

MAY IS MILITARY APPRECIATION MONTH

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985
Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-SECOND YEAR NO. 3
THURSDAY, MAY 5, 2022

FLEXIBILITY, FOSTER CARE AND FOREVER HOMES A MILITARY FAMILY'S STORY OF COMPASSION AND SELFLESSNESS

by Maj. Jake Elders

JOINTBASE ELMENDORF-RICHARDSON, Alaska - In honor of the month of the military child and National Military Children's Day, I want to share a story of my family's recent experience with the strength and resilience that comes with being a military child.

Last year, my wife Amber and I embarked on a journey to become a licensed foster care resource for children in need in Alaska.

I didn't grow up in the best circumstances, so becoming a foster parent has always been something I wanted to pursue. I wanted to give children in a similar situation everything I never had, because a child's shoulders aren't meant to bear the weight of adults' poor decisions. I just didn't think military life aligned with becoming a foster parent.

After watching a movie about an inspirational story of foster care and adoption with my family, Amber and I decided to start researching how we could become a foster care resource. We quickly learned it was possible, and started completing the training and administrative requirements to apply.

At the time, we had two chil-



Maj. Jake Elders and his wife Amber, welcomed an additional three children into their family seemingly overnight when they became a foster care resource for Alaska's Office of Child Services. Photo courtesy of Maj. Jake Elders

dren of our own and a third on the way, but still felt we could help. We submitted the application noting we were willing and able to take on one child, or two if they were siblings, between ages 6 and 12.

We received our foster care license in June 2021, and anxiously awaited our first call from

Alaska's Office of Child Services (OCS) requesting placement of a child in our home. Summer passed without a need for us, but in September 2021 we received a call that would forever change our lives.

Alaska's OCS was looking for a respite care placement for three brothers under the age of five.

Respite care refers to a temporary placement for children in foster care to allow the current foster family to have a short break in care.

We were initially concerned about our ability to care for three additional children, but Alaska's Office of Child Services told us there wasn't another family in

the area available to care for the boys during the 18 day respite care period. Amber and I looked at each other, and without hesitation told the caseworker, "Bring them to us, we'll make it work."

We welcomed the boys with open arms, ready to provide them with love and stability for the next two and a half weeks, but we quickly noticed signs and behaviors that lead us to question the children's welfare with their foster family.

Each boy brought only a tiny suitcase with a few days of worn out clothing, and it was clear to Amber and myself they hadn't received the care, guidance and love of a parent.

The boys consistently made passing comments about their treatment and living conditions with their current family. Our time with them was ending, but Amber and I knew we couldn't ignore our concerns, so we reached out
see **Foster**, page 4

Amphibious ship *Tripoli* leaves on 1st deployment

by Chris Jennewein

USS *Tripoli*, the Navy's newest "big deck" amphibious vessel, quietly departed San Diego this week on its first deployment.



U.S. Naval Institute reported the warship left Monday on an independent mission to the Western Pacific.

The 45,000-ton vessel arrived in San Diego just a month after USS *Bonhomme Richard*, an older amphibious assault ship, was largely destroyed by a suspected arson fire at Naval Base

San Diego.

The new ship has been practicing Lightning Carrier drills by loading up to 20 F-35B Lightning II stealth fighters to provide additional firepower. Typically an amphibious assault ship carries primarily helicopters and tiltrotors and just five vertical takeoff jets. The idea is to bring more aerial firepower to bear in a potential battle off the coast of China.

PHOTO: Chief Aviation Boatswain's Mate (Fuels) Andrew Stephen moves an empty motor gasoline barrel aboard *Tripoli* April 25. Navy photo by MC2 Malcolm Kelley

MAY'S LIST OF OBSERVANCES: TENNIS, ZOMBIE, SALSA, WRESTLING

Nat'l Pet Month
Nat'l Strawberry Month
Heal the Children Month
Nat'l Hamburger Month
Zombie Awareness Month
Nat'l Gazpacho Aficionado
Nat'l Tennis Month
Nat'l Military Appreciation
Nat'l Egg Month
Oregon Wine Month
Nat' Duckling Month
Nat'l Small Business Month

Int'l Mediterranean Diet
Brain Tumor Awareness
Nat'l Salad Month
World Trade Month
Older Americans Month
Nat'l Barbecue Month
Int'l Respect for Chickens
Nat'l Vinegar Month
Nat'l Neurofibromatosis
Mental Health Awareness
Nat'l Salsa Month
World Wrestling Month

Nat' Sweet Vidalia Onion
Nat'l Asparagus Month
Nat'l Inventors Month
American Wetlands Month
Asian American and Pacific
Islander Heritage Month
Gin A Day May
Nat'l Chocolate Custard
Frankie Month
Nat'l Crime Reading Month
Lyme Disease Awareness-
Vasculitis Awareness Month

Nat'l Travel Advisor Month
Nat'l Teen Self-Esteem
Tavern Month
Behcet's Awareness Month
Ehlers-Danlos Syndrome
Awareness Month
Prader-Willi Syndrome
Awareness Month
Preeclampsia Awareness
Breathe Easy Month
Int'l Internal Audit Awareness
Teen Pregnancy Prevention

Nat'l Drinking Water Month
Food Allergy Action Month
Apraxia Awareness Month
Get Caught Reading Month
Disability Insurance Awareness
Jewish American Heritage
Li-Fraumeni Syndrome
Awareness Month
Sturge-Weber Syndrome
Awareness Month
Better Hearing and Speech
Nat' Photography Month

Cystic Fibrosis Awareness
Nat'l Water Safety Month
Nat'l Loaded Potato Month
World Maternal Mental Health
May Sketch a Day
Arabian Horse Month
Asthma Awareness Month
Awareness of Medical Orphans
Building Safety Month
Clean Air Month
Family Wellness Month
Gifts From the Garden

Your FREE weekly paper

Take one!

Local Military News

Mercy hospital ship departs for Pacific Partnership 2022

See page 6

Career and Education

Managing the gender divide at work

See page 5



VETERANS ASSOCIATION OF NORTH COUNTY

We are the Veterans Association of North County. VANC is a 501(c)(3) non-profit organization created by Veterans for Veterans and active duty service people and their families to help them navigate life during and after service. We serve as a one-stop resource center for all active-duty military, Veterans, and their families. We centralize services from diverse agencies to assist with jobs, education, benefits, health, and wellness. We also support our local community by providing an exceptional space perfect for meetings, banquets, workshops, presentations and more.

For more details on events visit <https://www.vanc.me/>

1617 MISSION AVE, OCEANSIDE CA 92058
www.VANC.me **760-722-1277**

- | | |
|---|--|
| Tuesdays
May 3-10-17-24-31
10-11am Yoga Open to Public | Saturday May 21
8am-2pm Hunter Safety Class (Open to the Public) |
| Friday, May 6
8am-1pm SDVC Meeting | 9-11am Women Veterans Writing Group |
| Sunday, May 8
10am-noon Jewish War Veterans | 11am-1:30pm Veterans Writing Group |
| Monday, May 9
6-7pm Legion Post 760 | Wednesday, May 25
5-6:30pm Wounded Warrior Project |
| Wednesday May 11
1-2:30pm Military Order of Purple Heart | Saturday, May 28
10am-1:30pm Military Order of World Wars |
| Thursday, May 12
6-7:30pm American GI Forum Meeting | 3:30-9pm Roaring 20's Billionaire Ball (Open to the Public) |
| Saturday, May 14
9-10:30am Involved Men of Oceanside | Monday, May 30
10-11:30am MEMORIAL DAY CEREMONY (Open to the Public) Door opens at 9am |
| 11am-1pm Buffalo Soldiers | |
| Thursday, May 19
6-7pm Marine Corps League | |



For more information on these events visit the USO San Diego web site at <https://sandiego.uso.org/events/> or their facebook pages at facebook.com/ usosandiego or facebook.com/USOCampPendleton or call (619)235-6503. Registration on line may be required so be sure to check in advance!

- USO Liberty Station**
2790 Truxtun Road Suite 110 San Diego, CA 92106
(619)235-6503 • Facebook @usosandiego
- Military Spouse Appreciation Day Bag Giveaway.** May 6, 9am. Spouses can stop by the center to pick up a goodie bag while supplies last. Info: visit our Facebook page or call (619)235-6503.
- Spouse DIY - Scrub & Lotion Making.** May 11, 4:30pm. Spouses can join in for a make your own lotion and body scrub. REGISTRATION REQUIRED/Lottery Based. Lottery runs May 2-8.
- It's Spam Time.** May 12, 11:30am-2:30pm. Serving Spam Musubi for lunch at the USO Liberty Station Center. Registration NOT required/while supplies last. Info: visit our Facebook page or call (619)235-6503.
- International Day of Families.** May 15, 9am. Stop by the USO Liberty Station Center to draw a portrait of your family and receive a treat.
- Toddler Tunes Tuesday.** May 17, 10am. Age 0-4. Come play some instruments, learn some nursery rhymes and be entered in for an opportunity drawing for participating!
- Essential Oils Class.** May 18 4:30pm. Spouses can sign up to participate in an essential oils class. REGISTRATION REQUIRED/Lottery Based. Lottery runs May 11-15. Info: visit our FB page or (619)235-6503
- Meatball Sub Day.** May 25, 11:30am-2:30pm. Join us for Meatball Sub Day to enjoy delicious meatball subs for lunch! Registration NOT required.
- USO Camp Pendleton**
1104 Vandegrift Blvd Oceanside, CA 92058
(760) 385-0120 • Facebook @USOCampPendleton
- Join us for a Make a Friend Mixer Spouse edition.** May 7 at Fallbrook Starbucks, 1133 South Mission Rd. Meet a new friend, make a facial scrub, and enjoy some coffee and tea. Register today on Facebook.
- Craft & Coffee:** Tues, May 10, 9-10:30am Join the USO and other military spouses in your community to build friendships, make connections, and find resources. Open to all spouses of currently serving military. Dates and times subject to change. Please register!
- Building a Federal Resume.** May 10, 4pm. Employment workshop for service members and spouses. Are you interested in learning more about the federal employment process? Learn about the federal hiring process, strategies to write a stand-out federal resume, developing a USAJobs profile, and more! Register: <https://bit.ly/10MayUSO>
- National Apple Pie Day.** Fri, May 13, 12-4pm.
- National Strawberry & Cream Day.** Sat, May 21, 10am-non.
- Join us for April's Shelf Indulgence book club!** This month's book is The Giver by Lois Lowry. Discussions will be held May 9 & 13 from 6:30-8pm. Registered Participants can pick up their books at the USO Camp Pendleton Center. Register on Facebook.



