

ARMED FORCES DISPATCH



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SIXTY-SECOND YEAR
THURSDAY, MARCH 2, 2023



WOMEN WORKFORCE TRAIL BLAZERS IN SAN DIEGO: During World War II many women worked at Consolidated Aircraft producing the PBV Catalina and the B-24 Liberator. When the final touches were made and an airplane neared completion, the feeling of satisfaction, accomplishment, dedication and esprit de corps were exhilarating!

MARCH IS WOMEN'S HISTORY MONTH

In 1935, the Consolidated Aircraft Corporation relocated from Buffalo, N.Y. to San Diego moving into a newly built factory located along present-day Pacific Coast Highway, between Barnett and Sassafras streets.

Consolidated, later known as Convair, was responsible for building some of the most significant aircraft in aerospace history and for fifty years was the largest civilian employer in San Diego.

Employment reached its peak in 1943 with 41,000 employees, of which forty percent were women. Rueben Fleets motto "Nothing short of right is right" became a popular slogan posted around the plant, meant to instill pride of workmanship in its thousands of employees. The factory ran 24-7 for most of the war.

Employees worked hard to produce the PBV Catalina and the B-24 Liberator, with women involved in every phase. Women of all ages flocked to the plant to

do their part to win the war. Consolidated provided comprehensive training to its new employees, most of whom had no prior technical skills in aviation work.

Camaraderie developed among the people in the factory, many were roommates, largely due to chronic wartime housing shortages and most shared in social activities. Many were married with their husbands serving in the armed forces.

Although riveting became the most recognizable job occupation for women workers, they also operated drill presses, welding tools, and heavy casting machinery as well. Women also played a major role in other fields of aircraft development, including chemistry and engineering.

For more information visit sandiegoairandspace.org. Be sure to put San Diego Air & Space Museum on your must-see list of places to visit. They



house collections from the dawn of flight to today's latest innovations. They also offer an Air & Space Summer Camp with programs for K-12. The San Diego Air & Space Museum is located in Balboa Park at 2001 Pan American Plaza. Phone: (619) 234-8291. sandiegoairandspace.org

Pentagon tells service members to stop displaying giant US flags at major events

by Alexander Riedel, Stars and Stripes

The Defense Department has a message for the service members being cheered on as they unfurl giant American flags horizontally at the Super Bowl and other major events: You're not following the rules.

In a Feb. 10 memo to its public affairs offices, the department said that having service members carry the U.S. flag horizontally or land it on the ground after a parachute jump is no longer acceptable.

The department's leaders have expressed concern over proper flag protocol and alignment with Title 4, United States Code, more commonly known as the U.S. Flag Code.

The code, which is referenced in DOD regulations, provides guidance on how to properly display the American flag, including rules about its size, placement and handling. It states that the flag should be treated with dignity and respect.

"In recent years, some sporting events have asked military members to hold large, horizontal flags during events, and some military units have carried them in parades," Cmdr. Nicole Schwegman, a Defense Department spokeswoman, told Stars and Stripes in a statement Monday. "While many, including service members, find these events moving and patriotic, according to the code, the flag should never touch the ground or be carried flat or horizontally."

The memo also generally bans the flying of flags by military parachutists, because the Flag Code states that "the flag should never

see **Flags, page 3**

Wounded service members from around world headed to Camp Pendleton for Marine Corps Trials

The 13th annual Marine Corps Trials, hosted by the Marine Corps Wounded Warrior Regiment, will take place aboard Camp Pendleton March 4-9 and Camp Lejeune, N.C., March 9-14. The Regional Marine Corps Trials is a 9-sport adaptive sports invitational involving more than 75 wounded, ill, or injured Marines, Sailors, veterans, on each coast. Participation in the Regional Marine Corps Trials is open to active duty, reserve, and veteran wounded, ill, or injured Marines and Sailors of all skill levels.

Airmen receive valor medals for aid flights during Iranian missile attack in Iraq

by Matthew M. Burke, Stars and Stripes

KADENA AIR BASE, Okinawa - Four airmen with Kadena's 18th Wing received awards for valor earlier this month for their actions three years ago during an Iranian rocket attack on al Asad Air Base in Iraq. Maj. Grace Gibbens and Capt. Anthony Delgado, received the Distinguished Flying Cross with a "V" device for valor on Feb. 8 during a ceremony inside the 33rd Rescue Squadron hangar. Maj. Andrew Travis, of Escondido, and Tech Sgt. Shelby Duncan, received the Air Medal with a "V" device for valor at the same ceremony. "These young airmen did a fabulous job that was extremely heroic," Eaglin said at the ceremony's conclusion. "I'm proud of you, and I'm super glad I got the opportunity to hand these medals out to you." All four airmen were assigned to the 46th Expeditionary Rescue Squadron in Iraq as pilots or crew aboard HH-60G Pave Hawk helicopters that responded to Al Asad during a series of Iranian ballistic missile salvos on Jan. 8, 2020. The attack was retaliation for a U.S. drone strike five days earlier at Baghdad International Airport that killed Iranian Gen. Qassem Soleimani, head of that nation's elite Quds Force.

