

## Career & Education

This week's Interpersonal Edge: Dealing with an 'unfair' workplace.

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## AutoMatters & More



'A Day at the Bay' custom car & bike show.

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SIXTY-FIRST YEAR NO. 21  
THURSDAY, SEPTEMBER 16, 2021

## ARMY MAY FACE HARD CHOICES IN FUTURE BUDGETS

### SENIOR LEADERS DON'T FORESEE A NEGATIVE IMPACT ON READINESS

by Devon Suits,  
Army News Service

WASHINGTON -- As the Army shifts to provide refuge to thousands of Afghans, the service will continue to coordinate with Defense Department leaders to prioritize future funding for modernization and readiness, senior leaders said Sept. 8.

"We have been very careful to make sure that we manage our ability to maintain our readiness, even as we provide all of the support to the safe havens as part of Operation Allies Welcome," said Army Secretary Christine E. Wormuth during the Defense News Conference.

Army senior leaders don't foresee a negative impact on readiness as Soldiers rotate to provide refugees support at various installations across the country, Wormuth said. The service has been working with the Department of Homeland Security, the lead federal agency behind the operation.

"What happened over the last couple of weeks has been very trying for a lot of our Soldiers," said Army Chief of Staff Gen. James C. McConville.

"Twenty years ago, we went to Afghanistan to hold Osama



**Sp. Joe Belles, an Army chemical, biological, radiological, and nuclear specialist, plays with Afghan evacuee children Sept. 7, at Fort McCoy, Wis., in support of Operation Allies Welcome. Army photo by Staff Sgt. Ryan Rayno**

Bin Laden accountable, [and] to make sure that al-Qaida could never have [another] major attack on the homeland," he added.

Maj. Gen. Christopher Donahue, the 82nd Airborne Division commander, was the last U.S. service member to leave Kabul, Afghanistan, at 11:59 p.m. Aug. 30.

"Those who served, they did their job [and] they did their job

extremely well," McConville said. "[Soldiers] should be proud of their service, because we are too."

Senior leaders did not envision Operation Allies Welcome when they submitted the program objective memorandum for fiscal year 2023, Wormuth said.

"We've been working closely with the [Office of the Secretary of Defense] and Congress to make sure that our costs are

covered," she said. "We have already secured \$400 million in reprogramming, and OSD is in conversation with congressional staff right now looking at another \$1 billion in reprogramming."

Insufficient funding could generate additional challenges and become a disruption to the service, Wormuth said.

The National Guard was at risk of delaying training and

readiness opportunities if lawmakers didn't approve the \$521 million National Guard reimbursement plan in August. The plan helped the Guard recoup funds that it used to secure the National Capital Region after the Jan. 6 attack on the U.S. Capitol.

Army senior leaders are expecting a flatlined budget, which will force them to make some difficult decisions during future fiscal year requests, the secretary said.

The service released its \$173 billion budget proposal for fiscal year 2022 in early June, with

a \$3.6 billion reduction from last year's enacted budget and a continued focus on people, readiness, and modernization. Leaders are also prepared to start the next fiscal year under a continuing resolution.

"We are going to continue to have to make hard choices," Wormuth said. "As we look at our modernization program, which is ambitious, we are going to have to look carefully at the 31+4 programs as well as the enablers."

There will be many factors that could impact the future see **Army, page 3**

## Nat'l POW/MIA Recognition Day event aboard Midway Museum

There will be a POW/MIA Remembrance Day display on the Hangar Deck of USS Midway Museum this Friday, Sept. 17, from 10 a.m. - 1 p.m.

Several former POWs and family members of former POWs will be on hand to discuss their POW experience and answer questions from museum guests.



## THIS WEEK IN HISTORY: SEPT. 17 IS CONSTITUTION DAY & CITIZENSHIP DAY

*EDITOR'S NOTE: Refer to <https://nationaldaycalendar.com/constitution-day-and-citizenship-day-september-17/>.*

On Sept. 17, 1787, members of the Constitutional Convention signed the final draft of the Constitution. Two days earlier, when a final vote was called, Edmund Randolph called for another convention to carefully review the Constitution as it stood. This motion, supported by George Mason and Elbridge Gerry, was voted down and the Constitution was adopted.

James Madison, later known as the "Father of our Constitution,"

was among the most influential delegates at the Constitutional Convention. His notes form the largest single source of materials for Farrand's Records, one of several collections in A Century of Lawmaking for a New Nation: U.S. Congressional Documents and Debates, 1774-1875.

The product of four months of secret debate, the Constitution replaced the Articles of Confederation and proposed an entirely new form of government.

Adopted by the Continental Congress in 1777, but not ratified by the states until 1781, the Articles of Confederation

created a loose confederation of sovereign states and a weak central government. With the passage of time, the defects in the Articles of Confederation became apparent. The Continental Congress commanded little respect and no support from state governments anxious to maintain their power. Congress could not raise funds, regulate trade, or conduct foreign policy without the voluntary agreement of the states.

In an effort to deal with problems of interstate commerce, a convention in Annapolis was held in September 1786. Led by

James Madison and Alexander Hamilton, the delegates at the Annapolis Convention issued a proposal for a new convention to revise the Articles of Confederation.

On Feb. 21, 1787, the Continental Congress called for a national convention to meet in Philadelphia to revise the Articles of Confederation. By May 25, the state delegates had reached a quorum and the Constitutional Convention officially began. George Washington was selected unanimously as president of the Convention.

be surrendered, and those

which may be preserved; and, on the present occasion, the difficulty was increased by a difference among the several States as to their situation, extent, habits, and particular interests...thus, the Constitution which we now present is the result of a spirit of amity, and of that mutual deference and concession, which the peculiarity of our political situation rendered indispensable.

### Constitution Day FAQ

*Q. How many amendments have been made to the U.S. Constitution?*

A. There have been 27 amend-

ments to the constitution. The first ten amendments comprise the Bill of Rights. One amendment, the 21st Amendment, repeals the 18th Amendment.

*Q. How many original copies of the U.S. Constitution were there?*

A. When the U.S. Constitution was signed, 13 additional copies were hand-copied so that each of the 13 original states would have a copy. Over the centuries, some of the original copies have been lost. However, the original document can be viewed at the National Archives Museum.

