

## AutoMatters & More

CONFIRMED: F1 driving phenom George Russell is moving from Williams to Mercedes in 2022.

See page 9

## Base Movie Schedule

See the latest movies offered on the bases for free or reduced prices. Check our weekly schedule.

See page 10

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SIXTY-FIRST YEAR NO. 20  
THURSDAY, SEPTEMBER 9, 2021

## THESE 6 VETERANS FROM TEAM USA WON MEDALS AT THE 2020 TOKYO PARALYMPICS; 240 ATHLETES REPRESENTED U.S.A.

by Miguel Ortiz  
[Wearethemighty.com](http://Wearethemighty.com)

The 2020 Tokyo Paralympics took place from Aug. 25 to Sept. 5. Team USA was represented at the games by 240 Paralympic athletes. Among them were 18 veterans and three active duty service members, many of whom took home medals at the Beijing, London and Rio Paralympics. For 2020, six of them won nine medals for the U.S.

### Alfredo De Los Santos

Going by the nickname Freddie, De los Santos was born in Santo Domingo, Dominican Republic. Following the attacks on 9/11, De los Santos joined the Army. On Oct. 20, 2009, he was deployed to Helmand Province in Afghanistan where his vehicle was struck by an RPG. De los Santos was wounded in the attack and later lost his right leg above the knee.

During his extensive rehabilitation period, he took up handcycling. He earned his first medal (bronze) in Tokyo in the mixed team relay.

### Ryan Pinney

Pinney was born and raised in Arizona. In 2000, Pinney enlisted in the Air Force and served as an inflight refueler. Over his 14 year career, he deployed to



Bradley Snyder (left) with guide Greg Billington after winning Team USA's first gold medal in Tokyo

the Middle East over 10 times and flew over 100 combat missions. Shortly after returning from a tour in the Middle East, Pinney competed in a bicycle race where he was thrown over the handle bars of his bike. His spinal cord was injured and Pinney was medically retired from the Air Force.

He continued his passion for cycling with a gifted handbike from The Freewheel Foundation. Pinney joined the Air Force Wounded Warrior Team as well as the Paralyzed Veterans of America Racing Team.

Tokyo was his first paralympics and he took home bronze in the mixed team relay.

### Shawn Morelli

Morelli is a Pennsylvania native who commissioned as an Army engineer officer through Marion Military Institute. During her Army career, she served in both Iraq and Afghanistan. In 2007, she was wounded in Afghanistan. An explosion caused severe brain trauma, blindness in her left eye, and damaged her neck and spine.

Her cycling career began with a trip to her local bike shop and was propelled by her exposure to competitive cycling at the 2010 Warrior Games. At the 2016 UCI Para-cycling Track World Championships Morelli broke the women's C4 pursuit world record. She earned gold (time

trial) plus a silver (individual pursuit) medal in Tokyo.

### Ray Hennagir

Hennagir joined the Marines in 2001 and served as a combat engineer. On June 16, 2007, in Zaidon, Iraq, he was wounded by an IED. This led to the amputation of both of Hennagir's legs as well as four fingers on his left hand. While recovering at Walter Reed Army Medical Center, one of his recreational therapists encouraged him to try out wheelchair basketball.

While he enjoyed the sport, it was wheelchair rugby that Hennagir really took after. Still a hard-charging devil dog, he preferred the physicality of

wheelchair rugby and strove for the opportunity to compete at the highest level. He got that opportunity in Tokyo where he competed with Team USA's wheelchair rugby team and helped to bring home silver.

### Bradley Snyder

Snyder was born in Nevada but grew up on the beach in Florida where he developed his ability as a swimmer. He went on to swim competitively in high school

and at the U.S. Naval Academy where he captained the swim team from 2005-2006. He commissioned as a Naval Officer and completed the grueling 42-week Explosive Ordnance Disposal School. On Sept. 7, 2011, Snyder stepped on an IED in Kandahar. Although the resulting blast did not affect his limbs, Snyder was blinded and lost both of his eyes. A determined sailor and athlete, Snyder battled his disability and see **Paralympics, page 9**

## Patriot Day: 20 year anniversary of Sept. 11 terrorist attacks

Patriot Day is observed on September 11 of each year, designated in memory of the 2,993 people killed in the Sept. 11, 2001 terrorist attacks. Most Americans refer to the day as "Nine-Eleven (9/11)," "September Eleventh," or some variation thereof.

U.S. House of Representatives Joint Resolution 71 was approved by a vote of 407-0 on October 25, 2001. It requested that the President designate September 11 of each year as "Patriot Day." President George W. Bush signed the resolution into law on December 18, 2001 (as Public Law 107-89). It is a discretionary day of remembrance.

Initially, the day was called the National Day of Prayer and Remembrance for the victims of the attacks. On Sept. 4, 2002, President Bush used his authority created by resolution and proclaimed Sept. 11, 2002 as Patriot Day.

On this day, the President directs that the American flag be flown at half-staff at individual American homes, at the White House, and on all U.S. government buildings and establishments, at home and abroad. Americans may observe a moment of silence beginning at 8:46am (Eastern Daylight Time), the time the first plane struck the North Tower of the World Trade Center on Sept. 11, 2001.

## 20TH ANNIVERSARY OF 9/11 TERRORIST ATTACKS COMMEMORATED WITH VARIOUS EVENTS

This year we commemorate the 20th anniversary of the 9/11 terrorist attacks. San Diego county has a range of events scheduled including parades, memorial runs/walks and concerts.

### CHULA VISTA

Evening with Heroes, Saturday, 4-8 p.m. Chula Vista Police Department Foundation hosts Evening with Heroes at Easton Archery Center at the Chula Vista Elite Athlete Training Center, 2800 Olympic Parkway. Fundraising event helps support men, women and K-9s of the Chula Vista Police Department. Tickets are \$150. This year's event includes a special 9/11 tribute.

[chulavistapolicefoundation.org/upcoming-events](http://chulavistapolicefoundation.org/upcoming-events).

### CORONADO

9/11 memorial ceremony at fire station, Saturday, 6:45 a.m. Coronado firefighters, police, lifeguards and local military personnel hold brief 9/11 memorial ceremony at Fire Station 36, 1001 6th St., with invocation, moment of silence and symbolic ringing of the station's bell. [211la.org/resources/site/san-diego-county-ssb-coronado-fire-department-station-36](http://211la.org/resources/site/san-diego-county-ssb-coronado-fire-department-station-36).

### ESCONDIDO

Ceremony and barbecue, Saturday, 4:30 p.m. Brothers of

6 group host a Patriot's Day Remembrance ceremony and barbecue at American Legion Post 149, 230 E. Park Ave. Ceremony starts 4:30 p.m. includes color guard presentation and remarks from Escondido Mayor Paul McNamara. Dinner at 5 p.m. Live music at 6 p.m. Tickets for barbecue are \$10. RSVP to [brothersof6.com](mailto:brothersof6.com). (760) 745-1159.

### FALLBROOK

Patriot Day 9/11 Remembrance Ceremony, Saturday, 3 p.m. Fallbrook Fire Station 1, 315 Ivy St. [fallbrookchamberofcommerce.org/events-v2/Patriot-Day--9.11-Remembrance-Ceremony\\_ET5382.html](http://fallbrookchamberofcommerce.org/events-v2/Patriot-Day--9.11-Remembrance-Ceremony_ET5382.html).

### IMPERIAL BEACH

9/11 Remembrance Ceremony, Saturday, 6:45-7:15 a.m. Brief ceremony by the flagpole at the Imperial Beach City Hall, 825 Imperial Beach Blvd. [imperial-beachca.gov](http://imperial-beachca.gov).

### NATIONAL CITY

Online 9/11 Remembrance Ceremony, Saturday 8:30-10:30 a.m. Nat'l City Fire Department, Police Department and Firefighters Local 2744, hold online remembrance. Event livestream on Nat'l City and Nat'l City Firefighters Local 2744 Facebook pages. Guest speaker Brennan Savage, retired NYFD firefighter. [facebook.com/nationalcityfirefighters](http://facebook.com/nationalcityfirefighters).