Your FREE weekly paper

Take one!

Career Advice

Keep your knees bent for 2023, plus NCOs initiate aviation ground support leadership course.

See page 5

Base Movie Schedule

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

See page 10

Navy to rename USS *Chancellorsville* after former slave who stole Confederate steamer

by Alex Wilson
Stars and Stripes

YOKOSUKA NAVAL BASE, Japan — A Navy ship originally named for a Confederate victory will soon be known by the name of a former slave who hijacked a Confederate vessel.

USS *Chancellorsville*, named for an 1863 battle in Virginia remembered as a major victory for Confederate Gen. Robert E. Lee, will be renamed for Robert Smalls, Secretary of the Navy Carlos Del Toro announced Feb. 28 in a news release.

Smalls, born into slavery in South Carolina in 1839, was conscripted into the Confederate States Navy in 1862 to serve as a pilot for the Planter, an ammunition transport ship, according to his biography on the U.S. House of Representatives' website. He rose to fame that year when he hijacked the ship and turned it over to the Union Navy.

He went on to pilot the Planter and another ship, the ironclad Keokuk, on behalf of the Union in numerous battles. Later, Smalls accepted a commission as brigadier general of his home state before being elected as a South Carolina state representative from 1870 to 1874.

Between 1875 and 1887, Smalls represented South Carolina for five terms in the House of Representatives, then returned to local government in Beaufort, S.C., before dying of natural



A Navy ship will be named after Robert Smalls. Brady-Handy photograph collection, Library of Congress, Prints and Photographs Division

causes in 1915, according to his biography.

"Robert Smalls is a man who deserves a namesake ship and with this renaming, his story will continue to be retold and highlighted," Del Toro said the release.

The *Chancellorsville*, which was at its homeport in Yokosuka on Tuesday, is one of two Navy vessels set to be renamed this year due to their Confederate ties; the oceanographic survey ship USNS Maury is the other, following a 2021 Congressional mandate.

"The renaming of these assets is not about rewriting history, but to remove the focus on the parts of our history that don't

align with the tenets of this country, and instead allows us to highlight the events and people in history who may have been overlooked," Del Toro said in the release.

It will not be the first military vessel named after Smalls. The logistics support vessel Major General Robert Smalls, which was inducted into the Army's watercraft fleet in 2007, was the first Army vessel named for an African American.

The Navy did not identify a date for unveiling the USS Robert Smalls, but assets under the congressional mandate have until the end of 2023 to be renamed, Secretary of Defense Lloyd Austin said in September.

Gun restrictions crucial for combating service member suicides, Pentagon report says

by Svetlana Shkolnikova
Stars and Stripes

WASHINGTON — The military needs to restrict firearm access in barracks and dorms and institute an age limit and waiting period for gun purchases on bases to combat suicide among service members, according to a Pentagon report released Friday.

The outsized role of firearms in the military's suicide crisis led to the gun safety recommendations issued by the Suicide Prevention and Response Independent Review Committee, a group convened by Defense Secretary Lloyd Austin last year to find ways to reverse a 15-year upward trend in military suicides.

"What we learned over the past year was that a significant percentage of on-base suicides involve firearms purchased on base at military exchanges," said committee member Craig Bryan, an Air Force veteran and a clinical psychologist at Ohio State University. "When we look at the science of suicide prevention, there's arguably only one thing that all researchers agree on, and that one thing is that taking steps to slow down convenient access to highly lethal methods like firearms is the single most effective strategy for saving lives."

Guns are involved in 66 percent of active-duty suicides, 72 percent of suicides among Reserve members and 78 percent of suicides involving members of the National Guard, according to the report. Among the general public, only about half of suicides involve a firearm, Bryan said.

Visits by the committee to nine military installations, including three in Alaska and one in South Korea, showed service members could purchase firearms with an ease that could prove deadly for troops in acute mental distress, according to the committee.

"There's a very strong scien-

tific basis showing that waiting periods even as short as seven days significantly reduce suicide rates," Bryan said. "We were hearing of many instances of people walking into a base exchange and not only purchasing the firearm but also purchasing the ammunition at the same time and then walking out."

The committee is recommending the Defense Department implement a 7-day waiting period for purchases of firearms on military property and an additional 4-day waiting period for buying ammunition. It is also calling for raising the minimum age for purchasing both to 25.

Pentagon statistics from the past decade show an inflection point at the age of 21 when service members begin heavily using guns to die by suicide, Bryan said. That age corresponds to the minimum age for handgun purchases in many jurisdictions, he said. By age 25, firearms are involved in 60 percent to 70 percent of all service member suicides. About half of all military suicides are among 17- to 25-year-olds, he said.

"If we want to have a meaningful impact on suicide prevention, we would probably want to target that youngest age group," Bryan said.