ARMED SERVICES YMCA

May Ride to benefit Armed Services YMCA
 The 20th annual May Ride and After Party returns after a two-year-pause with all proceeds going to benefit the Armed Services YMCA San Diego. The event will take place on May 21 (Armed Forces Day) from 8am-4pm at Biggs Harley Davidson in San Marcos. Registered riders pay \$20 per rider and \$10 per passenger for breakfast and coffee. The After Party is free! For info <https://mayride.com/>. To volunteer contact the Armed Services YMCA.



San Diego Armed Services YMCA • 3293 Santo Rd, San Diego, CA 92124 • (858) 751-5755
 Visit <https://www.asymca.org/events-san-diego-1> for more information on the following events.

Food Distributions
 Our Neighborhood Food Distribution takes place twice a month - on the 2nd Thursday at Bayview Hills and on the 4th Thursday at our Murphy Canyon location. The link to register will be posted the Friday before the distribution at 6pm on our Facebook (@ASYSanDiego)

Bayview Hills 2nd Thursday • 10am-noon. Pre-registration is required! Only one registration per family. Please do not register each family member. 1890 Sky Harbor Rd., #1816, San Diego, 92139

Murphy Canyon 4th Thursday 10am-noon. Pre-registration is required! Only one registration per family. Please do not register each family member. 3293 Santo Rd., Tierrasanta, 92124

Camp Pendleton Armed Services YMCA Office • Building 200090 Ash Rd, Wire Mountain Rd. • Oceanside CA 92058 • 760-385-4921

Facebook @camppendletonasymca • Web: asymca.org/camp-pendleton-home

Neighborhood Exchange. Fourth Friday, 9:30-noon. Free food & diaper distribution, plus resources and giveaways from community partners. Food selections range from fresh fruits and vegetables to meats, canned and dried foods. Register on Facebook.

Operation Kid Comfort. Has your spouse recently deployed? If so, your child can be eligible for an Operation Kid Comfort quilt! Our volunteer quilters make personalized comfort quilts for children with a recently deployed parent! Quilts are personalized with photos of the child and parent and the child's name! Sign up on Facebook.

Volunteer. We rely heavily on volunteers and cannot run certain programs or events without them. We offer a wide variety of programs and events year round. Age requirements range from 15-21 depending on the program. We have positions every day of the week from 8am-6pm.

Summer Jobs. We are currently hiring for Childcare Teacher and Camp Counselor positions! Send your resume sbularan@asymca.org Help our Heroes. Any day is a great day to turn your vehicle into something good! Armed Services YMCA accepts all types of vehicle donations, whether they're running or not, and we make it easy to give with free and convenient pick-up. Give today to help support our military families. Call 855-962-2227 or visit asymca.careasy.org.

TAPS seeks mentors from military community

The Tragedy Assistance Program for Survivors (TAPS), a national organization providing compassionate care to those grieving the death of a military loved one, is looking for active duty, reserve, National Guard and Veteran community members to serve as supportive companions to children of America's fallen military heroes at the 28th Annual National Military Survivor Seminar and Good Grief Camp, May 26-30 in Arlington, Virginia. Learn more about becoming a TAPS Military Mentor visiting taps.org/militarymentor. Additional questions can be directed to the TAPS Youth Programs Team at mentors@taps.org or 800.959.TAPS (8277).



To those in uniform serving today and to those who have served in the past, we honor you today and every day.

ARMED FORCES DISPATCH 2604 El Camino Real #B280 Carlsbad, 92008 (619) 280-2985 www.afdispatch.com	VETERANS ASSOCIATION OF NORTH COUNTY 1617 Mission Ave, Oceanside (760) 722-1277 www.vanc.me	PERRY CHRYSLER DODGE JEEP RAM OF NATIONAL CITY 2340 National City Blvd. (877) 325-8099 www.PerryChrysler.com	WADE BLAIR KELLER WILLIAMS REALTY Save \$\$\$ with Homes For Heroes Program Buy • Sell • Refinance 760-889-0160 • wadeb@kw.com <small>DRE#01990732</small>	22nd ANNUAL OCEANSIDE DIA DE LOS MUERTOS Downtown • October 23 • 10-5 Classic car show, music, family festival FB: Friends Of Oceanside Dia De Muertos
SUBARU OF EL CAJON 900 Arnele Ave El Cajon, 92020 (619) 440-0404 www.SubaruOfElCajon.com	SOUTH COUNTY BUICK GMC 2202 National City Blvd (619) 419-0662 www.SCBuickGMC.com	MILITARY OUTREACH MINISTRIES Dr. Dennis Eley, Jr, Th.D., MBA 7997 Paradise Valley Rd, SD, 92139 militaryoutreachministries.org	SURF COINS AMERICAN WOMEN QUARTERS New coin program from the United States Mint Order online SurfCoins.com	SOCAL TRUCK ACCESSORIES & EQUIPMENT 10460 Mission Gorge Rd, Santee (619) 749-0742 www.SoCalTruck.com
EL INDIO MEXICAN RESTAURANT & CATERING 3695 India St • Downtown SD 619-299-0333 www.elindiosandiego.com	VET DISABILITY AID Alan Watt Know your rights...call today 760-585-4665 www.VetDisabilityAid.com	REFUEL AGENCY "We know that military families...read military print." We deliver target audiences www.refuelagency.com	WYLDE SYDES TATTOO 1515 Palm Ave #K1 San Diego, 92154 (619) 575-6792 www.WyldeSydesTattoo.com	NV5 ENGINEERING 15092 Avenue of Science # 200 San Diego, 92128 (858) 385-0500 www.nv5.com

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U.S. troops train Ukrainians in Germany

by Jim Garamone,
DoD News

U.S. service members in Germany have begun training Ukrainian soldiers on key systems being used to defend Ukraine against the Russian invasion, Pentagon Press Secretary John F. Kirby said April 29.

"These efforts build on the initial artillery training that Ukraine's forces already have received elsewhere and also includes training on radar systems and armored vehicles that have been recently announced as part of security assistance packages," Kirby said.

U.S. Army Europe and Africa is organizing the training in coordination with Germany.

Florida National Guardsmen, who were part of the Joint Multi-national Training Group in Western Ukraine and were ordered out of the country as the threat of the Russian invasion intensified, have reunited with Ukrainians in Germany and are again working to give the Ukrainians the knowledge they need to defend their country.

"The recent reunion of these Florida NG members with their Ukrainian colleagues, we are

told, was an emotional meeting, given the strong bonds that were formed as they were living and working together before temporarily parting ways in February," Kirby said.

The United States is not the only country training Ukrainian service members. On April 28, Canadian Defense Minister Anita Anand said Canadian service members were training Ukrainians on the M-777 howitzer in Europe.

This training effort is in direct support of recent U.S. security assistance packages "designed to help Ukraine win their battles today and build strength for tomorrow," Kirby said.

These systems are necessary to counter Russia's new push into the Donbas region of Ukraine.

This training package is just the latest in an effort that goes back to the break-up of the Soviet Union, but that intensified after Russia invaded Ukraine in 2014 and illegally annexed Crimea. "We're here today talking about the Florida National Guard," he said. "But as you all know, they were preceded by others of their colleagues going back over the last eight years."

That training effort has been key to Ukraine's stout defense of its capital city of Kyiv and the fight they are putting up in Donbas. The training helped transform Ukraine from a Soviet-style military to a more agile and deadly force. "They have better command and control," Kirby said. "They have better battlefield initiative. They have a competent noncommissioned officer corps that is empowered on the field of battle to make tactical decisions. That didn't happen by accident."

The bulk of the training on the new systems Ukraine is getting will be performed by the Florida Guardsmen. They can, of course, call on Army units in Germany to assist if they need it, the press secretary said.

U.S. officials want to make the training useful and constructive, but not onerous - meaning the Ukrainians are fighting a war in their country and do not have the time for long training classes. As such, the Ukraine military chose artillery personnel to learn to operate the M-777 howitzer. They have the background needed to operate artillery and just need to learn the peculiarities of the American system.

The same is true of radar op-

erators. While they will receive American systems, these soldiers have already learned about radar and just need to learn what buttons to push, or what pulses mean on American sets. These Ukrainians soldiers will then go back to Ukraine and teach their fellow soldiers how to use the equipment effectively.