### OCEANSIDE

9/11 Never Forget Half Marathon Run Saturday, 8:30 a.m.-noon. Oceanside Municipal Pier site of free run is dedicated to those who lost their lives on Sept. 11, 2001. Visit [eventbrite.com/e/911-never-forget-half-marathon-run-tickets-161723185401](http://eventbrite.com/e/911-never-forget-half-marathon-run-tickets-161723185401).

20th anniversary ceremony, Saturday, 9 a.m. Oceanside fire and police departments host a 9/11 remembrance at Junior Seau Oceanside Pier Amphitheatre as part of ceremonial "Final Mile" walk. The "last mile" walk that morning stages at 8:30 a.m. at the Civic Center flagpole at City Hall. At 8:45, the group will

walk to The Strand at Surfrider to join others, then on to the amphitheater. Visit [ci.oceanside.ca.us/cals](http://ci.oceanside.ca.us/cals). At approximately 9:03 a.m. (the time the second tower was hit), remembrance activities begin. This include flag salute, singing of the national anthem, playing of taps, nation's song of remembrance, and more. Police Chief Fred Armijo will emcee. [ci.oceanside.ca.us/default.asp](http://ci.oceanside.ca.us/default.asp).

9/11 American flag unfolding, Saturday, noon. Free "We the people American flag unfolding" at Oceanside Municipal Pier in support of veterans/YMCA. Visit [m-partners.facebook.com/](http://m-partners.facebook.com/) see 9/11, page 7

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## Army secretary swears in first female inspector general

by Joseph Lacdan,  
Army News Service

WASHINGTON -- The taunts and bullying still remain fresh in her mind 37 years later.

As a teen, Donna Martin earned a selection as a saxophone player in her high school's marching band in 1984, becoming one of only three minority students at her school chosen for the 200-member ensemble.

Several of her peers weren't happy with the decision, she said.

"They made my life a living hell," said the now-Lt. Gen. Martin, the Army's newest inspector general. "They tortured me every single day and their antics made me want to quit."

Martin began playing the saxophone in her junior high school years and spent hours practicing until she became good enough to carry a tune. After initially not making the band, she later earned a blind audition in high school with the help of her mother's petitioning.

Following her selection, Martin became the victim of verbal

torment from her classmates. She said even the school's band director encouraged her to change instruments. Distraught over the behavior of fellow students, she turned to her mother for advice.

"I wanted to quit," she said. "But my mother would not let me."

Life isn't fair, her mother would tell her, but that shouldn't let others dictate her life's direction.

Martin followed her mother's advice as she continued to perform with the band. And she has remembered those words throughout her 33-year Army career. On Thursday, that perseverance led her to be sworn in as the Army's 67th inspector general, becoming the first female to hold the position.

Martin's mother passed away in January 2019.

"My mother taught me life lessons that made me the person that I am today," Martin said during the ceremony, in which she was also promoted.

Martin's nomination comes



**Lt. Gen. Donna Martin, Army IG, hands out bouquets of flowers to female family members who had an impact in her life during her swearing in and promotion ceremony on Sept. 2. Martin was continuing the tradition of giving flowers to honor her late mother, who passed away in January 2019. Army photo**

at a pivotal time for the Army, as it combats against racial discrimination while pushing for more inclusivity within its ranks. Following the deaths and disappearances of Soldiers at Fort Hood, Texas, Martin took on the challenge of serving as the Army's provost marshal general and commander of the Army Criminal Investigation Command, or CID.

Working with recommendations from the Fort Hood Independent Review Committee,

Martin oversaw a five-month structural redesign of CID to better inform and protect victims of sexual assault and harassment.

The changes included splitting the provost marshal general's duties and responsibilities with that position and a civilian director assigned under the secretary of the Army. The restructure also called for an increase in civilian criminal investigators to diversify investigative experience.

"Donna has been leading CID

during some very challenging times, not only under the watchful eye of the Department of Defense, but Congress and the American public as well," said Secretary of the Army Christine E. Wormuth. "She has been the right leader at the right time, and her character and leadership help the team not just weather the storm, but chart a course so that CID only gets stronger and more capable in the future."

Martin does not take her role as the first female to hold the position lightly. She has pioneered several commanding roles, such as becoming the first female to command Fort Leonard Wood, Missouri, a training post that hosts the Army Military Police School, Army Engineer School as well as basic combat training. Martin understands the importance of having women nominated to senior Army leadership roles.

"What I think it really means to a lot of females, young women in particular, is that anything is possible," Martin said during a radio interview with St. Louis Public Radio in 2020 following her nomination to provost marshal general. "And ... so I hope that I give hope, and that when

young women look at my picture in that row of distinguished gentlemen, that they see that there is hope for anyone."

Martin has also deployed in support of Desert Storm, Operation Iraqi Freedom, and Operation Enduring Freedom. During the ceremony, Martin paid tribute to about 2,500 American troops who died in Afghanistan.

"They paid the ultimate sacrifice for the safety and security of people and the struggle for freedom ... far from their own homeland," Martin said. "They leave behind a legacy of honor. We owe them and their loved ones a debt of gratitude that can never be repaid."

Martin's predecessor as inspector general, Lt. Gen. Leslie Smith, lauded Martin's ability to lead large organizations. He said that as the Army's top law enforcement officer, Martin pushed for more support to commanders and units in the field.

Refer to [https://www.army.mil/article/249993/army\\_secretary\\_swears\\_in\\_first\\_female\\_inspector\\_general](https://www.army.mil/article/249993/army_secretary_swears_in_first_female_inspector_general).

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# Austin, Blinken thank Qatari people for support in Afghan evacuation

by Jim Garamone,  
DOD News

Secretary of Defense Lloyd J. Austin III met with Qatari leaders Sept. 7 to thank them for their help in evacuating Afghans from Kabul, saying "at a critical and historic moment Qatar went above and beyond, and your generos-

ity helped to save thousands of lives."

Upon arrival Monday night, Austin - along with Secretary of State Anthony Blinken - met with Emir Tamim bin Hamad Al Thani. Both men continued discussions with foreign affairs and defense

officials on Tuesday.

While other issues were discussed during the visit, Austin and Blinken were profuse in their praise for the Qatari effort in aiding the Afghan refugees. Both men

"Qatar's support for Operation Allies Refuge was indispensable to the safe transit of Americans and U.S. personnel, allies, partners and Afghans at special risk." *Lloyd J. Austin III, Secretary of Defense*

spoke alongside their counterparts during a press conference at the Ministry of Foreign Affairs.

"Qatar's support for Operation Allies Refuge was indispensable to the safe transit of Americans and U.S. personnel, allies, partners and Afghans at special risk," Austin said. "I'm deeply proud that the U.S. military, together with our partners, completed the largest airlift in history, evacuating more than 124,000 people to safety. But we could not have accomplished that without Qatari support."

Qatar housed more than 58,000 Afghans during the non-combatant evacuation operation from Kabul, Blinken said. "Qatar was the first stop on a journey to a more peaceful and hopeful future for so many people," the secretary of state said. "You welcomed

them with compassion, and with generosity and when problems arose, Qatar worked hand-in-hand with us to address them. The men, women and children who transited through here will not forget what you did in a pivotal moment of their lives. Neither will we."

Qatar is not a one-trick pony. "In fact, we're here today because our work together as partners and friends continues not only [with] Operation Allies Refuge, but on many shared priorities," Austin said. "The United States is grateful that Qatar continues to host American troops to make sure that our forces are well positioned to support a range of critical missions in the region."

But the U.S.-Qatar relationship extends well beyond security to economic development, humanitarian issues and moves to de-escalate tensions in the region, Austin said.

