

# ARMED FORCES DISPATCH



GROUNDHOG DAY IS FEB. 2: Punxsutawney Phil is at it again! Whether we get an early spring or six more weeks of winter, have a #HappyGroundhogDay!

San Diego Navy/Marine Corps Dispatch [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 619.280.2985

Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-SECOND YEAR NO. 49  
THURSDAY, JANUARY 26, 2023



**FACTOID - The temperature in the Southern Ocean is anywhere from -2 to 10°C or 28 to 50°F. The difference in temperature between the ice and the ocean often results in intense storms that make their way eastward around Antarctica. The strongest winds on Earth are found from the latitude of 40° S to the Antarctic Circle**

**ORCA ACTION - Fireman Kenadi Kane, a member of the auxiliary engineering division on Coast Guard Cutter Polar Star (WAGB 10), watches orcas swim near the cutter in the Southern Ocean, Jan. 1, 2023. The Polar Star conducted icebreaking operations in the McMurdo Sound in support of Operation Deep Freeze 2023. Operation Deep Freeze is one of many operations in the Indo-Pacific in which the U.S. military promotes security and stability across the region. US Coast Guard photo by Petty Officer 3rd Class Aidan Cooney**

## NAVY CHRISTENS USNS EARL WARREN

WASHINGTON - The Navy christened John Lewis-class replenishment oiler, future USNS Earl Warren, Jan. 21 in San Diego.

The ship's sponsor, U.S. Supreme Court Justice Elena Kagan, acting on behalf of the Navy, broke a bottle of sparkling wine across the bow.

The ship is named in honor of the late politician and civil rights leader who served as the 14th Chief Justice of the United States from 1953 to 1969

"If you ask, well, who is it that contributed so greatly to the civil rights struggle, and particularly to the struggle to ensure racial equality in our nation, Earl Warren has got to be among the top people on the list," Kagan said.

In a news report by the Tribune News Service, Saturday's



christening represented something of a history lesson about Warren - who was elected governor of California three times. It was also emblematic of a shift in tradition for the Navy.

Historically, according to the report, most Navy vessels have been named after war heroes, battles, presidents, states, cities, counties and lawmakers. Navy Secretary Ray Mabus, a Mississippi native, shook things up more than a decade ago when he

started naming a significant number of cargo and fuel ships after civil rights and human rights leaders.

Future USNS Earl Warren is the third ship in its class and will be operated by the Navy's Military Sealift Command.

"Supreme Court Chief Justice Warren's legacy continues to live on in civil rights, freedom and democracy," said Secretary of the Navy Carlos Del Toro. "His contributions to equality have greatly strengthened our nation. There is no doubt that the future civilian mariner crew aboard this ship will embody Warren's legacy."

John Lewis-class ships are based on commercial design standards and will recapitalize the current T-AO 187-class fleet replenishment oilers to provide underway replenishment of fuel to Navy ships at sea. These ships are part of the Navy's Combat Logistics Force.

In June 2016, the Navy awarded a \$3.2 billion contract to NASSCO in San Diego for the design and construction of the first six ships of the Future Fleet Replenishment Ship, the John Lewis-class.

The first of class, *John Lewis*, was delivered last July and is undergoing post-delivery test and trials and operational testing. T-AO 206-209 are under construction at NASSCO in San Diego and T-AO 210-212 are under contract. The Navy plans to procure 20 ships of the John Lewis class.

## Korean War flying ace awarded Navy Cross

Ninety-seven-year-old Royce Williams was awarded the Navy Cross by Secretary of the Navy Carlos Del Toro Jan. 20 at the San Diego Air & Space Museum.

The award comes 71-years after William's air-to-air combat encounter with seven Soviet MIGs during the Korean War. Royce is an "Ace in a Day," meaning that he shot down five more enemy planes during one air to air combat encounter. This is a rare feat, even a rarer designation for an Ace.

Seven Soviet MIGs took off, attacked Williams, and after an intense 7 on 1 encounter, only one Soviet fighter returned to base ... Williams had downed six of them.

The Navy Cross is the highest military decoration given by the Navy. Williams was awarded the Navy Cross as an upgrade of the Silver Star the Navy awarded him in 1953.

"Having reviewed the findings of now numerous investigations related to the case of Capt. Royce Williams, I have determined this case to be special and extraordinary. His actions clearly distinguished himself during a high-risk mission and deserve proper recognition," said Del Toro

In popular culture, a 20-minute documentary, *Actions Speak Louder Than Medals - the Royce Williams Story*, directed by John Mollison, was screened at the GI Film Festival, San Diego in 2020.



Secretary of the Navy Carlos Del Toro visits with Capt. (Navy-Ref.) Royce Williams following a ceremony awarding Williams with a Navy Cross Jan. 20. Navy photo

## PCU Santa Barbara arrives at homeport S.D.

SAN DIEGO - Littoral combat ship Pre-Commissioning Unit Santa Barbara arrived at its new homeport in San Diego for the first time, Jan. 18. The newest LCS in the Navy's inventory, Santa Barbara traveled through the Panama Canal just after New Year's Day. After brief stops in Panama City, and Manzanillo, Mexico, the ship and crew arrived here. This is the 16th LCS homeported in San Diego under the leadership of Littoral Combat Ship Squadron One. "Thanks to the wonderful teams from Austal USA, General Dynamics, and PMS 501 for working with the crew to deliver a high-quality vessel to the fleet on schedule," said Cmdr. Brian Sparks, Santa Barbara's commanding officer. "The crew is excited to serve aboard the third ship to bear the name Santa Barbara and looks forward to showcasing the Navy's latest technology and weaponry while representing our namesake city around the world." - see story, page 7

## First residents receive keys to home in new, energy-efficient family housing area

PRESIDIO OF MONTEREY - Army Garrison Presidio of Monterey welcomed the first residents to the new, energy-efficient Lower Stilwell housing development with an official key handover ceremony Jan. 19. "We're truly blessed to receive this opportunity," Spc. Darius Brown, a religious affairs specialist with the Defense Language Institute Foreign Language Center, told an audience of more than 35 people during a ceremony marking the occasion across the street from his new home. He will live there with his wife Markeisha and their 4-month-old daughter Janai. The 44-acre, \$80 million housing development provides 108 new housing units for junior enlisted personnel.

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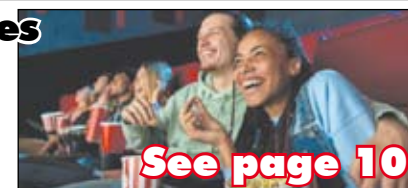
### Career Advice

Staying sane in an insane workplace, plus a full-time Marine driven to fitness.

**See page 5**

### Base Movies

Check out our movie schedule.



**See page 10**

# TRACKING HUMANS

By David Diaz

*Human's instinct is to pursue everything that flies from him and flee from all that pursue him.*

–Voltaire

The secret missions of U.S. Combat Tracking Teams in Vietnam are now public knowledge. In the mid-60s, GEN William Westmoreland was sick of hearing that “V.C. owned the night, and they just melted into the jungle.” He learned that the British were well-versed in reconnaissance and hunter-killer teams that used human tracking. Westmoreland secretly ordered U.S. Army Infantry units to be trained in Combat Tracking by British SAS in Johore Bahru, Malaysia. Teams were divided into small elements under the command and control of the intelligence officer at brigade and division levels. They were so successful that the Army opened a Combat Tracker Course at Fort Gordon, Ga.

The combat tracking course terminated in the early 70s. Since then, no U.S. unit has been taught Combat Tracking in the U.S. by a recognized U.S. Military Human Tracking Course. Not until the opening of courses like the ones conducted by Hu2, Human Interdiction LLC has Human Tracking been exposed to the U.S. military and law enforcement. Hu2 teaches courses and conducts tracking operations at various locations in the United States, South America, and Southeast Asia, and Scandinavia. During the Iraq and Afghanistan War, Hu2 was instrumental in lowering casualty rates while increasing enemy combatants capture rates through the use of Human Tracking. For an entire two generations, service members have been sent to foreign courses or to civilian classes throughout the United States to learn to track. Though these courses had (and continue to have) a degree of merit, they offer tracking skills but without a common purpose, language, or doctrine. Hu2 was instrumental in developing a classified tracking program in Ft Huachuca, AZ. The joint course was very instrumental in the defusing enemy cell groups and the decreasing of death rates of coalition forces in Iraq and Afghanistan. The United States Marine Corps has a decent course that Hu2 helped develop called Combat Hunter Program (CHP). Occasionally, when requested, Hu2 teaches a micro-version of the CHP to units.

To meet the need for correct instruction, the U.S./ NATO and Allied military occasionally contacts Hu2 to teach a developed common goal, language, and a constantly evolving doctrine, dependent on the enemy's changing tactics, techniques, and procedures. Now unconventional and conventional units may be formally taught Human Tracking throughout the world by Hu2's Mobility Training Team. The gathering of immediate actionable intelligence by unconventional and conventional units through patrols will add to the intelligence cycle. The tracking skill will enable the service members and law enforcement officers to answer the commander's critical information requirements.

Today the free world is fighting an unconventional enemy; thus, it is necessary to learn asymmetric ways to outwit the insurgents and turn the tides on evaders or insurgents by exploiting their weakness. The free world needs to be the hunters, not the hunted. The opposition's asymmetrical weakness is the number of human indicators they leave behind — tire prints, handprints, footwear prints, digital, prints, and other human indicators that a trained Human Tracker can decipher. Through practical application during the course, soldiers learn to track using no technology, using off-the-shelf technology, and using high technology accessible to the student. The enemy can run but not hide from well-trained Human Trackers.