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## Austin says Philippines is vital ally with shared goals

by David Vergun,  
DOD News

Secretary of Defense Lloyd J. Austin III hosted Philippine Defense Secretary Delfin N. Lorenzana at the Pentagon Sept. 10.

“The Philippines is a vital treaty ally. Our countries face a range of 21st century challenges, and cooperation is key to the security, stability and prosperity of the Indo-Pacific,” Austin said.

The secretary mentioned that the two nations recently celebrated the 70th anniversary of the Mutual Defense Treaty, which was signed Aug. 30, 1951. That treaty, he said, “remains the bedrock of our alliance.”

Austin said he was pleased Philippine President Rodrigo Duterte in July retracted the letter that would have terminated the visiting forces agreement.

The agreement allows the DOD to conduct over 300 bilateral engagements a year with the armed forces of the Philippines. These range from expert exchanges to ship visits to component exercises and major joint/combined training exercises.

The secretary said he’s looking forward to discussions on several priority areas, including maritime cooperation, modernizing the armed forces of the Philippines and increasing interoperability, information sharing and investments.

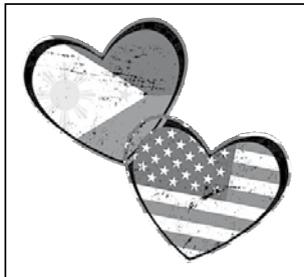
“America is committed to a sovereign and secure Philippines and to building an even stronger alliance based on our foundation of common interest and common values. And I look forward to discussing ways that we can deepen our partnership,” Austin said.

Lorenzana said the two nations have shared goals in the Indo-Pacific region that include a stable and secure environment.

“Regional instability necessitates a network of effective alliances and defense partnerships,” he said.

The current modernization of the armed forces of the Philippines has been one of the main areas of alliance cooperation with the United States, he said.

“I’m optimistic that today’s discussion will continue to build on the friendship, partnership and alliance between our two countries, which is founded on our shared system, history and cooperation,” Lorenzana said.



## Army-funded researchers built ‘shrimp-scale’ robot to mimic animal kingdom’s heaviest-hitter

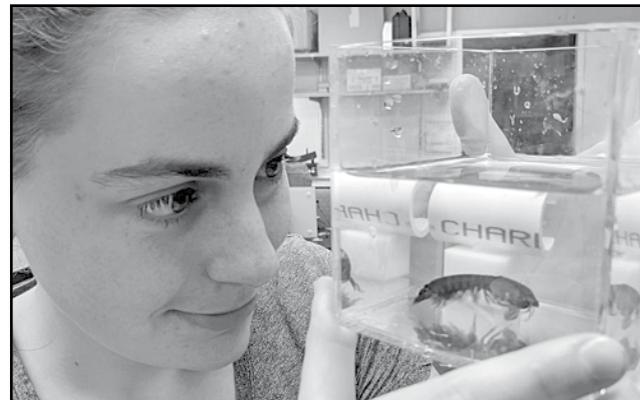
by Chad Garland,  
Stars and Stripes

The small, well-armored mantis shrimp can fire off a shell-cracking jab faster than a speeding bullet, and researchers have now managed to mimic that feat with a tiny robot.

A team of Army-funded roboticists, engineers and biologists from Harvard and Duke universities recently published their findings on how the prawn-like pugilists can send out their club-like appendages in milliseconds with a force that can take off a crab’s arm with one strike, the Army Research Laboratory said in a statement.

A robotic model developed as part of the research accelerates at the equivalent of a car reaching 58 mph in 4 milliseconds, according to a video by Harvard’s John A. Paulson School of Engineering and Applied Sciences.

“Actuator architecture like this offers impressive capabilities to small and lightweight mechanisms that need to deliver impulsive forces for the Army,” said Dr. Dean Culver program manager at the lab, which is part of Army Combat Capabilities Development Command, as quoted in the statement.



**SEAS graduate student Emma Steinhardt studies how the mantis shrimp generates extremely high acceleration in these short duration movements. (Photo courtesy of Harvard SEAS)**

The 1.5-gram, “shrimp-scale robot” isn’t as fast as the shrimp, but pound-for-pound it’s faster than any similar device at that scale, according to Harvard.

The research is the latest in a spate of military-funded studies into the extremely violent mantis shrimp, which is not really a shrimp but a type of crustacean known as a stomatopod. They’re so unique, scientists have called them “shrimp from Mars.” They gained notoriety online about a decade ago when they were

praised in an homage on the web comic The Oatmeal.

Capable of seeing some

**Army**  
continued from page 1

funding of modernization efforts. Wormuth said that prototype progression, program affordability at scale, and future financial demand would need to be factored in before making a final decision. The Army is also trying to avoid shifting

100,000 colors — 10 times what humans can — they’re the only animal known to see circular polarizing light. That type of light is read by sensors in optical CD and DVD readers and satellite communications, but the sea creatures do it better, Air Force-funded research found over a decade ago.

The military has researched using their vision as a basis for developing undersea navigation without GPS.

Around 200 million years ago, the mantis shrimp developed special raptorial appendages, or “raps,” the University of California Museum of Paleontology in Berkeley says in an online exhibit. Some species are “spears”  
see **Robot**, page 9

funds from other areas to meet modernization efforts. The Army needs to invest in barracks, housing, and other power-projection resources and infrastructure, Wormuth said. “We are trying to find savings wherever we responsibly can, and also try to be innovative in terms of how we’re managing the many demands on our budget,” she said.

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# DOD taking measures to protect nuclear weapons, space assets

by David Vergun, DOD News  
The Defense Department relies on nuclear-armed bombers, submarines and intercontinental ballistic missiles, as well as space-based sensors, to provide a strategic deterrence umbrella

for the homeland and to protect deployed forces, allies and partners.

However, sensitive microelectronics used in these assets could be vulnerable to

high levels of ionizing radiation caused by a number of factors, including cosmic rays in outer space, severe solar storms, and an electromagnetic pulse caused by a high-altitude nuclear detonation.

and placing a shield over the microelectronics, he said.

## Spotlight: Science and technology

Each of the methods used undergoes rigorous radiation testing in military and government laboratories to ensure they work in hazardous conditions, he said.

