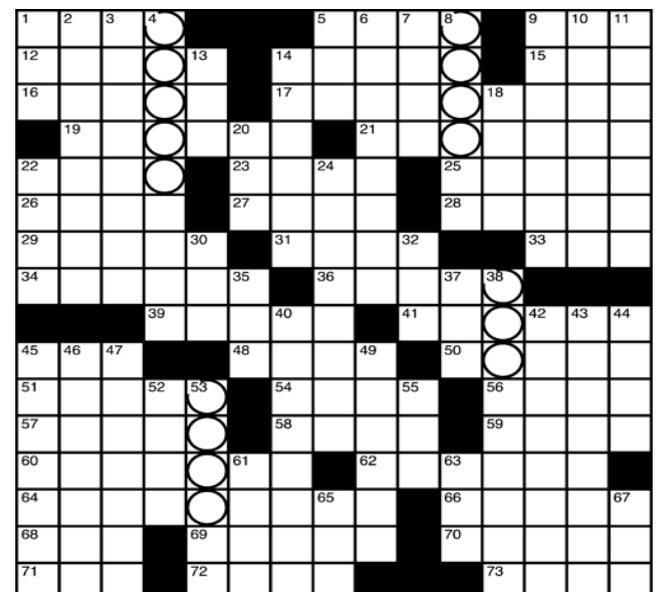
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Applications now being accepted for tuition-free San Diego Promise Program

Thinking of attending San Diego City, Mesa, or Miramar College? Why not attend for free?

Students enrolling for the fall semester at the San Diego Community College District (SDCCD) are being invited to apply for the tuition-free San Diego Promise, a program that has served more than 6,300 students over the past five years and is among the most successful programs of its kind in the state.

Benefits include up to two years of free tuition and health fees, individualized counseling and guidance, book grants for eligible students, and access to peer mentors. Students are encouraged to apply by June 11 to receive priority registration and admission to the program.

Almost all those taking part in the San Diego Promise are a first-time college student. Also eligible are former foster youth, military veterans, the formerly incarcerated, and undocumented or AB 540-eligible students. Signing up has never been easier. It begins with applying for admission to San Diego City, Mesa, or Miramar College, which accept 100% of all student applicants; submitting a financial aid application via the Free

Application for Federal Student Aid (FAFSA) or the California Dream Act; and following through on a resulting invitation to apply for the Promise via the MySDCCD web portal.

Once accepted to the Promise, students will be asked to complete a new-student orientation and meet with a college counselor to develop an education plan, sign a Promise contract, take part in a Promise orientation, and then register for classes.

Promise students are required to enroll in a minimum of 12 units each semester, and maintain a 2.0 GPA.

Students say tutoring and counseling services are invaluable. Gedle Gedle, a San Diego City College computer engineering student, held out particular praise for the access to tutoring. "They are really nice people, they are people just like me, and it actually helps a lot. I'm extremely grateful for the services that are available."

Studies show Promise students fare better academically than their non-Promise peers, and graduates have gone on to transfer to four-year institutions such as UC

Berkeley, UCLA, and UC San Diego.

As one of the largest of California's 73 community college districts, the San Diego Community College District serves approximately 100,000 students annually through three two-year colleges and the San Diego College of Continuing Education. The three credit colleges, San Diego City College, San Diego Mesa College, and San Diego Miramar College, offer associate degrees and certificates in occupational programs that prepare students for transfer to four-year colleges and entry-level jobs. Mesa College also offers a bachelor's degree in Health Information Management. The College of Continuing Education offers noncredit adult education at seven campuses throughout San Diego.

Links

<https://www.sdccd.edu/about/departments-and-offices/student-services-department/promise/apply-promise.aspx>
<https://www.sdccd.edu/apply/>
<https://studentaid.gov/h/apply-for-aid/fafsa>
<https://dream.csac.ca.gov/>
<https://myportal.sdccd.edu/psp/IHPRD/cmd=login&languageCd=ENG&>

Interpersonal Edge: Say 'No' and win friends

Dr. Daneen Skube,
Tribune Content Agency

Q: I have a business proposal I cannot support at this time for legal, ethical and financial reasons. I'm worried about the effect my "No," is going to have on my long-term business relationships. Is there a way to withdraw my support without harming my business relationships?

A: Yes you will say, "No" and win friends if you avoid a power struggle and look at the issues through the long-term best interests of your group.

Many adults are seduced by the short-term goody rather than waiting for the long-term benefit. Realize if you cannot articulate both the liabilities of going forward and the benefits of waiting you will lose any influence.