The report also recommends the repeal of a law that prohibited the defense secretary and other military leaders from maintaining records of which service members lawfully acquired and possessed firearms.

Congress included the provision in its annual defense policy bill about a decade ago to protect the Second Amendment rights of service members, Bryan said. But the law unintentionally "handcuffed" military leaders from assessing the safety of their subordinates and knowing who was at elevated risk of suicide, he said.

"I was really struck by how often we heard stories from mili-

tary leaders and senior NCOs saying, in essence, 'I'm not allowed to ask and sort of keep track of who are my most vulnerable and highest risk service members,'" Bryan said. "As a result, when we lose service members in our units to firearm suicide, there's often this sense of, 'We could have done more, we could have gotten involved, we could have helped them to secure and lock up their firearms more safely.'"

Military leaders interviewed for the report said they wanted to encourage a culture of secure firearm storage, which varied widely across installations. Some prohibit the possession and storage of firearms in barracks and dorms but there is no uniform policy for all military property, according to Bryan.

The committee is recommending the Defense Department require everyone living in military housing to store all privately owned firearms in a locked safe or another locking device. U.S. households that own firearms and store them safely reduce the risk of someone in the home dying by suicide by 50 percent, Bryan said.

"We would want to set up rules that say, 'You cannot keep your personally owned firearms here but you can safely and securely store them in other places,'" he said. "The Department of Defense needs to provide options."

Bryan stressed the recommendations are not strategies for gun control, a politically charged issue that Republicans have traditionally opposed. He instead likened the proposals to the comprehensive safety requirements that the Pentagon already has for service members operating motorcycles, for example.

"What we were hoping to do is capture this sort of spirit, this commitment to a culture see **Restrictions, page 4**

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For new engineers, DOD has many opportunities

by C. Todd Lopez
DOD News

During this year's National Engineers Week commemoration held at the Pentagon, the deputy under-secretary of defense for research and engineering explained some of the opportunities available to young engineers interested in supporting the nation's defense.

"There is no more exciting or challenging place to work than in the Department of Defense," said David Honey during a keynote address Thursday afternoon. "DOD is one of the world's largest engineering organizations and employs more than 100,000 engineers. Here, engineers share a unique mission to advance cutting-edge engineering technology, systems and practices, and specializations that range from cyber and space to hypersonics and quantum science and more."

For young engineers inserted in working for the Defense Department, Honey said there are a variety of opportunities they can take advantage of. One of those is the Science, Mathematics, and Research for Transformation Scholarship, also called the "SMART Scholarship."

"This offers scholarships for undergraduate, master's and doctoral students currently pursuing a degree in one of 21 key STEM [science, technology, engineering and math]

disciplines," Honey said. "SMART scholars are selected, matched with a relevant DOD laboratory, and awarded a full-tuition scholarship."

During the summer, Honey said, those students intern at that DOD lab, and after they graduate from school, they go to work at that same installation for a period of time that matches their scholarship.

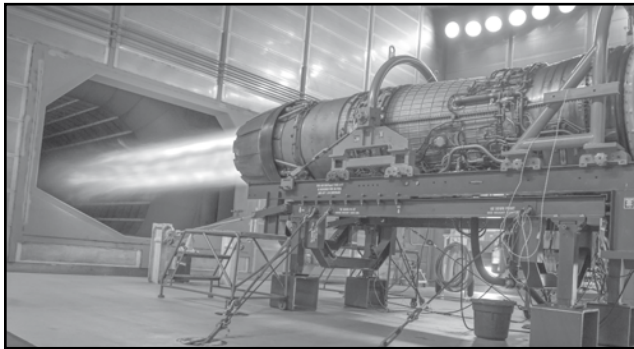
"Our SMART scholars get a paid education and a great engineering position right out of college, which is a pretty good deal," he said.

Another way to get involved as an engineer or as a student pursuing a degree in a science, technology, engineering, or mathematics program, is through one of the department's University Affiliated Research Centers, or UARCs.

A UARC is a DOD-supported non-profit research organization affiliated with a university that has a specific area of domain expertise or specialization and supports the long-term needs of the department.

Up until last month, there'd been only 14 UARCs. But in January, the department announced the creation of a new UARC, to be associated with Howard University in Washington.

"Just last month we were honored to help establish the department's



An F-16 Fighting Falcon engine runs at full afterburner at Misawa Air Base, Japan, Sept. 29, 2020. US Air Force photo by Airman 1st Class China M. Shock

15th UARC. This new UARC is at Howard University, and it is our first UARC at a historically black college or university," Honey said. "This Air Force-sponsored UARC will focus on tactical autonomy, which will operate under a consortium model, with a number of other HBCUs supporting this effort."

Also, an opportunity for young engineers to help support the nation's defense is through the Vannevar Bush Faculty Fellowship.

"This is the Department of Defense's most prestigious single-investigator award and supports basic research with the potential for transformative impact," Honey said.