Qatar has provided humanitarian aid from Yemen to Gaza, and hosted and facilitated Afghan peace negotiations. "But Iran's support for terrorism and its willingness to supply increasingly lethal weapons to non-state groups undermines the regional stability that we all seek," Austin said. "So we're committed to working together to enhance regional defenses against destabilizing actions, including Iran's nuclear aspirations."

## Defense department imagery information aids wildland firefighters

With continuing significant fire activity in the western United States this year, the Department of Defense is delivering requested personnel, equipment, and facilities, to assist our Federal, State, and local partners fighting wildland fires.

One of the tools provided by the DoD is the Firefly system pilot program (Firefly), a capability from the National Geospatial-Intelligence Agency. Firefly provides imagery information from satellites, drones, ground sensors, and cameras, giving wildfire agencies the location and shape of probable fires. Assisting with fire mapping and tactical decision support, Firefly offers regular updates (up to 15 minute intervals) on areas of fire growth and activity, without cost or exposure of aircraft.

Firefly use with wildland firefighting began in 2019, when

the State of California, including the California National Guard, conducted a successful first use of the system to assist with wildland fires within California. In 2020, the U.S. Forest Service requested from DoD, through the National Interagency Fire Center, nationwide Firefly support. DoD approved the request, and this approach ensured coordination and prioritized coverage, depending on fire activity, and establishment of national priorities for detection and monitoring needs.

Recognizing the continuing value of the pilot program, DoD recently approved an extension of Firefly support, through September 2022. The extension provides time for NIFC, in consultation with DoD, to develop a viable, long-term solution for future funding and operation of Firefly, under the management of NIFC.

## Pentagon 9/11 observance ceremony

Secretary of Defense Lloyd J. Austin III and Chairman of the Joint Chiefs of Staff Army Gen. Mark A. Milley will host an observance ceremony Saturday, Sept. 11, at 9 a.m., at the Pentagon Memorial in honor of the 184 people killed in the 2001 terrorist attack on the Pentagon. Prior to the 9/11 observance ceremony, there will be a flag unfurling at sunrise on the west side of the Pentagon. This event is open to pooled coverage only. Both events will livestream on *Defense.gov*.



**SAN CLEMENTE ISLAND (Aug. 31, 2021) - Seabees assigned to Naval Mobile Construction Battalion 3 place concrete for a 150-foot-by-150-foot concrete pad for vertical takeoff and landing here. Navy photo by Lt. j.g. Darin Basso**

## Air Force

•B-52 bombers train with Japanese and Indonesian fighters after deploying to Guam



•DC's push to control its own National Guard takes a big step forward  
•Firefly Aerospace rocket 'terminated' in fiery explosion over Pacific Ocean

•Grand Forks AFB to lead future Air Force intelligence missions

•Lake Tahoe resort city OK for now, wildfire fight not over **Army**

•Afghan refugees can get COVID-19 vaccine for free at Wisconsin's Fort McCoy

•DC's push to control its own National Guard takes a big step forward

•Fort Jackson plans 20th anniversary ceremony of 9/11 attacks

## Coast Guard

•Families of 34 who died in Conception dive boat disaster sue Coast Guard

•Man traveling on raft from Cuba saved, but 3 others died, Coast Guard says

•Navy, Coast Guard send ships through Taiwan Strait in wake of assault drills by China

•Coast Guard cutter Munro arrives for patrol with 7th Fleet in Western Pacific

## Navy

•HMS Queen Elizabeth docks at Yokosuka Naval Base for 'historical' visit to Japan

•Nearly 2,700 Afghan evacuees leave naval bases in Spain and Italy

•Beijing's new law for foreign vessels won't impact US Navy in South China Sea, Pentagon says

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## Places of Worship

### Bethany Lutheran Church

Lutheran Church - Missouri Synod  
2051 Sunset Cliffs Blvd, Ocean Beach 92107  
(Parking lot off the Alley - North of the building)  
Worship 10:30am Sundays  
Bible Class, Wednesdays 10am  
(619)222-7291 LivingWaterSD7@gmail.com

### Bayview Church

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

### Canyon View Church of Christ

"Love God, Love People, Serve the World"  
Sunday Bible Classes for all ages 9am  
Sunday Worship 10am  
4292 Balboa Ave., San Diego, CA 92117 Email:cvoffice@canyonview.org  
(Near corner of Balboa Ave & Clairemont Dr)  
www.canyonview.org (858) 273-5140

### Christ Community Church

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9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15  
www.gotoChrist.com or (858) 549-2479

### First Baptist Church of Coronado

"Reach Up, Reach Out, Reach Our World"  
Jim W. Baize, Pastor www.fbcoronado.com  
Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am  
Meeting in person and online on YouTube or Facebook  
FB: First Baptist Church of Coronado email: secretary@fbcoronado.com  
445 C Ave., Coronado, CA 92118 (619) 435-6588

### La Jolla Lutheran Church

"We Follow Jesus"  
Sunday 9:30am Worship and Sunday School  
Wednesday 6:30pm Bible Study  
7111 La Jolla Blvd., La Jolla, CA 92037  
(858) 454-6459  
LaJollaLutheranChurch.com

### Living Water Lutheran Church

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

### Mesa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.)  
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### Military Outreach Ministries Int'l Church

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Dr. Dennis Eley, Jr, Th.D., MBA dennis@militaryoutreachministries.org  
Sunday Worship on Zoom  
ID# (7259730232; Passcode 543563) at 12:30-1:30pm (PST)  
Thirsty Thursday Bible Studies on Zoom from 7-8pm (PST)  
Live Stream: 12:30-1:30pm on "Moministries" free church app

### Resurrection Lutheran Church

A Small Place with a Big Heart!  
Worship Service Sunday at 10:15 am. (please see website for details)  
1111 Fifth Street - Coronado, CA 92118 - 619.435.1000  
secretary@resurrectioncoronado.com - www.rl.church  
https://www.facebook.com/resurrectioncoronado/  
The Rev. Dr. Brian Oltman, Pastor

### St. Luke's Lutheran Church

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

## Medal of Honor Spotlight: Marine Corps Sgt. Rodney Davis

by Katie Lange,  
DOD News

Marine Sgt. Rodney M. Davis had planned to make a career out of the Corps before the war in Vietnam started. Unfortunately, he never came back from his Southeast Asia deployment, but the bravery Davis showed there earned him the Medal of Honor and a legacy that wouldn't be forgotten.



**Marine Corps Sgt. Rodney M. Davis, Medal of Honor recipient. Marine Corps photo**

Davis was born April 7, 1942, in Macon, Ga. His father, Gordon, served in the Navy during Davis' childhood, so Davis often helped his older brother take care of their two younger brothers and sister.

Davis graduated from Peter G. Appling High School in May 1961. By the end of that summer, he had enlisted in the Marine Corps. He initially served as a rifleman at Camp Lejeune, N.C., before doing a three-year tour of duty in England.

At some point during the early days of his military career, Davis married Judy Humphrey. They had two young girls by the time he was sent to serve with the 1st Battalion, 5th Marines, 1st Marine Division in Vietnam in August 1967.

### Spotlight: Commemorating the Vietnam War

"I knew that going to Vietnam was something he wanted to do," Judy Davis said years later. "He was a military man, and that was his career."

In early September 1967, the 1st Marine Division was tasked with protecting locals in the southern part of the Que Song Valley from intimidation during upcoming elections. When one of its companies was attacked by a much larger North Vietnamese force, Davis' unit, Company B, was called in to help fight the enemy. After about a day, the enemy retreated, and Company B was ordered to follow them on a search-and-destroy mission known as Operation Swift.

to hold their vital position until the enemy finally withdrew from the area.

According to John D. Hollis, who authored a book about the Marine hero, 48 members of Davis' platoon went into Operation Swift. By the end of Sept. 6, only 11 remained. However, by the time the operation ended, the North Vietnamese had given up their quest to take over that part of the Que Song Valley.

On March 26, 1969, Davis' family attended a ceremony at the executive office building next to the White House, where Vice President Spiro Agnew presented the Medal of Honor to Davis' widow.