Look at the marketing programs that offer, "Buy now, pay later (with lots of interest)," programs to customers. Do you think these programs benefit the organization that makes immediate profit or the customer that pays much more in the long-run for the product?

Getting the goody now is nearly the American way. The idea of waiting for a better goody will not be immediately popular unless you can

articulate clearly the long-term benefits for the audience.

Start by looking at this proposal by wearing the shoes

INTERPERSONAL EDGE:

of your colleagues. Since empathy is a rare capacity in the work world your ability to look through the eyes of those you want to influence is powerful. Now consider why legally, ethically, and financially it benefits your audience to wait.

You can empathize with your group's attraction to the immediate proposal while still proposing a richer idea for a future moment.

Take out a piece of paper and write down all the specific liabilities of this proposal and then write down the alternative benefits of waiting. Now you have a proposal that has punch.

People want to work with solution creators not problem generators. Thus you never want to complain about a proposal but rather present a better idea.

When you present your idea to your group avoid using any wording that suggests blame or is combative. You want to

focus on what everyone stands to gain with your thinking not deteriorate into an argument.

Make sure you avoid power

struggles when talking about not supporting this proposal. If you let your ego argue about who is right then the conversation will cease to focus on what is right or the most effective path forward.

The last word(s)

Q: I had a tough last year and thought the pressure would let up this year but it hasn't is there a way to use this stress to my advantage?

A: Yes, both breakdowns and diamonds are created under pressure it depends on whether we chose to develop or decompensate under stress.

Daneen Skube is an executive coach, trainer, therapist and speaker. She appears as the FOX Channel's "Workplace Guru" She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com.



The team at NAVSUP Fleet Logistics Center San Diego Site North Island. Courtesy photo

Navy logistics command wins top award for supply excellence

by Katesha Washington, NAVSUP FLC San Diego

NAVSUP Fleet Logistics Center San Diego was recently named the recipient of the 2020 COMNAVAIRFOR Ashore Supply Excellence Award for providing critical supply support at three Naval air stations - North Island, Point Mugu, and Fallon - in support of squadrons throughout Southern California and Nevada.

Three sites within NAVSUP Fleet Logistics Center San Diego were recognized for their work in providing outstanding support to squadrons within Naval Air Force Command's Pacific Fleet area of operation: Site Fallon, Site North Island, and Site Ventura. As stated in the initial Navy Fleet-wide message naming the awardees, "[the] annual awards encourage superb logistics support with the objective of improving the readiness of the flight line."

Cmdr. Brian Madden, the NAVSUP FLC San Diego Code 400 director who directly oversees all eight outlying sites, said the Blue "E" award recognizes the efforts of our supply and logistics professionals across the region serving squadrons at over the horizon installations in support of material management, inventory management, packaging and transportation, and product and service delivery in support to the warfighter.

"Although the NAVSUP FLC San Diego Fuels Department played a major part in the teams' awards, it was a joint effort in achieving their success," said Madden

NAVFAC Southwest awards \$42.6 million for Camp Pendleton 1st Marine Division operations complex

by Mario Icaro,
NAVFAC Southwest

SAN DIEGO – Naval Facilities Engineering Systems Command (NAVFAC) Southwest awarded Harper Construction Company Inc., of San Diego, a \$42.6 million task order Feb. 18 for the design and construction of a division operations complex at Camp Pendleton.

"We're excited about executing this recapitalization project for one of our nation's most renowned warfighting commands," said Capt. Mike Oestereicher, NAVFAC Southwest commanding officer. "This project replaces numerous facilities that are 70-80 years old with a state-of-the-art modernized complex to meet the 21st century requirements of the 1st Marine Division and the Marine Corps."

The task order is the first issued on a new multiple award construction contract with a total capacity of \$2.5 billion. Harper Construction Company, Inc. was one of multiple companies to submit proposals for the task order.

"Award of this project represents a significant milestone for maintaining the division at its most ready state," said Lauren Alarie, NAVFAC Southwest senior project manager. "The

"The Project Development Team inclusive of all stakeholders and supporting commands is looking forward to working with Harper Construction Co. to develop a modern, integrated design and ensure quality construction through to completion." - Lauren Alarie, NAVFAC Southwest senior project manager

project consolidates critical functions for both the Division and Battalion Headquarters and replaces their existing outdated and fragmented facilities with a new state-of-the-art campus complex. The Project Development Team inclusive of all stakeholders and supporting commands is looking forward to working with Harper Construction Co. to develop a modern, integrated design and ensure quality construction through to completion."