"As you might imagine, these soldiers are eager to learn these new skills, but they're also eager to apply those new skills in the field," Kirby said.

The press secretary was asked about Russian nuclear saber-rattling. He said the United States continually watches the Russia's nuclear preparations, and officials believe U.S. deterrence is positioned correctly. He said the U.S. takes any threats seriously and is prepared.

"I'm not going to go into the psychology of [Russian President] Vladimir Putin," Kirby said. "It's hard to look at what he's doing in Ukraine, what his forces are doing in Ukraine and think that any ethical, moral individual could justify that. It's difficult to look at some of the images and imagine that any well-thinking, serious, mature leader would do that. So, I can't talk to his psychology. But I think we can all speak to his depravity."



The United States is not the only country training Ukrainian service members. On April 28, Canadian Defense Minister Anita Anand said Canadian service members were training Ukrainians on the M-777 howitzer in Europe. Courtesy photo

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DOD's great strength is its people, undersecretary says

by Teri Moon Cronk, DoD News

The Defense Department's greatest strength is its people, and DOD is proud to represent the 3.3 million service members and DOD civilians who defend the nation every day and their families who serve alongside them, Gilbert R. Cisneros Jr., undersecretary of defense for personnel and readiness told a Senate panel April 27.

Speaking before the Senate Armed Forces subcommittee on personnel, Cisneros said one of the earliest addresses DOD Secretary of Defense Lloyd J. Austin III made to the total force focused on how taking care of people was a national security imperative. "This administration has shown both in their words and actions that DOD will invest in our greatest strategic advantage. This commitment is evident in the FY 23 defense budget requests and our personnel policy efforts," the undersecretary said.

First, Cisneros focused on recruiting economic security, support to military families, the Independent Review Commission on Sexual Assault in the military and suicide. To build and maintain our global competitive advantage, we must recruit quality applicants in an ever-changing landscape, Cisneros said.

"The department is in fierce competition for skilled, relevant and innovative talent. The labor market, exasperated by the effects of the [COVID] pandemic and the military-civilian divide creates a challenging recruiting environment," he said. "But my team and I are working closely with [the service personnel chiefs] to leverage all authorities, resources and tools to address these challenges."

The pay raise of 4.6 percent in the budget requests, he added, will enable

recruiting, will appropriately compensate our workforce and support the overall economic security of service members and their families. "I cannot stress the economic security of service members and their families [enough] - [it] is critical to readiness."

In total, the existing military compensation benefits package is fair and compares favorably with the private sector, Cisneros said, adding, "To remain competitive, we must keep pace with private-sector wage growth, which this pay raise does."

DOD is addressing rising housing costs by temporarily adjusting the basic housing allowance for housing in high-cost areas, he said, telling Senate members, "And thanks to your leadership, we are implementing the basic-needs allowance with the first payment scheduled to go out in January 2023."

DOD's military families are vital to the readiness of the U.S. forces and DOD is broadening employment support to military spouses by expanding the Military Spouse Employment Partnership job-search portal, and working with all 50 states to improve state laws to ease occupational license portability, Cisneros said.

Likewise, the department is addressing access to childcare by increasing staff hiring, applying the \$15 per hour federal minimum wage to childcare workers, and providing service members' fee assistance to offset the cost of in-home childcare, he noted.

Taking care of DOD people goes beyond compensation, the undersecretary added. "We must eliminate sexual assault and harassment to preserve readiness in support of a resilient and cohesive force. The entire department continues to work to implement the IRC's recommendations. Our budget request of \$489 million will enable us to invest in prevention to eliminate those wrongs," he said.

DOD is committed to making cultural changes at every installation worldwide to tackle this problem, Cisneros said.

"We're also steadfast in our commitment to suicide prevention, and the well-being of service members and their families - especially in light of the recent incidents involving those assigned to the USS George Washington," the undersecretary said. "They are tragedies and we're working to learn more and to ensure the Navy has every resource they need."

Additionally, DOD is taking a public-health approach targeting various underlying risk factors and mental-health stressors, Cisneros said. "We are enhancing protective measures such as social connections, coping skills and safety. We are working to address the shortage of mental health providers, which is a nationwide problem. This includes providing care for anyone who needs it, whether this is in our direct-care system or using our private sector network," he emphasized.

Lastly, the undersecretary highlighted the department's efforts in the Diversity, Equity, Inclusion and Accessibility space. "Enhancing the EIA across DOD maximizes its ability to recruit and retain top talent," he said, adding that Austin recently designated him as the chief diversity and inclusion officer for DOD.

"In this role, I will continue to bring about long-term changes and work to support the factors that promote racial, ethnic and gender diversity and inclusion," Cisneros said. "I will take steps to ensure our total force has an opportunity to achieve their professional goals, and as a cohesive and ready force that reflects the diversity of our nation."



KD VETERANS MEDICAL ASSESSMENT

Veterans, if you need a nexus letter, Independent Medical Opinion, or Disability Benefits Questionnaire; please call KDVMA. Our physicians often find relevant medical information in your files that expressly connect your disability, occurrence or aggravation of a disease or injury in service. Visit us now at www.kdvma.com or call us at: **678-349-1816**

Total Navy Battle Force: 298

Ships underway
 Deployed ships: 50
 Non-deployed ships: 14
 Total ships: 64

Ships deployed by Fleet
 Fleet Forces, 2: 3rd Fleet, 0: 4th Fleet, 2: 5th Fleet, 13: 6th Fleet, 26: 7th Fleet, 70
 Total 113

Foster continued from page 1 to their case manager.

Not long after, we were asked to continue caring for the children in a more permanent capacity. It was a no brainer for us. Even after such a short amount of time, we'd already developed a bond.

The transition to long term care of the boys had its challenges; after all, we had doubled the number of kids in the house overnight. We weren't sure how we would do it, but I couldn't turn a blind eye to the situation and leave the boys at the mercy of the foster care system.

It took some time and a healthy amount of patience, but we finally realized we needed to meet them where they were and guide them step-by-step, ensuring they understood they were safe with us.

Our children had to adjust to the boys and the new family dynamic just as much as the boys had to adjust to a change in their environment, but I knew we'd all pull through it together. In December, almost three months after we brought them into our home, Amber and I knew our family would never be the same. While recording a video for her grandpa, our 7-year-old daughter, our eldest, referred to the boys as her "brothers" for the first time, a moment I'll cherish forever.

It was around that time, with the family settling in to our new normal, that I learned I would be PCSing, moving to a new duty station, the following summer, about one year sooner than I anticipated. While excited for a career enhancing opportunity, I wondered what this move would mean to the boys, worried they would lose all the progress they made when placed with a new foster family.

Amber and I wanted to do

whatever it took to keep the boys in our custody. They were part of the Elders Clan now. We wanted to adopt them, but there wasn't enough time to complete the requirements prior to our move.

We asked OCS if we could become the legal guardians for the boys. Not only did their case manager agree that was the best option, but also worked to expedite the process of assigning Amber and myself as legal guardians for the three boys indefinitely.

Our family, almost doubling in size overnight, fills me with joy every single day. Watching the boys learn, develop and grow, while seeing the compassion and acceptance of our biological children, fills me with pride.

Six kids under seven can make for a chaotic household sometimes, but the smiles and laughter from building blanket forts and riding bikes makes it all worth it.

And, at the end of the day, if I can take a child out of a situation like the one I grew up in, and give them the love, care and resources to overcome their past, that's how I'll serve my community. The Army community has given me so much, I know without a doubt the boys will grow up to be strong, resilient and selfless, just like all the other military kids across the world.

Today, as our family begins planning for the upcoming move and the start of a new chapter in our lives, Amber and I want to officially welcome our "bonus boys" into the fold as the newest members of the Military Child Community.

*** It should be noted that, for legal purposes, some names and details are not mentioned in this article to respect the privacy of children and other parties. ***

4 www.armedforcesdispatch.com THURSDAY, MAY 5, 2022

Places of Worship

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

Bayview Church
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 & Thursday 6pm, Wednesday 5:30pm & Saturday 9am
www.bayviewbc.org info@bayviewbc.org

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

Christ Community Church
Helping people love God and each other!
 Services Onsite or Online Sundays 8:45 & 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

First Baptist Church of Coronado
"Reach Up, Reach Out, Reach Our World"
 Jim W. Baize, Pastor www.fbcoronado.com
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 (858) 454-6459
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Managing the gender divide at work

by Dr. Daneen Skube,
Tribune Content Agency

Q: I'm a guy and find many women at work drive me crazy. They cry which makes me uncomfortable. They're critical which makes me defensive. Plus they seem to question every direction from our management. I don't enjoy being politically incorrect but what are the gender differences and how can I manage the gender divide?

A: You're making a biological -- not political -- observation that men and women differ in how they usually perceive the world. Being aware of research on gender differences will help you understand and work effectively with these differences.

Research tells us when male or female hormones hit the baby's brain in the womb the brain develops very differently. A middle bridge between right and left hemispheres called the corpus callosum is thick in women and thin in men. A thick membrane allows women to shuttle quickly between left/right brains. Men tend to get stuck in one side or the other.

What this means is women easily move from emotion

and language. Men get stuck in either emotion or rational thought. Men often react to women's fluid and easy articulation of feeling (like crying) by freezing up and wanting to escape.