In the past, there was no central repository for identifying and accessing parts that have been certified as radiation hardened, he said.

On Sept. 30, the DOD opened a parts library to serve the department and other agencies with requirements for radiation hardened parts, including NASA and the Department of Energy. The cloud-based library is hosted by Nimbis Services in Oro Valley, Arizona.

## Spotlight: DoD space strategy

Known as the Trusted Silicon Stratus Distributed Transition Environment, the authority to operate this library was issued by the Strategic Radiation Hardened Electronics Council; the Air Force Research Laboratory at Wright Patterson Air Force Base, Ohio; and the Naval Surface Warfare Center Crane Division in Indiana.

"The authorization comes as a clarion call that in order to



Courtesy photo

improve supply chain visibility across the nuclear enterprise, establishing this microelectronics library is key to improving the ability to analyze key parts, their sources, and to facilitate government re-use of intellectual property throughout the DOD," Ryan said.

The next step for the parts library is to test performance across DOD programs, he added.

"The parts library will enable closer Air Force, Navy and Mis-

sile Defense Agency collaboration on a variety of strategic system acquisition and sustainment programs — allowing them to better align requirements, technology development, production and sustainment efforts, and supply chain protection activities. By improving data-sharing and reducing duplication of effort, the library will drive affordability, advance technology, and reduce risk while protecting critical design information," said Drew Walter, deputy assistant secretary of defense for nuclear matters.

**Total Navy Battle Force: 296**  
**Ships underway**  
Deployed ships underway: 67  
Non-deployed ships underway: 12  
Total ships underway: 79  
**Ships deployed by fleet**

Fleet Forces: 5	3rd Fleet: 5
4th Fleet: 3	5th Fleet: 22
6th Fleet: 13	7th Fleet: 62
<b>Total: 110</b>	

**Where are our ships at sea**

★ Ronald Reagan CSG  
★ Iwo Jima ARG ★ Essex ARG ★ Carl Vinson CSG

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of Sept. 13, 2021, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

## North County Veterans Stand Down this weekend

This year's North County Veterans Stand Down will run now through Sunday, Sept. 19, in Vista. This date creates a better opportunity for more veterans in the community to take advantage of everything stand down has to offer. In January 2019 during the annual Point-In-Time Count, 37,085 homeless veterans across the United States were counted. With just under 11,000, California easily topped all states with the most homeless vets in the



country. The North County Stand Down is an event for all veterans regardless of housing, employment, and financial status. Stand downs enable homeless veterans from across San Diego County to receive much-needed services in a safe, friendly, drug-free and secure environment.

Places of Worship	
<p><b>B</b>ethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd, Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 10:30am Sundays Bible Class, Wednesdays 10am (619)222-7291 LivingWaterSD7@gmail.com</p>	<p><b>L</b>a 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</p>
<p><b>B</b>ayview Church Attract... Assimilate... Activate 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 &amp; Thursday 6pm, Wednesday 5:30pm &amp; Saturday 9am www.bayviewbc.org info@bayviewbc.org</p>	<p><b>L</b>iving 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</p>
<p><b>C</b>anyon 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 &amp; Clairemont Dr) www.canyonview.org (858) 273-5140</p>	<p><b>M</b>esa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) Seeking Sinners; Saving Souls. Strengthening Saints Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd, Poway • 858-485-6110 • www.mesaview.org</p>
<p><b>C</b>hrist Community Church Helping people love God and each other! Services Onsite or Online Sundays 8:30 &amp; 10:30am Children's Ministries for All Kids! Small Groups for Teens &amp; Adults of All Ages! 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. &amp; I-15 www.gotoChrist.com or (858) 549-2479</p>	<p><b>M</b>ilitary 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 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</p>
<p><b>F</b>irst 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</p>	<p><b>R</b>esurrection 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 <a href="https://www.facebook.com/resurrectioncoronado/">https://www.facebook.com/resurrectioncoronado/</a> The Rev. Dr. Brian Oltman, Pastor</p>
	<p><b>S</b>t. 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!</p>

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## Air Force posthumously promotes Dick Cole, the last of World War II Doolittle Raiders

by Rose L. Thayer,  
Stars and Stripes

Retired Lt. Col. Richard “Dick” Cole was celebrated during the final years of his life as the last surviving member of the legendary Doolittle Raid of World War II in which 80 crew members manning 16 aircraft bombed Japanese cities, including Tokyo.

Sept. 7 would have been the 106th birthday of the former Air Force pilot, who died April 9, 2019. To honor him and his service, Gen. Charles Q. Brown, the Air Force chief of staff, posthumously promoted Cole to the rank of colonel in a ceremony held at Joint Base San Antonio in Texas.

“We often get caught up in the daily static of life. Let us never forget that we truly stand on the shoulders of giants,” Brown said. “I’m forever grateful for the early aviators that paved the way for our nation and for Air Force.”

The ceremony included a memorial service followed by a burial service for Cole and

his wife, Lucia Martha “Marty” Cole, who died in 2003.

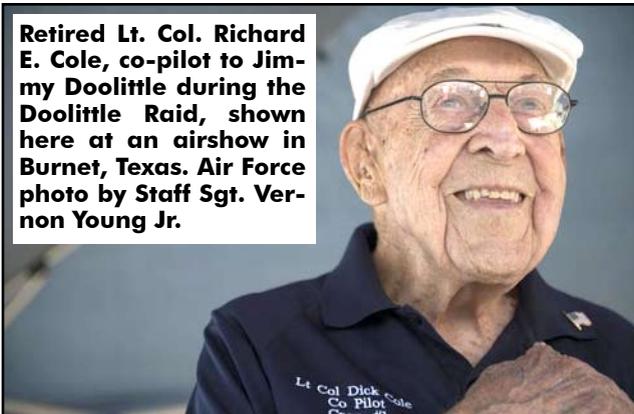
The Doolittle Raid, named for Lt. Col. James Doolittle, who planned and executed it, began April 18, 1942, when 16 Army Air Force B-25B Mitchell medium bombers lumbered off aircraft carrier USS Hornet with crew members instructed to land or bail out over neighboring China after unleashing their payloads over Tokyo and other Japanese cities.

There would be no triumphant return to the aircraft carrier for the crews. The best-case scenario for the 80 men involved was to survive hard landings in hostile territory as Japanese units dominated the ocean and land for hundreds of miles in each direction. Of them, 72 survived that mission.