Davis' remains were taken back to the U.S. and buried in Linwood Cemetery, an all-Black cemetery in his hometown. According to the Community Foundation of Central Georgia, Davis' mother passed on having him buried at Arlington National Cemetery so his family would be close enough to visit his grave.

However, the CFCG said that the cemetery had fallen into disrepair by 2010, and Davis' grave was affected. That bothered some Marines who noticed it, so they raised more than \$80,000 to repair the cemetery and have a monument erected. The excess funds were used to create the Sgt. Rodney M. Davis Medal

On Sept. 6, 1967, Company B was attacked, and Davis' 2nd Platoon was pinned down. He and several other men were in a trench trying to repel the enemy soldiers. Despite the grenades and small-arms and mortar fire coming at them, Davis moved through the trench to encourage his fellow Marines, all while continuing to fire and throw grenades back at the encroaching enemy.

Eventually, a grenade landed in the trench amid the men. Without hesitation, Davis threw himself on top of the device, absorbing all of its energy as it exploded.

The 25-year-old, who had only been in Vietnam for one month, died instantly. But his sacrifice saved several of his fellow Marines, who were able

## 10-YEAR ANNIVERSARY OF POW STATUE AT MIRAMAR NATIONAL CEMETERY

American Ex-Prisoners of War (AXPOW), San Diego Chapter 1, will honor America's ex-prisoners of war and commemorate the 10th anniversary of their POW statue entitled "The Liberation Moment" during a ceremony today (Sept. 9) at 11:30 a.m. adjacent to the entrance of Miramar National Cemetery.



Present will Richard Becker, a Poway artist, who created the statue; Greta L. Hamilton, Director of Fort Rosecrans and Miramar National Cemetery; and AXPOW members

Individuals attending the anniversary event will be required to wear a mask in outdoor shared spaces when physical distancing cannot be maintained for unvaccinated individuals.

American Ex-Prisoners of W. The statue depicts the exhilaration of an emaciated prisoner of war emerging from captivity. A symbolic eagle soars from the broken fence and barbed wire surrounding the prisoner. Seals of the nation's five armed services are embedded in the statue's base, which also serves as a time capsule containing narratives provided by San Diego area former prisoners of war. The time capsule will be opened in 2045, one hundred years after the end of World War II.

Most members of AXPOW were prisoners during World War II, but also Vietnam, from the USS Pueblo captured by North Korea in 1968, and even an American child civilian POW held in a prison camp in the Philippines from 1942-1945.

## Chavez honored by Spirit of Liberty Foundation

Late Poway resident Ray Chavez, who at the time of his death at 106 was the oldest living Pearl Harbor survivor, will forever be honored in his community.

others joined Chavez's family members last week to celebrate the Poway Post Office being named in his honor.

The ceremony included the unveiling of a Ray Chavez dedication plaque which was installed near the post office's lobby.

Rep. Scott Peters, the Poway Mayor, local veterans, the Spirit of Liberty Foundation, and many

To further commemorate and honor Ray's legacy, the Spirit of Liberty Foundation's Communications Director, Jacquie Matzat, commissioned Ken Pridgeon, an Air Force veteran artist, whose focus is to depict our Fallen Heroes, to paint a portrait of Ray Chavez which will hang in the Poway Ray Chavez Post Office.

The Spirit of Liberty Foundation honors veterans, armed forces, and first responders.

of Honor Scholarship in his memory, which is administered by the CFCG.

Perhaps the largest tribute to Davis was the commissioning of

USS Rodney M. Davis in 1987. The guided-missile frigate served the Navy for 28 years. It was the first Navy ship to be commissioned in honor of a Black Medal of Honor recipient.

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## Chief of Navy Reserve and SMWDC discuss WTI Reserve opportunities

by Petty Officer 2nd Class Devin Lowe

Chief of Navy Reserve Vice Adm. John B. Mustin recently visited Rear Adm. Christopher Alexander, commander, Naval Surface and Mine Warfighting Development Center (SMWDC), and discussed Reserve support at SMWDC.

“The Reserve Force is transforming and modernizing to our maritime roots after two decades of land-based Individual Augmentee support,” said Mustin. “The warfighting readiness the SMWDC Reserve units are training to, working side-by-side with their gaining command in their mobilized billets at SMWDC, aligns completely with our “Train the Force” Line of Effort in the Navy Reserve Warfighting Instructions.”

SMWDC’s mission is to increase lethality and tactical proficiency of the surface force across all domains. Top-talented surface warfare officers are developed into Warfare Tactics Instructor, who are surface warfighting tactical experts in one of four warfare specialty areas: amphibious warfare, anti-submarine warfare /surface warfare, integrated air and missile defense, and MIW.

“There are currently 17 WTIs in the Navy Reserve; SMWDC is always looking to attract WTIs leaving Active Duty to join one of SMWDC’s Reserve units,” said Alexander. “The demand signal for Reserve Force support will increase as the demand signal continues to grow within the active component for WTI support, and SWATT execution.”

The Reserve component continues to actively provide watchstanding support for SWATT exercises, as it has since 2018. A limited number of the Reserve personnel are WTIs, but SMWDC receives support from Reserve personnel not attached to SMWDC Reserve units. SMWDC is currently working on three initiatives to fill 30 new junior officer billets with Reserve WTIs in fiscal year 22.

Top-talented junior surface warfare officers interested in becoming WTIs can send an e-mail to [SWO\\_WTI@navy.mil](mailto:SWO_WTI@navy.mil) for more information about the WTI program and their graduate education opportunities. For more information visit [www.facebook.com/SMWDC](http://www.facebook.com/SMWDC).

## Grief in the time of Covid

Dr. Daneen Skube,  
Tribune Content Agency

*Q: No one I’m close to has died, but this pandemic has caused me so many losses at work and in life. I’m still scared about getting sick, I’m still not able to go to my office, and so many work projects are on hold. How do you counsel your clients to manage all these losses caused by the pandemic and still be productive?*

A: The way you can manage all the losses caused by Covid and still be industrious is to make peace with the reality of grief. Loss of expectations, people and goals is an unavoidable part of the human experience at work and in life.

The stark experience of this pandemic means many of us feel like we’re walking down a street littered with broken dreams. In ordinary times we may be able to pretend we can avoid loss but not these days.

The older we become the more our lives both surprise and disappoint us. We may think we can predict what is around the next corner but what will happen tomorrow, as this pandemic proves, is hard to anticipate.

There’s a superb movie on loss starring the actor, Will Smith, titled, “Collateral Beauty.” In the movie, Smith plays a father that has lost his six-year old daughter. Smith starts to write letters to big ideas like Death, Love and Time. The movie charts a

### Interpersonal Edge



by  
Dr.  
Daneen  
Skube

storyline where these concepts personally visit him to discuss their relationship with loss.

At the end of the movie, it’s clear that our human challenge about grief is to focus our attention on the rich opportunities that still remain in the wake of loss. The idea of “collateral beauty” is that no loss sucks all the good out of lives. We are, however, challenged to expand our vision during grief beyond the thing that is gone that we cannot change.

By all means take the time to acknowledge and feel your

sadness, disappointment or even outrage at what you lost during this pandemic. Just don’t forget to notice that there is still a great wide world out there with goodies for you to experience.

I think the reason people over 100 fascinate us is we know they have experienced losses. The question many of us have for old people is, “How can you be at peace and content when your life contains tragedies?” When we study this question we discover people over 100 are not happy because they have had no losses but because of how they adapted to heartbreak.

**Charles Darwin, the evolutionary scientist, first observed that a species must either adapt or die. What I see as both a corporate consultant and mental health counselor is many people that experience loss may not physically die but are tempted to stop engaging in life.**

We’re each capable of both grief and resiliency in the face of loss. Those of us that work to realize loss does not define us nor limit our remaining opportunities will

let go of what we cannot change and celebrate what remains both at work and in life.