When we study male reactions to intense emotion we see that male heart rates, blood pressure, and other vitals go sky high. Emotional intensity can flood men and they can go into fight or flight.

When men are flooded they are not judging women's easy emotional expression they just cannot keep pace. Think of it this way: Most men have more muscle mass than most women. Most women are stronger in the face of emotional intensity than most men.

If women were facing the task of lifting a heavy desk, most men would recognize a strength difference and offer assistance. When men are facing the task of lifting heavy emotions, women can recognize this and offer aid as well.

Keep in mind emotions are internal. Verbal expression is external. Skillful interpersonal

conversation means both men and women can avoid flooding each other by diplomatically selecting how they express emotion.

Some other tips, during communication women tend to ask questions. Men tend to accept direction. Women do not intend disrespect in their inquiries, but are earnestly seeking more data.

In conversation men tend to get straight to the point. Women tend to provide context and take a while to get to the point. Women may not realize that men stop listening if they do not state their point and work backwards to provide context.

Both women and men can come across as "critical" in discussions. We often find it easier to complain generally (i.e. you never support the team). Rather than make requests specifically (i.e. I need your charts before the meeting).

Like most generalizations my readers will find exceptions. If you're interested in this topic, there are many helpful books that go much deeper than my overview. Research on gender

differences gives us the understanding to have compassion for the way men and women differ. We can then craft our communication strategies to respond and not just react to gender differences.

The natural differences between men and women complement each other. Where one gender has natural strength the other gender may struggle. The reality is our differences at work can be a source of creativity, collaboration, and inspiration. If we work with -- not against -- the gender divide we each have the freedom to bring our best selves to work.

The last word(s)

Q: I handle success well and really get down about disappointments. Is there any clever tip for managing disappointments?

A: Yes, try on the theory that the universe is always conspiring for your benefit even when the road to your dream is blocked. Blocked roads will generally lead you to richer opportunities even if they cost you an initial disappointment!

Veterans and spouses, find your next career at no cost with HireMilitary

HireMilitary can help members of the military community translate skills and experience into secure, meaningful career opportunities. HireMilitary's team includes Veterans and military spouses who have successfully transitioned, so they speak the language and know what goes into finding a job after the military.

HireMilitary has a vast network of employers, from small businesses to Fortune 500 global brands, that want to hire Veterans and military spouses. When Veterans and spouses join HireMilitary's free talent pool, they are immediately matched to job opportunities around the country based on skill sets and interests.

Job openings are updated daily and are available to all Veterans and military spouses. It's easy to join the talent pool. Click the link below, fill out a brief form and upload a resume: <https://tenovallc.pinpointhq.com/register-your-interest/new>.

What to expect next

After submitting the form, HireMilitary's team will provide a link to all current job openings and will continue provid-

ing updates as new positions become available. Joining the talent pool makes you a part of the HireMilitary network, where the recruitment team shares job opportunities, knowledge and experience to help members of the military community successfully land their next job.

Additional free job assistance

HireMilitary provides additional free job support services, such as crafting competitive resumes, preparing for interviews, and guiding members on the job search journey. HireMilitary can also facilitate introductions to mentors in any career field and connect Veterans and spouses with no-cost training opportunities for role-specific certifications with corporate partners.

The sharing of any non-VA information does not constitute an endorsement of products and services on the part of VA. Verify information with the organization offering.



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Mercy hospital ship departs for Pacific Partnership 2022

I LOOK FORWARD TO EXCHANGING EXPERIENCES AND EXPERTISE WITH OUR HOST AND PARTNER NATIONS TO COLLECTIVELY BUILD SKILLS THAT WILL LAST WELL AFTER THE MISSION," SAID CAPT. HANK KIM

Military Sealift Command hospital ship USNS *Mercy* (T-AH 19) departed San Diego, May 3, marking the beginning of Pacific Partnership 2022.

Now in its 17th year, Pacific Partnership is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific. The Pacific Partnership 22 team will work with host nation counterparts and regional partners to provide tailored medical, dental, and veterinary care and conduct bilateral engineering civic actions, and exchange information related to disaster response processes and procedures.

As part of PP22, *Mercy* and the mission team will conduct missions throughout Oceania and the Western Pacific. Typical Pacific Partnership events include the building of schools, medical and engineering expert exchanges, and host nation outreach events.

"Pacific Partnership is a unifying mission that builds trust among nations to work efficiently together in preparing to respond in crisis," said Navy Capt. Hank Kim, Pacific Partnership 22 mission commander.

"I look forward to exchanging experiences and expertise with our host and partner nations to collectively build skills that will

last well after the mission."

For more information about Pacific Partnership and *Mercy*:

- www.facebook.com/USNS-MERCY, www.facebook.com/pacificpartnership, or <https://www.msc.usff.navy.mil/ships/mercy/>.

- Task Force 73 public affairs can be reached at CTF73_Public_Affairs@fe.navy.mil.



The "sea and anchor detail" is set as Military Sealift Command hospital ship USNS *Mercy* prepares to depart from Naval Base San Diego May 3, marking the beginning of Pacific Partnership 2022. Navy photo by MC3 Sang Kim

Navy fires commander of submarine training facility following investigation

by Caitlin Doornbos
Stars and Stripes

WASHINGTON - The commanding officer of Submarine Training Facility San Diego was fired following a Navy investigation, the Naval Education and Training Command said April 29 in a statement.

Cmdr. Jared Severson, who is from Colorado, lost his position Thursday "due to a loss of confidence" in his leadership ability based on the findings of a command investigation, according to the statement.

The Navy declined to detail the investigation's focus or its findings.

"Due to the ongoing nature of the investigation, it would be inappropriate to provide further information at this time," said Cmdr. Brian Wierzbicki, NETC spokesman.

Capt. Steve Anteliff, commander of the service's Submarine Learning Center, made the decision to remove Severson, who had led the training facility command since June, according to the Navy.

The submarine training facility at Naval Base Point Loma in San Diego provides basic training for officers and en-

listed sailors to attain necessary qualifications and certifications, according to its website.

Severson was reassigned to Submarine Squadron 11, also at Point Loma. The service did not say what his position will be there.

Severson, a submarine warfare officer, enlisted in the Navy in May 1999 and commissioned as an officer in September 2001, according to his service record. He previously served at Submarine Development Squadron 5 in Siverdale, Wash., and Submarine Force Atlantic in Norfolk, Va.

Lt. Cmdr. Chris Lindahl, who is from North Carolina, has taken command in Severson's place. He had been serving previously as the training facility's executive officer.

Severson's photograph and biography were removed from the Submarine Learning Center's website and replaced with Lindahl's as of Friday morning. Lindahl commissioned in 2007 through the Naval ROTC program at Virginia Tech University, according to the website. He holds a Bachelor of Science in electrical engineering and a master's degree in engineering management.

Tactical Communications Command welcomes new boss - CORONADO - Naval Special Warfare (NSW) Tactical Communications Command (TCC) 1 held a change of command ceremony April 28. Cmdr. Taylor Forester relieved Cmdr. Blythe Blakistone as Commander, Tactical Communications Command 1. Naval Special Warfare Group 1, which mans, trains and equips West Coast-based SEAL Teams, is comprised of SEAL Teams 1, 3, 5, and 7 as well as Logistics Support Unit 1 and TCC-1. TCC-1 supports SEAL Teams, other special operations forces, and conventional forces worldwide by providing tactical communications in all environments and levels of conflict. Blakistone took command in 2020 and was the first woman to command an NSW unit. During her time in command, she saw that TCC-1 delivered a reliable, go-to capability for NSW in a dynamic environment. Forester was previously assigned to NAVIFOR West where he deployed on USS *Makin Island* and led the Amphibious Squadron Three Information Warfare team through pre-deployment workups, an extended 5th and 6th Fleet deployment, three multinational exercises, and joint operations.

USS *Spruance* completes repairs in Sasebo - SASEBO, Japan - Destroyer USS *Spruance* departed Fleet Activities Sasebo after completing an eight day voyage repair availability. The VRAV comes nearly four months into *Spruance*'s scheduled deployment to the U.S. 7th Fleet area of operations. The eight-day repair period included critical maintenance of navigation, combat systems and engineering equipment vital to continuing the mission, conducting cooperative security engagements with regional partner nations and enhancing maritime security relationships during the ship's rotational deployment to the Indo-Asia-Pacific.

Navy completes investigation into fatal helicopter crash - SAN DIEGO - On April 18, the Navy concluded its command investigation into the crash of the MH-60S Seahawk that occurred in the Eastern Pacific Ocean on August 31, 2021. The helicopter fell into the sea shortly after landing on *Abraham Lincoln* aircraft carrier, resulting in the deaths of five members of the aircrew. The investigation found that there is no evidence that pilot or aircrew error was a causal factor in the crash. The investigation determined that the crash was caused by an in-flight failure of a damper hose, resulting in total loss of the main rotor damping which led to severe vibrations upon touchdown. A redacted version of the findings from the command investigation is available on the Pacific Fleet on-line FOIA Reading Room, <https://www.cpf.navy.mil/FOIA-Reading-Room/#release-181321>.