Cole was Doolittle’s co-pilot for the raid. Piloting the lead aircraft, Doolittle and Cole dropped incendiary bombs to mark targets for other bombers.

“Although the mission was initially thought to be a tactical failure. It ended up being such a

Retired Lt. Col. Richard E. Cole, co-pilot to Jimmy Doolittle during the Doolittle Raid, shown here at an airshow in Burnet, Texas. Air Force photo by Staff Sgt. Vernon Young Jr.



huge strategic success. Their raid proved to Japan and the world that airpower could be delivered on Japanese soil,” Brown said. “This man embodied service before self.”

Knowing the danger, all the men involved volunteered to participate. Brown likened their courage to that of the airmen and pilots who stepped up in recent weeks to fly Americans and refugees out of Afghanistan as America’s longest war came to a close. Those service members also volunteered for the mission, Brown said.

Following Brown’s remarks, two of Cole’s five children, Dr. Rich Cole, a retired Air Force lieutenant colonel, and Cindy Cole Chal, placed the rank of colonel on the box holding their parents’ cremated remains.

Maj. Nathan Chal and Capt. Elliott Chal, two of Dick Cole’s grandsons who are Air Force officers, also participated in the ceremony.

Congress authorized Dick Cole’s promotion to colonel in December 2019.

“They worked hard to give us all the best that they could. Mom loved being a military wife, and she knew exactly what it meant. She knew and understood that her husband’s job was to defend the Constitution, from all enemies, foreign and domestic. Even if it meant giving his life for our nation,” Rich Cole said of his parents.

After the military, the Cole family settled in Texas. Dick and Marty Cole’s remains were interred last Tuesday at Fort Sam Houston National Cemetery.

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### NDA and concurrent receipt

The House and Senate sponsors of the “Major Richard Star Act” (H.R. 1282, S.344), Rep. Gus Bilirakis (Fla.) and Sen. Jon Tester (Mont.) respectively, will file floor amendments to their chambers version of the National Defense Authorization Act (NDAA) with provisions to the legislation included. This legislation would expand concurrent receipt to include Combat Related Special Compensation (CRSC) beneficiaries who are medically retired with less than 20 years of service.

Eliminating these unjust and arbitrary offsets to benefits should be a top priority for Congress. Retired pay is for vested years of service paid by the Department of Defense, while disability compensation is for a lifelong injury paid by the Department of Veterans Affairs. Reducing retirement pay due to a disability is an injustice. Members are strongly urged to use the FRA Action Center.

### Some veterans are eligible for education refunds

The Department of Veterans Affairs is looking for certain vets who may be eligible for refunds from the Veterans Educational Assistance Program. The VA estimates 115,000 veterans may be entitled to a refund of this benefit. Eligible veterans must have entered active duty from Jan. 1, 1977, to June 30, 1985; completed their first period of service; contributed to VEAP while on active duty and before April 1, 1987; have unused contributions; and not have been dishonorably discharged.

If you have unused VEAP funds, you should submit VA Form 22-5281, after completing sections 1-6, 14, 15, and 18. It will take 3 to 4 weeks to receive a response and/or refund via Treasury check. If you’re unsure if you’re eligible for a refund or whether you participated in VEAP, call the Education Call Center at 1-888-442-4551 domestically or 001-918-781-5678 overseas, Monday through Friday, from 7 a.m. to 4 p.m. Pacific Time.

*NewsBytes is FRA’s weekly legislative update. If you received this through a forward and would like to subscribe, please e-mail us and include your name and contact information in the body of e-mail. If you are a member of FRA or LA FRA, please include your member number.*

## FLEET AND FAMILY SUPPORT PROGRAMS

If you are interested in attending one of these classes, call the Centralized Scheduling Center at 866-923-6478 or e-mail [FFSCS-DWorkshops@navy.mil](mailto:FFSCS-DWorkshops@navy.mil). If you would like to connect with someone regarding a command-specific training, e-mail [FFSCSDTrainingRequest@navy.mil](mailto:FFSCSDTrainingRequest@navy.mil).

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Tuesday, Oct. 5 | 9-11 a.m. | NBSD (IP)

Wednesday, Oct. 6 | 1-3 p.m. | NBPL (IP)

Thursday, Oct. 28 | 9-11 a.m. | NBC (IP)

#### Job Search Strategies

Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?

Tuesday, Oct. 12 | 9-11 a.m. | NBSD (IP)

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## Dealing with an 'unfair' workplace

by Dr. Daneen Skube,  
Tribune Content Agency

*Q: The management in my company says noble statements but acts in the opposite way. The reality is the employees that have to implement these goals end up suffering. How can I make my company's management accountable to do what they promise?*

A: The public relations statements of any organization and the actual behavior of management are rarely the same. Noble sentiments are stock and trade for showing consumers and potential employees what the company management believes will sell products and the workplace.

As your mother probably warned you, "The world is not fair." The older you get and the longer you work in business the more you will learn the truth within your mom's advice.

You cannot demand fairness from the world or your company but you can work hard to respond in ways that create peace for you in your role within the company.

Obviously there are times

when there are malicious or nefarious policies within your workplace that make you unable to sleep at night. When there is a significant clash between your values and your job then polishing your resume and moving to

### Interpersonal Edge



by  
Dr.  
Daneen  
Skube

a new job is prudent. Quitting in a huff and making it harder for you to get another job is not your best move.

If you go to war with your management over the conflict between what they say and what they do realize this is a war you're unlikely to win. If you do good work every day and benefit your customers and team members you have lots of power to implement your own brand of nobility.

A great deal of contentment in our work is our realistic assess-

ment of what we can influence and change and what is not within our control. If we cannot accurately determine the difference between these two arenas we'll experience a great deal of suffering with zero improvement on the problem we're upset about.

If you can see that many governments, companies, and individuals may have good intentions but still behave badly then you can decide more effectively how to react. Obviously if you have to pick between what people say and what people do always, always, always trust behavior over words.

The world may not be ideal and the business world has many flaws generated by people that do not have empathy or see the "we" in "me." You have every right to be upset that the world you hoped you would work within is not the world you discover in a long career.