Harper Construction will demolish nine single story concrete buildings and nine temporary trailer buildings, and design and construct a new 58,931 square foot Division Command Post

Headquarters, 11,538 square foot Battalion Command Post Headquarters, and parade field. The project includes cybersecurity features, paving and site improvements including parking areas, roadways, curbs, gutters, sidewalks, landscaping, trash enclosures and signage. The current "White House" command post will remain as-is to preserve the historic and honored nature of the building and thus is not included in the scope of this awarded contract.

"The P1130 project will allow for the creation of a facility that integrates several elements of the 1st Marine Division's command and control structure under one roof," said Maj. Gen. Roger B. Turner Jr., 1st Marine Division commanding general. "This will ensure the 1st Marine Division remains prepared to fight and win amidst an increasingly complex operating environment."

The 1st Marine Division is a Marine infantry division at Camp Pendleton. It's employed as the ground combat element of the 1st MEF.



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by Sgt. Sarah Ralph,
12th Marine Corps District

From Opha May Johnson to females being integrated into training at Marine Corps Recruit Depot San Diego, for more than a hundred years women have been continuing the legacy that Opha May Johnson and 300 other women started back in 1918. In today's Marine Corps, women make up a total of 8.4 percent of roughly 246,000 Marines. The progression for women in the Marine Corps has been a slow, but continuous process that has

prospered in time. We have come to a time where even women in the Marine Corps do not desire the word 'female', in front of the title Marine.

"I like to just refer to myself as a Marine. Not a female Marine and that's not to say it's incorrect, but I feel like we're only separating ourselves by thinking of ourselves different from other Marines," said Sgt. Shaquira Dailey, a Marine with Recruiting Station Orange County.

Although there are a lot of

leaders within the Corps who feel the same way as Sgt. Dailey, some have the perspective that even by excluding the female in the title, there is still some type of separation.

"I'm extremely proud to call myself a Marine, and even on top of being a Marine, being able to say I'm a female in the Marine Corps", says Cpl. Margarita Aguirre, a Marine with Recruiting Station Orange County. "Women in the Marine Corps are out there doing something that very few

women will experience in their lives. We should be honoring the legacy and traditions that our fellow sister established before us."

National Women's History Month is a time to reflect on the women who paved the way for us today. Within the Marine Corps, there have been a vast amount of individuals who have become the first of many occupations, been a part of historical battles, and have conquered what some have considered the impossible, such as doing pull-ups for other physical standards.

"As much as women like



Sgt. Ravein S. Price Fitzgerald, a supply clerk with Recruiting Station Orange County, poses for a photo on March 5. Marine Corps photo by Sgt. Sarah Ralph

to say that everyone doubts us, whether that be our fellow counterparts, or whoever, we doubt ourselves just as

Flag and general officer assignments

Rear Adm. (lower half) James Kirk, selected for promotion to rear admiral, will be assigned as commander, Carrier Strike Group 15, San Diego. Kirk is currently the commander, Carrier Strike Group 11, Everett, Wash.

Rear Adm. (lower half) Michael Baze will be assigned as commander, Expeditionary Strike Group 3, San Diego. Baze is currently the director of Maritime Headquarters, Naval Forces Europe/Africa/Sixth Fleet, Naples.

Rear Adm. (lower half) Daniel Martin will be assigned as commander, Carrier Strike Group 1, San Diego. Martin is currently the senior military advisor to the assistant secretary of state for political-military affairs

Rear Adm. (lower half) Philip Sobeck will be assigned as commander, Logistics Group, Western Pacific; and commander, Task Force Seven Three, Singapore. Sobeck is currently the commander, Expeditionary Strike Group 3, San Diego.

Air Force Brig. Gen. Jeffrey Pennington has been nominated to the grade of major general. Pennington is currently the commander, 4th Air Force, Air Force Reserve Command, March Air Reserve Base.

much," explains Sgt. Ravein Price Fitzgerald, a Marine with Recruiting Station Orange County. "I believe that if you earned the title, push yourself to meet or exceed the standards that the Marine Corps expects of us, that should not only empower you as a Marine, but a woman.

"Looking back on our history, we do no justice to those who came before us if we're not willing to put in just as much work as they did in order to continue the progression of women."

Shamrocks, saint and shillelaghs

St. Patrick's Day, celebrated March 17, honors Ireland's legendary patron saint, who died on that day in 461.

