

ARMED FORCES DISPATCH



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GROUPS WORK TO ELIMINATE, DIMINISH BARRIERS TO WOMEN'S MILITARY SERVICE

by Jim Garamone
DoD News

Women are an integral part of the American military, and DOD officials are working to ensure their concerns are addressed.

Women make up roughly 20 percent of the Air Force, 19 percent of the Navy, 15 percent of the Army and 9 percent of the Marine Corps. Tens of thousands of women contribute every day to defending the nation. Their differences and needs must be considered for the United States military to function.

This is especially true since 2013, when then-Defense Secretary Leon Panetta and Army Gen. Martin Dempsey, then-chairman of the Joint Chiefs of Staff, repealed the combat exclusion policy. From privates to four-star generals, women serve in every rank and can serve in any specialty in the military.

"I think we're doing a great job in terms of recruiting the right kinds of people, providing access to people from every corner, every walk of life in this country," Secretary of Defense Lloyd J. Austin III said on CNN last year. "As long as you're fit



An all-women F-15E Strike Eagle aircrew steps to the flightline in observation of Women's History Month at Royal Air Force Lakenheath, England, March 22, 2021. Women's History Month was declared by Congress in 1987, and today, women play many vital roles in accomplishing the U.S. Air Force mission. Air Force photo by Senior Airman Madeline Herzog

and you can qualify, there's a place for you on this team."

But simply changing the policy is not the end of the process, and that is where programs like the Air Mobility Command's Reach Athena and the Department of the Air Force Women's Initiative Team come in. These groups look at the totality of women's service to find and

eliminate barriers to ensure all can serve to their full potential.

Air Force Maj. Jennifer N. Walters, who co-founded Reach Athena when she was stationed at Travis Air Force Base along with Maj. Kelsey Payton, said the program does build diversity in the military, but that is not the primary aim. "What it's for, is to identify policies that - inten-

tional or not - are driving our talent away, or repelling them from the Air Force," she said in an interview. Reach Athena - named after the Greek goddess of wisdom and warfare - began in 2020 and is headquartered at Scott Air Force Base. The Air Combat Command has Sword Athena looking at barriers in that Air Force major command. The Women's Initiative Team

is at the Department of the Air Force level and began in 2008. All work together.

The WIT is part of a seven-team barrier-analysis working group. It "specifically looks at women's initiatives to decrease or remove barriers impacting women's service in the Department of the Air Force in order to increase force-wide effectiveness," Air Force Maj. Megan Biles said. "We look at existing policy which impacts women's propensity to serve and elevate solutions to senior leaders."

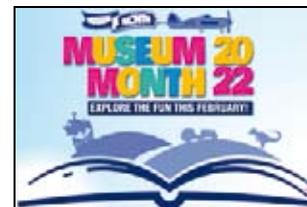
The idea is to identify anything

that is antiquated or impedes mission success. "Our capabilities, technology and missions have evolved, as has the population which currently serves today," Biles said. "Future conflicts do not have the same requirements that past conflicts had. How we train and our requirements need to be evaluated and must evolve to ensure we are recruiting and training the most effective force. That means enacting policies and best practices designed to intentionally develop those serving today, not keeping outdated standards only for the sake of tradition or because that is how we've always done it."

see **Changes**, page 8

28 days of museum fun

Explore the fun during San Diego Museum Month with 50 percent off admission to more than 45 San Diego County museums, historic sites, gardens, zoo/aquariums and more. Just pick up your pass at a San Diego Macy's store or one of 75 libraries throughout San Diego County. Present your discount pass during February for up to four half-price admissions at participating museums and cultural attractions. Be sure to keep your Museum Month Pass so you can celebrate arts and culture all month long. Check out the fun Museum Month Neighborhood Guide at <https://sandiego-museumcouncil.org/neighborhood-guides-to-museum-month-2022/> to find the museums right in your neighborhood.



HEROISM AT ITS FINEST: THE STORY OF FOUR CHAPLAINS DAY

Each year on February 3rd, this day of remembrance is celebrated across the country. It honors four military chaplains who sacrificed their own lives to save the lives of their fellow service members during WWII.

In the early morning hours of 3 February 1943, the U.S.A.T. Dorchester was crowded to capacity, carrying 902 servicemen, merchant seamen, and civilian workers. Once a luxury coastal liner, the 5,649-ton vessel had been converted into an Army transport ship. The Dorchester, one of three ships in the SG-19 convoy, was moving steadily across the icy wa-

ters from Newfoundland toward an American base in Greenland. SG-19 was escorted by Coast Guard Cutters Tampa, Escanaba, and Comanche.

The Story

Hans J. Danielsen, the ship's captain, was concerned and cautious. Earlier the Tampa had detected a submarine with its sonar. Danielsen knew he was in dangerous waters even before he got the alarming information. German U-boats were constantly prowling these vital sea lanes, and several ships had already been blasted and sunk. The Dorchester was now only 150 miles from its destination, but the captain ordered the men to sleep in their clothing and

keep life jackets on. Many soldiers sleeping deep in the ship's hold disregarded the order because of the engine's heat. Others ignored it because the life jackets were uncomfortable.

On Feb. 3, at 12:55 a.m., a periscope broke the chilly Atlantic waters. Through the cross hairs, an officer aboard the German submarine U-223 spotted the Dorchester. The U-223 approached the convoy on the surface, and after identifying and targeting the ship, he gave orders to fire the torpedoes, a fan of three were fired. The one that hit was decisive—and deadly—striking the starboard side, amid ship, far below the water line. Captain Danielsen, alerted that the Dorchester

was taking water rapidly and sinking, gave the order to abandon ship. In less than 20 minutes, the Dorchester would slip beneath the Atlantic's icy waters.

Tragically, the hit had knocked out power Dorchester telegram and radio contact with the three escort ships. The CGC Comanche, however, saw the flash of the explosion. It responded and then rescued 97 survivors. The CGC Escanaba circled the Dorchester, rescuing an additional 132 survivors. The third cutter, CGC Tampa, continued on, escorting the remaining two ships. Aboard the Dorchester, panic, and chaos had set in. The blast had killed scores of men, and many more

were seriously wounded.

Others, stunned by the explosion were groping in the darkness. Those sleeping without clothing rushed topside where they were confronted first by a blast of icy Arctic air and then by the knowledge that death awaited. Men jumped from the ship into lifeboats, over-crowding them to the point of capsizing, according to eyewitnesses. Other rafts, tossed into the Atlantic, drifted away before soldiers could get in them.

Through the pandemonium, according to those present, four Army chaplains brought hope in despair and light in darkness. Those chaplains were Lt. George L. Fox, Methodist; Lt. Alexander

D. Goode, Jewish; Lt. John P. Washington, Roman Catholic; and Lt. Clark V. Poling, Dutch Reformed.

Quickly and quietly, the four chaplains spread out among the soldiers. There they tried to calm the frightened, tend the wounded and guide the disoriented toward safety. "Witnesses of that terrible night remember hearing the four men offer prayers for the dying and encouragement for those who would live," says Wyatt R. Fox, son of Reverend Fox.

One witness, Private William B. Bednar, found himself floating in oil-smeared water surrounded by dead bodies and debris. "I could

see **Chaplains**, page 4

AutoMatters & More



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See page 9

Base Movie Schedule

Sing 2, The King's Man, Spider-Man: No Way Home, American Underdog, The 355

See page 10

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Marines to halt separations and reprimands for razor bumps

by Immanuel Johnson
Stars and Stripes

Effective Jan. 31, the Marines will stop counseling and discharging service members that have been diagnosed with pseudofolliculitis barbae, better known as razor bumps, the Marine Corps announced Jan. 21.

A skin condition brought on by shaving will no longer be sufficient grounds on its own for booting Marines from the service.

Pseudofolliculitis barbae, more commonly known as PFB or razor bumps, results in inflammation of the face and neck when a person shaves.