Since Every Human is a Sensor (EH2), tracking skills optimize and fully bring their human senses up to par. Diaz (Hu2) has developed various human tracking courses that fit the operational needs of any military and law enforcement based on the client's Human Tracking need. Modern technology is but an enhancement tool for the EH2. When technology fails to operate, or our canine friend can no longer continue, our skilled Human Tracker will continue their human tracking mission through their natural senses applied to their tracking skills.

Operational courses are for active, reserve, national guard, and law enforcement components. Prison Special Emergency Response Teams can also register for the classes. Registration for residential and MTTs classes are limited on a first-come, first-served basis. Hu2, Human Interdiction LLC courses and available dates for scheduling, go to, <http://humaninterdiction.wordpress.com> or email [d.diaz@hu2stem.solutions](mailto:d.diaz@hu2stem.solutions)



## Navy remembers partnership during Tomodachi

Capt. Tamara Graham, director of force requirements, Commander, Naval Air Forces (CNAF), spoke to an audience of U.S. and Japanese military and civic leaders at the "Thank You from Fukushima" reception hosted by the Honorable Kenko Sone, Consul General of Japan at his official residence in Los Angeles, Jan. 17.

The event served to express Japan's gratitude for the support received from around the world following the March 2011 earthquake and tsunami that resulted in nearly 16,000 deaths. The reception also included remarks given by Sone, the Honorable Masao Uchibori, Governor of Fukushima Prefecture, Japan, and Capt. Thom Burke (Navy-Ret.), a former commanding officer of aircraft carrier USS *Ronald Reagan*.

"We received tremendous support from southern California,

including assistance from southern California rescue teams from Operation Tomodachi led by the U.S. Forces stationed in Japan, and donations from thousands of Californians," said Sone.

At the time of the tsunami, the *Ronald Reagan* Carrier Strike Group, consisting of *Ronald Reagan*, cruiser USS *Chancellorsville* (CG 62), destroyer USS *Preble* (DDG 88) and fast combat support ship USNS *Bridge* (T-AOE 10), was on a routine deployment in the Western Pacific Ocean. The strike group arrived on the Japanese coast the next day.

"We knew we were going there as soon as we started seeing what was happening," said Burke. "I turned the ship. We went there, and we were proud to do it."

Officials from Fukushima Prefecture, Japan, extended their

appreciation and commemorated the partnership between the U.S. and Japan during Operation Tomodachi.

"We the people of Fukushima Prefecture have been able to move positively towards revitalization, no matter how hard it has been for us," said Uchibori. "Remembering the gratitude to all of you, we have, and will continue to, further advance and strive for revitalization one step at a time."

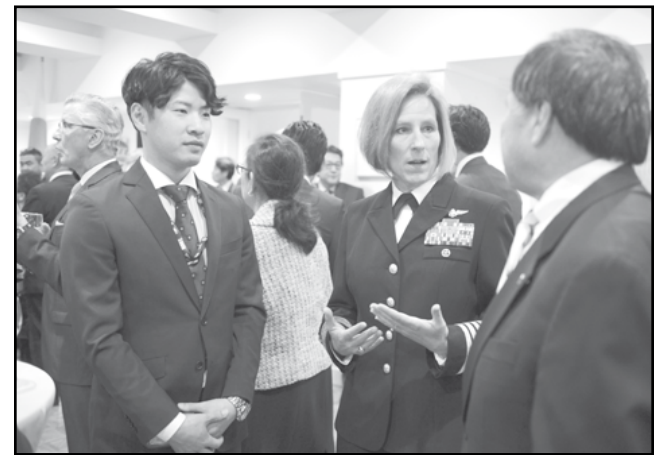
Graham, executive officer of Helicopter Sea Combat Squadron embarked on *Ronald Reagan* during Operation Tomodachi, reflected on her personal experience during the operation and the opportunity to honor the partnership between the U.S. and Japan – a partnership that has continued to strengthen for more than 70 years.

"Our combined *Reagan* Strike

Group operations with the Japanese Self Defense Forces in support of the people of Japan will forever be a highlight of my 30 years of Naval service," said Graham.

"The teamwork and selfless actions of our Sailors in the face of both natural and nuclear disasters, with so much uncertainty, epitomized what it means to serve and make a difference in the world. Those efforts were mirrored by our Japanese partners and the very people we were there to support. Operation Tomodachi was an incredible example of the resilience of the human spirit and the true meaning of partnership, and it was an honor to represent the contributions of the men and women of the U.S. Navy to the people of Fukushima and the greater global community."

Operation Tomodachi was a U.S. Armed Forces hu-



**Capt. Tamara Graham, director of force requirements, Commander, Naval Air Forces, speaks to attendees during a reception commemorating the partnership between the U.S. and Japan during Operation Tomodachi Jan. 17. Operation Tomodachi was an Armed Forces humanitarian assistance operation involving 24 ships, 140 aircraft and more than 15,000 Sailors and Marines, supporting Japan in disaster relief following the 2011 Tohoku earthquake and tsunami. US Navy photo by MC2 Charles J. Scudella III**

manitarian assistance operation involving 24 ships, 140 aircraft and more than 15,000 Sailors and Marines,

supporting Japan in disaster relief efforts following the 2011 Tohoku earthquake and tsunami.

## Navy sacks two warship commanders in one day over 'loss of confidence'



**Cmdr. Alexa Jenkins, right, attends a decommissioning ceremony at Naval Station Mayport, Fla., Feb. 18, 2021. US Navy photo by Aaron Lau**

by Wyatt Olson  
Stars and Stripes

The Navy on Jan. 18 fired the commanders of two East Coast-based vessels, a guided-missile destroyer and an amphibious transport dock, due to unspecified performance issues.

Cmdr. Alexa Jenkins of destroyer *Carney* was relieved "due to loss of confidence in her ability to command," the Navy said in a Thursday news

release. The ship is homeported in Mayport, Fla.

Capt. Aaron Anderson will take command temporarily until a permanent replacement is found, the Navy said.

There is no impact to the command's mission or schedule due to the relief," the release said.

Jenkins took command of the destroyer in June, and prior to

that she was the ship's executive officer. She has been temporarily reassigned to the staff of Commander, Naval Surface Squadron 14, the Navy said.

Capt. Michael Nordeen of amphibious transport dock USS *Mesa Verde* was also relieved last Wednesday due to loss of

confidence, the Navy said in a separate news release.

Nordeen, who took command of *Mesa Verde* in August, has been temporarily reassigned to Naval Force Atlantic in Norfolk, Va., the Navy said.

Nordeen, a naval aviator, had

previously served as executive officer on aircraft carrier USS *George Washington*. He has flown more than 2,000 hours in F-14 and FA-18 fighter jets and made almost 500 landings on carriers, according to his official Navy biography.

Capt. Gregory Baker, chief

of staff for Expeditionary Strike Group Two, has been temporarily assigned to command the *Mesa Verde*, a warship used to deliver landing-force elements to support amphibious, special operations and expeditionary warfare missions. *Mesa Verde* is homeported in Norfolk.

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## Firefighters on ice

**Air Force fire protection specialists assigned to the 673rd Civil Engineer Squadron conduct ice rescue training at Six Mile Lake at Joint Base Elmendorf-Richardson, Alaska Jan. 8. US Air Force photo by Senior Airman Patrick Sullivan**

### DOD News

Being a firefighter anywhere requires a cool head. In Alaska, it sometimes calls for one that is ice-cold.



Fire protection specialists assigned to the Air Force's 673rd Civil Engineer Squadron headed to frigid Six Mile Lake at Joint Base Elmendorf-Richardson recently for ice rescue training. They tested their skills in a series of scenarios designed to mimic real-world rescues.

The training followed a classroom course. Once the firefighters qualified in the skills needed to conduct ice rescue and recovery efforts in extreme cold-weather environments, they received certifications as ice rescue technicians.

## Pentagon officials to visit major US bases in Japan to discuss civilian health care

by Alex Wilson and Kelly Agee  
Stars and Stripes

*Editor's note: View this story in its entirety at [https://www.stripes.com/theaters/asia\\_pacific/2023-01-23/civilian-medical-care-japan-pentagon-8858435.html](https://www.stripes.com/theaters/asia_pacific/2023-01-23/civilian-medical-care-japan-pentagon-8858435.html)*

**YOKOSUKA NAVAL BASE, Japan** - Two Pentagon officials will visit several U.S. bases in Japan next week to address ongoing concerns over a lack of health care for Defense Department civilian employees and their families.

Gilbert Cisneros Jr., undersecretary of defense for personnel and readiness, and Seileen Mullen, acting assistant secretary of defense for health affairs, will host town hall meetings at Yokota Air Base on Monday and at Yokosuka Naval Base and Camp Zama the following day, Jan. 31.

Additional town halls are scheduled for Kadena Air Base on Feb. 1 and Camp Foster on Feb. 2.

News of two officials' visit follows months of confusion and concern as DOD civilian employees scrambled to understand changes imposed by the Defense Health Agency that abruptly

limited on-base health care options for anyone other than those covered by the military's Tricare Prime medical plan.

Attendees can expect the conversation to focus on civilian health care, Naval Forces Japan spokeswoman Katie Cerezo said by phone Monday.

"We know this is a very important topic that's of great interest to our families on installation," she said. "We want to have an opportunity to get their concerns addressed and to hear from those that are knowledgeable about it."

The individual branches of the armed forces shifted from their own independent medical commands to the single DHA command in February. By September, DOD civilians at Yokosuka reported that making appointments at U.S. Naval Hospital Yokosuka had become nearly impossible. In the weeks that followed, civilians at Yokota and other installations made similar complaints.