However, you still have great power to make a contribution where you do what you say, where you leave people you work with better than you found them, and where you get great

value out of your career. You will more easily make this contribution if you are not fighting wars you cannot win.

Insisting on fairness in an unfair world is not the hill you want your career to die on. Creating fairness through your own behavior and being the change you wish to see in your industry has much more power and influence

The last word(s)

*Q: I work with a female co-worker who seeks out every opportunity to hurt my feelings. Even when I tell her I'm upset she just escalates. Is there a better strategy to get her to leave me alone?*

A: Yes, human sharks are attracted to bleeding. Stop letting her know she is upsetting you, look blankly at her, and walk away and don't reward her by letting her see you're hurt.

Daneen Skube is an executive coach, trainer, and therapist. Reach her at [www.interpersonaledge.com](http://www.interpersonaledge.com). (C)2021 Interpersonal Edge. Distributed by Tribune Content Agency, LLC.

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# Local Military



Sailors aboard USS Tripoli amphibious assault ship man the rails on the ship's flight deck as the ship prepares to pull into San Francisco Sept. 11 in support of that city's Fleet Week. Navy photo by MC1 Julian Moorefield

## USS Tripoli arrives in the bay area for annual San Francisco Fleet Week

The Navy's newest amphibious assault ship, USS Tripoli (LHA 7), arrived in San Francisco in support of San Francisco Fleet Week 2021 on Sept. 11.

The ship and her crew are set to participate in San Francisco Fleet Week's annual Defense Support of Civil Authorities (DSCA) exercise being held Sept. 12-14.

"The DSCA exercise is squarely in Tripoli's mission set," said Tripoli's Commanding Officer, Capt. Joel B. Lang. "We're grateful for the opportunity to highlight and practice the unique Humanitarian Aid/Disaster Relief (HA/DR) capabilities of this warship."

Tripoli's arrival brings approximately 1,100 Sailors to the San Francisco area. While in port, Sailors will enjoy the hospitality of the city and local residents.

"Tripoli is honored to make its maiden port call to the city of San Francisco," said Lang. "This will be the crew's first liberty port call and the fact that it's in such an iconic city with such a rich history will make this visit truly unforgettable."

The DSCA exercise is usually conducted the

same week as the rest of the Fleet Week events. However, this year, the DSCA exercise is being held a few weeks earlier to accommodate all the agencies and ensure maximum participation.

Fleet Week is San Francisco's largest annual civic sponsored event. It's in the Fisherman's Wharf district that features the Blue Angles, a full air show over the San Francisco Bay, and ship tours all weekend long drawing thousands of people into the city. This year, Fleet Week is Oct. 4-11 with most activities and the large air show being held over the weekend of Oct. 8-11. The event is in its 40th year and celebrates the rich naval tradition in the Bay area and honors our nation's service members.

All participants and guests are advised that COVID-19 health mitigation measures are still in effect in the San Francisco Bay Area, and all participating military units will follow DOD, DON, CDC and San Francisco County health orders and guidelines. SFFW events have been modified this year to adhere to those orders and guidelines, and SFFW event producers continue to monitor pandemic projections and are prepared to adjust events accordingly.

Tripoli is an America-class amphibious assault ship homeported in San Diego.

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## Legacy of Navy's 'Top Gun' pilot continues

by Ensign Drew Verbis, Naval Air Facility El Centro  
EL CENTRO - Capt. William Perkins, commanding officer, Naval Air Facility El Centro, hosted Marc and Torben Vraciu, the son and grandson of the late World War II Navy fighter ace, Cdr. Alexander Vraciu, during a summer tour here.

A legendary pilot in naval history, Cdr. Alexander Vraciu was a 'Top Gun', Navy Cross recipient, and Medal of Honor nominee during WWII. At the end of the war, Vraciu ranked fourth among the Navy's flying aces, with 19 enemy planes downed during flight and 21 destroyed on the ground. NAF El Centro officially named their airfield "Vraciu Field" in 2019 to honor the hero who had direct ties to the base.

"It was an honor to meet members of the Vraciu family as they carry Alexander Vraciu's legacy forward," said Perkins.

Throughout NAF El Centro's 75-year history, our claim to fame has been that nearly every aircraft carrier aviator will spend time at here. Many come back multiple times to use our bombing ranges during critical training for the nation's missions

downrange, and all of them learn the Vraciu legacy."

Marc Vraciu is the youngest son of Cdr. Alexander Vraciu and named after Adm. Marc Andrew "Pete" Mitscher, a pioneer in naval aviation. His son Torben toured the facility of his grandfather's namesake with aspirations of someday following in his footsteps as a Naval aviator and perhaps attending the Naval Academy.

"Torben is proud and inspired by his grandfather's legacy," said Marc. "We might have a future flyer in the family if Torben's path leads to the Naval Academy. He would certainly be the talk of the town. Whatever decision he makes, he now has a better understanding of his identity and how he can carry this forward in the future."

Vraciu was tagged to be the skipper of VF-51, assuming command in March 1956. Flying FJ-3 Furies, the "Screaming Eagles" prepared for the annual aerial gunnery meet at NAF El Centro in January 1957. It was the highlight of every fighter squadron's year. He would continue to train warfighters here until retiring his helmet on Jan. 1, 1964 after 3,550 hours and 141 carrier landings

"Early in the base's legacy, the Fleet Air Gunnery Unit, the precursor to 'Top Gun', operated from NAF El Centro," said



**Navy's Flight Demonstration Squadron, the Blue Angels, pilots conduct a flyover during the naming ceremony of "Vraciu Field" at Naval Air Facility El Centro. The Blue Angels are conducting winter training at Naval Air Facility El Centro, California, in preparation for the 2019 show season. The team is scheduled to conduct 61 flight demonstrations at 32 locations across the country to showcase the pride and professionalism of the U.S. Navy and Marine Corps to the American public in 2019. Navy photo by MC2 Timothy Schumaker**

Perkins. "In addition to learning air-to-ground bombing skills, air-to-air gunnery was taught in the skies over the Imperial Valley. These skills, exhibited by Vraciu during WWII combat missions and honed at NAF El Centro, are critical in carrier-based airpower's success during operations around the globe from the 1940s, until today."