Last week, the Marine Corps announced that as of Jan. 31, a

Effective Jan. 31, the Marines will stop counseling and discharging service members that have been diagnosed with pseudofolliculitis barbae, better known as razor bumps, the Marine Corps announced Jan. 21. Marine Corps photo by Anna Albrecht



series of policy changes pertaining to PFB will take effect.

Previously, commanders had the authority to recommend involuntary separation for Marines diagnosed with PFB and could base their recommendation solely on that diagnosis. That will no longer be the case.

Also under the new rules, neither a diagnosis of PFB nor treatment for it will make Marines subject to a 6105 counseling, a formal reprimand that can severely damage a service member's military career.

Marines who have been diagnosed with the condition will no longer have to keep a copy of

their medical waiver, or "shave chit," on them as proof.

Medical officers will be given final authority for granting temporary or permanent "no shave" status to Marines who have PFB. Under the old policy, medical officers could make recommendations, but the decision rested with the CO.

The changes were adopted in accordance with the Talent Management 2030 plan, an overhaul of recruiting and retention aimed at remaking the Marine Corps into a service that more highly values experience and skills.

The Corps won't amend any separation documents for Marines with PFB who separated from the service before Jan. 31.

Austin places 8,500 troops on heightened readiness to deploy to Europe

by Jim Garamone

Secretary of Defense Lloyd J. Austin III has placed 8,500 U.S. service members to heightened preparedness to deploy given Russia's continuing provocations along its border with Ukraine, Pentagon Press Secretary John F. Kirby said Jan. 24.

Kirby said the order highlights America's commitment to the North Atlantic Treaty Organization and its commitment to the common defense. "As has made clear, the United States will act firmly in defense of its national interests in response to actions by Russia that harm us, our allies or partners," Kirby said during a news conference.

The 8,500 troops are based in the U.S. and would be part of the NATO Response Force, if that group is activated. The American forces would be in addition to the significant combat-capable U.S. forces already based in Europe "to deter aggression and enhance the alliance's ability to defend allies and defeat aggression if necessary," Kirby said.

The NATO Response Force

is a 40,000 multinational, multi-domain construct. NATO has not yet activated the unit. Within the force is the "very high readiness joint task force." This element

of about 20,000 includes a multinational land brigade of around 5,000 troops and air, maritime and special operation forces components.

"Secretary Austin has placed a range of units in the United States on a heightened preparedness to deploy, which increases our readiness to provide forces if NATO should activate the NRF or if other situations develop," the press secretary said.

The personnel in these units are being told of the heightened preparedness to deploy today. What units are affected will be released once personnel and their families are informed, Kirby said.

If the NATO force is activated, Austin's order would allow the United States to rapidly deploy additional brigade combat teams,

along with units specializing in logistics, medical, aviation, intelligence, surveillance and reconnaissance, transportation and more, he said.

Some of the units were already on a heightened readiness to deploy posture. Austin's deci-

sion shortened the tether. "In some cases, units would go from say 10 days to prepare to deploy, to five days," Kirby said. Austin will continue to consult with President Biden and the United States will maintain close coordination with allies and partners.

These are prudent measures, Kirby said. The United States and its allies have a good "site picture" of the Russian moves to surround Ukraine. "It's very clear that the Russians have no intention, right now, of de-escalating," he said.

There is still time and space

for negotiations to defuse the situation, and Kirby urged Russian leader Vladimir Putin to do just that.

Passes and leaves for the service members affected are canceled, DOD officials said. Instead of having 10 days to deploy, the units must deploy in half that, if so ordered. "They will have to make whatever preparations they feel they need to make to be able to meet that five-day commitment," Kirby said.

For different units this will mean different things, from ensuring vehicles are ready, to checking communications systems. "I'm sure there are personnel readiness things that they'll do," Kirby said.

"That again, is one of the reasons why I'm not giving units today. The units are getting notified and we want to also give them time to talk about this with their families - this potential deployment order."

HIGH ALERT!

"Again, I want to reinforce that as of now the decision has been made to put these units on higher alert and higher alert only. No decisions have been made to deploy any forces from the United States at this time."

- John Kirby

Army

•Fort Bragg Soldiers who last saw paratrooper alive face conspiracy, drug charges

•Army breaks ground for high-tech hangar at Wheeler Airfield in Hawaii

•Army investigating Fort Hood Soldier for mocking sexual harassment in TikTok video

Navy

•Harry S. Truman Carrier Strike Group, NATO allies to launch exercise in Mediterranean

•Navy detains smuggling ship, U.K. seizes drugs in Mid-east waters

•Navy completes initial flushing of water system lines serving Joint Base Pearl Harbor-Hickam

•Sailors turn to courts as religious vaccine exemptions weigh readiness over belief

•Oops! Sailor accused of torching the Bonhomme Richard wore wrong insignia to his Article 32 hearing

Marine Corps

•2 young Marines killed in North Carolina rollover identified

•Five percent of Marine Corps not fully vaccinated against COVID-19

Air Force

•Air Force's enlisted recruitment pipeline is drying up, general warns

•Sneak peek of new Air Force coveralls elicits mostly poor reviews on popular website

•Moody Air Force Base receives 2 new planes

•First hypersonic missile could still start production this year

Space Force

•Space Force expands on-orbit "neighborhood watch" mission with two new tracking satellites

•Space Force seeking both new weather sats, and subscription data services

National Guard

•National Guard may be seen at New Mexico schools earlier than expected



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Military OneSource eases tax season stress with remote tax support

Military OneSource's MilTax suite of 100 percent free tax services is available to provide the military community with a remote option for receiving expert tax support and e-filing their 2021 taxes, the Defense Department announced this week.

MilTax takes some of the stress out of filing taxes for service members and their immediate family, including spouses who may have experienced job loss, remote work, or changes in pay in 2021.

A benefit from the Defense Department, MilTax includes free tax preparation and e-filing software developed specifically to address common military life scenarios, such as deployments, combat and training pay, housing and rentals, and multistate filing. The software walks users step-by-

step through a series of questions to help them complete and file their federal return and up to three state tax forms.

Service members and spouses also have free access to MilTax consultants who are versed in recent changes to

complex tax situations, such as tax forgiveness and refunds for surviving family members, extensions and deadlines, and much more, including COVID-19 pandemic-related tax changes.

"Tax season can be particu-

larly stressful for the military community because of the unique aspects of military life that can impact their tax returns, and the pandemic continues to amplify the need for easy, remote and reliable tax support," said Deputy Assistant Secretary of Defense for Military Community and Family Policy Patricia Montes Barron. "Service members and their families have filed more than 270,000 federal and state returns using MilTax. The Defense Department is pleased to once again offer this easy-to-use, secure and accurate tax service that was developed

specifically for our service members and their families." The MilTax tax preparation and e-filing software is available through Oct. 17, 2022. MilTax consultants are available year-round to answer questions.

Navy interdicts stateless vessel previously caught smuggling weapons

On Jan. 18, U.S. 5th Fleet ships interdicted a stateless fishing vessel in the Gulf of Oman that was caught smuggling illicit weapons off the coast of Somalia last year.

Destroyer USS *Cole* (DDG 67) and patrol coastal ship USS *Chinook* (PC 9) interdicted the stateless vessel transiting from Iran in waters outside of any state's territorial sea along a route historically used to traffic weapons to the Houthis in Yemen.

During a flag verification boarding and subsequent search, U.S. forces discovered 40 tons of urea fertilizer, a chemical compound with agricultural applications that is also known to be used as an explosive precursor.

The vessel was the same stateless dhow interdicted in February 2021 off the coast of Somalia by destroyer *Winston S. Churchill* and discovered to be carrying weapons.

For more information about the suite of MilTax services, call 800-342-9647 or start a live chat anytime to schedule an appointment to speak with a MilTax consultant or visit Military OneSource to get started filing your taxes.

Military Community and Family Policy is directly responsible for establishing and

overseeing quality-of-life policies and programs that help our service members, their families, and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community.

Chaplains

continued from page 1

hear men crying, pleading, praying," Bednar recalls. "I could also hear the chaplains preaching courage. Their voices were the only thing that kept me going."