The last word(s)

*Q: One of my co-workers is always only interested in what benefits him. He is not a team player and acts in ways that undermine the profitability of our team but reward him. Is there a best way to confront him?*

A: No, focus on doing your own good work and realize that people like your co-worker always create the conditions for their own downfall. Get out of the way and let him experience the consequences of his poor choices.

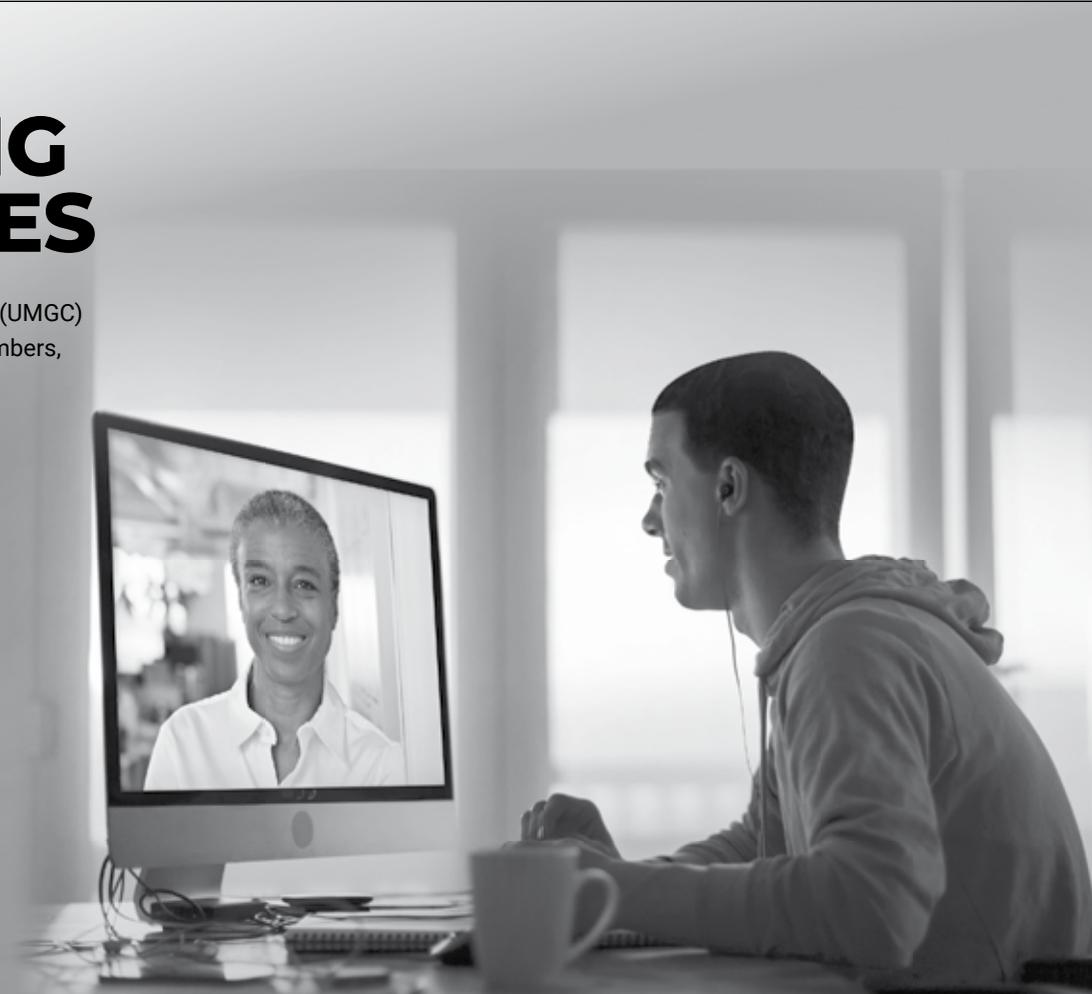
*Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel’s “Workplace Guru” each Monday morning. She’s the author of “Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything” (Hay House, 2006). You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.*

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## 9/11

continued from page 1  
events/866171754253692.

9/11 remembrance, Saturday, 1 p.m. St. Thomas More Catholic Church presents "Moments of Silence and Music, Remembering a Historic American Day: September 11, 2001." 1450 S. Melrose Drive. 70-minute performance features the Concordia Wind Orchestra, presentation of colors by Oceanside Fire Department, bagpipes playing taps and "Amazing Grace." Suggested donation \$10. CDC protocols observed. [theresah@stmoside.org](mailto:theresah@stmoside.org) or (760) 758-4100.

### POWAY

Poway Rotary Parade, Saturday, 9 a.m. Theme "Honoring our Community Heroes." Parade route will be eastbound along Poway Rd., starting 9 a.m. at intersection with Pomerado Rd., and end at Bowron Rd., near the Poway Library around 11 a.m. [powayrotaryparade.org](http://powayrotaryparade.org).

### RANCHO BERNARDO

9/11 Heroes Run, Saturday, 8:30 a.m. 5K at Rancho Bernardo High School. Event unites communities with the goal to "never forget the sacrifices of the heroes of September 11 and the wars since: veteran, first responder, civilian and military." Join in person or virtually. Visit [travismanion.org/events/911-heroes-run/2020-san-diego-ca-2](http://travismanion.org/events/911-heroes-run/2020-san-diego-ca-2).

### SAN DIEGO

20th Anniversary Memorial, Saturday, 2:30 p.m. Tribute to fallen heroes on the flight deck of USS Midway Museum, Navy Pier. Presentation of colors by honor guards, pipes and drums, national anthem, reading of first



responder names and Tolling of the Bells along with emergency helicopter flyover, Navy Band, Twenty-one Gun Salute, taps and harbor police fireboat water display. [midway.org/calendar-events/9-11-ceremony-2021](http://midway.org/calendar-events/9-11-ceremony-2021).

9/11 20th Anniversary Climb to Remember, Friday, Sept. 10, 8-9 a.m. Participate in this stair climb with Fed Fire Team to commemorate 9/11 from 8-9 a.m. Friday at Beacon Tower, 3705 Norman Scott Road. Walk up and down one Beacon Tower for a total of 864 stairs, or complete two towers for a total of 1,728 stairs. Participants receive an event T-shirt. [runsignup.com/Race/CA/SanDiego/](http://runsignup.com/Race/CA/SanDiego/).

### SAN MARCOS

Patriot Ride Biggs Harley-Davidson, Saturday, rider from 10 a.m.-12:30 p.m. Motorcycle ride to Mount Soledad and back to remember and honor the country's heroes. Continental breakfast, 9:30. Biggs Harley, 1040 Los Vallecitos Blvd. Lunch from 1-3 p.m. [eventbrite.com/e/911-patriot-ride-biggs-harley-davidson-tickets-166094951471](http://eventbrite.com/e/911-patriot-ride-biggs-harley-davidson-tickets-166094951471).

### VALLEY CENTER

Patriot Day Firehouse Fair, Saturday 11 a.m.-4 p.m. Fair at the Valley Center Community Hall. A "Reading of the Names" from 9-11 a.m. at Fire Station 1, 28234 Lilac Road. [myvcca.com/event/patriot-day-firehouse-fair](http://myvcca.com/event/patriot-day-firehouse-fair).

## Carl Vinson strike group enters South China Sea, committed to allies and partners

by Lt.Cmdr.  
Miranda Williams

SOUTH CHINA SEA - The Carl Vinson Carrier Strike Group (VINCSG) is operating in the South China Sea for the first time during the group's 2021 deployment.

While in the South China Sea, the strike group is conducting maritime security operations, which include flight operations



An F/A-18E Super Hornet, assigned to the "Golden Dragons" VFA 192, prepares to launch off Carl Vinson aircraft carrier Sept. 6. Photo by MCSN Isaiah Williams

with fixed and rotary wing aircraft, maritime strike exercises, and coordinated tactical training between surface and air units. Carrier operations in the South China Sea are part of the U.S. Navy's routine presence in the Indo-Pacific.