The director of DHA Region Indo-Pacific, Maj. Gen. Joseph Heck, told *Stars and Stripes* in October that DHA is legally obligated to prioritize active-duty patients. DOD civilians and those without Tricare coverage may be seen on a space-available basis only.

### Army

- 3rd SF Group Soldier killed in shooting
- Army sees signs it might hit recruiting target this year

### Navy

- Harbor security boat strikes barrier and sinks, injuring three Sailors



- Top enlisted Sailor hosts 'ask me anything' session on Navy Reddit
- Navy won't publicly release results of amphibious ship study
- Navy awards Silver Star to Navy SEAL for heroism in Vietnam

### Marine Corps

- Marine air traffic controller gets Bronze Star for Kabul evacuation
- US drops case against NYC cop accused of spying for China
- Marines, Honolulu police and federal agents hold raid exercises on Oahu

### Air Force

- Air Force takes responsibility for release of congressional candidate's military record
- Weapons chief offers details on the Air Force munitions roadmap

### Space Force

- Some Space Force Guardians won't have to take a fitness test this year

### Coast Guard

- How a Coast Guard plane scoured islands looking for migrants — and what the crew found

### Your Military

- Former DoD elementary teacher convicted of sexually abusing students
- Never the same: Survivors of military sexual trauma turn to the Pink Berets for healing

### Veterans

- Fixing disability and retirement pay is Congress' next big vets issue
- Army veteran sentenced, fined in theft of Fort Hood gear
- Woman stole VA benefits for decades after mom's death
- Veteran still evacuating Afghan refugees more than year after headlines faded away
- Veterans lunge into world of wheelchair fencing
- Court overturns ruling that would have given some vets extra GI Bill money for more school

### Military Culture & History

- Marine dad's 'Periodic Table of Military Slang' decodes grunt-speak
- Star of new movie talks bond between athletes, troops
- What would it look like if 'The Muppets' went to war? Now we know
- Channing Tatum really, really didn't want to make those G.I. Joe movies



These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of Jan. 23, 2023, 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>.

### Ships Underway

**Total Battle Force: 293**

(USS 237, USNS 56)

Underway: 68

(46 Deployed, 22 Local)

### Ships Deployed by Fleet

2nd Fleet, 1: 3rd Fleet, 0:

4th Fleet, 1: 5th Fleet, 10:

6th Fleet, 21: 7th Fleet, 68.

Total 101

## 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](http://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: [cvooffice@canyonview.org](mailto:cvooffice@canyonview.org)  
(Near corner of Balboa Ave. & Clairemont Dr.)  
[www.canyonview.org](http://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](http://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](http://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](mailto:secretary@fbcoronado.com)  
445 C Ave., Coronado, CA 92118 (619) 435-6588

### Grace Lutheran Church, LCMS

Proclaiming the good news of Jesus Christ since 1912  
Join us for Sunday Worship at 8 and 10:30am  
Sunday School at 9:30 to 10:15am  
3967 Park Blvd., San Diego 92103  
Free lot parking behind church  
[GraceSanDiego.com](http://GraceSanDiego.com)

### La Jolla Lutheran Church

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

### Living Water Lutheran Church

"Whoever believes in me, streams of living water will flow from within him."  
Meeting at Hampton Inn  
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(858)792-7691 [LivingWaterSD7@gmail.com](mailto:LivingWaterSD7@gmail.com)  
Pastor: Rev. Steven Duescher

### Mesa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.)  
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Wednesday Night Bible Study 7pm  
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### Military Outreach Ministries Int'l Church

"Transforming the World, One Person at a Time"  
Dr. Dennis Eley, Jr., Th.D., MBA • [dennis@militaryoutreachministries.org](mailto:dennis@militaryoutreachministries.org)  
7997 Paradise Valley Rd, San Diego, CA 92139  
Sunday Services In Person • 12-2pm  
Live Stream: 12:30pm on "Moministries" free church app  
[www.militaryoutreachministries.org](http://www.militaryoutreachministries.org)

### Resurrection Lutheran Church

A Small Place with a Big Heart!  
Worship Service Sunday at 10:15 am. (please see website for details)  
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[secretary@resurrectioncoronado.com](mailto:secretary@resurrectioncoronado.com) - [www.rlchurch](http://www.rlchurch)  
<https://www.facebook.com/resurrectioncoronado/>  
The Rev. Dr. Brian Oltman, Pastor

### St. Luke's Lutheran Church

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



## Staying sane in an insane workplace

by Dr. Daneen Skube  
Tribune Content Agency

*Q: Seems to me that people in my workplace act like all decisions are rational but many decisions seem irrational. How do I stay sane in a business where there is a lot of insanity? Why do managers always act like they're so rational when it is obvious emotions are running many choices?*

**A:** You can stay sane in an insane workplace if you realize that most of the powerful currents influencing business decisions are irrational, not rational. The problem is these currents are invisible to most people because most people do not understand emotions. What will make you crazy is if you believe that intellectual thought is running the business.

Even in economics experts talk about "rational economies" even

though it's obvious collective emotions have a huge effect on the economy. Fear, greed, anger, grief, and guilt can often be the origin of many business actions and economic trends.

What I teach clients is the source of effectiveness is to improve our interpersonal relationship (the one we have with ourselves). To the extent we recognize when we're scared, mad, sad, or happy, we will better see the emotional currents influencing our choices. We need to admit what we're feeling to gain any control over what we do next.

If we cannot stand or take stock of our emotions then the minute we feel anything, we'll impulsively act to get away from our uncomfortable feelings. We have to be able to marinate in whatever we're feeling long enough to consider multiple options.

When my clients cannot stand their feelings, they do and say whatever makes them feel better in that moment. They act in haste and repent on that impulsive choice in leisure. After impulsive choices my clients and I discuss whether they, "Could have had a

### Interpersonal Edge



by  
Dr.  
Daneen  
Skube

V-8," instead of acting rashly. The popular advertisement on choosing a healthy drink is a humorous reminder about how important impulse control is to healthy, effective behavior.

Have you ever looked around you and wondered during insane moments at work, "What are they thinking?" The reality is when people are flooded with emotion the neocortex (thinking brain) goes off line. So no matter what people say about their choices during these times, chances are they were not thinking.

The confusing part is when people are irrational they often do what psychologists call "rationalizing." Rationalizing is when we do something foolish and then make up a false but distracting reason why we made a poor choice. People find it less painful to make

stuff up then truly contemplate the origins of ineffective decisions.

Since we're just starting off the New Year a great question to ask yourself before you act in 2023 is, "What is the emotional origin of the behavior I am considering?" If you discover you want to be right, scold someone, or get revenge perhaps the wisest action is to do nothing until you can be less impulsive.

Emotions are engines motivating us to take action, but our hearts need to consult with the intellect to make sure our next action will be effective. All feelings are reasonable, but not all actions are helpful. Always validate your feelings internally without judgment and you'll be able to more quickly consider the best strategy to use next.

Your head will always be a good servant, but a bad master without knowledge of the dark continent of the heart. Next time before you act, pause and make a healthier choice by discovering the emotional content driving your decisions.

The last word(s)

*Q: With Valentine's Day around the corner I'm wondering how to bring a little "love" into my workplace. Can I celebrate the day at work in a practical way?*

**A:** Yes absolutely, good work is love made visible. Valentine's Day at work is an excellent time to express appreciation to the people you see every day!

## Full-time Marine driven to fitness

by Sgt. Emely Gonzalez, 12th Marine Corps District

Every Marine has a story of why they joined the Marine Corps. For one particular Marine, their journey began when they were a child, quiet and introverted, but with aspirations to do something bigger with his life. Sergeant Eduardo Caballero, a native of Oxnard, found a passion for sports when he entered high school.

"During my high school years, I was very driven about playing basketball and hanging out with my friends."

Setting big goals for himself early on propelled Caballero to strive for an even bigger challenge, earning the title of United States Marine. He wanted to do something different than what everyone else was doing, to challenge himself and to make his family proud. For Caballero, family has played an important role in his decision of joining the Corps.

"My parents truly inspire me to continue moving forward through all adversity and tribulations," he said. "They migrated here from Mexico to show their kids a better life and for that, I will forever be grateful and fortunate; it is my duty to give back to them and show them that it was worth it."

Often times, Marines' schedules are unpredictable and Caballero works 10 to 12 hours a day. He explained that working long days has its challenges which also means sacrificing time spent with friends, family, and even sleeping to have time for these passions. One of those passions that he sacrifices for is competitive body building. Caballero has been a bodybuilder for four years and incorporates skills that he has learned in the Marine Corps into the sport.

"Being a body builder also takes sacrifice from social setting, sleep and screen time," Caballero said. "However, this helps prioritize what is important and aids in accomplishing the mission."

The Marine Corps has instilled a growth mindset into Caballero and has taught him how to finish the job. Caballero credits the Marine Corps for helping prioritize what is important and executing each task in a timely manner to accomplish the mission at hand.

One of Caballero's most recent goals is to finish his bachelor's degree in exercise science by the end of 2023 to allow him to become a licensed physical therapist. Caballero's go-to quote is "get comfortable being very uncomfortable". He reminds himself of this every morning to help him get a start to the day and to get another step closer to reaching his next goal.

## Current job openings for Fleet & Family Support Centers listed on USAJOBS

\*\*NOTE: This is a partial listing.