Another sailor, Petty Officer John J. Mahoney, tried to reenter his cabin but Rabbi Goode stopped him. Mahoney, concerned about the cold Arctic air, explained he had forgotten his gloves.

"Never mind," Goode responded. "I have two pairs." The rabbi then gave the petty officer his own gloves. In retrospect, Mahoney realized that Rabbi Goode was not conveniently carrying two pairs of gloves, and that the rabbi had decided not to leave the *Dorchester*.

By this time, most of the men were topside, and the chaplains opened a storage locker and began distributing life jackets. It was then that Engineer Grady Clark witnessed an astonishing sight.

When there were no more life-jackets in the storage room, the chaplains removed theirs and gave them to four frightened young men.

"It was the finest thing I have seen or hope to see this side of heaven," said John Ladd, another survivor who saw the chaplains' selfless act.

Ladd's response is understandable. The altruistic action of the four chaplains constitutes one of the purest spiritual and ethical acts a person can make. When giving their life jackets, Rabbi Goode did not call out for a Jew; Father Washington did not call out for a Catholic; nor did the Reverends Fox and Poling call out for a Prot-

estant. They simply gave their life jackets to the next man in line.

As the ship went down, survivors in nearby rafts could see the four chaplains—arms linked and braced against the slanting deck. Their voices could also be heard offering prayers.

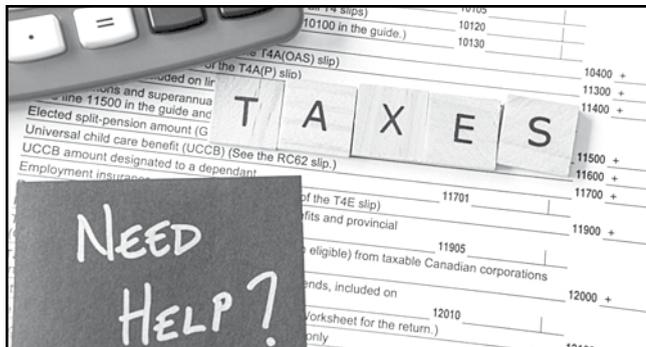
Of the 902 men aboard the U.S.A.T. *Dorchester*, 672 died, leaving 230 survivors. When the news reached American shores, the nation was stunned by the magnitude of the tragedy and heroic conduct of the four chaplains.

"Valor is a gift," Carl Sandburg once said. "Those having it never know for sure whether they have it until the test comes." That night Reverend Fox, Rabbi Goode, Reverend Poling, and Father Washington passed life's ultimate test. In doing so, they became an enduring example of extraordinary faith, courage, and selflessness.

The Distinguished Service Cross and Purple Heart were awarded posthumously December 19, 1944, to the next of kin by Lt. Gen. Brehon B. Somervell, Commanding General of the Army Service Forces, in a ceremony at the post chapel at Fort Myer, VA.

A one-time only posthumous Special Medal for Heroism was authorized by Congress and awarded by the President Eisenhower on January 18, 1961. Congress attempted to confer the Medal of Honor but was blocked by the stringent requirements that required heroism performed under fire. The special medal was intended to have the same weight and importance as the Medal of Honor.

Find out more at www.fourchaplains.org



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tax law and specially trained to know all the nuances of filing taxes in the military. They can help service members and their immediate families understand



These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of Jan. 24, 2022, 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>.



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678-349-1816

Total Navy Battle Force: 296

Ships underway

Deployed ships underway: 59

Non-deployed ships underway: 25

Total ships underway: 84

Ships deployed by Fleet

Fleet Forces, 0: 3rd Fleet, 0

4th Fleet, 2: 5th Fleet, 13

6th Fleet, 20: 7th Fleet, 77

Total 112

<h2 style="margin: 0;">Places of Worship</h2>		
<p>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</p>	<p>Christ Community Church <i>Helping people love God and each other!</i> Services Onsite or Online Sundays 8:30 & 10:30am Children's Ministries for All Kids! Small Groups for Teens & Adults of All Ages! 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15 www.gotoChrist.com or (858) 549-2479</p>	<p>Mesa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) <i>Seeking Sinners; Saving Souls; Strengthening Saints</i> Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomarado Rd, Poway • 858-485-6110 • www.mesaview.org</p>
<p>Bayview Church <i>Attract... Assimilate... Activate</i> 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</p>	<p>First Baptist Church of Coronado <i>"Reach Up, Reach Out, Reach Our World"</i> 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>Military Outreach Ministries Int'l Church <i>"Transforming the World, One Person at a Time"</i> 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>Canyon View Church of Christ <i>"Love God, Love People, Serve the World"</i> Sunday Bible Classes for all ages 9am Sunday Worship 10am 4292 Balboa Ave., San Diego, CA 92117 Email: cvooffice@canyonview.org (Near corner of Balboa Ave & Clairmont Dr) www.canyonview.org (858) 273-5140</p>	<p>La Jolla Lutheran Church <i>"We Follow Jesus"</i> 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>Resurrection Lutheran Church <i>A Small Place with a Big Heart!</i> 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</p>
<p>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. <i>We thank you for your service!</i></p>	<p>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</p>	<p>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. <i>We thank you for your service!</i></p>

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Navy recruiting gives up to \$50,000 in shipping bonuses

from Commander, Navy Recruiting Command Public Affairs Office

MILLINGTON, Tenn. - The Navy announced Jan. 21 its updated FY22 enlistment incentive bonuses in an effort to recruit the highest quality of recruits and to ensure Fleet readiness.

Bonus amounts differ depending on program and eligibility, but max out at \$50,000, and are effective for any future Sailor initially classified or reclassified on or after of January 21, 2022.

"We recognize that young Americans today have more employment options and opportunities than ever before, so we are offering these enlistment bonuses to be competitive with the strong civilian labor market, recognizing that we are in competition for the best and the brightest young Americans from all walks of life," said Rear Admiral Dennis Velez, Commander, Navy Recruiting Command. "While military service is not just about the money, we feel the added economic incentive, on top of the existing military benefits package and the inherent excitement tied to service in the world's premiere Navy, will help us attract and retain the kind of talented young people our Navy needs to maintain our competitive advantage into the future."

The enlistment incentives offered include Enlistment Bonus Source Rate (EBSR) and EB for Shipping (EBSHP). EBSR bonuses are tied to in demand ratings that support our nuclear Navy, submarines, information warfare and Navy's warrior challenge ratings such as SEAL and EOD. EBSHP by contrast is available to all active component ratings for future Sailors who will ship before June.

Sailors can be paid in one or multiple installments based on specific accomplishments of the bonus criteria. EBPST, EBPFA, EBCC, EBSHP and EBHS are paid upon graduation from Recruit Training Command (RTC).

Active component recruits listed below are eligible for early shipping bonuses in the following months during FY22.

A \$4,000 early shipping bonus (EBSHP) is awarded to any newly classified applicant scheduled to ship from January 21 - May 31, 2022 or any Future Sailor (FS) currently in the Delayed Entry Program (DEP) with a scheduled shipping date of June 1, 2022 or later that rolls in or reclassifies into January 21 - May 31, 2022.

Of note, the EBSHP bonus allots \$14,000 to those eligible with an EB maximum limit of \$50,000. While the additional shipping bonus can be added to bonuses for specified jobs, the bonuses aren't limited to future Sailors in the Delayed Entry Program (DEP), but are also available to applicants who contract in the specified ratings and ship within 30 days.

"All bonuses are subject to Congressional Appropriations and funding availability, so interested Future Sailors should respond as soon as possible," said Lt. Nickos Leonardis-Mena, operations research analyst for Commander, Navy Recruiting Command.

For more information on enlistment incentives or specific Navy programs, go to <https://www.cnrc.navy.mil/pages-nrc-links/nrc-bonus-loans-messages.htm>, and <https://www.navy.com/bonus>.