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North County/Camp Pendleton

Leadership progression



Brig. Gen. Jason Woodworth, right, commanding general for Marine Corps Installations West, Camp Pendleton, shakes the hand of a Marine during a senior leadership seminar at the Marine Corps Family Team Building Center April 25. Navy and Marine Corps senior officers mentored and networked with junior officers to support their leadership progression and career development. Photo by Lance Cpl. Shaina Jupiter

Rigors of OCS



Marine Corps Gunnery Sgt. Benjamin O. LeBaron Montes, a sergeant instructor with Alpha Company, Officer Candidates School, corrects a candidate with Officer Selection Team San Diego during an OCS preparation weekend at Edson Range, Camp Pendleton April 30. The OCS preparation weekend is designed to prepare aspiring Marine Corps officers mentally and physically for the rigors of OCS. Marine Corps photo by Staff Sgt. Kelsey Dornfeld

Lance Cpl. Jourdan Fenwick, a crew chief with Marine Light Attack Helicopter Training Squadron 303, Marine Aircraft Group 39, 3rd Marine Aircraft Wing, observes a mass flight at Camp Pendleton April 28. HMLAT-303 is the fleet replacement squadron for the H-1 series aircraft, responsible for training Marines to safely fly the Marine Corps attack helicopters. Marine Corps photo by Cpl. Sarah Marshall



MCCS Miramar invites you to sign up for June 25 Wings Over Miramar Flight Line 5k

Register for one of your most memorable 5K's right now! Run on the MCAS Miramar flight line where aircraft take off every day in the Wings Over Miramar Flight Line 5k. Have the chance to walk squadron row filled with military individuals, see real life military aircraft, and receive your unique participation t-shirt and coin. Register here: <http://www.mccs-miramar.com/wingsovermiramar/> #WingsOverMiramar #SanDiego5K #runnersofinstagram #MCCSMiramar #MCASMiramar.

Welcome Aboard Brief: Camp Pendleton base info to help you settle in

It is a pleasure to welcome you to the Marine Corps Community Service, Marine Corps Base Camp Pendleton. Join us on Wednesday, May 11 from 8-11:30 a.m. for an information session.

Our primary goal at MCCS is to provide base information and help you settle into your new duty station. We will introduce you to the on and off base community as you adapt to on-base MCCS Events and Facilities:

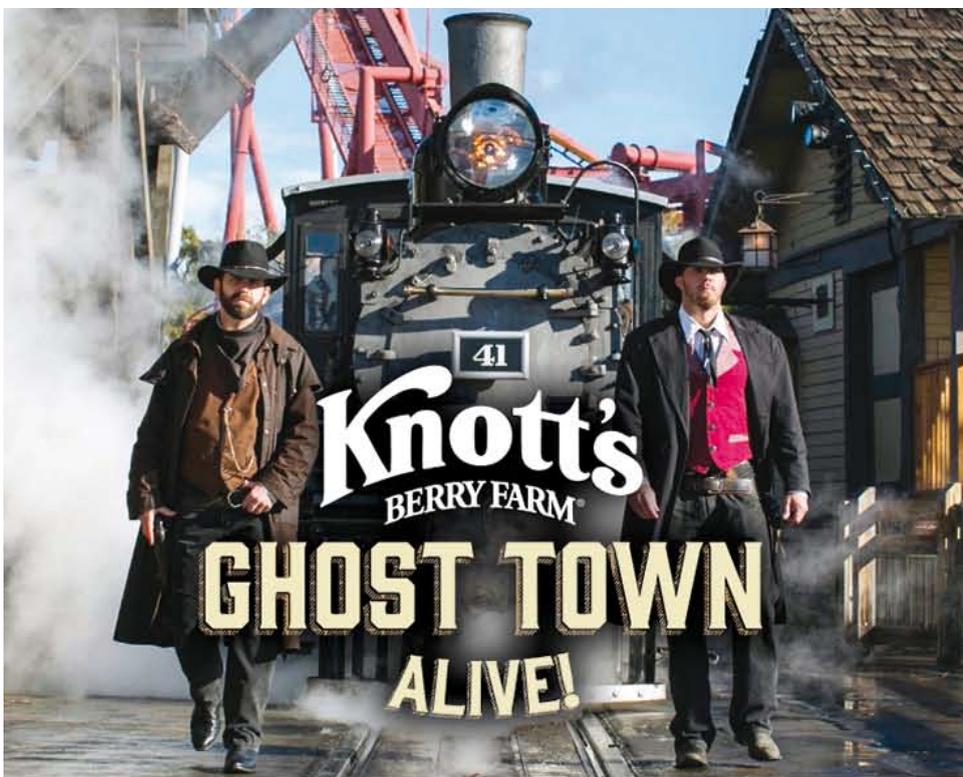
- I&R/Relocation Services • Family Member Employment Assistance
- Personal Financial Management • Career Services
- TRICARE Health & Dental

and more base and local agencies will be available to welcome you with information on your new location!

Class is limited to 50, pre-registration is required. Spouses and Family members are encouraged to attend! Doors open at 7:30 a.m. at the Base Theater located at 2010 Vandegrift Blvd.

MCCS Camp Pendleton slates free event thanking Camp Pendleton spouses

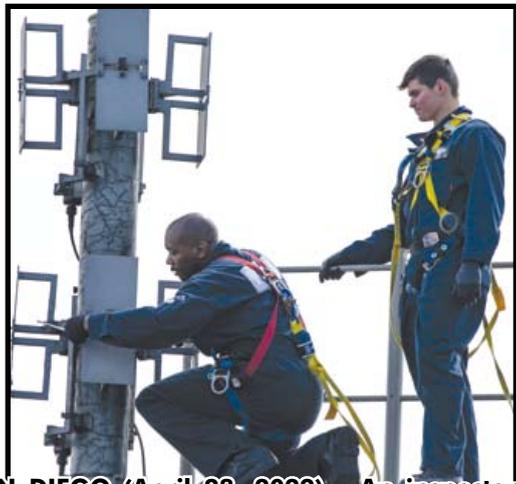
Happy Military Spouse Appreciation Day to all our spouses across Camp Pendleton. We would like to honor your contributions and sacrifices by inviting you to attend our Spouse Appreciation event at Lake O'Neill on Thursday, May 12 from 10:30 a.m.-3 p.m. Let us take care of you with a variety of self-care giveaways, light snacks, and beverages. Registration required at <https://www.mccscp.com>.



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PHOTO GALLERY



SAN DIEGO (April 28, 2022) - An inspector, from Type Commander Inspection Team, left, and Information System Technician 3rd Class Matthew Pena inspect equipment while aloft aboard *Makin Island* amphibious assault ship April 28. Navy photo by MCSN Kendra Helmbrecht



Marine Corps Master Sgt. Anthony R. Schannette, left, aviation operations chief assigned to Marine Aviation Weapons and Tactics Squadron One, receives his certificate of retirement aboard Midway Museum April 27. Schannette retired after 21 years of service. Photo by Lance Cpl. Ruben I. Padilla



Aviation Ordnanceman 3rd Class Kennedy Lunasquez loads a .50-caliber machine gun during a live-fire exercise. The Abraham Lincoln Carrier Strike Group is on deployment in the U.S. 7th Fleet area of operations. Navy photo by MC3 Javier Reyes

SAN DIEGO (April 28, 2022) - Capt. Kim Davis, Navy Medicine Readiness and Training Command San Diego's skipper (center left), and



HM3 Jessica Harris (center right), pose with Harris' shipmates after she was announced as Junior Sailor of the Quarter FY22. Photo by MC3 M. Merriquer



Fletcher Elementary, Navy launch 'Stories with Sailors' partnership to promote literacy

Sailors and command staff from the Navy's VRM-50 Sun Hawks squadron visited Fletcher Elementary School April 29 to kick off a new educational partnership designed to encourage reading and support early literacy.

This new "Stories with Sailors" program will bring Navy personnel to Fletcher Elementary to meet with students, share stories, and read aloud, in addition to joining school staff in other class activities.

The commanding officer, executive officer, and command master chief from VRM-50 were in attendance for a campus tour, read-alouds, and the official signing of the partnership agreement.

Fletcher Elementary School has set an aggressive goal to increase literacy rates and bring every student above grade-level reading within a year. Many Fletcher students also come from military families, including some who currently have a parent deployed overseas.

VRM-50 is a Fleet Replacement Squadron (FRS) for the CMV-22B Osprey aircraft, new to San Diego, and now based at Naval Air Station North Island. The Stories with Sailors partnership provides a way for the Navy personnel to engage with and give back to their new community, while providing Fletcher students with guest readers and a fun way to celebrate books.

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Foundation for Women Warriors to host Mother's Day drive to benefit veteran moms

SAN DIEGO - Foundation for Women Warriors, based in San Diego, will host a Mother's Day Drive now through the end of May 2022 to benefit veteran mothers and their children living in Southern California.

Among the women veteran community served by Foundation for Women Warriors, 77 percent of those in its financial assistance programs are single parents who often struggle to afford necessary items that many see as a given. This year's Mother's Day Drive will help veteran moms acquire essential goods such as hygiene supplies, strollers, car seats and baby blankets.

Foundation for Women Warriors' Mother's Day Drive is an annual component of the organization's ongoing transition and emergency services program that also provides stipends for housing and childcare, which is particularly timely with summer break approaching – a time when many of the organization's clients rely on Foundation for Women Warriors' childcare assistance program to be able to afford childcare and work without disruption.

In past decades and in current times, childcare has been a massively overlooked issue during the military-to-civilian transition process. From daycare and camp stipends to supplies, increasing needs and the current rate of inflation have caused many local veterans' cost of living to nearly quadruple.