### NAVAL BASE CORONADO

(22-1025) FFSP Sexual Assault and Response Coordinator

Application Deadline: 1/25/2023

Apply at <https://www.usajobs.gov/GetJob/ViewDetails/697200600>  
(23-59) FFSP Clinical Counselor/Family Advocacy Program (FAP) Case Manager (13 vacancies available in Naval Base San Diego, Naval Base Coronado, and Naval Base Point Loma; Application deadline: 2/17/23 (ongoing)

Apply Here: <https://www.usajobs.gov/job/701328700>

(22-1026) FFSP Sexual Assault Prevention and Response (SAPR) Victim Advocate (5 vacancies available in NB Coronado and NB San Diego)

Application deadline: 1/25/2023

Apply Here: <https://www.usajobs.gov/GetJob/ViewDetails/697202800>  
(23-56) Generalist Counselor - Advocate (serves NBC & NAF El Centro)

Application deadline: 02/16/23 (ongoing)

Apply Here: <https://www.usajobs.gov/GetJob/ViewDetails/701039300>

### NAVAL BASE POINT LOMA

(23-59) FFSP Clinical Counselor/Family Advocacy Program (FAP) Case Manager (13 vacancies available in NB San Diego, NB Coronado, and NB Point Loma); Application deadline: 2/17/23 (ongoing)

Apply Here: <https://www.usajobs.gov/job/701328700>

(22-57) Administrative Assistant (2 vacancies available in Naval Base Point Loma and Naval Base Ventura County); Application Deadline: 2/16/23

Apply Here: <https://www.usajobs.gov/GetJob/ViewDetails/701045900>

Apply Here: <https://www.usajobs.gov/GetJob/ViewDetails/701045900>

## Aim High application gets updated feature to help any Airman become a recruiter

by Leslie Brown

Air Force Recruiting Service Public Affairs

Air Force Recruiting Service's Aim High application has a new update that will interest Airmen around the Total Force.

The app, originally launched in June 2020, became a valuable recruiting tool during the early days of the COVID-19 pandemic helping recruiters connect with potential applicants in a virtual environment. But with continual improvements, now the app has a feature that will help all Airmen, or any of the app's more than 270,000 users, to become a recruiter of sorts for the Air Force, Air National Guard and Air Force Reserve.

"The new feature allows anyone who has the app to play an important role in filling the uniformed vacancies in our force," said Capt. Michael Bamberger, the Aim High app functional manager. "No longer does a military member approached in public have to refer someone to the local recruiting office, or a friend or family member have to convince someone they know who's interested in joining the military to seek out a recruiter."

The app update, which was pushed Jan. 10, allows any app user to assist in the Air Force's recruiting efforts.

"Users now have the ability to send that individual's information directly to the Lead Refinement Center in San Antonio, where it in-turn will be sent back to the local recruiter in the area of initial request," Bamberger said. "Anyone interested simply needs to go to their mobile device app store, and search "Aim High" and download the app. App users can send a referral on behalf of any interested party."

In the "more" tab dropdown menu, users can click "refer a friend" to get the Refer a Friend Form that asks for name, email, phone number, zip code and advanced interest (optional).

AFRS hopes all Airmen will consider sharing the app while attending outreach events. For example, Airmen who are approved for the We Are All Recruiters program can use the app at the events they attend and have a direct positive influence on recruiting no matter their geographical location.

The Aim High app was developed to inspire users through a variety of unique experiences, attracting the most talented individuals and educating them on Air Force career opportunities. Users can participate in events, share content, and invite family and friends to follow their initial training experience.

U.S. Space Force career content will be integrated into the Aim High app soon. In the meantime, hopeful Guardians can use the app to connect to a recruiter, learn about the requirements to join and get an idea of what they can expect at basic military training.

The Aim High app can be downloaded on Android or iOS.





# Silver Star awarded to Naval Special Warfare legend

by Lt. Kara Handley  
Naval Special Warfare Command

CORONADO - A half-century ago, Lt. j.g. Thomas Richards, fighting through injury and exhaustion in the rice paddies of Vietnam, made repeated trips through enemy gunfire to rescue three injured SEAL Team One Zulu Platoon teammates. Nicknamed "The Hulk" for his size and strength, Richards demonstrated uncommon valor by hauling the wounded men across

a dike and then lifting each into a friendly helicopter for evacuation. Without his courageous runs into the "kill zone," the other men on patrol would not have survived the day.

On Jan. 17, over 50 years later, Rear Adm. Keith Davids, commander, Naval Special Warfare (NSW) Command, presented the Silver Star to retired Rear Adm. Richards for his actions that day as the assistant patrol leader of Zulu Platoon. Secretary of the

Navy Carlos Del Toro upgraded the original Bronze Star, recognizing the meritorious nature of Richards' actions.

"Today we were fortunate to attend a very long overdue ceremony to recognize one of Naval Special Warfare's truest warriors, tribal elders and fantastic teammates," said Naval Special Warfare Force Master Chief (SEAL) Walter S. Dittmar. "His humility was absolutely evident in the fact that he still recognizes

and defers to all the brothers who were around him for why he is alive today."

Despite originally being recommended for the Silver Star and demonstrating courage under fire typical of higher awards, the staff for Commander, U.S. Naval Forces Vietnam initially recommended Richards for a Bronze Star. The decision by Del Toro to upgrade the award is a reminder that the courage, grit, and integrity of past NSW teammates forms the standard upheld in the community today.

"The upgrade to the Silver Star provides recognition of

the fact that things went terribly wrong that day in South Vietnam," said Richards.

"More importantly, it brings attention to the fact that the SEALs and other special operations forces are put in those situations to support our country's foreign policy in the most dangerous manner. This Silver Star reminds our country that we have people risking their lives for the democracy we enjoy daily."



Retired Rear Adm. Thomas Richards is presented the Silver Star Medal. US Navy photo by MC2 Jacob Owen

A native of Bay Shore, New York, Richards' background in lifeguarding, wrestling, and experience with small boats led him to believe that the Navy Underwater Demolition Teams would be a natural fit. Moreover, as someone who could squat and deadlift more than 500 pounds, he was well prepared for the arduous physical evolutions of BUD/S except for the runs. His heavier frame was punished by the soft sand, and the runs left him "puking in front of the Hotel Del (Coronado) more times than you want to know."

Richards credits his parents for instilling in him the values of integrity, bravery, and self-sacrifice — ideals further refined

see Legend, page 7

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# PCU Santa Barbara arrives at homeport San Diego

by MC2 Vance Hand  
LCS Squadron ONE

SAN DIEGO (Jan. 18, 2023) – Independence-variant littoral combat ship Pre-Commissioning Unit Santa Barbara (LCS 32) arrived at its new homeport in San Diego for the first time, Jan. 18.

The newest LCS in the Navy's inventory, Santa Barbara traveled through the Panama Canal just after New Year's Day. After

brief stops in Panama City, Panama, and Manzanillo, Mexico, the ship and crew arrived in her new homeport of San Diego. This is the 16th LCS homeported in San Diego under the leadership of Littoral Combat Ship Squadron (LCSRON) One.

"Thanks to the wonderful teams from Austal USA, General Dynamics, and PMS 501 for working with the crew to deliver a high-quality vessel to the fleet

on schedule," said Cmdr. Brian Sparks, Santa Barbara's commanding officer. "The crew is excited to serve aboard the third ship to bear the name Santa Barbara and looks forward to showcasing the Navy's latest technology and weaponry while representing our namesake city around the world."

Santa Barbara, like its sister ships, is optimally manned to benefit from both innovative

technology and highly-trained Sailors, their experience and decision-making skills.

The ship joins a squadron of operationally-relevant LCS. In 2022 alone, USS *Tulsa* (LCS 16) returned from an 18-month deployment after sailing in the South China Sea, integrating with Marines and Navy special operations teams, and multi-domain mine warfare training with an embarked helicopter det.

USS *Jackson* (LCS 6) returned from its first deployment after 15 months conducting joint and combined missions like the Oceania Maritime Security Initiative and capitalizing on its shallow depth by visiting smaller ports and maintaining relationships with allies and friends in Fiji and Tahiti.

Currently, San Diego-based USS *Charleston* (LCS 18) and USS *Oakland* (LCS 24) are de-

ployed in the Indo-Pacific.

Littoral Combat Ships are fast, optimally-manned, mission-tailored surface combatants that operate in near-shore and open-ocean environments, winning against 21st-century coastal threats. LCS integrate with joint, combined, manned and unmanned teams to support forward presence, maritime security, sea control, and deterrence missions around the globe.

## Legend

continued from page 6

during his military training. Reflecting on his actions, the retired SEAL matter-of-factly mentioned that he was laser focused on managing the situation and getting his teammates to safety.

"Thinking back on that day, I never gave any thought to my own personal exposure to enemy fire," Richards said. "I wanted to get my friends out of danger and to safety."

When questioned about the nature of his courage and whether it's innate or imbued through rigorous military training, Rich-

ards sees it as a combination of the two. In his view, the candidates that begin SEAL training already have the tools built into their persona; it's the job of the SEAL instructors to bring those values to the surface. Moreover, the bonds formed during training and pre-deployment workups made it so that he would risk his life rather than leave a teammate behind. His bravery speaks to the fact that Naval Special Warfare's selectivity is built on the rock-solid foundation of earned respect and an unbreakable commitment to the mission.

Saving his teammates in Vietnam was just the beginning of the frogman's long and colorful career. Over the next 30 years,

Richards would "follow the conflicts," leading special operations missions in the Arabian Gulf during Operation Praying Mantis and Operation Prime Chance.

He would also serve in numerous staff and command positions, including as executive officer of Underwater Demolition Team 12 and as commanding officer of Special Boat Unit 13, SEAL Team One, and Naval Special Warfare Center.