Interpersonal Edge: Succeed with ADHD at work

by Dr. Daneen Skube,
Tribune Content Agency

Q: Many of my co-workers have ADHD. Some of them use it as an excuse on why they are so forgetful, blow past deadlines, and mess up details. I get really frustrated. How can I deal with ADHD people better at work? Also could you give me better data on how ADHD works and what I can expect?

A: You can deal better with neurologically diverse co-workers if you understand their strengths and weaknesses. You struck the genetic lottery that you naturally focus. There are many people that do not but it does not mean they are powerless to function well.

An ADHD brain has two speeds: high or off. When an ADHD brain focuses it focuses on one thing tightly and deeply. When an ADHD brain inputs multiple tasks it jumps around so much it focuses on nothing.

Imagine a camera lens that moves easily from macro to panoramic and everything in between. A camera lens is a brain without ADHD. ADHD brains focus on macro but they cannot focus in between. When an ADHD brain moves into panoramic they cannot prioritize all the tasks they see as they all look equally important.

There are many tools for ADHD. Psychiatrists are talented at finding good medication. Skillful mental health counselors teach behavioral adaptations. There are good books. If co-workers underperform and blame ADHD they are not taking responsibility for their jobs.

Both my husband and my two twin boys have wicked ADHD. When my boys were first diagnosed and made poor decisions they tried out, "But I have ADHD ..." with a pitiful face. My response was, "Yes, and the world is not going to feel sorry for you. We need to work together so you function well despite this challenge."

When we are not the majority in any group we may have to adapt, work harder, or be more creative. The wonderful thing

about human beings is we have the power to invent solutions to problems we face.

One of the biggest areas of conflict is how hard it is for ADHD people to prioritize. When you have an ADHD brain

Interpersonal Edge



by
Dr.
Daneen
Skube

you walk into a room and each unfinished task is yelling at you simultaneously. A person with ADHD may start to clean his desk, see pencils need sharpening, shift to ordering an item on Amazon, and get none of these tasks finished.

People with ADHD benefit hugely from technology; Apple watches, phone reminders, computer reminders, spreadsheets, and lists outlining priorities.

People with ADHD also benefit from co-workers that offer frequent reminders, and schedule checks. Ironically people are generally so distracted these days that acting as if everyone has ADHD is not a bad idea.

I recommend all my clients get into the habit of graciously

reminding everyone about everything and never assuming people are tracking your priorities. You will find the amount of chaos and disappointment in your life goes way down if you adopt this habit.

My neuro typical daughter calls her brothers and father, "Those that forget." I tell her we are lucky it's easy for us to remember. Both of us have learned to challenge our ADHD family members and also be generous with reminders.

People with ADHD do have some super powers when it comes to managing overwhelming chaos. They tend to do well in a crisis as adrenaline surges and helps them focus.

People with ADHD can function as well as neuro typicals if they take responsibility for working effectively and their neuro typical co-workers balance challenge and reminders.

The last word(s)

Q: I've noticed a lot of the worst coming out in people during this pandemic but also the best. Is there a reason that adversity affects people so differently?

A: Yes, serious adversity introduces us (and everyone) else to our true selves. Adversity is the ultimate truth serum of each person's character.

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Tuesday, March 1 | 1-3 p.m. | NB Point Loma

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Senior Sailor of the Year saves a life at local gym

by Quartermaster Seaman Bailey R. Connors-Battes

TEMECULA - While working out at EOS Fitness, Navy Counselor 1st Class Ryan P. Lighten was alerted of a civilian in need of urgent medical assistance by a future Sailor.

"I was working out on the bench press with my earbuds in, when one of my future Sailors ran up to me with a scared look on his face, yelling frantically," said Lighten. "He told me there was a man lying on the floor unresponsive and not breathing."

Without delay Lighten jumped to action although he feared he may have forgotten his training.

"My first thought was, 'I hope I can remember my training,'" said Lighten. "Future Sailor Dominic Rodgers cleared a path for me telling everyone in the vicinity that I knew CPR."

The many life-saving drills Lighten had performed while stationed on board USS *Somerset* (LPD 25) were like muscle-memory to him when he reached the man on the floor.

"Rodgers told me later that he knew the Navy provided CPR training to all of its personnel, which was why he ran straight to me," said Lighten.

Lighten began by clearing the



Navy Talent Acquisition Group Southwest Senior Sailor of 2021, Navy Counselor 1st Class Ryan P. Lighten, saved a life at a gym in Temecula Jan. 10. Photo by Todd Hack

scene with Rodgers and asked a nearby spectator to call 911. Then, with all the critical CPR steps running through his mind, Lighten started preforming the life-saving technique on the gentleman.

Within 15 minutes of chest compressions and artificial ventilation, the unconscious man became responsive and started breathing again. The man was groggy and unable to recollect what had happened or where he was. EMTs soon arrived and took over, putting the victim in an ambulance to receive further care at Temecula Valley Hospital.

any support necessary to this and future humanitarian disasters in the region, according to a White House read-out of the meeting. The explosion of the volcano was seen from space and could be heard as far away as Alaska. The tsunami from the eruption was felt as far away as Japan, South America and North America. Tonga - only about 40 miles from the volcano - was hit the hardest. Tongan officials said three people were killed in the kingdom. Ash from the volcano has covered Tonga and fouled the sources of drinking water for the 108,000 Tongans. The ash cloud from the eruption reached 30 miles into the atmosphere.

President Joe Biden spoke with Japanese Prime Minister Fumio Kishida about aid to Tonga during a call from the White House Jan. 21. Noting the critical situation in Tonga after the recent volcanic eruption and tsunami, the two leaders reinforced the importance of working together to provide

"The guy never really saw who had helped him," said Lighten. "I hope I get the opportunity to formally introduce myself to him in the future."

Lighten, 29, from Newark, N.J., grew up quickly and is not afraid to face difficult moments.

"I grew up in a rough neighborhood and I wanted a better future for myself," said Lighten. "I joined the Navy because I wanted to improve myself, both professionally and culturally."

For his first few years in the Navy, Lighten worked as a machinery repairman. He said he made the transition to Navy Recruiting to "better assist young men and women in obtaining the same benefits that I received from joining the Navy."

Proudly serving in the Navy for the past eight years, Lighten said, "The Navy has helped me by putting me in a position to grow as a leader."

Lighten was selected as the Navy Talent Acquisition Group (NTAG) Southwest Senior Sailor of the Year for 2021. "The Navy has given me a brighter outlook on my life and a more promising future for my son," he said.

As a dedicated leader and father, Lighten said, "I frequently volunteer at the local high schools, animal hospitals

and retirement homes with the purpose of giving back to my community and spreading Navy awareness."

He has been a standout Sailor at NTAG Southwest for a while. He was meritoriously advanced to petty officer first class in 2020 and was later named Leading Petty Officer of Navy Recruiting Station Temecula.

Over the past four years of recruiting duty, Lighten states he has worked in an environment alongside individuals with diverse backgrounds. Worrying about his Sailors' successes isn't the only thing on his mind; Lighten has many goals to strive for.

"I plan to put on the rank of chief petty officer with the hopes of eventually retiring from the Navy at the rank of master chief petty officer," said Lighten.

Lighten's more immediate goal is to guide as many people, like future Sailor Rodgers, into the Navy from the Temecula area as possible.

As a last note from this remarkable first responder, "I would like to wish the gentleman I assisted a speedy recovery and healthy future," said Lighten.

Renamed in December 2020, NTAG Southwest encompasses 210,000 square miles covering

EOD Mobile Unit 11 holds change of command

by Lt. John Mike

Explosive Ordnance Disposal Group One

NOLF IMPERIAL BEACH - Explosive Ordnance Disposal Mobile Unit (EODMU) 11 welcomed its newest leader during a change-of-command ceremony at here Jan. 21.

Cmdr. James Higgins relieved Cmdr. Matt Fay in front of friends, family members, and EODMU-11 personnel as part of an outdoor ceremony at the unit's headquarters.