The five-year fellowship, with as much as \$3 million in funding, "sup-

ports new, out-of-the-box ideas where researcher creativity intersects with the unknown," Honey said.

In 2022, nine individuals were able to take advantage of the Vannevar Bush Faculty Fellowship. Honey said they work in areas such as semiconductor technology, artificial intelligence and quantum theory.

"I'd strongly encourage interested engineers to consider a career in the DOD," Honey said. "The need is great, and the work is very rewarding. The world is becoming a challenging place, and the DOD's need for sound, innovative engineering has never been greater. You'll not only do interesting and exciting engineering tasks, but you'll be a part of something important — because the work we do truly matters."

Flags

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touch anything beneath it, such as the ground, the floor, water or merchandise."

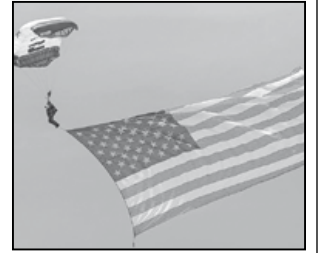
The exception is when the U.S. flag is used to cover a casket during funeral honors, so long as it isn't lowered into the grave or allowed to touch the ground.

While some may see the policy as limiting their ability to show patriotism, the department's leaders say the restriction is necessary.

It prohibits uniformed service members from participating directly in the "unfurling, holding, and/or carrying of giant horizontal U.S. flags" and bars DOD jump teams from incorporating the U.S. flag in their demonstrations if it "cannot be caught reliably and handled respectfully by ground personnel."

"I encourage public affairs officers to work with sponsors of community events to develop other ways to showcase the patriotism and capabilities of our military that comply with DoD policy," Chris Meagher, assistant to the secretary of defense for public affairs, wrote in the letter.

The memo drew criticism from some commenters on the popular Amn/NCO/SNCO



A Navy Leap Frog parachutes into Cheyenne Frontier Days Arena with an American flag July 23, 2022, in Cheyenne, Wyo. US Air Force photo by Sarah Post

Facebook page, where it was posted Thursday.

"If we're following flag code for the reasoning for this stupidity, the objects used for these events aren't technically flags, they're banners," one commenter wrote Friday.

The Pentagon's leaders have been concerned with flag protocol in recent years, addressing troops on the issue in previous memos.

In 2020, DOD issued a new policy that banned the display of unauthorized flags on military installations, buildings and vehicles. The policy was seen as effectively banning Confederate flags and other controversial banners without spelling out which flags were undesirable.

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- American soldiers are jumping into freezing water to learn Arctic warfare

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Space Force

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National Guard

- Minnesota National Guard winds down active-duty response after snowstorm

U.S. troops deliver field hospital to Turkey



U.S. Marine with Task Force 61/2, guides a semi-truck carrying humanitarian aid at Serinyol, Turkey, Feb. 25. US Marine Corps photo by Sgt. James Bourgeois

by MacKenzie Margroum

At the request of the government of Turkey, United States Marines, Sailors, Soldiers and Airmen worked around the clock to deliver an emergency field hospital from the continental United States to Incirlik Air Base, Turkey, Feb. 22, as part of the United States' continuing commitment to assist survivors of the catastrophic earthquake.

U.S. Naval Forces Europe, in coordination with U.S. Transportation Command, U.S. Northern Command and U.S. Air Force Air Combat Command, facilitated

the delivery of the Defense Department-provided field hospital, with assistance from staffs in Kelly Field in San Antonio and Langley AFB, Va.

"We are responding to the request for support from the Turkish government to provide a critical medical capability while the Turkish government rebuilds," Brig. Gen. Andrew Priddy, commanding general, Task Force 61/2, said. "I am proud of the professionalism with which the team has responded to assist our Turkish allies and friends who are suffering from the earthquake's devastation."

U.S. service members, assigned to U.S. 6th Fleet's Task Force 61/2, are working at the request of the Turkish Ministry of Health through the U.S. Agency for International Development to ensure the hospital is established and operational in the province of Hatay, one of Turkey's most severely impacted areas.

The field hospital is equipped with an emergency room, two operating rooms and an intensive care unit along with critically needed medical supplies, 100 beds and equipment to ensure the functionality of the hospital.

The Marines of TF 61/2 and Airmen from 39th Air Base Wing will set the hospital up over the course of a week, beginning Feb. 25 and will turn the facility over to the Turkish Ministry of Health once complete. Once turned over, the hospital will provide Turkish medical professionals expanded capability to continue providing critical and urgent health care to the citizens of Turkey impacted by the devastating earthquakes.

TF 61/2, under operational control of Naval Forces Europe and 6th Fleet, is responding to the deadly 7.8 and 7.6 magnitude earthquakes that devastated Turkey on Feb. 6. Hours after the earthquake, Marines and Sailors established a forward crisis

response operations center at Incirlik AB, Turkey, in close coordination with U.S. interagency partners and Turkish officials.