His final post would be as commander of Naval Special Warfare Command from 1996-1999, after which he retired from active duty.

Thanks to his extensive experience at the tip of the spear in various conflicts, Richards is uniquely qualified to comment on how NSW can advance capabilities that di-

rectly contribute to integrated deterrence and campaigning for influence.

"What most people do not

understand about NSW is that we are the best problem solvers around. Bar none," Richards said. "Special operations and

NSW exist because there is that set of missions that take a different approach to successfully execute."



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## Five species on San Clemente Island declared fully recovered

CORONADO - Decades of collaborative conservation efforts on Navy-owned San Clemente Island resulted in the Fish and Wildlife Service's announcement Tuesday that five species - San Clemente Island paintbrush, lotus (*shown, below*), larkspur and bush-mallow plants and San Clemente Bell's sparrow (*shown, at right*) - have fully recovered and no longer require Endangered Species Act protection.

improving. We are grateful for the Navy's leadership and long-term commitment to recovery efforts that have enabled us to bring these species back from the brink of extinction."



The Navy and 'fish and game' celebrated the conservation success of these species and four decades of partnership between the Service and the Navy at an event on Naval Base Coronado.



"The recoveries we celebrate today in this unique place demonstrate what is possible when partners work together under the Endangered Species Act," said Service Director Martha Williams of the announcement. "Across the nation, the Service and partners have ensured hundreds of species are stable or

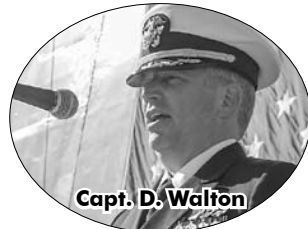
"The Navy is proud to have shared more than 40 years of collaboration with the Fish and Wildlife Service to improve the habitat and recover these species," said Karnig Ohannessian, deputy assistant Secretary of the Navy for environment and mission readiness. "This announcement is a milestone in our efforts and should be celebrated. The Navy remains committed to our conservation efforts on San Clemente Island, and to be good stewards of the natural resources we manage as part of our national security mission."

The delisting of the five species arrives as the Endangered Species Act turns 50 years old this year, and continues to prevent the extinction of imperiled species and promoting the recovery of wildlife.

## Walton assumes command of amphibious ship *San Diego*

by Lt.j.g. Bridget Wiseman, Expeditionary Strike Group Three  
Capt. David Walton relieved Capt. Kevin Ralston as commanding officer of amphibious transport dock ship USS *San Diego* Jan. 20. Rear Adm. James Kirk, commander, Expeditionary Strike Group 3 was the presiding officer, presenting Ralston with a Legion of Merit for his time aboard *San Diego*.

"Under your exemplary leadership, the *San Diego* team excelled," said Kirk. "To the men and women of *San Diego*, the hard work and dedication you demonstrated as a Navy and Marine Corps team is commendable, and I am proud of each and every one of you for your continued commitment to excellence."



Ralston led *San Diego* through notable operations and exercises including a seven-month deployment to the U.S. 3rd, 5th 6th, and 7th Fleet areas of responsibility, Operation Octave Quartz, Northern Edge 2021, Island Marauder, and a 15-month dry-docking selected restricted availability (SRA) where the ship underwent repairs and significant modernization efforts. *San Diego* earned the 2021 Battle "E" award under his leadership. He spoke of his fondest memories and the crew's greatest achievements together during his remarks.

Ralston next assignment is chief of staff with ESG 3. "What *San Diego* Sailors and Marines accomplished over the last two years was remarkable," said Ralston. "From a long deployment without the breaks port visits provide, to a no-notice [Board of Inspection and Survey visit], followed by an extensive DSRA, this team has overcome every challenge put before them. They make the extraordinary seem routine. I'm proud to have had the opportunity to lead this amazing warship and crew and know I'm leaving it in the very capable hands of Capt. Walton."

Walton, a graduate of The Citadel, is stoked about the challenges to come. "As America's finest warship, I know that *San Diego* and her crew will exceed all expectations."

His command tours included PC Crew India, where he commanded USS *Sirocco*, USS *Typhoon*, USS *Squall* and USS *Thunderbolt*, and LCS Crews 212 of USS *Jackson* and USS *Omaha*.



## 'Past, Present, and Future' comes together at ASYMCA

SAN DIEGO - This Friday, Jan. 27, the Armed Services YMCA San Diego will host its annual celebration to recognize the "Past, Present, and Future" of the organization aboard USS Midway Museum. Tickets are still available at [asymca.org/sandiego](http://asymca.org/sandiego).

The celebration will highlight the organization's successes for the 2022 year. As day turns into night, the historic USS Midway Museum will open its passageways to ASYMCA San Diego guests for a festive evening. The night will transport attendees through the organization's history, current achievements, and bright future that will continue to impact military families in San Diego.

This event will offer guests the opportunity to experience the dazzling night sky, delicious cuisine, future building plans, and much more. Attendees will be swept away by the enchanting musical accompaniment while enjoying the philanthropic community dedicated to supporting our local military community.

**Become a sponsor:** The celebration highlights our past, present, and future as a pivotal support system for active-duty military members and their families. Your support as a sponsor is greatly appreciated. Sponsorships range from \$1,000-\$15,000.

**Event attire:** ASYMCA San Diego looks forward to your presence on historic USS Midway in your cocktail attire. Bring your fall outerwear to adhere to the weather. Wear heels with caution.

## LOCAL MILITARY PHOTO GALLERY



BRIDGEPORT, Calif. (Jan. 18, 2023) - Marines with 2d Battalion, 8th Marine Regiment, 2d Marine Division, conduct a conditioning hike during Mountain Warfare Training Exercise 2-23 on Marine Corps Mountain Warfare Training Center. MTX prepares units to survive and conduct extended operations in mountainous terrain during the winter. US Marine Corps photo by Lance Cpl. Ryan Ramsammy



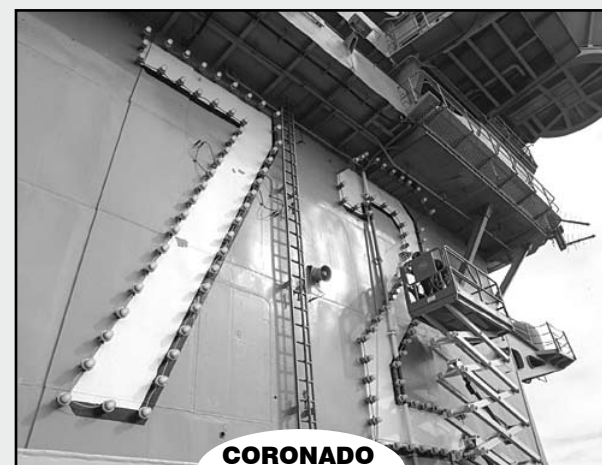
SAN DIEGO (Jan. 19, 2023) - Sailors assigned to amphibious assault ship *Boxer* participate in the annual navy-wide chief petty officer advancement exam on the ship's mess decks. *Boxer* is homeported at Naval Base San Diego. US Navy photo by Mass Communication Specialist 3rd Class Mikal Chapman



SAN DIEGO (Jan. 21, 2023) - A color guard presents colors while the official party renders honors during the change of command for Navy Reserve Commander, Pacific Fleet N4 Logistics Readiness Center aboard USS Midway Museum. Capt. Patrick Oliveri relieved Capt. Rufus Cayetano as CO of the command. US Navy photo by MC2 Quentin Todd



OCEANSIDE (Jan. 12, 2023) - Marines pull a Humvee during a St. Barbara's Day celebration at Camp Pendleton. Artillery regiments throughout the Marine Corps celebrate St. Barbara, the patron saint of artillerymen, with camaraderie-building events. US Marine Corps photo by Cpl. Cameron Hermanet



CORONADO (Jan. 11, 2023)



(top) Electrician's Mate 2nd Class Erick Cobos and Fireman Ernesto Huron change the lights of the 72 on the flight deck of aircraft carrier USS *Abraham Lincoln* at NAS North Island. US Navy photo by MC3 Jett Morgan (below) Aviation Ordnanceman 3rd Class Richard Guiyangco operates a forklift during an ammunition transfer pier side of *Abraham Lincoln* Island. US Navy photo by MC3 Jacqueline Orender



## Eligible vets won't pay for bridge crossings among new laws in '23

by Jeff Jardine  
MyCalVet

When the clock struck midnight and rang in 2023, it brought several new laws that will honor and benefit many of California's 1.6 million military veterans. All were signed by Governor Gavin Newsom in 2022.

Perhaps the most notable of them? We'll cross that bridge when we come to it – literally, figuratively, and seriously.

This law (AB 2949) exempts vehicles with license plates issued to a disabled veteran, Pearl Harbor survivor, prisoner of war, or to veterans who have received distinctions such as the Purple Heart or the Congressional Medal of Honor, from paying tolls on roads, bridges, highways, vehicular crossings, and other toll facilities. Eligible veterans do not currently need to have a FasTrak account, although a FasTrak-enrollment requirement will be instituted in the future. The benefit does not apply to express lanes including high-occupancy vehicle lanes.

Another cost-saving law (SB 837), repeals the \$5 fee veterans previously paid for obtaining the

word "VETERAN" printed on the face of their California driver's license or identification card. This designation many grant individuals access to certain privileges, benefits or compensation associated with being a veteran without having to carry and produce a Certificate of Release or Discharge from Active Duty (such as DD 214, DD 256 or NGB-22).