Fay took command of EODMU-11 in March 2020. While serving as its commanding officer, he deployed as a Task Force Commander to 5th Fleet and oversaw the deployment of EODMU-11 platoons that supported the fleet and joint forces in a wide range of operations.

Fay credited the unit's successes during his tenure to the hard work of its people. "Whenever the call was there, you answered it and did the job," said Fay during his farewell speech. His next assignment will be serving as deputy commander of EOD Group 1 in Coronado.

USS Carl Vinson, at sea Carrier-landing mishap injures F-35C pilot, six sailors in South China Sea

by Wyatt Olson
Stars and Stripes

An F-35 pilot is in stable condition after ejecting from the aircraft during a landing mishap on the deck of an aircraft carrier Monday in the South China Sea that injured six other Sailors, the Navy said Jan. 24.

cal personnel," the Navy said. Three of those treated on board have been released.

The Sailors who were evacuated are listed in stable condition, the Navy said.

The cause of the crash is under investigation, the Navy said.

The *Carl Vinson* and *Abraham Lincoln* Carrier Strike Groups began dual-carrier operations in the South China Sea on Sunday, according to a Navy news release.

The planned joint operations include "enhanced maritime communication operations, anti-submarine warfare operations, air warfare operations, replenishments-at-sea, cross-deck flight operations and maritime interdiction operations," the Navy said.

Among the nine squadrons of Carrier Air Wing 2 embarked on *Carl Vinson* is the NAS Lemoore-based Strike Fighter Squadron 147, known as the Argonauts.

The F-35C Lightning II fighter jet, assigned to Carrier Air Wing 2, was landing on USS *Carl Vinson* during routine flight operations, the Navy said in a statement. The pilot ejected and was recovered by a U.S. military helicopter.

Six other Sailors were injured during the crash, said the Navy, which didn't provide details on how they were injured or where they were during the mishap.

"There were seven total Sailors injured; three Sailors required MEDEVAC to a medical treatment facility in Manila, Philippines, and four were treated by on-board medi-

Arizona, Nevada and Southern California. Headquartered at Naval Base Point Loma, NTAG Southwest has three Talent Acquisition Onboarding

Centers - Fleet City, Surf City and Paradise City - managing 43 recruiting stations and officer recruiting stations and employs more than 300 recruiters, support



USS Sampson delivers aid, assistance to Tonga following volcano, tsunami

by Jim Garamone

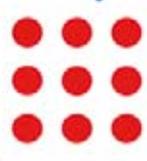
Destroyer USS *Sampson* is part of a multinational effort aiding the Pacific Ocean Kingdom of Tonga in the aftermath of the Jan. 15 eruption of the undersea volcano Hunga-Tonga-Hunga-Ha'apai.

The ship, part of the *Abraham Lincoln* Carrier Strike Group, arrived at the island nation Jan. 24. Even before arriving off-shore the ship launched its helicopter to conduct intelligence, surveillance and reconnaissance damage assessment of remote islands Niuafu'ou, Fonualei, Ofu and Fonuafo'ou, according to Capt. Kyle Raines, Indo-Pacific Command spokesperson.

"USS *Sampson* is on scene



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Michael Tucker, the chief game warden for Marine Corps Base Camp Pendleton, places the final stone for an animal ramp to the mouth of a water guzzler near the X-Ray Impact Area on Camp Pendleton, Jan. 15, 2022. Water guzzlers have been a vital part of animal conservation since the early years of Camp Pendleton. There are 19 endangered species on Camp Pendleton that rely on the water guzzlers each day in order to maintain a healthy population. Marine Corps photo by Lance Cpl. Hope Straley

Marines with Marine Wing Support Squadron (MWSS) 373, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, conduct unknown distance drills during a machine gun range. MWSS-373 conducted the range to sustain and prepare for Weapons and Tactics Instructors course, an annual training exercise conducted in Yuma, Arizona. Marine Corps photo by Cpl. Austin Fraley



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Overview: The Camp Pendleton Athletics Department provides active duty service members stationed aboard Camp Pendleton a diverse, competitive sports program to include Commanding Generals Cup, adult leagues, special events, and varsity sports.

Camp Pendleton installs water guzzler for animal conservation

by Lance Cpl. Hope Straley

As the world becomes more industrialized and the Californian countryside becomes increasingly crowded, habitats for many local animals are at greater risk from natural disasters and urbanization. To combat this threat, experts at Camp Pendleton has developed several programs to safeguard the multitude of endangered species that call the base home.

One such initiative is Camp Pendleton's wildlife Water Guzzler Program.

A water guzzler consists of a tub and bucket that collects water during the wet season and has a ramp for smaller animals to access it when natural water levels get low. Service members and civilians worked together to install Pendleton's newest water guzzler Jan. 15.

Col. Tim Anderson, the chief of staff for Marine Corps Installations West, sees the importance of this program and dedicates time to serve as a volunteer to help install water guzzlers on the base.

"The guzzler program is a way to provide water to hundreds of animals during the dry seasons when wildland fires and drought threaten the sustainment and repopulation of the 19 endangered animals who reside on Camp Pendleton, their home," said Anderson.

Michael Tucker, the chief game warden for Camp Pendleton, also serves a vital role in the base's animal conservation program. Tucker closely monitors the many habitats aboard the installation and keeps account of all local wildlife populating the local area.

"The land that Camp Pendleton resides on can only be found in this area of the world," said Tucker. "The Marine Corps has done a great service in preserving 220 square miles of land with a habitat that's so unique. Many of the endangered animals we house can only live in the natural conditions found in Southern California. So instead of having extinct species we just have endangered species."

The guzzler program is designed to strengthen environmental stability and wildlife preservation, and continues to see much support from senior leaders across the installation. "Camp Pendleton has pledged to be environmentally responsible," said Anderson. "Environmental management is one, but so is game preservation as well."

The idea of using the practice of hunting as an aspect of wildlife conservation may seem counterintuitive at first. However, regulated hunting ensures a natural homeostasis that is vital to the overall health and stability of local habitats and wildlife



Marines and civilians finish installing a water guzzler on Camp Pendleton. Photo by Lance Cpl. Hope Straley

population. To safeguard this delicate balance, game wardens and Marines aboard the base are allowed to hunt specific populations of animals that are competing for limited resources, down to a stable number that are able to thrive on available pasturage.

Master Sgt. Brett O'Mara, the 3rd Marine Aircraft Wing regional fire chief, is an advocate of game preservation and stresses the importance of Camp Pendleton's conservation programs. "The guzzlers have trail cameras that will record all of the animals who come to take advantage of the resource," said O'Mara. "Through those recordings we can monitor the condition, for example of the mule deer, and know how their health is. If the game wardens notice a lot of deer who look starved and the foliage is depleting quickly,

then that's a good indicator that the population is too big. If they are overweight then we know the deer need space to repopulate."

Local weather conditions also play a key factor as to how well wildlife thrive any given year. "If it's a heavy drought season, the guzzlers get more attention," said Tucker. "This program is vital to the wildlife on Camp Pendleton."

As a dedicated steward of the environment, Camp Pendleton is able to establish and employ these conservation efforts as a result of the persistence and dedication of its staff and army of volunteers that personally ensure the natural stability aboard the base. Without the continued assistance from these programs and personnel, endangered wildlife aboard Camp Pendleton would be at a greater risk of failing.

Changes

continued from page 1

Leaders realized some of these outdated policies disproportionately affect one gender. And have empowered the WIT to help eliminate them.

It is not just policies that these groups study, but equipment, uniforms, gear, grooming and other processes. "A lot of times folks will identify an issue at the tactical level and pass it up the line," Walters said.

The groups also work with other service counterparts to share experiences, solutions and best practices.

One example was that body armor - designed for men - is not a good fit for women. Another was the requirement for women to wear their hair in a bun. Pilots found that having a bun made the helmets fit poorly, impacting safety, Walters said. These grooming changes made their way up the food chain, and Air Force leaders approved them last year.