For more than 80 years, Naval Forces Europe-Naval Forces Africa has forged strategic relationships with allies and partners, leveraging a foundation of shared values to preserve security and stability.

Headquartered in Naples, Italy, NAVFOR-EUR/NAFOP operates U.S. naval forces in the U.S. European Command and U.S. Africa Command areas of responsibility. 6th Fleet is permanently assigned to NAVFOR-EUR/NAFOP and employs maritime forces through the full spectrum of joint and naval operations.

Restrictions

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of safety and leverage that as a platform for thinking in a very similar way about firearms safety, while being able to balance the absolute need to protect and respect the civil liberties that are enshrined in our Constitution," he said.

Bryan said his experiences in the Air Force have shown that the military community is more open to firearm safeguards than

civilians, largely because members are tired of their friends and loved ones dying from self-inflicted gunshot wounds.

"So many of us who have served have lost friends to suicide and so many of those suicides involved firearms that we recognize that there is a connection between the two," he said. "Over and over, we heard over this past year, 'You know, I didn't see it coming. My friend seemed OK. But they had a gun and they died.'"



Ships Underway	
Total Battle Force	295 (USS 238, USNS 57)
Deployed	105 (USS 70, USNS 35)
Underway	62 (45 Deployed, 17 Local)
Ships Deployed by Fleet	
2nd Fleet - 2	
3rd Fleet - 0	
4th Fleet - 2	
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6th Fleet - 23	
7th Fleet - 68	
Total - 105	

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Keep your knees bent for 2023

by Dr. Daneen Skube
Tribune Content Agency

Q: I had detailed plans for my business, but this economy is making my plans unlikely to succeed. I'm disappointed that I put so much energy into strategies that required a stable economy. Now I feel like I have to just dog paddle this year. What's the best advice you give clients when change shreds their business plans?

A: For 2023 I'm telling clients running businesses that if they can dog paddle their way through this year, they're doing well. Recessions and economic downturns can drown businesses, so allow yourself to redefine success as simply surviving this year.

All economic indicators predict a harsh winter for businesses. Just like an actual winter, harsh conditions are a "survival-of-the-fittest" situation. Studies in survival psychology repeatedly find that creativity and emotional resiliency are the most important traits during challenging events.

As adults we may believe our survival is dependent upon one job, one industry, or one boss.

If conditions take away that job, that industry, or that boss we freeze in terror. We forget we were OK before that job, industry, or boss. We forget that we're more than that job, industry or boss.

Most adults are also fond of familiar circumstances. As grownups, we have a bit of inner toddler influencing us. We like our nap, graham cracker, and play time in the same order. If conditions that we

Interpersonal Edge



by Dr. Daneen Skube

conflate with our security go away, we fear for our future.

Fear can be a useful motivator. However, fear can also cause us to freeze, flee, or fight with no pre-planning for our long-term interests. Making fear your friend, not your foe, requires feeling the physical emotion with no action — until you engage your brain.

To shrink your fear, ask what catastrophic outcome you're imagining. When I started my business my worst outcome was I'd fail and become a bag lady. Once I could see this fear I could have a conversation with it. My brain pointed out that with a PhD, extensive network, and the experience of self-employment if I failed I'd be able to get an even better job than the one I left.

Each emotion we feel can help or hurt us, depending on how we act. The emotion does not have to control our behavior. Unfortunately, since emotion can make us feel uncomfortable we may act impulsively to get rid of our feeling. Impulsive strategies generally move us from the frying pan into the fire.

There's nothing wrong with having a funeral for your previous plan for this year. There's nothing wrong with being disappointed. You'll use all the work that went into your initial plan when the economic winds shift.

The reason there're so many humorous sayings about planning is we cannot control everything. Sayings like, "Man

plans, God laughs" point out that planning is normal, but the timing of the universe may force us to wait or change.

When I skied as a young person my best skiing instructors said, "Keep your knees bent Skube!" I often think about what good advice that is for work and life. When we "keep our knees bent," we're flexible when we hit the inevitable moguls or bumps on the hills we traverse.

So for 2023 dear readers, keep your knees bent. Your plans are not gone, just delayed. If your head is above water at the end of the year, you and your business will be all the stronger for the experience!

The last word(s)

Q: I've had a long conflict with a co-worker. I'm really tired of battling with her, but don't see an alternative. Is there a graceful way to exit constant conflict?

A: Yes, consider the effort it takes to catch dirt on fire and realize conflict cannot continue without your participation. Paraphrase her, stop reacting, and the conflict will sputter out since you're no longer adding fuel to it.