Present your discharge documentation to your local County Veterans Service Office, which will issue you form VSD-001 – Veteran Status Verification. This is what you present to the DMV office at the time you are

renewing or replacing your DL. Visit website – [www.cacvso.org](http://www.cacvso.org) – to locate your nearest County Veterans Service Office.

Visit the DMV's Veterans and Active Military Page for information regarding its numerous benefits for veterans.

And while this law (SB 611) wasn't enacted specifically to benefit veterans, it will certainly help a disabled veteran looking for a parking place. The law requires Californians who have had their permanent Disabled Person Parking Placard for at least six years to confirm whether

or not they still need it. The DMV will not renew placards for those who fail to respond to the notices the agency will be sending out. This is an effort to curb fraud and the abuse of misusing Disabled Person Parking Placards; leaving the designated spaces available to those who truly are disabled, including a significant number of vets.

There are other new laws that benefit veterans as well. To see a complete list of veteran focused bills that became laws in 2023, along with the legislators who authored them, visit [bit.ly/3vJY5Vv](http://bit.ly/3vJY5Vv) and scroll down to view the list.

## VA publishes new Airborne Hazards and Open Burn Pit Registry data

Recently, VA launched a new webpage that shows the number of Airborne Hazards and Open Burn Pit Registry (AHOBPR) participants by state and congressional district.

The current webpage contains breakouts as of Sept. 12, 2022, for all 50 states, the District of Columbia, and five other jurisdictions (Puerto Rico, American Samoa, Guam, United States Virgin Islands and Northern Mariana Islands). The data will be updated biannually.

Section 808(b)(2) of the Sergeant First Class Heath Robinson Honoring our Promise to Address Comprehensive Toxics Act of 2022 (PACT Act) requires VA to make information public about the number of participants in the AHOBPR by state and congressional district.

The PACT Act expands health care and benefits for veterans exposed to burn pits, among other toxic substances. AHOBPR is designed to collect data from eligible veterans and service members about their exposures and health during service. Information provided through this registry helps VA better understand whether long-term health conditions may be related to military exposures.

Eligible participants can complete an online questionnaire and have the option to have a free health evaluation to discuss health concerns regarding military exposures. More than 346,544 participants have joined since the launch of this registry in 2014.

To learn more about the registry, visit <https://www.publichealth.va.gov/exposures/burnpits/participants.asp>.

## Fleet Reserve Association NewsBytes

### Vets in suicidal crisis can go to any VA or non-VA health care facility for free

The Department of Veterans Affairs has begun allowing any veteran experiencing a suicidal crisis to receive emergency care at no cost from any VA or non-VA health care facility. Enrollment in the VA system is not required. "Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve - no matter where they need it, when they need it, or whether they're enrolled in VA care," said VA Secretary Denis McDonough. "This expansion of care will save Veterans' lives, and there's nothing more important than that." This benefit includes inpatient or crisis care for up to 30 days, and outpatient care for up to 90 days. Veterans also have the option to Dial 988 then Press 1 to connect with the 24/7 crisis assistance hotline. The original number for the Veterans Crisis 1-800-273-8255 and press 1, remains available, and individuals can make contact via chat at VeteransCrisisLine.net, or by texting 838255.

### New TRICARE contracts

The Defense Health Agency announced the granting of its TRICARE managed care support contracts to Humana Government Business (East Region) and TriWest Healthcare Alliance Corporation (West Region). The contracts will go into effect in 2024, at which point the following six states will move from the East Region to the West Region: Arkansas, Illinois, Louisiana, Oklahoma, Texas and Wisconsin. FRA and several other organizations signed a joint letter to House and Senate Armed Services Committees to ask for significant Congressional oversight of the DHA implementing the new contract to ensure minimum transitional disruptions such as delayed claims processing.

### Other FRA headlines:

- Poll shows approval of military is down
- CFPB Report: Service member identity theft increasing

NewsBytes is FRA's weekly legislative update.

## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

Last week, I did something that might seem like a mundane, ordinary, every day task by most people's standards. But for me, it was a monumental undertaking that required me to battle my demons, silence my inner naysayer, and extract what was left of my tattered and torn willpower in order to complete this simple, everyday activity.

During my 56 years of life, I've been consistently active. I was a college swimmer, reluctant runner, step aerobics fan, group exercise class regular, weight lifter, and avid power walker.

Due to foot problems that made power walking painful, I adopted an ambitious weight-lifting program in early 2020. I was gaining momentum just when the pandemic struck. During the shut down, I was forced to power walk again and ended up developing a persistent limp. Two foot surgeries, a month-long bout with respiratory infections, and many sedentary, depressing months later, I found myself in a mental and physical dark tunnel, unsure of the way out.

I didn't know exactly what was wrong with me, but I just didn't feel right. I felt low, unmotivated, weak, and susceptible to self-destructive behaviors to like overeating, staying up late, and procrastinating. After the holidays, I resolved to snap out of it.

But then, the unthinkable happened — our dog unexpectedly passed away.

## Brain-building: Hit the gym for mental strength

Without the constant, therapeutic presence of our beloved yellow lab Moby, my desire to improve my general mood became a desperate plea for mental strength. While I was grieving in that abyss of despair, an idea occurred to me: Could I possibly begin to build back my mental strength through physical activity? Would lifting weights or riding a bike or doing yoga give me the fortitude I need? It was worth a try.

That first day, I was at the gym for 30 minutes, during which I rode a stationary bike on Level 4, without hills or inclines. I listened to my most recent audio book and watched a television mounted on the wall playing something uninteresting about basketball. Afterward, I wiped the bike clean, filled my water bottle, and left the building.

That's it. Nothing more.

Since then, I've been to the base gym every couple of days, each time riding the stationary bike for 30 minutes on Level 4. One day, I added hills. Another day tried the rowing machine for ten more minutes. I'm toying with the idea of doing a set of planks here and there. No biggie.

If I keep this up, I won't lose a significant amount of weight. My middle-aged ponch won't suddenly become a six-pack. I won't sign up for any Iron Man competitions. I'll never be bikini-ready.

But, I will undoubtedly be stronger.

It is well-established that physical exercise reduces mental stress,

thereby lessening symptoms of anxiety and depression, and improving overall health and mental well-being. Furthermore, exercise has also been shown to improve mood, self-esteem and cognitive function; and alleviate symptoms of social withdrawal. Evidence also indicates that exercise reduces symptoms of PTSD and decreases the chances that someone will develop the disorder. Some studies show that women may get more psychological benefits from exercise than men.

The science behind the positive psychological effects of exercise involves increased blood circulation that creates new brain cells through neurogenesis and influences the hypothalamic-pituitary-adrenal axis to mediate stress through a complicated communication system in our brains' amygdala and hippocampus. Brain chemistry changes during exercise, releasing anxiety-inhibiting serotonin and feel-good endorphins which can be as effective as taking anti-depressant medications.

There's no need to get lost in the scientific weeds. Considering that about half of all Americans will be diagnosed with a mental health disorder in their lifetime, clearly everyone can benefit from adding exercise to their weekly routines.

As for me, in the brief time that I've been exercising, I've clearly noticed an improvement in my mood on the days I exercise, I'm sleeping better, and I feel more confident that I'll get through this rough patch. Although I'm not entirely out of the tunnel yet, I can definitely see the light and I'm headed in that direction.

## THE SOUND concert venue further expands role of State Fairgrounds

The public has had a never-ending, insatiable thirst for more and better entertainment choices in the community at large. Today, these choices include movie theater multiplexes, theme parks, sports stadiums, auditoriums and more. State Fairgrounds are a typically underutilized entertainment resource, with plenty of underdeveloped real estate. The Del Mar Fairgrounds is taking steps to address that.

Perhaps best known for thoroughbred horse race meets on its world-famous horse race track, and the annual San Diego County Fair, the Del Mar Fairgrounds — on behalf of the State of California — has been an entertainment resource shared with not only the greater San Diego County community, but with people across the country and around the world.

The 22nd District Agricultural Association purchased the coastal land that the Fairgrounds is located on in 1936. The San Diego County Fair, which dates all the way back to 1880, relocated here, as did the Del Mar Turf Club a year later, "with the famous blue-eyed crooner Bing Crosby welcoming guests through the turnstiles". Additionally, throughout the year, the Del Mar Fairgrounds is made available to travelling exhibitions ("Beyond King Tut: The Immersive Experience." opens January 27); equestrian events (the inaugural Seaside Equestrian Tour Jan. 25-March 12), car shows (GoodGuys Del Mar: March 31 - April 2), home and garden shows, and much more.

THE SOUND is a brand new, world-class, 1900-capacity, \$17 million, mid-size concert venue that "will host an eclectic range of public and private events." THE SOUND is located

on the northeast corner of the Del Mar Fairgrounds. Operated by Belly Up Entertainment, THE SOUND is about to open its doors to the public in February 2023, with a SOLD-OUT concert by reggae-music star and 8-time Grammy winning musician, actor, artist, activist and humanitarian Ziggy Marley on-stage, performing a "special tribute to his father, Bob Marley, who

### AutoMatters™ & More by Jan Wagner



would have turned 78 just a couple of days later."

Recently, THE SOUND hosted a preview event, where a popular San Diego band performed in a live concert, to introduce us to the mission-styled Surfside Center's wide-ranging capabilities, including plenty of parking, a spacious pre-show area, seating on two levels, a large stage and dance floor, state-of-the-art audio and lighting equipment, and food and beverage service.

"Seamlessly integrating current design into historic architecture, the new room amplifies the region's thriving entertainment scene" with a "seaside vibe."