<p>Shamrock</p> <p>Small, three-leafed plant appears on U.K.'s coat of arms with English rose, Scottish thistle</p> 	<p>Irish flag</p> <p>Green represents Catholics; orange, Protestants; white, the wish for harmony</p> 	<p>Leprechauns</p> <p>Fairies who work day and night mending shoes of other fairies</p> 	<p>Shillelagh (shi-lay'-lee)</p> <p>Walking stick; Irish for stout oak club or cudgel; also a forest that once stood in County Wicklow</p> 
<p>Patrick: Saint and legend</p> <p>387 A.D. Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn</p>	<p>Early 400s Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood</p>	<p>432 Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized the land</p>	<p>Familiar legend He drove the snakes from Ireland by beating a drum</p>

Source: "Shamrocks, Harps and Shillelaghs" by Edna Barth, "All About American Holidays," World Book. Graphic: Staff, TNS

This week's snapshots



USS FREEDOM, AT SEA
March 1, 2021

Boatswain's Mate 1st Class Benjamin Kaufman directs an MH-60S Seahawk helicopter assigned to the "Wildcards" of Helicopter Sea Combat Squadron (HSC) 23 during flight operations aboard USS Freedom littoral combat ship. Freedom is deployed to the U.S. 4th Fleet area of operations. Navy photo by MCSN Richard Cho



NAVAL BASE GUAM
Feb. 25, 2021

Marines and Sailors conduct external lifts for a vertical replenishment of aircraft carrier USS Theodore Roosevelt. Marine Corps photo by Lance Cpl. Moises Rodriguez



NAS NORTH ISLAND
Feb. 18, 2021

Senior Airman Milton Delcid, 61st Airlift Squadron loadmaster, ties down an R-11 fuels truck onto a C-130J Super Hercules during the Catalina Weapons Mixer exercise. The exercise demonstrated the effectiveness of Agile Combat Employment tactics, techniques and procedures. Air Force photo by Staff Sgt. Jeremy McGuffin



CAMP PENDLETON
March 5, 2021

(from left) Cmdr. Jared Solether, Lt. Nate Cole and Brig. Gen. Dan Conley cut and handout cake during a ceremony for the 79th birthday of Navy construction battalions, or Seabees. The Naval Construction Force was created in March 1942 to meet the Navy's need for construction of advanced bases in combat zones in World War II. Photo by Sgt. Jeremy Laboy



USS MAKIN ISLAND, AT SEA
Feb. 26, 2021

Marine Corps Lance Cpl. Jessa-Mae Montgomery, an administrative clerk assigned to Command Element, 15th Marine Expeditionary Unit, paints a door aboard Makin Island amphibious assault ship. The Makin Island Amphibious Ready Group and the 15th MEU are deployed to the 5th Fleet. Navy photo by MC2 Kristopher S. Haley



NAF EL CENTRO
March 4, 2021

Hospitalman Gabriel Cabral, assigned to Naval Medical Center San Diego, administers first-round of Pfizer-BioNTech COVID-19 vaccine to Sailors and select DoD support staff. Navy photo by MC3 Drew Verbis

THEODORE ROOSEVELT STRIKE GROUP CONDUCTS 2ND BILATERAL EXERCISE WITH JAPAN MARITIME FORCE



The *Theodore Roosevelt* Carrier Strike Group (TRCSG) conducted a bilateral maritime exercise with the Japan Maritime Self-Defense Force (JMSDF) Feb. 28.

Theodore Roosevelt aircraft carrier and USS *Bunker Hill* conducted maneuvering drills and a photo exercise with JS *Yugiri* (DD 153), JS *Hatakaze* (TV 3520), and JS *Setoyuki* (TV 3518). The exercise was the second time the strike group has worked with the JMSDF during its deployment.

“Carrier Strike Group Nine welcomes another opportunity to develop our proficiency and interoperability with the Japan Maritime Self-Defense Force,” said Rear Adm. Doug Verissimo, commander, Carrier Strike Group Nine. “Our commitments with our allies and partners are our unique strength in maintaining critical maritime security and stability. Our continued cooperation is a testament to the special relationship between our two great nations and to the strength of the rules-based order.”

The U.S. and the Japan Maritime Self-Defense Force routinely operate together, strengthening bilateral relations and demonstrating an enduring mutual commitment. This exercise focused on increasing interoperability and ship handling proficiency.

“We are conducting a training cruise to equip midshipmen with the necessary knowledge and skills as officers,” said Capt. II Masaaki, commander, Training Division 1. “We recognize that the strong relationship between the JMSDF and the U.S. Navy is the core to maintain regional



peace and stability. I am convinced that showing midshipmen this bilateral exercise will contribute to further deepening the bonds between the JMSDF and the U.S. Navy.”

TRCSG is deployed to the U.S. 7th Fleet area of operations to build partnerships that foster maritime security and to conduct a wide range of operations that support humanitarian efforts and freedom of the seas.