In conjunction with offering financial and childcare assistance, Foundation for Women Warriors provides monthly baby showers and essential goods distributions, and this year alone has served close to 1,200 women and children through all of their programs. To help meet more veterans' needs, the organization welcomes community donations in the following forms:

- Send items to Foundation for Women Warriors' warehouse in Vista through the organization's 2022 Mother's Day Drive Amazon Wishlist

- *Host a mom-themed drive with friends, family or co-workers. E-mail info@f4ww.org for materials to support your drive.

- Make a monetary contribution of any amount, which will go toward: \$25 provides baby bottles and infant sleepwear, \$50 provides a one-month supply of diapers or a crib mattress; \$100 covers a lightweight travel stroller; \$200 covers an adjustable car seat or convertible crib; and \$1,500 covers one month of Summer Camp.

Learn more at <https://foundationforwomenwarriors.org/event/mothers-day-drive-2022>.

Tragedy Assistance Program for survivors seeks service members

The Tragedy Assistance Program for Survivors (TAPS), a national organization providing compassionate care to those grieving the death of a military loved one, is looking for active duty, reserve, National Guard and Veteran community members to serve as supportive companions to children of America's fallen military heroes at the National Military Survivor Seminar and Good Grief Camp, May 26- 30 in Arlington, Va.

Surviving children from across the country, ages 5 – 18, will come together and connect with other children who have experienced similar losses – creating lasting friendships, learning coping skills and honoring their fallen service members. At TAPS, military mentor companionship for children grieving the death of a military family member is the foundation of a caring TAPS family and Good Grief Camp programming. Military mentors are needed to pair with these children and work in small groups facilitated by an experienced leader.

Volunteering as a military mentor has a tremendous impact on surviving children. The one-on-one time with a military mentor gives children and teens the companionship and support needed to connect with their peers and engage in activities. Individual pairing with military mentors also signals to each child that they are worthy of the time and attention of others and maintains their connection to the military community. Compassionate and caring companionship from military mentors builds resilience, develops leadership skills and improves the healing process through positive role modeling. Most importantly, it creates hope.

TAPS understands that many of our Nation's service members and Veterans are survivors, too, having experienced the traumatic loss of a battle buddy. While TAPS provides a safe and supportive place of healing for surviving families, it also offers a healthy, supportive environment for our military mentors, where service members and Veterans can learn to effectively express their grief and process emotions alongside their mentees as well as among their peers.

Learn more about becoming a TAPS Military Mentor by visiting taps.org/militarymentor.

VA adds respiratory cancers linked to burn pits to disability list

The Department of Veterans Affairs has published an interim final rule in the Federal Register (page 24422) adding certain rare respiratory cancers to the list of presumed service-connected disabilities caused by military environmental exposure to particulate matter. This issue was first noted in the March 4, 2022, NewsBytes. This regulation is effective immediately. The VA determined through a review of scientific



and medical evidence there is biologic plausibility between airborne hazards, and carcinogenesis of the respiratory tract, and that the unique circumstances of these rare cancers warrant a presumption of service connection. These ailments are listed in the interim final rule and the March 4, 2022, NewsBytes.

VA Telehealth reduces suicide for rural vets A recent study by the Department of Veterans Affairs finds that vets with mental health issues were more likely to get online treatment after receiving smart devices from the VA, reducing their risk of suicide during the COVID-19 pandemic. The study of 471,791 rural veterans with a history of mental health care was published in the journal of the American Medical Association. The report notes the U.S. suicide rate is the highest since World War II and that veterans are one-and-a-half times more likely to commit suicide than non-veterans. Rural areas are particularly at risk because of higher unemployment and lack of health care resources. Both were problems that became exacerbated by the COVID-19 pandemic.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

When we were stationed in Virginia, I had a small book of quotes about motherhood that, along with Life's Little Instruction Book by H. Jackson Brown, Jr., I kept on a three-legged table in the powder room, stacked neatly on top of two National Geographic magazines. The pair of books paid equal homage to the males and females using our facilities. Besides, I figured that anyone staying in our bathroom long enough to read might as well enrich themselves while they're at it.

I'd received the motherhood book years ago as a baby shower gift from someone I'd forgotten. Perhaps I was feeling the kind of pre-natal hormone surge that turns mortal women into teary-eyed cornballs, but I recall being touched by the gift, and envisioned my family pondering its inspirational quotes and appreciating their loving matriarch for years to come.

When our military family moved from Virginia to Germany, to Florida, and to Rhode Island, the movers packed up the books along with other bathroom accessories – a wicker tissue box cover, a decorative soap dispenser, fingertip towels, a little dish for matches, and the three-legged table. In every new location, I faithfully placed the little motherhood book back in its traditional spot.

Understanding mom

Even though this routine went on for 15 years, the book's binding somehow remained crisp. Apparently, no one in my family was interested. Admittedly, the few times I tried to read the book it bored me to tears. Its heartfelt reflections about the nurturing bond between mother and child made reading the back of the antibacterial soap bottle seem far more entertaining than the perusing the book's clichéd drivel.

Sure, I've experienced the indescribable joys and deep-rooted connections unique to motherhood. I've felt every saccharinely trite, sickeningly sentimental, and shamelessly schmaltzy emotion when mothering my own three children.

When they were young, our children gladly accepted my frequent outward displays of motherly affection, often reciprocating with cuddles. On Mother's Day, they were so excited to present me with construction paper cards and popsicle stick crafts they'd made at school, animated with crayon stick figures or strung with macaroni.

However, our children grew, eventually reaching their teens, and now, are in their twenties. Naturally, I've stopped being the center of their universe. I've learned that my maternal displays of physical affection have become somewhat irritating, and I shouldn't expect reciprocation, unless I want to see my adult children's eyes roll, which I certainly do not.

My son doesn't understand why I still smooch his prickly cheeks. My middle child thinks it's weird

that I breathe in her hair when I hug her. My youngest doesn't get why I regularly stop on the stairs to sigh at the framed photo of her as a newborn wrapped in a tiny flannel blanket.

No little book of mush will make them understand what I know. I've learned over the years that true appreciation for motherhood is best felt, not described in words on a store-bought Mother's Day card or in a schmaltzy book on a three-legged table in the bathroom. In other words, the best way to fully comprehend the instinctual and emotional feelings of motherhood is to experience parenthood for oneself.

Thankfully, our three children are too wrapped up in their twenty-something lives to consider procreating anytime soon, which is fine by me. In the meantime, I'll try to let it go when they act like Mother's Day is a hassle. I'll pretend I didn't hear them say, "What do you mean we're going to early church because we have to take Mom to brunch?!" I'll smile and thank them when they give me cards they hastily picked up from 7-Eleven. And I'll bite my lip when my husband blurts out his brunch order before mine.

We moms can wait for our children to experience parenthood in order to be truly appreciated, because motherhood has taught us patience, selflessness, and love unencumbered by conditions.

When our children finally figure that out, they may not come running home to show their undying love and appreciation, but maybe, just maybe, they'll stop being the first ones to let go when we hug them.

Fabulous Fords Forever with tire shredding & wall-pounding drifting video

Recently, Fabulous Fords Forever — showcasing the rich history of the Ford Motor Company and presented by the Ford Car Club Council — celebrated its 36th anniversary. Back when I first started covering this event,

AutoMatters™ & More



by Jan Wagner

it was held in a large parking lot outside of Knott's Berry Farm. The show eventually outgrew the parking lot at Knott's and moved over to its current venue: Irwindale Speedway.

Trekking in to Fabulous Fords Forever from the parking lot (or, if you were lucky, from where you parked on the Irwindale race track), you could not help but notice the sounds of roaring engines and the screeching tires of drifting cars, as they emanated from the grandstands just inside the show and on your left. Much to our delight, this was going to be more than just a great car show — this was going to be a thrilling, action-packed motorsports event too!

1,000 Ford, Mercury and Lincoln vehicles were on display, ranging in age from a Ford Model T to a corporate display of current Ford cars and trucks. By far the largest model represented was the Mustang, with 596 cars! Exhibitors came from seven states and Canada. There were also numerous

sponsor displays.

Many vehicles caught my attention, including the custom 1949 Ford F-5 former gravel truck built by Mitch from Simi Valley, California. It used to have a dump bed. You could see the original nomenclature on the side of the truck. To perform the restoration over five years, Mitch grafted two wrecked dump trucks together. He has since been driving it for 15 years. It is powered by a 7.3-liter Power Stroke Diesel engine, complete with the running gear from a 1996 Ford F-350. It has suspension seats and a chopped top (by 3-1/2 inches). The two tanks in the back hold about 32 gallons of diesel fuel. More advanced than a typical "Rat Rod," it has such modern features as anti-lock rear brakes, a full complement of on-board computers that perform engine management and run the fuel injection system, and a smaller snail on the turbocharger so that it makes more pressure. It produces about 400-hp and 700 ft. lbs. of torque. It is said to run very well and is very drivable. It was last shown about 14 years ago at Fabulous Fords Forever, when it was held at Knott's Berry Farm, and also at a Goodguys event.