Touring the facilities at NAF El Centro, Torben Vraciu was

inspired and stated, "It would be an honor to serve like my grandfather."

The mission of NAF El Centro is to support the combat training and readiness of the warfighter. This includes air operations support to operational fleet and training squadrons as well as squadrons from other services (Marine Corps, Army, Air Force) and international military partners.

## Prevention saves time, money and most importantly lives

by Airman Jason Cochran

Suicide is an issue that isn't taken lightly within the Air Force, and as such scores of programs have been set up for suicide prevention.

One of the more unique programs out there to combat suicide is Beale's Walking Group.

The group was set up by Angie Erickson, 9th Reconnaissance Wing violence prevention integrator. She used this same idea to great success at her last base in Alaska.

"I came from Kodiak Island, but I had at my fingertips a WalMart, a Safeway and a gas station," said Erickson. "We are more remote here than I was on that island. When you look at our location here you can see we have challenges for first term Airmen."

These challenges are partly the reasoning behind this program being geared towards Airmen in the dorms, Erickson said. The goal of the program is to get Airmen connected with subject matter experts that can help with whatever needs that particular Airman might have.

"They can come out walking with me, build a rapport with me, I find out what their needs are and I can connect them with the right resource," Erickson said. "At my last base this was incredible. We were walking five nights a week, 20 miles a week, people were losing weight and their lives were improving. It was just a way to build relationships in a way that you don't normally get to during the workday."

Throughout the whole month of September, Monday through Friday, the walking group will be at the base track from 8-9 p.m.

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OCTOBER 9   TBA SOSU VS. NEW MEXICO	OCTOBER 30   7:30 PM SOSU VS. FRESNO STATE	NOVEMBER 13   7:30 PM SOSU VS. NEVADA
	NOVEMBER 26   9:00 AM SOSU VS. BOISE STATE	

 IN COOPERATION WITH 

## Robot

continued from page 3

with sharp raps that stab soft prey through the heart. Others are “smashers” with club-like raps that crush shells and have been known to break aquarium glass and human fingers.

The punches form low pressure bubbles that collapse with such speed they create bursts of light and heat reaching an estimated 8,500 degrees Fahrenheit.

At the time, military-funded researchers at the University of California Riverside had published a study into how their clubs’ shells withstood the force. That team has research the animal’s shells for over a decade for ideas to help improve the design of things

like football helmets and body armor.

SEAS graduate student Emma Steinhardt studies how the mantis shrimp generates extremely high acceleration in these short duration movements.

The secret to their ultrafast and powerful blow, whose shock-wave can kill even if the punch doesn’t land, is in a short but noticeable delay between when latch-like parts of the animal’s tendons release and when the punch actually fires. Researchers sought to understand what held it back and allowed more energy to build up before being rapidly released.

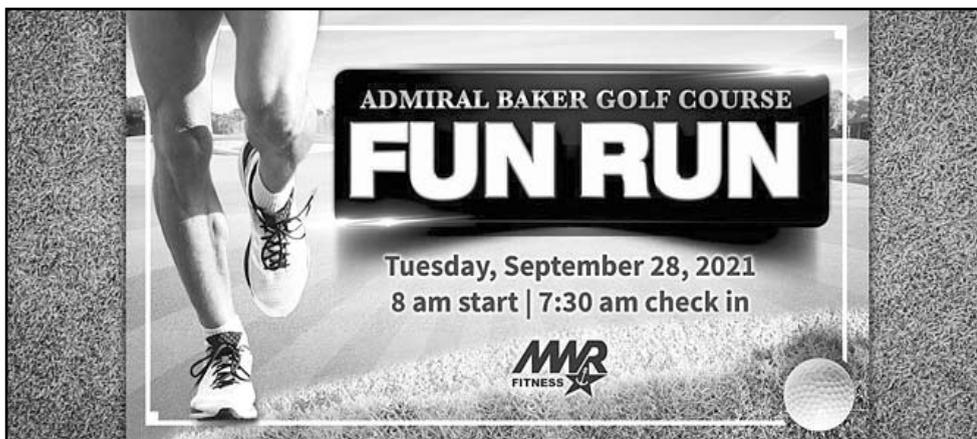
Using high-speed cameras to study the appendage’s movements and a tiny robotic model

to replicate it, the team confirmed their theory that the geometry of the raps themselves caused the delay.

“By more closely mimicking the geometry ... the team was able to exceed accelerations produced by limbs in other robotic devices by more than tenfold,” Culver said.

But the interdisciplinary team’s research had wider implications, he said.

“There’s a broader take-away here — something the engineering community and defense research can keep in mind,” Culver said. “We’re not done learning about mechanical performance from nature and biological systems.”



## This week's snapshots



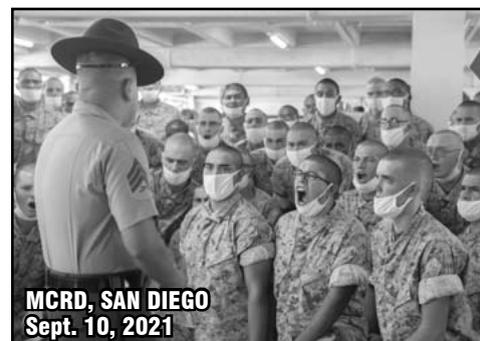
NAVAL AIR STATION NORTH ISLAND  
Sept. 10, 2021

Sailors attached to Navy Reserve Navy Public Affairs Support Element San Diego stretch before a physical training session. PT is a regular part of Reserve drill weekends and this session was held during the first all-hands drill following nearly 18 months of pandemic-mandated separation. Navy photo by MC2 Quentin Todd

Coast Guard members from Sector San Diego and partnership agencies conduct mass rescue exercises. The exercise helps improve coordination, communication, and response techniques among the participating agencies during a mass rescue event by placing multiple individuals in the ocean at the same time. Coast Guard photo by Petty Officer 1st Class Adam Stanton



SAN DIEGO, offshore  
Sept. 14, 2021



MCRD, SAN DIEGO  
Sept. 10, 2021

Marine Corps recruits with Echo Company, 2nd Recruit Training Battalion, form a circle around their senior drill instructor during pickup. Recruits met their drill instructors for the first time, marking the end of the receiving phase. Pickup places the recruits in a high-stress, high-intensity environment to prepare them for the rest of recruit training. Marine Corps photo by Lance Cpl. Julian Elliott-Drouin

## Grabbing the brass ring: Can Noom end yo-yo diet ride for good?

There are few things in life I’ve shown more dedication to than yo-yo dieting.