TRCSG consists of *Theodore Roosevelt*, Carrier Air Wing 11, cruiser *Bunker Hill*, Destroyer Squadron 23, and destroyers *Russell* and *John Finn*. Embarked air wing includes Strike Fighter Squadrons 31 Tomcats, VFA-87 Golden Warriors, VFA-146 Blue Diamonds, VFA-154 Black Knights, Airborne Command and Control Squadron 115 Liberty Bells and Electronic Attack Squadron 142 The Gray Wolves, to name a few.

PHOTO: Japan Maritime Self-Defense Force (JMSDF) Hatakaze-class destroyer JDS Hatakaze, front, USS Bunker Hill guided-missile cruiser, far right, JMSDF destroyer JDS Setoyuki, left, and JMSDF destroyer JDS Yugiri transit the Pacific Ocean, Feb. 28. Navy photo by MC3 Erik Melgar

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The Meat & Potatoes of Life
by Lisa Smith Molinari

One would think that military spouses are busy enough, managing homes, children, jobs, pets, in-laws, bills, school, and other endless details, often while their active duty partners are away. In fact, it would make sense if they turned away from added pressures, withdrew from obligations, and isolated themselves altogether to maintain control.

However, no matter how many plates military spouses spin in the air, they're always game to add one more.

One weeknight about 27 years ago, I was a new Navy wife, living in Army housing on Fort Ord in California. Although our military marriage was simple without kids, a mortgage, sea duty or complicated taxes, I kept myself busy working as a research attorney for a local law firm. But, when my friend Karen suggested that we go to her neighbor's Tupperware party on post, did I decline? Choosing instead to relax at home after a long day at work?

Hell no.

I jumped at the chance like a long-tailed cat in a room full of rocking chairs.

Now, mind you, I wasn't the Tupperware Party type. I remembered my mother, in gabardine bell-bottoms, a cigarette perched between her coral-tinged lips, bring-

Never too busy for milspouse time

ing home burping bowls from one such party in the 1970s. I never pictured myself, a young litigation attorney with plenty to keep me occupied, seeking that particular kind of entertainment.

But there I was, crammed with a dozen other military wives in cramped Army quarters, nibbling deviled eggs and cheese dip, watching our host demonstrate Micro Steamers and Modular Mates. The wide-eyed, goofy grin on my face was clear indication that, despite not being “the Tupperware party type,” I was happier than a pigeon with a french fry to be with my fellow milspouses.

Captivated by one wife's riveting testimonial about her “timeless” Meat Marinator, I was hooked. I ordered a Freezer Mates starter set (which I still use) and won a door prize — a bright yellow plastic corn cob butterer, with a nifty built-in salt shaker (which we eventually gave to Salvation Army, unused).

During the tours of duty that followed, I had more babies and got much busier, but I always sought out fellow military spouses, even if it meant buying products I didn't need, playing ridiculous games, taking on tedious volunteer responsibilities, or adopting hobbies in which I had no interest.

Even after our three-year-old son was diagnosed with developmental delays — requiring me to do daily home therapy and attend multiple weekly speech and occupational therapy appointments while caring for our infant daughter — I needed the company of other spouses more. During deployments, I learned that the best way to handle the mountain of responsibilities and crushing lone-

liness was to meet up with military wives as often as possible.

Despite my sausage fingers and medieval hand stitch, I took up quilting with Army wives.

While overseas, I went on countless military spouse shopping trips for antiques, Polish pottery, French linens, Italian leather, Belgian antiques, Czech crystal, Swiss Army blanket bags, Bavarian carved wood, cheese, wine, beer, chocolate — you name it, we used it as an excuse to go shopping together and buy it. I volunteered to be Parliamentarian of the Spouses' Club, just so I wouldn't be left out of Crystal Bingo. I committed to three ... or was it four? ... Bunco groups, joined book clubs, took sailing lessons on base, competed in a wives' base bowling league, golfed on military courses, hung out at the base dog park, and attended every home sales party hosted by military spouses I knew. Despite our limited budget, I dropped cash (or credit) on Longaberger baskets, Mary Kay cosmetics, Discovery Toys, Silpada silver, Tastefully Simple foods, Creative Memories scrapbooks, Lia Sophia jewelry, Pampered Chef gadgets, and yes, Tupperware — just so I could be with my milspouses peers.

No matter how busy we are, military spouses will always create excuses to get together. Why? Companionship? Understanding? Fun? Distraction? Avoidance? Therapy?

The reasons may be complicated, but being in the presence of fellow spouses reveals one simple, but sometimes hidden, truth about why we volunteer for this crazy military life in the first place:

Because you are never alone.