The height/weight requirements are another area under scrutiny. The groups are looking at the reasons behind some of these requirements. Women are generally shorter than men. "If there is a mission requirement driving the height restrictions, that's fine," Biles said. "Our analysis provides recommendations to evolve requirements that were developed 50-60 years ago, which were based on anthropometric averages from a different demographic than currently serves today. The result of not updating these policies is an artificial limitation regarding recruitment potential into key military positions."

Pregnancy is another area of discussion. At one time, if a woman became pregnant, she was involuntarily discharged from service. Now, of course, women can continue to serve while pregnant. But there are still limitations pertaining to pregnant aviators that the barrier analysis groups are examining. Previously, if a woman became pregnant, she was automatically taken off flight status. "Now we've opened the aperture so that you can fly during the second trimester," Walters said. "But we're looking at [Federal Aviation Administration] practices and what commercial airlines do. They allow women to fly through the majority of the pregnancy without placing the mothers or the missions at risk."

The Air Force is now investigating the possibility of allowing aviators with doctor confirmed "uncomplicated pregnancies" to continue flying longer, which would increase readiness and positively impact culture.

Fleet Reserve Association's NewsBytes: GI Bill equity bill, CR spending, EHR roll out

House passes Reserve Component GI Bill equity bill

The House passed the FRA-supported Guard and Reserve GI Bill Parity Act (H.R.1836), sponsored by Rep. Mike Levin (Calif.), which would expand the types of duty National Guard and Reserve members can use to earn eligibility for the Post-9/11 GI Bill. This bill ensures Reserve Component increasingly frequent activations count as time toward this education benefit, regardless of the length of time of the activation. The bill now goes to the Senate for further consideration.

HAC-Def holds hearing on impact of CR spending on defense

The House Appropriations, Defense Subcommittee held a hearing on the impact of funding the Department of Defense (DoD) with Continuing Resolutions (CR). The CR that funds the government at last year's funding level expires Feb. 18, and lawmakers lack an agreement or outline for the FY2022 spending bills. At the hearing, military officials raised alarm that recruitment, bonuses, changes of station, development of hypersonic weapons, and missile defense would suffer under

a year-long funding stopgap CR while House Democrats and Republicans argue over which party is responsible for the spending stalemate. DoD Comptroller Mike McCord told lawmakers that the agency would lose at least \$24 billion of buying power under a year-long CR. According to GAO testimony, the DoD has been funded by CRs (temporary appropriations) during the Fall in all but one year since 2010. The exception was in 2019, when Congress approved regular appropriations by Sept. 30, which is the end of the federal fiscal year.

The FRA signed onto a letter with other members of The Military Coalition (TMC), that was sent to Speaker of the House Nancy Pelosi (Calif.), Senate Majority leader Chuck Schumer (N.Y.), Senate Minority leader Mitch McConnell (Ky.) and House Minority leader Kevin McCarthy (Calif.) urging them to pass the Fiscal Year (FY2022) Defense Appropriations and Military Construction, Veterans Affairs, and Related Agencies appropriations bills before funding expires on Feb. 18. As noted in the letter: "A CR damages the uniformed services' ability to equip and train the total force.

The services would be prevented from starting new

programs that commanders need and instead, devote funds to lower priorities. During CRs resources tighten, procurement programs languish, and taxpayer dollars are spent ineffectively. Casualties of an additional CR could include mission-critical training (inclusive of vital reserve component training) and required maintenance. Military families could suffer from inadequate maintenance and upgrades to military installations, and significant delays in household moves. They deserve better, and their care is crucial to the readiness and retention of service members."

EHR roll out delayed again

The Department of Veterans Affairs (VA) has again delayed the continuing roll out of the new Electronic Health Record System (EHR). This time the source of the delay is the COVID-19 pandemic. The VA announced the deployment of the new system to the VA Central Ohio Healthcare System, which was supposed to take place on March 5, will instead be pushed back almost two



months to April 30. The

VA is worried that staff absences and attendance limitations because of the recent nationwide surge in coronavirus cases will impede training time needed before the activation of the system. In December, VA leaders announced a new deployment schedule for the system — based on the Cerner Millennium software platform, the same one being used by Department of Defense (DoD) — that would start with Ohio facilities in March.

They also unveiled a newly restructured office overseeing the work and new training plans to fix problems found with the initial deployment of the software in Washington state VA facilities in 2020. VA officials said they are hopeful that the two-month delay in the Ohio rollout will not affect the rest of the deployment schedule for the software. The VA medical center in Walla Walla, Wash., is still on track to begin later this spring.

The house recently passed the "Electronic Health Record Transparency Act" (H.R.4591) that will require the VA to submit

to Congress quarterly reports that evaluate the performance of the EHR. The association believes congressional oversight of the ongoing implementation of VA technology upgrades that will provide a joint DoD/VA EHR is vital to ensuring improvements to the system.

FRA wants to ensure adequate funding for DoD and the VA health care resource sharing in delivering seamless, cost-effective, quality services to personnel wounded in combat and other veterans and their families.

Some members of Congress have expressed concern about the cost and length of time to fully implement the EHR. The cost and the long time for implementation notwithstanding, FRA believes there is a tremendous opportunity with the two departments using the same EHR.

NewsBytes is FRA's weekly legislative update. Follow FRA on Twitter (<https://twitter.com/FRAHQ>); Instagram (www.instagram.com/fra_hq) and "like" FRA on Facebook (use the shortcut of www.fra.org/fb)

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White Paper offers bottom line solutions to stop milspouse unemployment lip service

I sometimes feel disconnected from military spouses, since my husband retired from the Navy five years ago. As a veteran spouse, I no longer endure PCS moves and deployments, which are cornerstones of active duty life, affecting everything from children's education to mental well-being, to finances and marriage. Now, when I write about these issues, I research what today's active duty spouses go through.

However, there is one milspouse matter that affected me in such a profound way, my life has been forever changed — The military spouse unemployment problem.

Simply put, marrying a navy man killed my career as an attorney. I tried to keep it alive for many years by getting two licenses, faithfully reading legal reviews, paying my student loans and bar dues, and taking part-time research jobs. One year, I mustered the courage to ask the local DA if he'd allow me to volunteer at his office while I studied for the Virginia bar exam. As milspouse luck would have it, that was the same month my husband informed me he was deploying for a year. When he got home, we moved overseas.

The life support plug got pulled, and my litigation career took its last breath.

Stories like mine are powerful proof that the military spouse unemployment rate, which has stubbornly stagnated at 22 percent (seven times the national average) for more than a decade, is a crisis. Milspouse unemployment and under-employment contributes significantly to force retention, financial stresses, and a host of other military concerns. However, the National Military Spouse Network (NMSN) has released its 2022 White Paper, "The Military Spouse Employment Dilemma: The Multi-

Million Dollar Question That No One Is Asking...Until Now", indicating that, despite an abundance of anecdotal evidence, there is a "lack of urgency" among military leaders and politicians to affect true change.

The Paper contains a chart outlining sixteen federal programs, initiatives and hiring incentives addressing military spouse unemployment. However, data shows these programs have been

The Meat & Potatoes of Life



by Lisa Smith Molinari

ineffective. Although they help spouses find employment, spouses often can't retain those jobs through subsequent PCS moves, making them less likely to advance and qualify for retirement benefits. "In the past, just finding a spouse any job was the problem. Now, it's finding a spouse a career they can grow and keep," the Paper explains.

Clearly, anecdotal evidence is not enough. "If we are brave enough to share our stories, then we should be bold enough to offer solutions," Sue Hoppin, Air Force veteran spouse and founder and president of NMSN, told me in a recent interview. Although Sue has seen a sincere willingness on Capitol Hill to listen to spouses' unemployment stories in recent years, she said they won't act unless military spouses offer answers. "It's our responsibility," Sue explained.