It all began in ninth grade, when I got tired of being referred to as “chunky” and put myself on a limited eating regimen of saltines, apples and hard-boiled eggs. I lost weight, but I had no idea that I would catch and release that same ten pounds for the next forty years.

In that timespan, I tried the Cleveland Clinic Diet, the Zone Diet, Slim Fast, Weight Watchers, Adkins, the Grapefruit Diet, the Dukan Diet, South Beach, the Cabbage Soup Diet, Sugarbusters, the Carbohydrate Addicts’ Diet, the Fast Metabolism Diet and several short-term “cleanses.” A couple of weeks into every diet, I’d be five pounds of water weight down, and other than extreme constipation and debilitating fatigue, I felt fabulous.

However, the needle on my scale would eventually screech to a halt. I could eat more egg whites and grilled chicken breasts than Cool Hand Luke at a Brazilian meat festival, but the only thing I’d lose was motivation. Without the stimulus of weight loss, I’d inevitably binge. The next morning, bloated and guilt ridden, I’d contemplate my dietary fate over coffee and Pop Tarts.

I could blame military life. Who eats healthily during a PCS move when you’re living on lousy hotel continental breakfast buffets and take out? How can we be expected to cut calories during deployments when a military spouse’s best friends are wine, Thai food and Dove Bars? How are we to cope with the unpredictability of military

orders if we can’t drive through Krispy Kreme when the “Hot” light is on?

Through all my years of yo-yo dieting, I never gave up completely. I’ve always believed that, with the right diet, it’ll happen.

### The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

I recently signed up for Noom. I’d heard about it from friends, and seen the ads that pop up during phone solitaire. I didn’t believe the testimonials, because every diet I’d ever tried professed “permanent” weight loss.

“Yeah, right,” I thought, skeptically.

But something about this plan seemed different. Rather than focusing on what I eat, Noom was all about WHY. I was apprehensive at first, knowing that a psychological approach could tap into deep-seeded insecurities that I wasn’t prepared to face. I was afraid to re-live being called “Chunky Dinners” on the school bus and the shame of trying to cover my stomach rolls at the community pool.

Down deep, however, I knew psychology might be the key to end my 40-year ride on the yo-yo diet carnival ride.

Noom requires about ten min-

utes a day using its phone app, reading lessons and logging food and weight. There is no eating program to follow and no forbidden foods, but you are encouraged to stay within a personal calorie budget and do any exercise. You can use low carb, low fat, intermittent fasting, paleo, vegetarian, or no plan at all — whatever you’re comfortable with. The daily lessons teach you how to combat “thought distortions” that lead to overeating, how to eat mindfully, how to cope with stress in healthy ways, and other tips for long-term weight control success.

As a life-long yo-yo dieter, this reasonable approach to dieting is utterly foreign to me. Tell me I’ll lose ten pounds by eating pork rinds and butter for a month, and I’m ready. But teach me to have eating healthy habits and feel no guilt, and I’m completely lost.

So far, I’ve only lost two pounds on Noom; however, if there is an exit ramp off of the yo-yo diet carnival ride, this is it. A personalized Noom plan with optional personal coach can cost up to \$59 per month (Tip: find coupons online), but military spouses who deal with weight gain during moves, deployments, separations, and other stressful situations may find Noom worth the price.

Only time will tell if Noom will end my 40-year ride on the yo-yo diet carnival ride. At the very least, I’ve learned that I need a healthier relationship with food if I want to stop reaching for a second (or third) donut, and grab the brass ring instead.

### AutoMatters™ & More



by Jan Wagner

The “Day At The Bay” car and bike show is one of the many free-for-spectators car shows that take place throughout the year in San Diego. Its picturesque waterfront location — right next to San Diego Bay on a rolling expanse of grass in Embarcadero Marina Park North — offers stunning views.

Look out over the water and you’ll see everything from sailboats, jet skis and yachts, to fighting ships from the Navy. Look a little further and you’ll see the soaring Coronado Bay Bridge, that connects San Diego to Coronado. Turn around and you’ll see the magnificent downtown San Diego skyline, including the Sails Pavilion of the San Diego Convention Center, and the spectacular new Rady Shell at Jacobs Park — San Diego’s landmark outdoor home for the San Diego Symphony.

This weekend (Sept. 18-19, 2021), there will be Saturday and Sunday screenings of “STAR WARS: Return of the Jedi — In Concert” in the Rady Shell, as the San Diego Symphony performs John Williams’ legendary music score live, as the film plays. For more information about this wonderful new venue, visit [www.theshell.org](http://www.theshell.org).

According to the “Day At The Bay” organizers, there were over 800 cars, trucks and motorcycles in the show, which is particularly well known in the car club circuit. Participants travelled to San Diego for this from all over the

## ‘Day At The Bay’

United States. Many drove, but some flew here from places near and far — including Florida and the Midwest. Over 70 car clubs were represented.

Even though “Day At The Bay” was not billed as a lowrider show, the vast majority of the vehicles were, in fact, lowriders. Lowriders are amazing, unique, rolling works of art, as individual as are their owners. Untold hours are painstakingly spent on these creations.

Lowriders are best known for their distinctive lowered stance, and their jaw-dropping, airbrushed paint jobs. Their chromed parts are often extensively decorated with fine engraving. Interior hard surfaces are often painted in bright, bold colors, continuing the exterior color scheme. Fabrics used sometimes include brightly-colored crushed velvet, and even wooden furniture accents like you might find in a home.

The ride height of lowriders is adjusted using hydraulic or airbag systems, which are used to selectively raise and lower individual corners, sides, ends or the entire vehicle. This is done not only while they are at rest, but also while they are being driven. According to Wikipedia, hydraulic lifts were first added to lowriders in 1959 by a customizer named Ron Aguirre, so that lowrider cars could quickly be raised up to the legal ride height required by the California Vehicle Code for a vehicle to be driven on public roads.