Marines Timothy Hart (left) and Dominik Cochran post security for a forward arming and refueling point during the Aviation Ground Support Leadership Course

NCOs initiate aviation ground support leadership course

by 2nd Lt. Andrew Baez, 3rd Marine Aircraft Wing

MCAS MIRAMAR -Weapons and tactics instructors with Marine Wing Support Squadron 373, Marine Air Control Group 38, 3rd Marine Aircraft Wing, implemented an innovative training exercise called Aviation Ground Support Leaders Course that develops and empowers non-commissioned officers of the MWSS to be able to plan, brief and execute a variety of complex missions in support of MACG-38 and 3rd MAW. The training recently between Miramar and Camp Pendleton,

Leadership abilities and confidence in their craft is crucial for mission success for NCOs. The leaders course empowers NCOs with a superior knowledge of aviation ground support activities who can compete, fight and win while executing Expeditionary Advanced Base Operations, an integral aspect of Force Design 2030. Each MWSS is tasked to execute six distinct AGS activities: Forward Aviation Combat Engineering, Airfield Operations, forward arming and refueling, Base Recovery After Attack, Airfield Damage Repair, and Aircraft Salvage and Recovery.

"This course was our answer to a demand signal from the Non-Commissioned Officers who sought to professionalize Aviation Ground Support at their level." - Maj. Tyler Stratton, operations officer for MWSS-373

The Commandant of the Marine Corps, Gen. David H. Berger, implemented Force Design 2030 to redesign the Marine Corps based on current and future threats that call for a more capable force, with new operating concepts.

"As Force Design continues to modernize and shape the Marine Corps, the MWSS must continue its tradition of innovation to increase its ability to execute Aviation Ground Support no matter the situation or the location," said Maj. Tyler Stratton, operations officer for MWSS-373. "We need to prepare our Marines to fully understand and employ Aviation Ground Support in Expeditionary Advanced Base Operations."

Marines practiced some skills at the tactical level - machine gun mastery and live fire exercises, Chemical, Biological, Radiological, and Nuclear training, landing zone surveys, expeditionary airfield setup, and Forward Arming and Refueling Point implementation. They also practiced key skills that benefit the individual Marine including medical aid with Tactical Combat Casualty Care, Expeditionary Fire and Rescue, Aircraft Salvage and Recovery, and Base Recovery After Attack.

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Local Military

Marine Corps Trials, hosted by the Marine Corps Wounded Warrior Regiment

The 13th annual Marine Corps Trials, hosted by the Marine Corps Wounded Warrior Regiment, will take place aboard Camp Pendleton now through March 12.

The Marine Corps Trials is an 11-sport military adaptive sports invitational involving more than 200 wounded, ill, or injured Marines, Sailors, veterans, and international competitors from the following countries: Colombia, Estonia, France, Georgia, Italy, Netherlands, and United Kingdom.

Participation is open to active duty, reserve, and veteran wounded, ill, or injured Marines and Sailors of all skill levels.



In this July 26, 2022, file photo, a recovering service member with Wounded Warrior Regiment throws a discus during a training camp at Camp Pendleton. US Marine Corps photo by Lance Cpl. Phillips

Show offs



by Paul Archer

Navy Flight Demonstration Squadron

EL CENTRO - The U.S. Navy Flight Demonstration Squadron, the Blue Angels, and the U.S. Air Force Air Demonstration Squadron, the Thunderbirds, will conduct a joint training exchange onboard Naval Air Facility (NAF) El Centro, Feb. 23 - March 3, to trade best practices and develop team interoperability in preparation for the 2023 show season.

Both teams are in the middle of their winter training cycles and will not conduct performances. Training flights with similar profiles to the air show routine, however, will be conducted in accordance with annual training objectives.

"We have been looking forward to our joint training with the Thunderbirds all year," said Cmdr. Alex Armatas, Blue Angels commanding officer and flight leader. "For the fourth year in a row, we have the unique opportunity to train together in El Centro, California, and share our expertise with one another. No one better understands the hard work and dedication it takes to execute flight demonstrations across the country like our Air Force counterparts."

The last time the Blue Angels



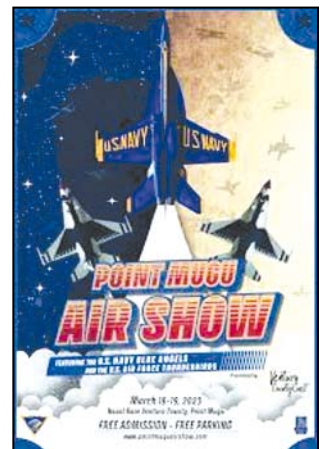
Navy Flight Demonstration Squadron Blue Angels welcome the Air Force Air Demonstration Squadron, Thunderbirds to Naval Air Facility (NAF) El Centro. US Navy photo by MC1 Cody Deccio

and Thunderbirds performed together at an air show was at the Thunder over Dover Air Show in Dover, Delaware, May 22, 2022.

The mission of the Blue Angels is to showcase the teamwork and professionalism of the United States Navy and Marine Corps through flight demonstrations and community outreach while inspiring a culture of excellence and service to country. 2023 marks the Blue Angels' 77th show season representing the United States Navy and Marine Corps.