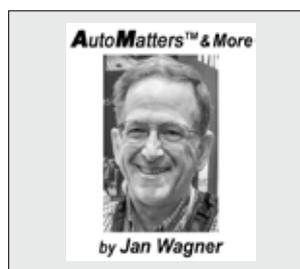
As such, the Paper lists clear recommendations for the DoD, including establishing data-based metrics measuring the bottom-line effectiveness of employment programs, creating milspouse employment "lifecycle maps" to identify problem phases, and promoting awareness of existing employment programs.

"NMSN started publishing White Papers [in 2019] to provide solutions, one of which has been signed into law. Together, we've figured out how to be more strategic about military spouse unemployment issues," Sue said.

Curious, I asked about Sue's own career path. A well-educated daughter of a USAID contractor, Sue aspired to attend law school and pursue her own diplomatic goals. "But then, I met my Air Force husband," she said, soon finding herself a stay-at-home military mom on McConnell Air Force Base in Wichita, Kansas.

Volunteering offered Sue work with paid childcare, but she struggled to find meaningful employment after each move. After attending graduate school, Sue thought her impressive education, volunteer experiences, and fluency in several languages would finally land her a good job. "No one really cared," she said, telling the all-too-familiar tale of military spouse unemployment. Fortunately, Sue found her calling in 2010, when she founded NMSN.

Ever diplomatic, Sue concluded, "We can't just share our problems, we have to offer our leaders opportunities to help us." Undiplomatically, I say, our leaders better take action, or they can take their lip service and kiss my milspouse bottom line."



MEGA MART is what you might mistakenly assume is the typical shopping center's anchor store — except that Area 15 is anything but a typical shopping center, and MEGA MART is anything but a typical store.

On its Home Page, MEOW WOLF teases visitors with this brief introduction to what you will discover inside MEGA MART, "The Must-See Immersive Art Experience in Las Vegas For All Ages." "Astonishing. Unpredictable. Mind-bending. Featuring jaw-dropping work from international and local artists, Omega Mart is an experience in imagination and immersive storytelling." "Discover secret portals or simply soak up the innovative art as you venture beyond an interactive supermarket into parts unknown. You have no idea what's in-store for you!"

MEGA MART is located in a large, anonymous-looking building that you would find in a typical urban industrial park. However, as you get close to it things begin to look anything but typical. After you park, as you walk toward the entrance, you will first pass through an interesting art installation. Flanking the entrance are parked two rather unusual vehicles, each a unique work of automotive art — just what someone might drive to go shopping here. I think I saw one of them at the SEMA Show in Las Vegas one year. I'll bet that valets would love to get behind the wheel of one of these!

Inside Area 15, you will be greet-

MEGA MART — Park your ride & shop inside

ing by a number of intriguing storefronts, but you will want to go in a bit and look to your left, where you will see the entrance to MEGA MART.

As you will see, this place is far, far more than just a wild and crazy grocery store (which it most certainly is), but this is where you will begin your adventure. Be sure to pick up your MEGA MART OMEGA ACCESS CARD — which is included in your experience. You will scan that card ("BOOP HERE") at various stations to unlock additional information.

As amazing and mind-blowing as MEGA MART is, that store is just the jumping off part for the rest of the massive interactive experience/art installation that you will discover. In the video, you will have seen that a customer opened up a door to a refrigerated case full of an MEGA MART bottled beverage (yes, you can purchase this and more in MEGA MART), and then walked through a secret portal — one of several — into the mind-blowing, multi-story world of art, adventure and Dramcorp corporate intrigue behind the scenes.

Inside, sit down at one of the computer workstations and carefully study the highly detailed, confidential documents of Dramcorp — including HR files. Try to solve its mysteries behind the scenes of MEGA MART.

Challenge yourself at the interactive activities in the Factory, where you will learn from Dramcorp's legal counsel that there are serious environmental concerns: "There's runoff leaking out of it pretty much all the time. ... I have reason to believe that Dramcorp acquired the land that the

Factory is on illegally."

Take a thrilling ride down a multi-story slide. Visit the Seven Monolith Village (est. 1931): "When the black clouds took everything... We fled together. We heard a voice. Telling us there were no banks or foremen beyond the portal. A voice so powerful that even the old priestess agreed to help us."

Plan on spending at least an entire day there. Without realizing it until I began to wonder why I was getting so tired and hungry on my visit, I had spent a whopping 8-1/2 hours there and was nowhere near done exploring everything, and participating in the truly interactive and mind-bending activities.

MEGA MART is a Las Vegas entertainment venue unlike any other. General Admission currently ranges from \$49 to \$55, with discounts for children, seniors and the military. To learn more, and to make reservations and purchase tickets, visit the MEOW WOLF website at: <https://meowwolf.com/visit/las-vegas>

MEOW WOLF also has a much larger, and very different, interactive art exhibition called Convergence Station, with 70+ unique installations, rooms and portals located within a four-story building in Denver, Colorado. Check it out at: <https://meowwolf.com/visit/denver>

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters.com and AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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CLASSIFIED ADS

Around Town

Jan 28-30: **San Diego Lunar New Year Festival.** Celebrate this new year with dragon and lion dances, firecrackers, games, food. Officer J. Henwood Memorial Park. 4455 Wightman St, San Diego. Jan 28, 7:35pm: **Sockers vs. Tacoma** at Pechanga Arena. Sat, Jan 29, 10am-3pm. **Mormon Battalion & U.S. Army of the West Celebration,** Old Town State Historic Park. Parade, games, displays, fun for family. Sat, Jan 29, 12:30-1:30pm. **Proper Pruning Workshop,** Water Conservation Garden, 12122 Cuyamaca College Drive West, El Cajon. Free-\$8. Sat, Jan 29, 9:30-11:30. Free. **Guided Nature Walk,** Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos. Learn about plants, animals, geology, history, and ecology of the park along scenic trail. Start at Visitor Center. Trails easy, but have uneven surfaces and some involve steps. Wear sturdy, closed-toe shoes, bring water, hat, sunscreen. Rain cancels. Sun, Jan 30, 2-3pm. Free. **Spreckels Organ Society: All Beatles Sunday Concert.** Balboa Park. Sun, Jan 30, 3-5pm. Free. **Lopez Homestead History Hike,** 4300 Sorrento Valley Rd. Visit ruins of the Ramón Lopez dairy farm, which dates to about 1883, with guide. See old house, barn, milking station, orchard, and cistern. Jan 31: **Men's Basketball: SDSU vs. New Mexico** at Viejas Arena, 7pm. goaztecs.com

February: **SD Museum Month- 28 Days of Museum Moments.** Explore the fun with 50% off admission to 45+ SD County museums, historic sites, gardens, zoo/aquariums and more. Get pass at a San Diego Macy's store or one of 75 libraries throughout SD County. <https://sandiegomuseumcouncil.org/specials/museum-month/>

MOVIES AT THE BASES

Movies & times subject to change. * Indicates last showing
Visit navydispatch.com/entertainment_03movies.htm to find your base theatre information

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

FREE entry to the first 300 customers (per showing), no outside food, concessions will be available.
Thursday, Jan 27
5:50pm Sing 2 pg
Friday, Jan 28
5:30pm The Matrix Resurrections r
Saturday, Jan 29
1:50pm Spider-Man: No Way Home
5:30pm American Underdog pg
Sunday, Jan 30
2:30pm Sing 2 pg
5:30pm The King's Man r
Friday, Feb 4
5:30pm The 355 pg13
Saturday, Feb 5
12:50pm Sing 2 pg
3:40pm American Underdog pg
Sunday, Feb 6
12:50pm The 355 pg13
3:50pm Spider-Man: No Way Home

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

Saturday, Jan 29
1:30pm West Side Story pg13
Saturday, Feb 5
1:30pm Spider-Man: No Way Home

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242 ★

Friday, Jan 28
6pm Sing 2 pg
9pm American Underdog pg
Saturday, Jan 29
3pm Spider-Man: No Way Home pg13
6pm The King's Man r