"All of us at the 22nd District are thrilled to deliver THE SOUND to every San Diegan," says Carlene Moore, CEO of the 22nd District. "We're especially proud to partner with the

great people at the legendary Belly Up venue, a long-time San Diego music company, who will undoubtedly curate the new room with local sensitivity. And, what better performer to start off the music at THE SOUND than a legend like Ziggy Marley?"

"So many great bands have played the Belly Up throughout the years, and now THE SOUND provides a really cool next step for these bands as they grow," says Steve Goldberg, co-owner of the Belly Up. "It's a natural progression, right in our backyard, where we've been booking shows at the fair and the races for years. We're fortunate to be working with such good, professional partners at the Fairgrounds, and we can't wait to hear the sound of Ziggy Marley coming from this exciting new venue."

To learn more about the Del Mar Fairgrounds and THE SOUND, visit: <https://delmarfairgrounds.com> and <https://delmarfairgrounds.com/the-sound-opens-doors-february-2023-with-ziggy-marley-on-stage/>.

Sign up for updates, show announcements, presales, and more at [thesoundd.com](https://delmarfairgrounds.com). In addition to Ziggy Marley, upcoming concerts include Steve Aoki (Feb. 11), Frias presents Bailazo de San Valentin (Feb. 18), Big Gigantic (Feb. 25), The Flaming Lips (March 6), and more.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue "years" boxes and browse. Copyright © 2023 by Jan Wagner – AutoMatters & More #776



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### RENTALS STUDIOS

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858-583-2018

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8	1	7	6	9	2	8	9	7
2	8	7	8	7	9	1	6	9

## THINGS TO DO AROUND TOWN

**Shelter Island Walk and Talk**, Ongoing Thursdays, 10-11:15am. Free. Join Sandra, Sally, and friends for a casual walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60-70 minutes including pit stop). Meet new friends at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. Ample free parking. Optional eats afterward. Info: 619-222-3800. Bali Hai, 2230 Shelter Island Drive, SD, 92106

**Thursday Storytimes**, Free. Ongoing. Preschool Storytime geared toward age 3-5. All children welcome. Poway Library, 13137 Poway Rd.

**Toddler & Preschool Storytime**, Thursdays in January. Ages 2-5. Held outdoors. Mission Valley Library, 2123 Fenton Parkway.

**Line Dance Class**, Free, Thursdays 6-7pm thru Feb. Comstock Bar and Grill, 316 West Mission Ave, Escondido

**Chula Vista Library Family Concert Series**, Sat, Feb 25, April 22, June 3. Free. Open to all ages. Chula Vista Civic Center Library, 365 F St.

**Guided Nature Walk**, Saturdays, Jan 28 & Fri, Feb 3, 9:30-11am. Free. Start at Visitors Center. Rain cancels. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos. [mtrp.org](http://mtrp.org)

**Guided Nature Walk**, Sundays, Jan 29, 9:30-11am. Free. Learn about the plants, animals, geology, history of the park. Rain cancels. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos. [mtrp.org](http://mtrp.org)

**Fourth Sunday Bluegrass Jam Session**, Sun, Jan 22, 1-3pm. Duck Foot Brewing, 8920 Kenamar Dr #210, SD, 92121. [www.sandiegobluegrass.org/](http://www.sandiegobluegrass.org/)

**Farmers Insurance Open PGA Golf Tournament** Jan 25-28, Torrey Pines. [farmersinsuranceopen.com](http://farmersinsuranceopen.com)

**Monterey Jazz Fest on Tour**, Thurs, Jan 26. Balboa Theatre.

**Guided Nature Walk**, Sat, Jan 28, 8:30-10am. Free. Visit riparian habitat of the Kumeyaay Lake shoreline. Kumeyaay Lake Camp-

ground. Rain cancels. [mtrp.org](http://mtrp.org)  
**Two Father Junipero Serra Trail**, San Diego. [mtrp.org](http://mtrp.org)  
**Imperial Beach Farmers' Market**, Fridays, 2-7pm. Free. Veggies, fruits, arts & crafts, family entertainment. IB Pier Plaza.

**Escondido Cars & Coffee**. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. Cars, trucks, bikes!

**Jurassic World: The Exhibition**, Ongoing thru Sun, April 16. Family-friendly immersive 20,000-square-foot experience. Westfield Mission Valley Center, 1640 Camino del Rio North, Mission Valley.

**Promenade Market downtown San Diego**. 10am, Ongoing Saturdays. Free. Enjoy crafts, coffee, and street food including Mexican, woodfired pizza, gyros, smashed avocado toast, kettle corn, waffles and crepes, more. Ruocco Park, 585 Harbor Lane, SD, 92101.

**Street Food Market**. Sat-Sun, 10-4, ongoing.. Free. Lane Field Park Market is a street food market showcasing 20+ food vendors, boutique coffee, live music from 12:30-2:30pm. Food includes Vietnamese bao, Thai burgers, wood-fired pizza, waffles & crepes, Mexican, empanadas, sushi and poke, smoothies, hot mini-donuts, more. Lane Field Park, 1009 North Harbor Drive, SD.

**La Jolla Open Aire Market**, Sundays, 9am-1pm, La Jolla Elementary School, 1111 Marine St., on the southwest corner Girard & Center.

**Hillcrest Farmers' Market**, DMV parking lot every Sunday, 9am-2pm. Monthly visiting chef series. 3960 Normal Street, SD, 92103

**Allied Gardens Sunday Market**, 10am-2pm. Farm-fresh produce, eggs, meat & fish, flowers, more. Lewis Middle School, 5170 Greenbriar Ave, SD, 92120



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## Armed Forces Dispatch • (619) 280-2985

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E-mail: [editor@navydispatch.com](mailto:editor@navydispatch.com)

## MOVIES AT THE BASES

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

### Naval Base Theater - NBSD,

619-556-5568, Bldg. 71  
3465 Senn Rd.

FREE entry to the first 300 customers (per showing), no outside food, concessions will be available.

**Thursday, January 26**  
5:50pm Avatar: Way of Water pg13

**Friday, January 27**  
5:50pm Babylon r

**Saturday, January 28**  
12:50pm A Man Called Otto pg13  
3:40pm Babylon r

**Sunday, January 29**  
12:50pm Puss in Boots: Last Wish pg  
3:10pm Avatar: Way of Water pg13

**Thursday, February 2**  
5:50pm Babylon r

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

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

**Friday, January 27**  
6pm Babylon r

**Saturday, January 28**  
2pm Avatar: The Way of Water pg13  
6pm Babylon r

**Sunday, January 29**  
1pm Puss in Boots: Last Wish pg  
3:30pm A Man Called Otto pg13

**Friday, February 3**  
6pm M3GAN pg13

**Saturday, February 4**  
2pm Babylon r  
6pm Avatar: The Way of Water pg13

**Sunday, February 5**  
1pm Puss in Boots: Last Wish pg  
3:30pm M3GAN pg13

### Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

**Saturday, January 28**  
1:30pm A Man Called Otto (PG13)

**Saturday, February 4**  
1:30pm Avatar: The Way of Water  
**Saturday, February 11**  
1:30pm Puss In Boots: The Last Wish

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

**Friday, January 27**  
6pm Babylon ( R )

**Saturday, January 28**  
3pm A Man Called Otto ( PG-13 )  
6:30pm Babylon ( R )

**Sunday, January 29**  
12pm Puss in Boots: Last Wish ( PG )  
3pm Avatar: Way of Water ( PG-13 )

**Q-Zone - NAB**  
Bldg. 337 • 619-437-3190

Family Friendly Movies:  
Tues, Thur, Sat: 11 am. NDVDs

**Friday, January 27**  
5pm Prey for the Devil pg13

**Saturday, January 28**  
11am Lyle, Lyle, Crocodile pg  
**Monday, January 30**  
5pm Down Periscope pg13

**Tuesday, January 31**  
11am Casper (1995) pg  
5pm The Black Phone r  
**Wednesday, February 1**  
5pm Elvis pg13

**Thursday, February 2**  
11am The Bad Guys pg  
5pm Top Gun: Maverick pg13

## CROSSWORD PUZZLE

### Across

- Devices that may shed some light on a situation
- 10 "4X2=8" rapper from Korea
- Got credit, in a way?
- Consumed
- Simple cocktail
- Agcy. whose logo is an eagle holding a scale
- Freelancer's info
- Event that might be called "morp"
- Two dry gallons
- "Ma-anitas": Mexican birthday song
- Artisan at Kells
- De Armas of "No Time to Die"
- Semisolid dessert
- Flax fabric
- Fast tracks?
- Element of 1990s fashion
- Sticks in windows
- Stand in a painting class
- Tries out
- Handheld or holding hands, for short
- Performs brilliantly
- Moines
- Did some digging
- Many a Mugler garment
- In the stars
- Reddit Q&A
- Celebration where many are out on the streets?
- Bestie
- Cry of horrible realization?
- Class for some immigrants: Abbr.
- Cool footwear

### Down

- Place for some nail trims

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## ROY'S SUDOKU

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## Feeling fatigued? Finding possible causes

Exhaustion seems to be on the rise. Fatigue is one of the symptoms most often reported by people with COVID-19, and their tiredness can linger. Add this to the many other causes of fatigue that existed before the pandemic—such as lack of sleep, mental health concerns, and health conditions like anemia or heart disease. Overall, it seems, we are one weary nation.

Fatigue can be helpful. It can be a warning sign that you need to ease up after strenuous exercise. Or it can make you rest if you get sick. But more often, fatigue creates problems. It can be an overwhelming and lasting feeling of exhaustion that makes it hard to do everyday tasks.