Since I had just seen and shot a video that included an incredibly well-handling Ford Maverick at the Goodguys Del Mar Nationals Autocross, I also spoke to Javier — the proud owner of a red, custom, 1972 Ford Maverick that he's had for about 20 years. This car is built to autocross, with a 352-hp (at the wheels) 347 Stroker engine and a five-speed Tremec, 3.70 gears, 6-piston power Wilwood front brakes with 12-inch rotors (elevans at the back),

power steering, sub-frame connectors, coilovers (height-adjustable front and rear) and a 3-link RS rear suspension kit from Australia. The seats, complete with power side bolsters and lumbar support, are from a 1991 Corvette ZR-1. He had Maverick patches custom-made to cover Corvette. He bought this set of seats (new price: about \$3,400) for only \$200 at a swap meet! This is his daily driver, and he's driven it as far away as Mexico and Las Vegas. You have to believe him when he says that this car handles like it is on rails, and is a LOT of fun to drive!

The Ford Car Club Council consists of 38 member clubs, with support from the Ford Motor Company and Southern California Ford Dealers. Without support from all of them, this fantastic car show could not exist.

It might embarrass him to be recognized, but I'd like to give a special shout-out to John Clinard — car enthusiast extraordinaire, occasional senior concours judge, and a long-time representative of the Ford Motor Company — working even in his so-called and well-deserved retirement (I can appreciate doing that, as I am in a similar situation). John was instrumental in graciously granting me press access to Ford back when I started my column and met him 20 years ago. Thank you, John!

Watch the drifting video, to see the most photos and the latest text from this column, and to explore a wide variety of content dating back to 2002, visit AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2022 by Jan Wagner — AutoMatters & More #740

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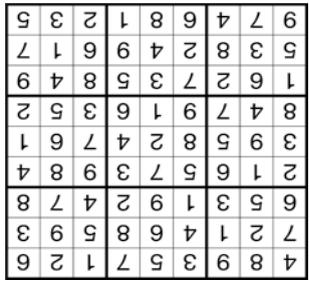
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Together we RISE, Fri-Sat, Oct 7-8. RISE is a space away from the everyday. A naturally inspiring setting paired with entertainment, food, and artistic spaces. Culminating in the world's largest sky lantern release. Join us for our 8th year in the Mojave on Jean Dry Lake bed just 25 miles south of Las Vegas. Tickets are selling fast. Get yours now! An experience you'll never forget. <https://risefestival.com/>

GI Film Festival San Diego Tickets on sale now. For the May 17-21 military-themed film festival returns to Museum of Photographic Arts for in-person screenings with a lineup of films that highlight diverse military experiences and untold stories. More info: GIFilmFestivalSD.org

SD Padres vs. Miami Marlins at Petco Park, Thur, May 5 6:40pm; Fri, May 6 6:40pm; Sat, May 7 5:40pm. www.mlb.com/padres

Gator by the Bay at Spanish Landing Park. Thurs-Sun, May 5-8. www.gatorbythebay.com

Military Spouse Appreciation Day. Fri, May 6 Laguna Kahuna Challenge at California Watersports, Fri, May 6, 9am-12pm. www.agua-hedionda.org

Kids' Night Out at Poway Community Park, Fri, May 6, 4:30-9pm. www.poway.org

Eric Church at Pechanga Arena San Diego, Fri, May 6, 8pm. www.pechangarena.com

Spring In To Camping at Lake Poway Fri-sat, May 6-7. www.poway.org

Walk For Animals at NTC Park at Liberty Station, Sat, May 7, 7am. www.sdhumane.org

Guided Nature Walk, Sat, May 7, 9:30-11am. Free. Mission Trails Regional park. mtrp.org

Baseball: SDSU Aztecs vs. Air Force at SDSU, Sat, May 7, 6pm. www.goaztecs.com

Mira Mesa Arts & Crafts Market, Sat, May 7,

11-5. First Baptist Church of Mira Mesa, 10770 Rickert Rd.

Gladys Knight at Pechanga Resort Casino, Sat, May 7, 8pm. www.pechanga.com

San Dieguito Art Guild Mother's Day Weekend Art, Garden, and Studio Tour. Sat-Sun, May 7-8. www.sandieguitoartguild.com/mothers-day-tour/

Viva La Musica at SeaWorld San Diego, weekends only, May 7-22. seaworldsandiego.com

Mala at The Old Globe. Sat, May 7-June 12. www.theoldglobe.org

Mother's Day! Sunday, May 8 Guided Nature Walk, Sat, May 7, 9:30-11am. Free. Mission Trails Regional park. mtrp.org

SD Padres vs. Chicago Cubs at Petco Park, Mon, May 9 6:40pm; Tues, May 10 6:40pm; Wed, May 11, 6:40pm. www.mlb.com/padres

Wishbone Ash Phoenix Rising America Tour ft. Argus Live. Belly Up, Mon, May 9, 8pm.

Tuesday Night Comics at North Coast Repertory Theatre, Tues, May 10, 7:30pm. www.northcoastrep.org

Member Appreciation Days at San Diego Zoo and San Diego Zoo Safari Park. Tues-Thurs, May 10-12. www.sdzwa.org

Memphis at Moonlight Amphitheatre. May 11-28. www.moonlightstage.com

Dennis Quaid at Belly Up, Thurs, May 12, 8pm. www.bellyup.com

Jeffrey Ballet at San Diego Civic Theatre, Sat, May 14, 8pm. www.sandiegociviltres.org

Mad Hatters Farm Expo at Bates Nut Farm, Sat, May 14, 11am-5pm. www.batesnutfarm.biz

Western Surfing Association West Coast Championships at Churches Beach in San Clemente. Sat-Sun, May 14-15. www.surfwsa.org

ROY'S SUDOKU

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

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, May 5

6pm The Lost City pg13

Friday, May 6

6pm Sonic the Hedgehog 2 pg

Saturday, May 7

3pm Sonic the Hedgehog 2 pg

6pm Ambulance r

Sunday, May 8

1pm Sonic the Hedgehog 2 pg

3:40pm The Lost City pg13

Thursday, May 12

6pm Ambulance r

Friday, May 13

6pm Fantastic Beasts: The Secrets of Dumbledore pg13

Lowry Theater - NASNI,

619-545-8479

Bldg. 650

Outside food and beverage are NOT permitted. Debit/credit cards only

Friday, May 6

6pm Sonic the Hedgehog 2 pg

Saturday, May 7

3pm The Lost City pg13

6pm Ambulance r

Sunday, May 8

1pm Sonic the Hedgehog 2 pg

4pm Ambulance r

Friday, May 13

6pm Fantastic Beasts: The Secrets of Dumbledore pg13

Bob Hope Theater 577-4143 MCAS Miramar Bldg 2242

Friday, May 6

6pm Ambulance (R)

Saturday, May 7

3pm The Lost City (PG-13)

6:30pm Ambulance (R)

Sunday, May 8

noon Toy Story 4 - FREE (G)

3pm Sonic the Hedgehog 2 (PG)

Friday, May 13

6pm Fantastic Beasts: Secrets of Dumbledore (PG-13)

Saturday, May 14

3pm Sonic the Hedgehog 2 (PG)

6:30pm The Unbearable Weight of Massive Talent (R)

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, May 7

1:30pm The Lost City (PG13)

Saturday, May 14

1:30pm Sonic the Hedgehog (PG)

Q-Zone - NAB

Bldg. 337 • 619-437-3190

Family Friendly Movies:

Tues, Thur, Sat: 11 am

Friday, May 6

3pm Stillwater r (NDVD-Free admission)

11am PAW Patrol: The Movie g

Monday, May 9

11am Jurassic Park III pg13 (NDVD)

Tuesday, May 10

11am Despicable Me 2 pg (NDVD)

3pm Van Wilder r (2002) (NDVD)

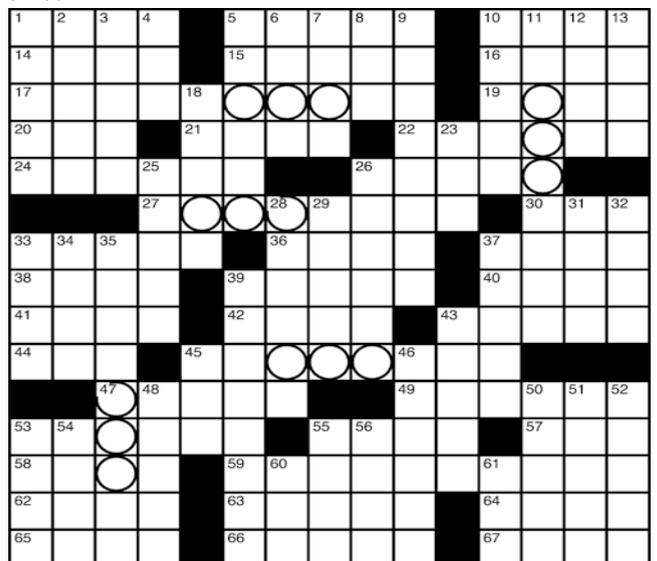
CROSSWORD PUZZLE

Across

- 1 Aussie birds with drumbeat-like mating calls
- 5 Get in a row
- 10 Regarding
- 14 Lucy Lawless title role
- 15 "Take a look"
- 16 Hit the brakes
- 17 Once-common childhood ailment
- 19 Nomadic quarters
- 20 Giant whose #4 was retired
- 21 Rock's Pop
- 22 Figures of speech
- 24 Saffron-flavored Spanish dish
- 26 Embellish
- 27 Reporting live
- 30 The eastern half of a frozen food brand
- 33 Writers' workplaces
- 36 Move, in reality ads
- 37 Anjou, e.g.
- 38 24-Across ingredient
- 39 Garson of "Mrs. Miniver"
- 40 Summit
- 41 A lot of time, in Spain
- 42 Wild party
- 43 Speculate
- 44 Corporate VIP
- 45 Hereditary information for a species
- 47 Having glass sections
- 49 Incan wool sources
- 53 Race with no real losers
- 55 Cruising the Arctic, say
- 57 Fish served in poke
- 58 Butter substitute
- 59 Five-pointed stars ... or, in two words, what the sets of circles represent?
- 62 Family nicknames
- 63 Tribal leader
- 64 Maine, to Macron
- 65 The Dead Sea, actually
- 66 Cordial dealings
- 67 "I did it!"