AutoMatters™ & More

by Jan Wagner

Due to COVID-19, I have hardly driven since March of 2020. Two of my fellow San Diego Miata Club members died from COVID-19, as has a person who I'd interviewed a few years ago about his Ford Mustang book. I was determined not to join them.

In the past year, I've had to get required scheduled maintenance services done on both of my vehicles thousands of miles before they were due, because of elapsed time. While I do drive each of them at least every other week, the distances driven are so short that I've added fuel stabilizer to their gas tanks, as I reported at https://drivetribe.com/p/essential-covid-protection-for-SE2Hj1FXRwef_TFy4snSTw?iid=TKLL0CwOQdGqE2YtppRxAw.

I expect to resume much more frequent driving within the next month or two, now that I've been fully vaccinated and as other people get vaccinated too. Hopefully the vaccines will remain effective despite the emerging variants. To be on the safe side, I will continue to wear a face mask for the foreseeable future.

During the pandemic I have been on several Miata club runs, since I thought that they are relatively safe, but I stopped doing that a few months ago after one of the Miatas nearly side-swiped mine. I swerved and very narrowly avoided being hit. Nevertheless, this Saturday I plan on going on another fun run with the San Diego Miata Club. I'll try to take photos for you.

Driving in a post-COVID world + EVs versus plug-in hybrids

I've been using some of my COVID downtime productively, to work with my web host (GoDaddy) on finishing the build of the second iteration of my “AutoMatters & More” website, which had been in limbo for several years. I'll let you know when it's live.

Recently an acquaintance noted my reluctance to fully embrace electric vehicle ownership, but I am interested in them. I belong to the EV Association of San Diego and attend some of its Zoom meetings and events, promoting EV awareness.

I recognize and like many benefits of EV ownership, but the EVs that are both available and somewhat affordable do not offer some of the features that I am looking for, and are not particularly well-suited for my long-distance road trips. Having to make long stops to recharge is a deal-breaker for me, and the few long-range versions of EVs that meet my needs are very expensive.

Instead, for my newest daily driver I chose a plug-in hybrid - a vehicle that I believe offers the best of both worlds (gas and EV), with an excellent combination of ample cargo capacity, creature comforts, automotive performance, style, quality of construction, driver's assistance/safety aids and the capability to be driven up to 42 miles on electricity alone.

That vehicle is my well-equipped 2021 Toyota RAV4 Prime XSE Premium, complete with a long extended warranty and a maintenance contract - all for a price that is still many thousands of dollars less than the long-range version of Tesla's Model Y that I had been considering. My \$7,500 tax credit and EV vehicle rebate brought the price way down. I've driven up to 41 miles on electricity alone — nearly enough to cover all of my local errands.

This is also Toyota's second quickest-accelerating vehicle. Its combination of instant high-torque from a combination of the electric motors, gas engine and all-wheel-drive makes for quick acceleration indeed. You can read my review of it at https://drivetribe.com/p/2021-toyota-rav4-prime-plug-in-Bs-dKRwcQE6aXgD_m4l-vw?iid=NF3iWtrpRQ09Mr4KZqGzYw.

I've owned it since last August and I still love it. Thanks to its fast charging option, it recharges in just a few hours at my solar panel-equipped home, by my Clipper Creek charger — also reviewed, at https://drivetribe.com/p/clippercreek-electric-vehicle-charging-BZqshyOuSjilAaIXen7J_Q?iid=Hx6_e9-aQFaaAyuUBMjSsQ.

I love going shopping to Costco now because everything easily fits inside, as will everything that I typically bring back from the SEMA Show and CES, which will resume when I drive to Las Vegas late this year.

I'll easily be able to make those trips from San Diego on a combination of a single charge plus a tank of gas, with plenty of gas to spare. When I eventually do need to refuel, doing so at a gas station will only take a few minutes.

When battery range improves in more affordable EVs, and they can recharge quickly without that adversely affecting their battery life, I will probably get an EV, but we're not there yet.

To see photos, visit www.drivetribe.com, click on the magnifying glass, select “POSTS” and enter “AutoMatters & More #682” in their search bar. Please send your comments to AutoMatters@gmail.com.

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CLASSIFIEDS

Social Security Matters Should I wait until age 70 to claim benefits?

Dear Rusty: I have read your answers to the commonly asked question of "When should I claim social security benefits." You always say one should wait as long as possible (up to age 70) to get the maximum monthly benefit. But I have not seen you address the matter of all the money you could have collected if you start drawing sooner and how many years it will take, if you wait, to recoup all that money.