"The freedom of all nations to navigate in international waters is important, and especially vital in the South China Sea, where

nearly a third of global maritime trade transits each year," said Rear Adm. Dan Martin, commander, Carl Vinson CSG. "As we've transited the Pacific from San Diego to the South China Sea, we have had the privilege and pleasure to work alongside our allies, partners, and joint service teammates in training, exercises, engagements and operations - all with a common goal to ensure peace and stability throughout the region. It is in all

of our interest that the international community plays an active role in preserving the rules-based international order."

The carrier strike group is led by Carrier Strike Group (CSG) 1 and includes Carl

Vinson aircraft carrier; embarked Carrier Air Wing (CVW) 2; embarked staffs of CSG 1 and Destroyer Squadron (DESRON) 1; guided-missile cruiser Lake Champlain; guided-missile destroyer Chafee; and littoral combat ship Tulsa.

In the month prior to entering the South China Sea, the VINCSG participated in Large Scale Exercise 2021, conducted

interoperability flights with U.K. Carrier Strike Group (CSG-21), and conducted a bilateral exercise with Joint Maritime Self Defense Forces units.

allies and partners, demonstrating the capability of forward-deployed naval forces to quickly respond across the region.

The Carl Vinson Carrier Strike Group is deployed to the U.S. 7th Fleet area of operations

The strike group is committed to upholding a rules-based international order with regional



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# Navy identifies 5 Sailors killed in helicopter crash



Photo collage of the five Sailors killed when an MH-60S Seahawk helicopter, assigned to Helicopter Sea Combat Squadron (HSC) 8, crashed approximately 60 nautical miles off the coast of San Diego, Aug. 31. Sailors shown are, top

left, clockwise: Lt. Bradley A. Foster, 29, a pilot from Oakhurst, Calif.; Lt. Paul R. Fridley, 28, a pilot from Annandale, Va.; Hospital Corpsman 3rd Class Bailey J. Tucker, 21, from St. Louis; Hospital Corpsman 2nd Class Sarah F. Burns, 31, from Severna Park, Md.; Naval Air Crewman (Helicopter) 2nd Class James P. Buriak, 31, from Salem, Va. Navy photos

## Maculan piped aboard in Port Hueneme

by Amber Vaglica  
PORT HUENEME - Capt. Peter J. Maculan relieved Capt. Christopher M. Kurgan as the commanding officer for the Center for Seabees and Facilities Engineering (CSFE) and the Naval Civil Engineer Corps Officers School (CECOS) at Naval Base Ventura County Aug. 26.

Maculan's most recent duty station was Gulfport, Miss., serving as commodore of Naval Construction Group 2.

"It's a privilege to serve this great Navy, and it is my privilege to serve all of you as your commanding officer," said Maculan. "We will stay laser focused on developing and delivering mission-ready Seabees, civil engineer corps officers, and civilians. We will take care of today's business but continue to plan, invest, and develop tomorrow's training environment."

Rear Adm. Peter A. Garvin, commander, Naval Education and Training Command, served as the guest speaker and highlighted the scope of CSFE's responsibilities, ranging from initial accessions training to a broad portfolio of programs that support Sailors and facilities professionals in their career, education requirements and professional goals. Garvin also highlighted the service and sacrifice of military families.



Capt. Peter Maculan pipes ashore as the new commanding officer of the Center for Seabees and Facilities Engineering (CSFE) during a change of command Aug. 26. CSFE trains civil engineering corps officers, enlisted Seabees and environmental professionals. Navy photo by Amber Vaglica

"Each one of us in uniform knows that our oath is to support and defend the constitution against all enemies foreign and domestic - there is no question about that," said Garvin. "It is also true that our service to our nation would not be possible without the love and support of our families. It is their service and their sacrifice that I'd like to personally acknowledge and applaud."

Garvin went on to commend CSFE's team on their vision, leadership, professionalism, character, teamwork, and persistent and deliberate progress all aimed upon building a strong foundation and contributing to shaping the best naval construction force possible.

Kurgan is retiring after serving in the Navy for 30 years. He

was awarded the Legion of Merit for outstanding service and exceptionally meritorious performance of his duties as CSFE commanding officer, where he led innovative initiatives to develop personal character within the naval construction force, incorporating cutting-edge technology in the delivery of world-class training. He led the command to mission success despite the global pandemic, rapidly adapting to the changing environment and continuing the Navy's training mission while protecting the health of students and staff.

During Kurgan's tenure, CSFE trained more than 41,000 civil engineer corps (CEC) officers, enlisted Seabees and civil servants in nearly 5,000 classes.

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| OCTOBER 9   TBA<br>SOSU VS. NEW MEXICO             | OCTOBER 30   7:30 PM<br>SOSU VS. FRESNO STATE | NOVEMBER 13   7:30 PM<br>SOSU VS. NEVADA   |
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**USS ESSEX, at sea  
Sept. 2, 2021**

**Cpl. Reagan Messner, a scout sniper with 11th Marine Expeditionary Unit, sets security with an M107 scope rifle aboard Essex. Marine Corps photo by Sgt. Jennessa Davey**

## Flag officer assignments

The secretary of the Navy and chief of naval operations announced the following assignments on Sept. 3:

Rear Adm. (lower half) **Kenneth R. Blackmon** will be assigned as reserve director for Maritime Operations, U.S. Fleet Forces Command, Norfolk, Va. Blackmon is currently serving as deputy commander, 3rd Fleet, San Diego.

Rear Adm. (lower half) **Larry D. Watkins** will be assigned as reserve vice commander, 3rd Fleet, San Diego. Watkins is currently serving as director, Network Engagement Team, U.S. Southern Command, Doral, Fla.

Capt. **Scott W. Ruston**, selected to rear admiral (lower half), will be assigned as deputy commander, Naval Education and Training Command Force Development, Pensacola, Fla. Ruston is currently serving as deputy commander, Navy Reserve, Navy Region Southwest Reserve Component Command, San Diego.

Capt. **Douglas W. Sasse III**, selected to rear admiral (lower half), will be assigned as reserve vice commander, U.S. 4th Fleet, Jacksonville, Fla. Sasse is currently serving as reserve chief of staff, Commander, Naval Surface Force, U.S. Pacific Fleet, San Diego.

## Paralympics continued from page 1

immediately began training for the Paralympics. Just one year after his injury, he competed in the London Paralympics and won silver in the men's 50m free and gold in the 100m free and 400m free. In Tokyo, he won the men's PTVI race.

### Elizabeth Marks

Marks comes from a family with a legacy of military service. In 2008, shortly after her 17th birthday, she joined the Army. While serving in Iraq as a combat medic, Marks sustained bilateral hip injuries. In 2012, nearly two years after her injury, she discovered her gift for competitive swimming during her recovery process.

Six months later, Marks was declared fit for duty. More importantly, she was accepted into the Army's World Class Athlete Program. In 2014, Marks was in London for the inaugural Invictus Games when she became rapidly ill. She was placed on ECMO life support for respiratory failure.

She continued to suffer from chronic regional pain syndrome, a result of her original injuries and her time on ECMO. Still, she took home bronze (4x100m medley relay) and gold (100m breaststroke) in Rio. In 2017, Marks underwent left below the knee amputation.



**PHOTO CAPTIONS:**  
(from top, clockwise) **Shawn Morelli won Team USA's first medal in Tokyo; Alfredo De los Santos qualifying for the Tokyo Paralympics; Ray Hennagir talks with teammates during a scrimmage intermission; Elizabeth Marks with her silver medal in Tokyo; and (from left) Alicia Dana, Ryan Pinney, and Freddie De los Santos after winning bronze in Tokyo.**

Despite this, she continued to train and push herself to excel. Her hard work paid off in Tokyo where she won bronze (50m butterfly), silver (50m freestyle), and gold (100m back). She is an inductee in the Army Women's Foundation Hall of Fame.



## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

## Redressing our wound, 20 years later

formed allowing us to treat September the 11th as a day interspersed with moments of remembrance, when we bow our heads in silence and shudder thinking of the images that shocked us two decades ago.