Down

- 1 Many a bodyguard
- 2 Maestro Zubin
- 3 Make one out of many
- 4 ___ fly: RBI producer
- 5 What separates the men from the boys?
- 6 Like the mind's "i"
- 7 Guessing game
- 8 Former Prizm maker
- 9 Living very close by
- 10 Big name in furs
- 11 Blended family relative
- 12 Vocal quality
- 13 Gets involved, with "in"
- 18 Potters' needs
- 23 Oscar-winning director Howard
- 25 YouTube clicks
- 26 Like Van Winkle, for 20 years
- 28 Trip to the market, say
- 29 "Still Me" memoirist
- 31 Water containers?
- 32 Greek war god
- 33 Storied bloodsucker, for short
- 34 Mozart's "___ Kleine Nachtmusik"
- 35 Somewhat revealing T-shirt option
- 37 Journalist Zahn
- 39 Pot pie veggie
- 43 ___ Heights: Mideast region
- 45 Wildebeest
- 46 Cate with a falsely accused cow
- 48 Sprang up
- 50 Island near Sicily
- 51 Winning
- 52 Slangy sibling
- 53 Ump's call
- 54 Forearm bone
- 55 The Beatles' "___ Love Her"
- 56 Editor's "Let it be"
- 60 Title tree in six horror films
- 61 Understand



Friends Don't make Friends Wait in Hot Cars!

VEHICLE TEMPERATURE

Outside Temp (F)	Inside Temp (F) 10mins	Inside Temp (F) 30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°





Army Brig. Gen. Katherine Simonson, Defense Health Agency Deputy Assistant Director of the Research and Engineering Directorate, and Dr. Barclay Butler, Assistant Director for Management, DHA, talks with Army Lt. Col. Samantha Rodgers, Ophthalmology chief (left), during a tour and designation ceremony April 19 at the Ocular Trauma Center – San Antonio Region, Brooke Army Medical Center, Fort Sam Houston, Texas. The designation ceremony marked the launch of DHA's first Ocular Trauma Center, comprised of personnel from Brooke Army Medical Center and the 59th Medical Group. Photo by Larine H. Barr, DOD

NMCSO one of four new centers to deliver advanced care for serious eye injuries

by **Sonia Clark,**
MHS Communications

The Defense Health Agency launched the first of four Ocular Trauma Centers, which will become primary hubs for the treatment of complex eye injuries and development of cutting-edge research programs.

Established with the support of DHA's Vision Center of Excellence, the four centers will be capable of providing care across the full range of eye injuries – from initial medical/surgical management through visual rehabilitation and follow-on care in Department of Defense or Department of Veterans Affairs facilities.

The first Ocular Trauma Center opened at Brooke Army Medical Center, Fort Sam Houston, Texas on April 19. Three others are expected to open later this year, at Walter Reed National Military Medical Center/Fort Belvoir Community Hospital; Madigan Army Medical Center, Joint Base Lewis-McChord, Washington; and at Naval Medical Center San Diego, California.

The four centers will provide access to top-notch care for the entire military community, said Army Brig. Gen. Katherine Simonson, deputy assistant director, Defense Health Agency, Research & Engineering Directorate.

“The establishment of the Ocular Trauma Centers will provide access to eye care professionals from a variety of subspecialties, offering comprehensive eye injury treatment and rehabilitation, and cutting edge research disciplines, critical to vision-preserving care,” Simonson said.

The origin of the Ocular Trauma Centers began several years ago when the Blinded Veterans Association asked the Vision Center of Excellence to conduct an analysis of ocular care services.

Eye injuries can be very complex, sometimes requiring complicated care coordination across teams of multiple subspecialists. VCE analyzed eye injury data among service members, including demographic and location information, and validated the results with the help of the Defense and Veterans Eye Injury and Vision Registry.

In June 2021, VCE presented formal recommendations to establish four regional centers. The plans were approved by DHA Director Lt. Gen. (Dr.) Ron Place, and Dr. Brian Lein, DHA assistant director for Healthcare Administration.

“Designation of the ocular trauma centers aligns seamlessly with the DHA priorities of Great Outcomes, Ready Medical Force, and Satisfied Patients,” said Army Col. Scott McClellan, VCE branch chief.

The centers' long-term goals also include improvement of systemic ocular and vision care management for polytrauma patients with concurrent eye injuries, and to provide case management, or care coordination, to assist with ocular care management needs.

VCE will provide technical support and consultation to all four ocular trauma centers, along with data analysis to report on their effectiveness to Congress next year, McClellan said.

Tips for talking to your kids about current events

by **Claudia Sanchez-Bustamante,**
MHS Communications

Military families have a unique connection to war, regardless of when or where it occurs.

For military children – who know that their parents regularly train, prepare, and deploy for military missions as part of their job – current events can cause stress and anxiety. Streams of media images and reports about troubling news events can be outright scary.

Talking to kids openly and honestly about the events they see and hear about can help validate their feelings and make them feel reassured that they are safe and loved, said Air Force Col. (Dr.) Eric Flake, a developmental behavioral pediatrician at Madigan Army Medical Center Madigan Army Medical Center website on Joint Base Lewis-McChord, in Washington.

During these conversations, he recommends parents:

- Keep it simple and honest
- Validate their kids' feelings
- Express feelings about how the family might be impacted by what's going on
- Highlight the values and strengths that people demonstrate during hard times

Flake highlighted the importance of military parents explaining to their children that the reason for their military service is to protect children and make them feel safe.

“Everyone, but especially children, like to feel safe and secure,” he said.

“Reassurance is key.”

Bravo Zulu to NMRTCSO's 'Best of the Best'

Please join NMRTC San Diego in congratulating the following Sailors who were nominated by their directorates and selected by the command as the “Best of the Best” at Navy Medicine and Readiness Training Command San Diego for Q2 FY22.

HN Johnson, Dakota (DNS) - Blue Jacket of the Quarter
HM3 Harris, Jessica (DEM) - Junior Sailor of the Quarter
HM2 Beyer, Grace (DCSS) - Sailor of the Quarter
HM1 Woodland, Nicole (DPE) - Senior Sailor of the Quarter

BravoZulu to these fine Sailors for taking the HELM, and making a difference every day! On behalf of our patients and the Navy, thank you for your service and commitment to excellence. You are part of the Balboa magic, and we are honored to serve with you!



U.S. Air Force Airman 1st Class Rocio Romo, public affairs specialist at Space Launch Delta 30, spends quality time with her son at Cocheo Park on Vandenberg Space Force Base, California. Photo by U.S. Space Force Airman 1st Class Kadielle Shaw.

An important part of that is reassuring children that feelings of anxiety are normal, the behavioral specialist said. Parents can help externalize or label feelings and remind children that adults get anxious, too. Children need to understand that it's OK to feel scared or anxious.

“It's a healthy response, and we all feel it,” said Flake. “Having an emotional response and being sensitive to the suffering of others is healthy and should be supported, not turned off.”

It also helps to provide children with the coping skills needed to “ride through” times when anxiety is particularly difficult to manage, he added.

“Do healthy things to help bring down the anxiety levels, like eating healthy, exercising, and getting enough sleep,” he added.

He recommends the following resources to ease kids' anxiety:

- Eat a meal together without distractions
- Go on walks together and talk about things that interest the child
- Talk about what is going on at the level that the child understands
- Develop a personal growth mindset and teach children about this concept

Military children face unique anxieties, even in the best of times, for example that their parents will be leaving for a deployment, or that their family will be moving, said Air Force Maj. (Dr.) Kara Garcia, a staff pediatrician at the 96th Medical Group 96th Medical Group website in Eglin Air Force

Base, Florida.

“Leaving friends, schools, familiar parks, churches, and changing routines can be very disorienting for children,” she said.

“It's important as a parent to talk about the certainties and constants: that they are loved, that the adults around them are happy and healthy, that things will turn out OK in the end.”

But if a parent feels that their child is excessively anxious, Flake recommends they make an appointment with their primary physician.

“There is also 24/7 help anywhere in the world to address anxiety concerns via Military OneSource Military OneSource website, including virtual counseling,” he said.

For more information, talk to your health care provider, your local Military & Family Life Counseling Program Military OneSource's Military and Family Life Counseling webpage, or school counselor.



Naval Hospital Camp Pendleton celebrates Lab Week
Lab Week allows us to increase public awareness and understanding and appreciation for laboratory professionals. The theme for Lab Week was Giving the Gift of Health. The Camp Pendleton lab department is very busy and works hard to serve those who serve!

Calling all volunteers!

There are multiple volunteer opportunities to take part in during the bridge run race weekend from May 13-16, 2022. Duties include: set up, pre-race registration, refreshment distribution, water stations, t-shirt and medal distribution, clean-up and more! If you would like to volunteer, register at <https://www.navybaybridgerun.com/volunteer>



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