I am now 64. I have always planned to wait until at least 66 and possibly to 70 to start collecting. I have no health issues and expect to live well into my 90s. When I tell people this, they question why I am leaving so much money on the table by waiting. At age 66 I'd get \$1671 per month and, at 70, \$2161. Between those two ages I could collect \$73,524. It will take me many years to recoup all that money if I wait until 70 to begin, right? When I consider this, I question why I am waiting! Please help clear up my confusion and tell me whether I am doing the right thing by waiting to claim.

Signed: Confused Senior

Dear Confused: You are correct that I always try to make people aware of their option to get a bigger Social Security benefit by waiting longer to claim. But I also always stress that the decision to do that should consider several things - most notably, current need for the money, health, and anticipated longevity. Said another way, delaying until age 70 doesn't make much sense if you won't live long enough to at least "break even." Nevertheless, your point is very well taken - not a lot is written about benefits not taken when you wait until a later age to claim. I actually have written about that before, but I'm happy to evaluate your specific personal situation.

Using the numbers you provided, if you were to claim your \$1671 benefit starting at your full retirement age (FRA) you would collect \$73,524 over the 44-month period to age 70, when you could get the \$2161 benefit. So how long would it take to break even if you wait until age 70 to claim? Well, the difference between your age 70 benefit and your FRA benefit is \$490. So, if you wait and get the higher benefit at age 70, it will take you about 12.5 years to recover that \$73,524 (\$73,524 divided by \$490 = 150 months = 12.5 years). So, here's where longevity comes in. According to Social Security, average longevity for a man your age today is about 84, so if you meet or exceed average longevity, you'll collect more in cumulative lifetime benefits by waiting until age 70 to claim. And you'll be getting that higher monthly benefit amount throughout your later years, a good way to offset inflation. Indeed, that higher benefit lasts for the rest of your life, and it also means a larger survivor benefit for your wife if you predecease her. As your widow, your wife will get 100% of the amount you are receiving when you pass, if she has reached her full retirement age and if her widow's benefit is more than her own. And 100% of your age 70 benefit is quite a bit more than 100% of your earlier benefits.

I hope this helps clarify your confusion about whether to claim now, or at your FRA, or to wait even longer to age 70. Here is a link to an article I previously published on this topic: www.socialsecurityreport.org/ask-rusty-doing-a-brokeven-analysis/. But from what you've shared with me, I don't see anything wrong with your plan to continue waiting until at least your FRA - and possibly until age 70 - to claim, especially since you expect to live well into your 90s.

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) or email us at ssadviser@amacfoundation.org.

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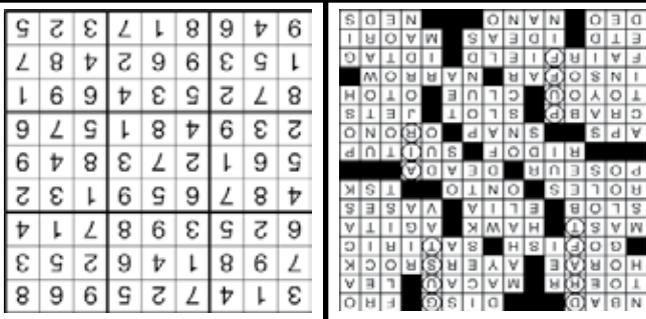
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4				5			3	
5		1	2		3	8		9
	3			8			7	6
	7	2			4	6		
		3	9		2			

SPRING FORWARD!

Daylight Saving Time begins Sunday, March 14 at 2am.



Don't forget to set your clocks ahead one hour when you go to bed Saturday, March 13.

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TBI Awareness Month: Naval Medical Center San Diego hosts 8th Annual TBI Symposium

Join us for a free, virtual update on traumatic brain injury research, assessment, and treatment within the DoD and VA health care systems.

The "8th Annual TBI Symposium" features high level presentations covering updates in TBI research from a number of experts in the field.

Topics Covered:

- Cognitive Rehabilitation
- Music Therapy
- Caregiving for the TBI Patient
- TBI and Suicide
- TBICoE Resources
- VHA TBI/Polytrauma System of Care
- Novel Technologies for the Evaluation and Treatment of TBI in the Military



Free CEs will be granted to DoD/VA providers with a CAC card. A certificate of completion will be provided for non-DoD personnel. Entirely free, virtual, and open to an international audience for the first time.

During Brain Injury Awareness Month this year, the Traumatic Brain Injury Center of Excellence (TBICoE) is offering a number of

virtual information and training events. All the events are being held on Microsoft Teams, so mark your calendars and bookmark this page for quick access to the link and join us!

Teams Event Link

Audio Only 571-388-3904; Conference ID: 476 749 525 #

This is a two-day event, times for both days are 10:30 a.m.-2:30 p.m. ET.