But for many, the trauma, the historic toll, and the graphic images have become hazy, clouded by two decades of desensitizing war, political wrangling, racial protests, cultural controversy, overexposure to violent viral images, and the endless ebb and flow of every day life. Complacent adults and the younger generation who have no personal recollection of the terror attacks might be wondering, "The anniversary of 9/11 is just like Pearl Harbor, right? Over 660,000 Americans have died of COVID-19, but we're supposed to remember one day twenty years ago when our country got attacked by 19 terrorists? What's the big deal?"

September 11th must always stand out as a pivotal moment in U.S. history, when Americans were slapped hard in the face with the frightening truth that terrorists will stop at nothing to accomplish their hateful goals unless we stand united against them.

Less than 3,000 innocent men, women and children may have died in the attacks on September 11, 2001, but the event launched the U.S.-led Global War on Terror, which has to date killed 7,057 American military service personnel and resulted in the suicide deaths of 30,177 men and women who fought in post 9/11 war operations. Furthermore, of the 3,764,000 post-9/11 veterans, 53,249 were wounded in action, 413,858

sustained traumatic brain injuries, and approximately 752,800 suffered from PTSD or major depression. All in all, 1.5 million service persons were left with a mental or physical disability connected to their post-9/11 military service.

And to those devastating figures we must add the recent tragic deaths of thirteen heroic patriots who answered the call of duty that less than 1% of brave Americans receive. Eleven marines, one soldier and a Navy medic died at the hands of a terrorist suicide bomber at the Abbey Gate in Kabul Airport in Afghanistan on August 26, 2021, the last U.S. service personnel to die in Operation Freedom's Sentinel which ended with the abrupt pullout of U.S. troops and the immediate take-over of the Taliban last week.

Yes, 9/11 was, and is, a very big deal.

This weekend, every American at home and abroad needs to take a moment to study what happened twenty years ago. If we are ever to successfully combat terrorism, we cannot bury our outrage under the minutia of every day life. We must put aside the dirty, infectious, poisonous political, cultural and racial conflicts in which we've embroiled ourselves in recent years, and unite around the uniquely American principles of democracy, freedom and individuality.

Every September 11th, Americans must remove the dressing, rip the scab from our collective wound, and together as a nation, feel the raw pain, anew.

AutoMatters™ & More



by Jan Wagner

After months of speculation and anticipation, finally it is official. In a statement issued on Sept. 7, Mercedes-AMG Petronas Formula One Team confirmed their driver lineup for the 2022 season. George Russell will be paired with Lewis Hamilton, replacing Valtteri Bottas.

Russell earned this, having continually exhibited incredible skill, bravery and motivation to excel at the wheel of a Formula One race car. Furthermore, he displays a maturity that is well beyond his 23 years of age.

At long last, all of the pieces have finally fallen into place. First, after his long, record-setting career as a Formula One driver, Kimi Räikkönen announced his retirement from the driver's seat, effective at the end of this, the 2021 Formula One season. That freed up one of the two seats at Alfa Romeo.

Valtteri Bottas will be leaving the Mercedes-AMG Petronas F1 Team at the end of the 2021 season, to fill the seat vacated by Kimi Räikkönen at Alfa Romeo.

For months I've been reporting on George Russell's incredible — almost unbelievable — driving at the wheel of the steadily improving Williams F1 car. For Russell, this culminated in his being awarded the second-place trophy at the 2021 Belgian Grand Prix, by virtue of his absolutely spectacular, unexpected qualifying drive that would grid him

## CONFIRMED: F1 driving phenom George Russell is moving from Williams to Mercedes in 2022

in second place beside Max Verstappen for Sunday's Grand Prix. George actually had qualified in P1 until Max ultimately squeaked by at the very end of the qualifying session to capture the coveted Pole Position.

Ultimately, on Sunday race day in Belgium, the race only ran two official laps under the control of the pace car, due to torrential rain that caused the cars to aquaplane and made it far too dangerous for other than the lead drivers to see — especially on the long, fast straights. The race was red-flagged before any competitive laps could be run, and half-points were awarded in the order that the top three drivers had qualified the day before. Thus Max Verstappen won, George Russell took an especially triumphant second place, and his future Mercedes teammate Lewis Hamilton completed the podium in third.

George Russell has already had a stellar career as a racing driver. From 2008-2012, he was a multiple title winner in karting. In 2014 he captured first overall in the BRDC Formula 4 Championship, with six wins and 13 podiums. His next first overall finish was in 2017, his rookie year in GP3 — Formula One's support series — and he was signed to the Mercedes-AMG Petronas Motorsport Junior Program. In 2018 Russell captured the FIA Formula 2 Championship, and took the role of Reserve Driver for Mercedes-AMG Petronas. His F1 career as a full-time, official race driver began at Williams Racing in 2019.

George might be well advised to take a lesson from the departing Bottas who, it could be argued, dutifully

supported Hamilton and the Mercedes F1 team at his own expense of perhaps scoring higher at some races, sacrificing his own ultimate performance as a driver. He clearly played the role of the second driver on the team, and that may have not only affected his perception by others, but also of himself. Perhaps Valtteri realized that, when near the end of the Dutch Grand Prix, he ignored Mercedes' team orders and overtook teammate Hamilton for fastest lap of the race, forcing Hamilton to pit for soft tires to earn back the extra point for that accomplishment.

In his time at Mercedes, Bottas scored nine race wins, 54 podiums and 17 pole positions.

Consider his statement in the Mercedes press release, in which he said: "When I look back on my time with Mercedes, I want to be able to say that I squeezed every drop out of this opportunity and left nothing on the table." If he is indeed quicker than Hamilton in any of the remaining races of the 2021 season, it will be interesting to see how much Bottas supports and defers to Hamilton, versus going for it himself.

George Russell has proven that he can extract miraculous performances from the Williams. The Formula One community is looking forward to seeing what he will do at Mercedes.

To see photos and most recent text, and to explore a wide variety of content dating back to 2002, visit AutoMatters & More at AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2021 by Jan Wagner — AutoMatters & More #708

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Volunteers wanted at the Pacific Southwest Railway Museum. email for details. volunteer@psrm.org for details

**USS Midway Museum** is currently recruiting for docents, air craft restoration, ship restoration and safety volunteers. www.midway.org/give-join/volunteers/

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

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## San Diego Festival of the Arts Sept. 11-12 in new Del Mar location

Dear Friends of the Festival: We days away from the San Diego Festival of the Arts 2021 and we have a fantastic weekend lined up just for you. Come and enjoy 150+ fine artists, live music, and a 21+ format while sipping your beverage throughout the venue.

Speaking of the venue, we are at an all-new spacious location near Del Mar. You don't want to miss this year!

**GRAPE EXPECTATIONS** San Diego County isn't just beaches — it happens to be wine country, too. Both longtime wine-lovers and those who are eager for an introduction to local vintners will want to visit the San Diego County Vintner's Association booth at the Festival of the Arts to taste some of the county's vibrant (and often surprising) range of wine production.

**SUNNY DISPOSITION DRIVES THE FESTIVAL** When we say, "Follow Your Art," we mean it in several ways. When it comes to a sunny outlook, San Diego shines bright. And the dozens of volunteers it takes to put on the Festival are a happy bunch as well because we know that all proceeds from the Festival go to support recreation and sports programs for disabled San Diegans.

Interested in volunteering? It's not too late. Let us know the best day and time for you to join our sunny crew. Volunteer

**MAINLY MOZART PARTNERSHIP** San Diego Festival of the Arts is sharing the Surf Cup Sports Park with our friends at Mainly Mozart on both Saturday and Sunday. Stay for the show after the Festival! Visit Mainly Mozart's website for discount tickets! Use the coupon code, "Sdarts21" for 20% off Section A or B pods for up to four people. Saturday is their opening night featuring Branford Marsalis.