The Blue Angels are scheduled to perform 64 flight demonstrations at 32 locations across the United States and Canada this year.

The Thunderbirds mission is to recruit, retain and inspire past, present and future Airmen while showcasing the pride, precision and professionalism of America's Airmen. 2023 marks the Thunderbirds' 70th year



representing the United States Air Force.

The Thunderbirds are scheduled to perform 62 flight demonstrations at 32 locations across the United States and Canada this year.

The Blue Angels and Thunderbirds will co-headline the 2023 Naval Base Ventura County Air Show March 18-19, in Point Mugu.

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Boeing is retiring its F/A-18 Super Hornet fighter jets

by Julie Johnson

STARS AND STRIPES - In a *Bloomberg Finance News* report. Boeing plans to end production of its F/A-18 Super Hornet after more than 2,000 deliveries over 40 years.

The aerospace giant will stop manufacturing the fighters after it hands over the last Super

Hornet to the Navy in late 2025, according to a statement Thursday. Boeing expects to move the 1,500 workers who support the jet - from mechanics to finance staff - to other military aircraft programs, such as the T-7 trainer, a spokeswoman said.

The decision to shutter the Super Hornet assembly line will

free up resources to support new military aircraft programs, Boeing said. The planemaker plans to expand the workforce in its St. Louis defense hub for the next five years and build three new facilities there for advanced crewed and un-crewed aircraft.

A Boeing spokeswoman wouldn't discuss the planes it

plans to build in the new facilities but noted that the company does work on classified programs for the U.S. government as well as the company's secretive Phantom Works research arm in the region.

The Super Hornet is the second storied Boeing aircraft to glide into retirement this month



An F/A-18E Super Hornet launches from the flight deck of *Nimitz* aircraft carrier on Feb. 23. US Navy photo by Joseph Calabrese

after the Arlington, Va.-based planemaker delivered its final 747 jumbo jet on Feb. 1. The fighter has been a key franchise for Boeing's defense division since the company merged with McDonnell Douglas in 1997.

Originally developed by McDonnell Douglas in the 1970s, the F/A-18 Hornet was the first aircraft to have carbon-fiber wings and the first tactical jet fighter equipped with digital, fly-by-wire controls. The Hornets entered active duty in 1983 and flew their first combat missions three years later on USS *Coral Sea*. The fighters played key roles during the 1991 Persian Gulf War and provided around-the-clock battlefield coverage in Afghanistan a decade later.

The Super Hornet, a larger version with more powerful

engines, began service in 1999. Both models of the fighters have been workhorses flown from the decks of U.S. Navy aircraft carriers and the aircraft piloted by the service's Blue Angels flight demonstration squadron.

The jets were eventually eclipsed by Lockheed Martin's newer, stealthier F-35. Super Hornet sales dwindled in recent years with prospective customers such as Germany and Canada opting for the more advanced Lockheed fighters, said aerospace consultant Richard Aboulafia.

While Boeing is still vying to sell F/A-18 fighters to India, France's Rafale fighter is thought to be the prohibitive favorite, Aboulafia said. Boeing said if the Indian Navy selects its plane, it could continue making Super Hornets for another two years.

New military police station opens at MCRD, San Diego

by Cpl. Elliott Flood-Johnson
MCRD, San Diego

SAN DIEGO - It's now official. A small ceremony here on Feb. 21 marked the official opening of the new Provost Marshal's Office building. The building replaces the former PMO command center which previously housed all of MCRD San Diego's military and civilian police force.

Apart from being a welcomed replacement to its predecessor, which had been in use since the 1980s, it's also the first new building to be constructed on the depot since 1999. The building provides amenities for the police officers and staff that the former PMO building simply couldn't.

"The building that we came out of simply didn't fit our needs," Deputy Police Chief Ryan Flick said. "It didn't have a holding cell. This building brings us a detention space - everything that

we need to operate effectively and carry out our mission."

The building standing today is not the same as the original blueprint. As time went on the buildings' design changed and evolved to house more of what the officers actually needed. Construction, which was overseen by Bristol Design Build Services, took approximately 18 months to complete, though plans for the site had been discussed for much longer.

"When I started here in 2010 I was told that this space was going to be a Coast Guard building," recalled Flick. "In 2013 they said 'You're going to have your new PMO building there.' I was the captain at the time when the deputy chief walked into my office, sat down with some plans, and asked me if I could fix them."

Flick took the deputy chief's

request seriously. He ended up working with Bristol and NAVFAC (Naval Facilities) on two previous iterations of the building's layout before arriving at the design that was finally approved and stands today. Though it took time and coordination, Flick is very proud of the final result.

Flick isn't the only person proud of the new PMO building. Brig. Gen. Jason L. Morris, the commanding general of MCRD San Diego and the Western Recruiting Region, gave a speech which aptly expressed his sentiments not only about the building, but also about the men and women who keep the base secure.