Naval Medical Center San Diego 8th Annual TBI Symposium

Start Date: 3/11/2021, 10:30am

End Date: 3/12/2021, 2:30pm

Organization: TBICoE and NMC-SD TBI Clinic

City: Virtual

SecDef addresses service member vaccine hesitancy

by Jim Garamone, DOD News

After a tour of a mass COVID-19 vaccination site in Los Angeles, Secretary of Defense Lloyd J. Austin addressed the hesitancy that some service members have about getting the vaccine.

The Food and Drug Administration has given all the vaccines currently being administered emergency use authorization. It is much as it sounds, according to the FDA. In an emergency, the FDA can make a product available to the public based on the best available evidence, without waiting for all the evidence that would be needed for FDA approval or clearance. The vaccines were intensely studied and tested on hundreds of thousands of people. The efficacy of the vaccines against COVID-19 is not in question.

But there is some hesitancy — especially in communities of color in America — to get the vaccines. "Because of some things that have happened in the past, there's a degree of mistrust, and I think we have to collectively work hard to dispel rumors and to provide facts to people," Austin said. "It's been my experience that when armed with the facts, people will tend to make the right decisions."

In the past, commanders — on the advice from medical professionals — could simply order service members to get a vaccine. Troops deploying to operations in Iraq and Afghanistan had to receive the anthrax series of shots, for example. That was possible because those were FDA approved inoculations.

The COVID-19 vaccines are not, and the services cannot simply order personnel to get the shots. Soldiers, sailors, airmen, Marines and guardians must make the decision for themselves. "These are individual decisions," Austin said. "We want to make sure that they have the best information available to make those decisions."

Austin wants service members to talk to families, talk to physicians and read about the decision.

"We want them to have the facts," he said. He wants service members and families to read the CDC and Prevention guidance and speak to defense health professionals.

"It's really important that ... people have the facts, and we found that armed with the facts, they'll make the right decisions typically," he said. "I've taken the

vaccine. I consider it to be safe. We've not seen very many side effects that are harmful.

"The greatest incentive to getting vaccinated is that it saves your life, and it saves the life of the folks that mean a lot to you," he continued. "That, in and of itself, is very, very important."

March is National Kidney Month

Take charge of your kidney health

March is National Kidney Month, a time when communities across the country raise awareness about kidney disease. This year's focus is on taking charge of your health and the factors that go into managing your kidney disease.

Chronic kidney disease (CKD) is a serious condition affecting 37 million people. Often overlooked until symptoms appear, CKD is progressive and can put you at risk for serious health complications including kidney failure. Adopting a healthy lifestyle can help you manage and slow progression of CKD and its complications.

Follow these healthy lifestyle tips to take charge of your kidney health.

• Meet regularly with your health care team. Staying connected with your doctor, in-person or via telehealth, can help you maintain your kidney health.

• Manage blood pressure and monitor blood glucose levels. Work with your health care team to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes.

• Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen. Your pharmacist and doctor need to know about all the medicines you take.

• Aim for a healthy weight. Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan.

• Reduce stress and make physical activity part of your routine. Consider healthy stress-reducing activities and get at least 30 minutes of physical activity each day.

• Make time for sleep. Aim for 7 to 8 hours of sleep per night.

• Quit smoking. It may seem difficult, but small changes can go a long way to keep your kidneys healthier for longer.

MHS Genesis health records launch at NMCS

Navy Capt. Brad Smith, Naval Medical Center San Diego commanding officer, Navy Capt. Matthew Wauson, MHS GENESIS lead, Navy Lt. Cmdr. Amanda Kuckza, MHS GENESIS Training lead, Navy Lt. Cmdr. Joshua Wymer, MHS GENESIS lead, and Air Force Col. Thomas Cantilina, Defense Health Agency (DHA) deputy function champion for MHS GENESIS, celebrate the launch of MHS Genesis electronic health records with a ribbon-cutting ceremony. With MHS GENESIS, all patient records will be found in one single records system. In addition, for the first time ever, all military branches will use one electronic health records system so that no matter where patients receive their care, their records will follow them. Photo by PO1 Vernishia Vaughn, NMCS.



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- Directs production of red blood cells
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8 PROBLEMS KIDNEY DISEASE CAN CAUSE

- Cardiovascular disease
- Heart attack
- Stroke
- Anemia/ low red blood cell count
- Nerve damage
- Weak bones
- High blood pressure
- Kidney Failure

4 RISK FACTORS

- Diabetes
- High blood pressure
- Age 60+
- Family history

7 SYMPTOMS

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National Kidney Foundation
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