Again according to Wikipedia, lowrider car culture began not far from San Diego in Los Angeles, shortly after World War II. The motto of lowriders is “low and slow,” which refers to the speed at which they cruise. The airbrushed murals that you see

on some of the cars is reflective of Mexican-American culture.

One model of car, perhaps more than any other, has been associated with lowriders. The 1958 Chevy Impala was well-suited to being lowered and modified with hydraulics, due to its frame rails that were positioned in the shape of an “X.”

In the 1990s, lowriders were adopted by hip hop culture, and can be seen in music videos. Over the years, the popularity of lowriders has extended well beyond Los Angeles, reaching across the United States and around the world.

There are many lowriders clubs. Their members enjoy a strong sense of community.

It is estimated that there are 200 lowrider car clubs in Japan alone.

Other than for very brief demonstrations, I have yet to see lowriders’ hydraulic and airbag systems in action. YouTube videos show lowriders in very aggressive jumping competitions, where the cars literally bounce and shake until car parts loosen and fall off. Someday, hopefully, I will learn of the whereabouts of one of these shows and then take photos of the action to show you.

Other lowriders are driven “low and slow” as they move up, down and around, to protect their owners’ substantial investments of time and money in their appearance.

To see the most photos and most recent text, and to explore a wide variety of content dating back to 2002, visit [AutoMatters.com](http://AutoMatters.com) at [AutoMatters.net](http://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 #709

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## Constitution Week is Sept. 17-23

Constitution Week is the commemoration of America's most important document celebrated annually during the week of September 17-23.

The United States Constitution stands as a testament to the tenacity of Americans throughout history to maintain their liberties, freedoms and inalienable rights.

This celebration of the Constitution was started by the Daughters of the American Revolution. In 1955, DAR petitioned Congress to set aside September 17-23 annually to be dedicated for the observance of Constitution Week. The resolution was later adopted by the U.S. Congress and signed into public law on August 2, 1956, by President Dwight D. Eisenhower.

The aims of the Constitution Week celebration are to:

- Emphasize citizens' responsibilities for protecting and defending the Constitution.
- Inform people that the Constitution is the basis for America's great heritage and the foundation for our way of life.
- Encourage the study of the historical events which led to the framing of the Constitution in September 1787.

Constitution Week is a great time to learn more about this important document and celebrate the freedoms it gave us.

You can enroll in a free online course on the Constitution today at Hillsdale College. To enroll in "Constitution 101: The Meaning and History of the Constitution" visit <https://online.hillsdale.edu/landing/constitution-101>.

## Roy's sudoku

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



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

## 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 17**

6pm Respect (PG-13)

**Saturday, Sept 18**

3pm Paw Patrol: The Movie (G)

6pm Jungle Cruise (PG-13)

**Sunday, Sept 19**

1pm Paw Patrol (G)

3pm Free Guy (PG-13)



**Pendleton Theater and Training Center**

Bldg 1330 Mainside (Across from Mainside Center)

**Saturday, Sept 18**

1:30pm Jungle Cruise (PG-13)

Limited to PME's only at 40% capacity.

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

**Friday, Sept 17**

6pm Respect (PG-13)

9pm Suicide Squad (2021) (R)

**Saturday, Sept 18**

12pm Stillwater (R)

3pm Free Guy (PG-13)

6pm Paw Patrol: The Movie (G)

**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 drop down on light blue bar at the top of the page.

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Sat-Sun: 10am to 10pm

## MCI-West publishes COVID vaccine guidance for west coast Marines

by Lance Cpl. Kerstin Roberts

Marine Corps Installations West, Marine Corps Base Camp Pendleton, published a fragmentary order Sept. 3 amplifying Department of Defense guidance mandating the COVID-19 vaccine for service members.

The order, FRAGO 24-21, lays out the vaccination timeline for service members assigned to MCI-West installations, and provides guidance on medical and administrative exemptions.

“The longer we allow coronavirus to linger, the more opportunities it has to mutate and continue to impact our way of life,” said U.S. Marine Brig. Gen. Jason Woodworth, commanding general of MCI-West, MCB Camp Pendleton. “As cases rise and we start to put more restrictions into place,

getting vaccinated and wearing a mask are our only pathways to return to normalcy.”

According to the order, active duty personnel must be fully vaccinated by Nov. 24, and reserve personnel by Dec. 17. Service members are considered fully vaccinated two weeks after their final dose, whether they receive a single or two-dose vaccine.

Base and unit commanders will coordinate with their local military treatment facilities to create a plan to vaccinate all service members. Personnel may choose to be vaccinated at approved non-military facilities, but are required to provide verification to their command by the end of the next duty day.

According to DoD guidance, only Food and Drug Adminis-

tration-approved vaccines are mandatory. Service members who have received a vaccine under emergency use authorization prior to or after issuance of the FRAGORD are considered fully vaccinated.

Permanent medical exemptions can be granted for service members who have a medical contraindication to the vaccine. Permanent medical exception requests must be reviewed and

endorsed by the MCI-West Public Health Emergency Officer before being routed to Headquarters Marine Corps.

Temporary medical exemptions must be authorized by a licensed military healthcare provider. While the Centers for Disease Control and Prevention recommends pregnant women receive the vaccine, a healthcare provider can grant a temporary medical exemption for pregnant service members. A

history of coronavirus disease or positive serology are not valid reasons for exemption. Being close to separation or retirement is also not a valid reason for exemption.

Additional information on coronavirus and COVID-19 vaccines can be found on the CDC website <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

## Additional facility opens to offer no-cost monoclonal antibody treatment

On Monday, Sept. 13, 2021, the newest Monoclonal Antibody Regional Center (MARC) in San Diego opened at the Cathy Hopper Clairemont Friendship Center to start providing early antibody treatment for COVID-19 patients. MARC sites provide life-saving treatment that has been authorized for emergency use by the FDA to treat persons with mild to moderate symptoms of COVID-19.

The new MARC site will provide treatment to all medically eligible individuals regardless of health insurance or immigration status. Monoclonal antibody treatment is not a replacement for vaccination. City of San Diego owns the building that is housing the MARC site and is providing it to the state at no cost. There are other MARC facilities in Escondido and Chula Vista and Hillcrest. For more information call

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ALPLic. # 374601329 [TheGatewayRetirement.org](http://TheGatewayRetirement.org)

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