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

Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program. Debit and credit cards accepted only
Friday, Jan 28
6pm The King's Man r
Saturday, Jan 29
3pm American Underdog pg
6pm Spider-Man: No Way Home pg13
Sunday, Jan 30
1pm Sing 2 pg
4pm The King's Man r
Friday, Feb 4
6pm The 355 pg13
Saturday, Feb 5
3pm Spider-Man: No Way Home
6pm The 355 pg13
Sunday, Feb. 6
1pm Sing 2 pg
4pm The Matrix Resurrections r
Updates: sandiego.navylifews.com

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CROSSWORD PUZZLE

Across

- Hybrid cycle
- Technology that uses polarized light, briefly
- Boo-boo
- Baba ghanouj ingredient
- Yellowfin tuna
- "That was close!"
- Preserve, in a way
- *Reference work for canine lovers?
- Range in the home, maybe
- Keep going
- *Instructional work for expectant mothers?
- Punk rock offshoot
- Calculating
- Grunts, so to speak
- Got going
- Simmons competitor
- Cork's place
- *Fictional work about a pick-up artist?
- Requiem Mass word
- Layers
- There are lots of them
- Beats by _
- Some tags
- Afternoon refresher
- *Illustrated work for bullpen pitchers?
- Tries to influence, with "with"
- Worship
- Paperback designed to simulate animation ... and a hint to the answers to starred clues
- Tried and true
- Choice
- Parrot
- Unbending
- Written reminder
- *"The Spanish Tragedy" dramatist
- Strong point

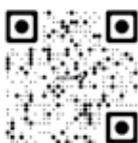
Down

- Cat, say
- "Yowza!"
- It can be grand
- Darkroom gear
- Skeptical, as a view
- Weighed down
- Group that blends well
- Tries to unearth
- Major work
- Formal wear
- Mil. roadside hazard
- Sweater material source
- Shades of blue
- River to the Colorado
- Noodles
- Barcelona-born surrealist
- Cruciverbalist Reagle of "Wordplay"
- Words of praise
- Guns
- What many writers work on
- Be in a cast
- Specialty
- Rin Tin Tin autograph, e.g.
- Leather sources
- Soft ball material
- Mine vehicles
- Keeper's concern
- Spirited horse
- Saturate again
- *"Hang on _": 1965 #1 hit
- Apple video-editing app
- Run
- Chanel product
- Signed
- Dinnertime draws
- Duel tool
- _ club
- WC
- Smoky Bear TV spot, for one

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Armed Services Blood Program urges donors to step up

by Claudia Sanchez-Bustamante

The Armed Services Blood Program says donations are down and is encouraging volunteers to step up and donate blood to replenish the supply.

“Blood supply is critically low across the nation, not only for the ASBP, but for civilian organizations as well,” said Army Col. Audra Taylor, the ASBP’s division chief. The ASBP provides lifesaving blood products to service members, their families, retirees and veterans worldwide.

“Historically, donations decrease in the holiday and winter months due to schedule changes, people taking leave, families going on vacation, weather conditions or illnesses impeding people from donating,” Taylor said.

“This year, it’s all of those things in addition to COVID-19 restrictions and overall health and safety concerns for potential donors and ASBP blood donor center team members.”

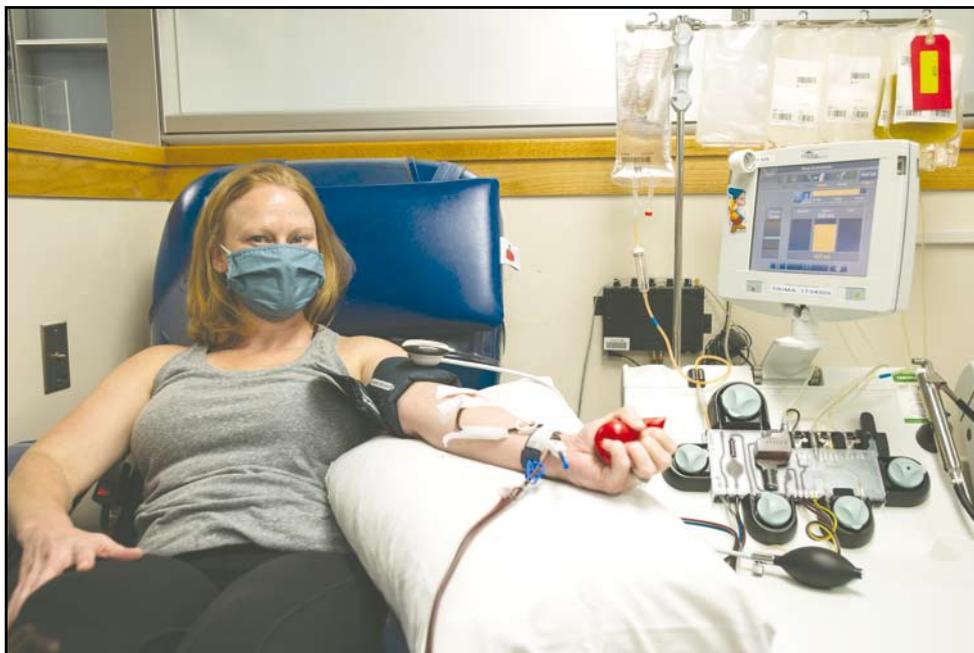
Army Lt. Gen. (Dr.) Ronald Place, the Defense Health Agency’s director, echoed the sentiments about the importance of blood donors and a steady resupply of blood products.

“Adequate blood supplies are a critical part of a ready medical force. Our medical providers must have everything they need to complete their mission, including blood. A donation can be done in as little as one hour and yield lifesaving blood products for surgical procedures, traumatic injuries, chronic illness and cancer treatment,” Place said.

Blood is vital year-round

“There is no substitute for blood,” said Taylor. “It’s a critical tool in saving lives.”

Administered to treat various conditions, blood products are essential for warfighters



Megan Keller, a recovered COVID-19 patient, donates COVID-19 convalescent plasma at the Armed Services Blood Bank Center, Joint Base San Antonio-Lackland, Texas, Aug. 20, 2020. Patients that have recovered from COVID-19 have a higher chance of carrying a concentrated amount of antibodies in their plasma to help other patients that do not. Photo by Air Force Airman 1st Class Melody Bordeaux.

in combat operations and for emergency use wherever they are, Taylor added.

“It’s also necessary to conduct surgeries at military hospitals and clinics,” she said. “It could be critical to the survival of a newborn baby. It could give treatment to those with blood-borne illnesses, with certain cancers, for burn victims.”

The ASBP ensures global military medical centers, hospitals and clinics have immediate and easy access to safe and viable blood and blood products. This includes whole blood, red blood cells, platelets, plasma and transfusable components derived from them.

“But it’s not possible for ASBP to fulfill its mission if not for our donors,” Taylor said.

In general, most people don’t think about blood until it’s needed, she added.

Additionally, blood products will expire if left on the shelf for too long. Some blood products are only viable for a few days or weeks. “It needs to be on the shelf before the need arises,” Taylor said.

National Blood Donor Month

Military leaders and medical providers have often expressed their gratitude for the many military community members who have participated in blood donor programs in recent years.

National Blood Donor Month was established in January 1969

to address blood shortages during the holiday and winter season and to thank donors who have supported the nation’s blood supply throughout the year.

As the official provider of blood products to the U.S. armed forces and military community, the ASBP helps ensure mission readiness around the world.

“We focus on equipping the warfighter with the lifesaving blood and blood products they need on the battlefield as well as in military hospitals and clinics worldwide,” said Taylor.

This includes collecting,

processing, storing, transporting, and distributing blood and products to ill or injured service members, their families, retirees and veterans around the world.

Where can you donate?

ASBP blood donor centers are located throughout the United States and at locations around the world.

“We have over 20 donor centers, and many of them conduct mobile blood drives around their areas and sometimes in places further away on a regular basis,”

Taylor explained.

“As the Defense Department’s blood program, we are limited to collect at federally owned or leased properties only,” she said. “But we’re thankful for the many bases, academies, centers and more that help us make missions and sponsor regular blood drives.”

Ready to donate? If you are able and eligible, find a blood drive or blood donor center near you at www.militarydonor.com.



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