**ALL ROADS LEAD TO VIA DE LA VALLE** We're setting up our new site at the San Diego Surf Sports Park, just a few miles east of I-5. You may remember this Festival from its many years in La Jolla and downtown's Waterfront Park. Now, the artists have more room to display, you'll love the new big grass field, cool ocean breeze, on-site parking, and beer and wine as you stroll. We're right next door to the Morgan Run Country Club.

Find tickets and more information at [sdfestivalofthearts.org](http://sdfestivalofthearts.org)  
We look forward to seeing you at the 2021 San Diego Festival of the Arts! Sincerely, San Diego Festival of Arts | 619-744-0534 |

## Roy's sudoku

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## USO San Diego Stars and Stripes Gala Sat., Oct. 23

The Saturday, Oct. 23 USO San Diego Stars & Stripes Gala promises to be a unique event at the Coast Guard Sector hangar and flight deck, overlooking the San Diego skyline.

The evening will include a "USO Show" celebration of our military and community leaders, featuring a performance by iconic entertainer Wayne Newton, comedians, and other special guests. You won't want to miss it!

Event info: [kacie@mcfarlane-promotions.com](mailto:kacie@mcfarlane-promotions.com) or (619) 850-7833. Sponsorship: [cgonzales@uso.org](mailto:cgonzales@uso.org) or (818) 415-3746. Visit <https://one.bidpal.net/usosdgalawelcome>

## MOVIES AT THE BASES

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

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

FREE entry to the first 375 customers (per showing), no outside food, concessions will be available.

**Friday, Sept 10**  
6:30pm Don't Breathe 2 (R)

**Saturday, Sept 11**  
2:50pm Free Guy (PG-13)  
6pm Suicide Squad (2021) (R)

**Sunday, Sept 12**  
12:50pm Free Guy (PG-13)  
3:50pm Jungle Cruise (PG-13)

### Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

**Saturday, Sept 11**  
1:30pm Old (PG-13)

Limited to PME's only at 40% capacity.

**Bob Hope Theater** 577-4143

MCAS Miramar Bldg 2242 ★

**Friday, Sept 10**

6pm Free Guy ( PG-13 )

9pm Stillwater ( R )

**Saturday, Sept 11**

12pm Jungle Cruise (2D) ( PG-13 )

3pm The Suicide Squad (2021) ( R )

6pm Free Guy ( PG-13 )

**Lowry Theater - NASNI,**

619-545-8479

Bldg. 650 ★

Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.

Lowry Theater is a cashless facility. Debit and credit cards accepted only

**No movies posted as of press time Wednesday.**

**No answer at phone number.**

**For most current information**

**visit <https://sandiego.navy-lifesw.com/> and click on Movies**

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## Resources to help you find your stress ‘sweet spot’

Did you know that stress, in the right amounts, can actually be good for you?

Channeling stress in the right amount is an innovative health approach that affects total body wellness. For military service members to perform at their best, it's important to channel stress to improve your mission readiness, and to protect, support, and promote your health in the military community.

For each task, there is a certain “right” amount of energy required from your stress response system — known as your Individual Zone of Optimal Functioning (IZOF), or “sweet spot”. With too little energy from your stress response system, you might not be engaged enough — but too much and you might lose focus.

This “right” amount of energy is different for each person and each task. Very different stressors will all activate your stress response system but will each require a different level of energy. Similarly, what allows you to perform at your best will look different from what enables your battle buddy to do the same core task.

Perform at your best and stay in your stress “sweet spot” by using these 3 steps:

1) Name the stress. Don't just react — reflect and plan.

2) Embrace the stress. Recognize that you feel stressed and your body is giving you energy to perform.

3) Channel the stress. Use the energy your body is providing to intentionally improve your performance.

**If stress is too high, use relaxation response skills to find your ‘stress sweet spot.’**

Stress can enhance your performance, health, and ability to learn. But when you're stressed too often, too much, or for too long, it can negatively impact you. Luckily, your body has a relaxation response system, and you can learn a few skills to calm yourself down and focus your energy to maximize performance in stressful situations.

The more you practice these relaxation response skills <<https://www.hprc-online.org/mental-fitness/sleep-stress/influence-your-stress-and-relaxation-responses>>, the better you'll be able to utilize them when needed and you'll have a better idea of which ones work best for you at different times. Read through some of the skills below, and click the links for more information.

### Tactical breathing exercises

Slow your breathing by using steady, full breaths and longer exhales, activating your relaxation response. Regularly practicing tactical breathing can help reduce symptoms associated with anxiety, insomnia, post-traumatic stress disorder, and depression. To learn more, read Human Performance Resources by CHAMP's (HPRC) article on how tactical breathing works <<https://www.hprc-online.org/mental-fitness/sleep-stress/tactical-breathing-military>>.

### Progressive muscle relaxation

Progressive muscle relaxation (PMR) is a practice in which you tighten and then relax each muscle group in your body, which helps relieve physical symptoms of stress by lowering blood pressure, lessening fatigue, and easing tense muscles. Listen to HPRC's audio guide for progressive muscle relaxation to learn more <<https://www.hprc-online.org/social-fitness/family-optimization/progressive-muscle-relaxation-mind-body-performance-strategy>>.

### Mindfulness meditation

Mindfulness meditation is focusing on the present moment rather than thinking about the past or future. It can help increase your memory and ability to focus,

lower your perception of stress and anxiety, and improve your health if done regularly. To learn more, listen to HPRC's audio guide to practice a mindfulness meditation <<https://www.hprc-online.org/mental-fitness/sleep-stress/mindfulness-military>>.

### Yoga

Yoga combines stretching exercises, breathing techniques, and meditation. There are many different types of yoga you can do at home, outdoors, or at a yoga studio. Yoga can help release stress, improve sleep, relieve pain, and improve health. Watch HPRC's video guides to practice yoga to learn more <<https://www.hprc-online.org/physical-fitness/training-performance/boost-your-performance-yoga>>.

### Positive emotions

Positive emotions, like gratitude, can lower your heart rate and bring your body back down to baseline when you begin to feel angry or stressed. Read HPRC's tips on how to put more positive emotions in your life <<https://www.hprc-online.org/mental-fitness/spiritual-fitness/put-more-positive-emotion-your-life>> and use our Gratitude Calendar <<https://www.hprc-online.org/mental-fitness/spiritual-fitness/gratitude-calendar>>.

### Positive self-talk

Positive self-talk can help you find your stress sweet spot by replacing negative thoughts with positive ones. Check out HPRC's worksheet on how to optimize your self-talk <<https://www.hprc-online.org/mental-fitness/performance-psychology/optimize-your-self-talk-peak-performance>>.

Download the Relaxation Skills worksheet to track your use of these relaxation skills. It can help you learn what works best for you to manage your stress and optimize your performance <<https://www.hprc-online.org/mental-fitness/sleep-stress/relaxation-response-skill-practice-tracker>>.

### What is HPRC?

Human Performance Resources by CHAMP (HPRC) is a team of scientists, specialists, and support staff who translate research into evidence-based resources to help warfighters and their families achieve total fitness and optimize performance, whether at home, in the office, or in theater. The HPRC team's work is showcased on their website, where you can find articles and other resources to help you optimize your performance in all domains of your life as a military service member. The HPRC team also delivers in-person educational presentations

and trainings and is involved in military community outreach.

Optimal performance is more than just being physically active and eating well; it's a combination of psychological, social, familial, behavioral, nutritional, spiritual, and physical fitness—or Total Force Fitness. The resources you'll find here will help you on your quest for total fitness and human performance optimization (HPO). HPO is the process of enabling each person to reach his or her optimal level of performance, become part of a successful team, and accomplish the team's mission. The process applies knowledge, skills, and emerging technologies to improve and preserve the capabilities of Military Service Members, their families, and communities.

You can use our “Ask the Expert” feature to send us a question, and we will reply.

The HPRC team is part of the Education & Training Directorate of the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences (USU).

<https://www.hprc-online.org/>

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