“There are different aspects of fatigue. It’s generally agreed that the sensation of fatigue can involve difficulty in starting or continuing an activity,” says Dr. Vicky Whittemore, who is involved in NIH’s fatigue-related research programs. “It can involve the perception that the effort to perform an activity is more than should be needed.”

Fatigue itself is not a disease. Rather, it’s a symptom. It can be caused by viral infections, certain medications, unhealthy eating, cancer and its treatments, depression or anxiety, and more.

Because it has so many possible



causes, it can be hard for doctors to diagnose the origins of someone’s fatigue. This can make it difficult to develop an effective treatment plan. But your doctor can help you figure out where to start.

Making lifestyle changes can provide some people with relief (see the Wise Choices box for ideas). But these changes may not

be enough for everyone. Certain health conditions can contribute to exhaustion. Some are treatable, such as a vitamin or mineral deficiency. But not much is known about other causes of fatigue.

One cause of debilitating fatigue is a serious disease called myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). ME/CFS

causes long-lasting, severe exhaustion, along with flu-like symptoms (called post-exertional malaise). People with ME/CFS may also have sleep problems, pain, or “brain fog.” Brain fog is when you have trouble thinking or concentrating. Physical or mental activity can make ME/CFS symptoms worse.

Researchers have not yet found an effective way to diagnose or treat ME/CFS. However, its symptoms overlap with those seen in people with Long COVID. Long COVID arises when COVID-19 symptoms last weeks or months after infection. Experts estimate that around 20% of individuals with Long COVID will also be diagnosed with ME/CFS.

These similarities create new opportunities for scientists to uncover the biology behind fatigue. So, NIH is bringing together researchers from different fields and is providing new funding to help scientists tackle the mysteries of these and other forms of fatigue.

“The study of Long COVID is bringing light to many issues that the ME/CFS community has been exploring for years,” Whittemore says. “I think this research will help us better understand fatigue and get at the underlying mechanisms.”

### How can I feel less tired?

Healthy lifestyle changes may help you regain energy:

- Eat a healthy diet. Nutritious foods can give you energy to do things you enjoy.
- Get physically active. Experts recommend healthy adults get at least 150 minutes of moderate physical activity a week. Those with ME/CFS or Long COVID should talk with their health care provider before exercising.
- Get enough sleep at night. Adults need at least seven or more hours of sleep each night.
- Quit smoking. Smoking is linked to many conditions that can drain your energy. You can get free help at 1-800-QUIT-NOW or smokefree.gov.
- Limit alcohol. Experts suggest no more than one drink per day for women and two for men.
- Talk to a health care provider if you’ve been tired for several weeks with no relief.

### Many types of exercise can lengthen older adults’ lives

Getting enough physical activity is vital for your health at any age. Guidelines recommend that adults get at least 150 minutes (or two and a half hours) of moderate exercise each week. But does it matter what types of activities you do?

A team of researchers asked this question about older adults. They looked at data from more than 250,000 participants in a national survey. People answered questions about their participation in seven different recreational activities. These included running or jogging, swimming, racquet sports, golf, and walking. The survey also tracked cycling and other aerobic exercise. Participants were first surveyed in the 1990s. Their average age was 70 when they responded to the last survey.

The researchers examined the risk of death during the 12-year study. They compared how different levels and types of physical activity lowered that risk.

Older adults who got the recommended amount of activity had a 13% lower risk of death compared with those who were inactive. Playing racquet sports or running showed the greatest risk reductions. But all activities provided benefit.

“The most important thing an inactive older adult can do to improve their health is find an activity that they enjoy and can stick with,” says NIH researcher Dr. Eleanor Watts, who led the study.

## If it is worth dying for, it is worth living for

by Army Capt Garrett Boyer

*Editor’s note: Boyer is an active-duty psychologist at Fort Stewart-Hunter Army Airfield in Georgia. In his commentary below, he shares a story of a combat veteran to encourage others to seek mental health help if needed. Names have been changed to protect confidentiality.*

I once met a soldier from Texas named Dan. He did well in college and was commissioned by the U.S. Army through the ROTC program in the spring of 2001.

The next January, he said goodbye to his loved ones and headed to Afghanistan for a 12-month deployment. His unit had many close calls but were fortunate not to have many casualties.

Six years later, Dan was a company commander and was tasked to deploy for another tour, this time for nine months.

He recalled a same sense of angst he felt on the first deployment.

“Maybe it will be like that one,” Dan thought. “Maybe nothing too bad will happen this time either.”

That was not the case. On his first day, Dan and his company were hit by improvised explosive device blasts and small-arms fire.

Two soldiers died. The next two days grew consecutively worse. He and his unit were involved in a great many firefights on that tour—nearly one a day. Dan was one of the few fortunate soldiers who avoided physical injuries during that tour; but by the end, he was impacted by the conflict and number of subsequent condolence letters he sent to the families of soldiers.

When Dan got home, he was not the same.

Though physically present, his mind was thousands of miles away. Even with closed eyes, he could still see blood and flashes from rocket attacks. The chaotic sounds of war played loudly in his nightmares.

Dan had post-traumatic stress. He experienced survivor’s guilt. Dan became depressed and anxious. He began to shut out from the world—spending less time with his loved ones and drinking more to cope.

It was worse when he left the U.S. Army. His whole identity was wrapped up, not just in military service, but in the moral and mental wounds he endured.

I asked him why he did it, “Why join the Army? Why go back to Afghanistan for a second

deployment? He did not have to do it, right?”

His answer struck me.

**“I wanted to go,” Dan said. “I had something worth fighting for and worth dying for.”**

He believed in the mission. He appreciated the ideals of an American life. He wanted others in the world to prosper. For him, this was worth dying for.

Dan survived combat, but he ultimately succumbed to his traumatic stressors and later died by suicide.

His story may be common among combat veterans. Over the past few decades, our society has become increasingly aware of the emotional weight these individuals bear. In a 2020 report, the Department of Veterans Affairs ([mentalhealth.va.gov](http://mentalhealth.va.gov)) stated that suicide was the 13th leading cause of death among veterans overall and the second leading cause of death among veterans under age 45. The irony is that they defended the nation and accepted the risk of dying on foreign soil, only to die by their own hand at home.

Amid the many threats to our service members, post-traumatic stress, survivor’s guilt, depression, anxiety, and substance abuse are

foes they must fight long after they hang up their uniforms.

Dan had a cause worth dying for. That same cause is worth living for.

Combat veterans are some of the toughest people there are. However, working through trauma requires a different toughness. One must recall experiences from the worst days of their life and mentally process those traumas. It is hard, scary, and time consuming.

Many veterans think it is easier to repress bad memories. They think a drink may take some of the edge off, or marijuana will calm the storm. These coping strategies too often cause them to spiral out of control.

In hard moments, it is more helpful for veterans to make positive, life-affirming choices by seeking help—lean on a counselor, family and friends, or their faith; seek out support and assistance from the variety of mental health resources offered by the VA and the Military Health System; or simply pick up the phone to call the Veteran & Military Crisis Line and talk to a qualified responder any time, any day. The mission going forward is to work through trauma and get to a point where the memories of combat do not impede the ability to live a full,

abundant life. Surely, that is a cause worth living for.

This story gives an opportunity for us to remind veterans—both past and those currently serving—that their sacrifices are worth living for. We can show our appreciation for their service by living our best lives. Do something nice for a neighbor. Get involved

in your child’s school. Thank a service member and a veteran and their families when you see them. Salute the flag.

And remember that you live in a nation where we are willing to do what it takes so we can be free to live a good life. That’s worth dying for, and worth living for.

### Resources: Support is within reach

For anyone experiencing a mental health crisis, needs immediate assistance, or simply to talk to someone, confidential help is available 24/7.

• The Military & Veteran Crisis Line, text-messaging service, and online chat provide free support for all service members, including members of the National Guard and Reserve, and all veterans, even if they are not registered with the Department of Veteran’s Affairs (VA) or enrolled in VA health care. Call: 988 and press 1 • Text: 838255

• Military OneSource is a 24/7 gateway to trusted information for service members and families that provides resources and confidential help. Call 800-342-9667.

• The Psychological Health Resource Center is available 24/7 for service members, veterans, and family members with questions about psychological health topics. Trained mental health consultants can help you access mental health care and community support resources in your local area. Call 1-866-966-1020, start a live chat, or visit [www.health.mil/PHRC](http://www.health.mil/PHRC).

• The inTransition Program has 20 FAQs that are a helpful introduction to the program. You can call 800-424-7877, or at 800-748-81111 in Australia, Germany, Italy, Japan, and South Korea only. You can also email the program directly at: [dha.ncr.j-9.mbx.inTransition@health.mil](mailto:dha.ncr.j-9.mbx.inTransition@health.mil).

• The Military Health System, DOD, and VA have many mental health resources available to help any service member, families, or veteran beneficiaries who are struggling with mental health challenges. Read Mental Health is Health Care for a complete list of resources for immediate assistance or to make appointments.



# PERRY



## New 2022 Jeep COMPASS

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**SAVE!**



For well-qualified buyers. MSRP of \$32,970. Down payment \$4,995. Residual \$17,144. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price. VIN: 210717. Expires 1/31/23.

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## New 2023 Jeep GRAND CHEROKEE Limited

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START SOMETHING NEW  
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## New 2022 Dodge DURANGO GT

Lease For  
**\$488**/Month For 36 Months

**SAVE!**



For well-qualified buyers. MSRP of \$52,670. Down payment \$4,995. Residual \$27,335. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price. VIN: 1210021. Expires 1/31/23.



# PERRY



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