"With them [military police officers], we can all work and live here on the depot with high confidence that we don't have to worry about our own security," Morris said. "This morning is

my opportunity to say thank you."

As the ceremony came to an end, Morris made his closing remarks. "I just want to say... thanks to the whole team for making this happen. This is something that was long overdue... Thank you all for being here and recognizing this great day on the depot. I look forward to this building providing another 100 years of support to the military police mission here."

With that, Morris gathered in front of the new PMO facility with Flick and others who helped complete this project. As they turned to the crowd and cut the ribbon in front of building 217, the crowd cheered; celebrating MCRD San Diego's newest accomplishment. Something that will be a vital part in allowing the base to keep carrying out its most important mission: making United States Marines.

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Naval Special Warfare, Naval Medical Center San Diego enhance partnership

by Petty Officer 1st Class Chelsea Meiller
Naval Special Warfare Group ONE

CORONADO – Naval Special Warfare Group (NSWG) 1 hosted Naval Medical Center San Diego's (Balboa) Executive Steering Committee – a collection of key leaders and subject matter experts across different medical specialties – on a tour of NSWG-1's medical facilities.

The visit encompassed a brief on the medical capabilities of NSWG-1 and included tours of the training pool and rope rescue course, physical therapy spaces, hyperbaric chamber, medical logistics warehouse, and human performance center. The tour also included the opportunity to observe special operations tactical medic skills sustainment training demonstrating casualty care from point of injury, trauma lanes, and prolonged care scenarios proctored in partnership with NMCSO Emergency Medicine physicians.

Cmdr. James Chung, group surgeon and senior medical officer at NSWG-1, led the tour group. "This is an opportunity to showcase what we can do here at [Naval Special Warfare]," he said. "This tour allows us to discuss our capabilities, the unique patient set we cater to, and what we are doing to ensure we man, train and equip our medical personnel to be fully ready to forward deploy." "It is critical to prepare our medics to save lives in the future fight within the maritime environment... potentially geographically displaced, resource limited, and prolonged evacuation times."

As a Navy Medical Readiness Training Command, Balboa has a solid track record of providing training support to Naval Special Warfare medical personnel. The collaborative training within Balboa's bioskills and simulation training center has been instrumental in providing high fidelity models for basic and advanced medical skills.

Capt. Kimberly Davis, commanding officer, NMCSO, spoke highly of the partnership built with Naval Special Warfare. "We have three main priorities at our command and the first one will always be warfighter readiness," she said. "Having an opportunity to really get to see the demand signals of these warfighters firsthand is crucial to us understanding how we can keep them healthy and quickly return them to the fight if illness or injury does occur."

While NSWG-1 organically provides much of the care that it's Sailors need, when a higher level of specialty care is needed, that's when the partnership between Naval Special Warfare and NMCSO is truly highlighted.

"We're the front lines of care for the warfighters here, but when we need higher level care – specialty or inpatient care – we reach to Balboa to assist us in ensuring our service members are fully taken care of," Chung said. "It is critically important to us to foster a healthy supporting/supported relationship with Balboa."

One unique way NMCSO provides support to Naval Special Warfare is by setting up specialty clinic days at the Silver Strand Training Complex to meet the timely medical needs of SEALs and support staff.



Clint Westrich, the critical facilities branch manager for Marine Corps Installations West, G-6 Communications, presses the emergency shut off switch during the data center power down ceremony at building 1164 on Camp Pendleton Feb. 13. Building 1164 has been in operation for 19 years and is finally powering down to help energy costs for the Marine Corps. US Marine Corps photo by Sgt. Andrew Cortez

Camp Pendleton shuts down data center

by Cpl. Andrew Cortez, Camp Pendleton

Marine Corps Base Camp Pendleton is considered the gateway to the Pacific. With multiple units across the various installations, communication is vital in always maintaining combat readiness.

On Feb. 13, the data center at building 1164 turned its lights off for good.

1164 on Camp Pendleton was built in 2003 and has since been the regional data center for the West Coast. For 19 years, the facility ran 24 hours a day, seven days a week, without any power outages. But with all those efforts, keeping the facility running at total capacity still takes a lot.

"Right now, we are paying about \$110,000 a year in maintenance costs," said Clint Westrich, the critical facilities branch manager for G-6 Communication, Marine Corps Installations West. "On top of that, we spend 39 thousand dollars monthly for all the power this building uses."

The Marine Corps is moving toward modernizing facilities to have better infrastructures using a fraction of the energy costs. Camp Pendleton has designated building 1270 as the Regional Component Enterprise Data Center (CEDC). The new facility has modernized technology and more substantial infrastructures that will continue to support the Marine Corps and the MCI-West region.

"I'm excited to see this because it's a beginning, not an end," said Lt Col. David Becker, the assistant chief of staff for G-6 Communications, MCI-West. "It's the beginning of more consolidations for the region, so it's an exciting day."

The new facility operates today and recently received the rest of its equipment on February 11th.

Sea sweat



Lt. Jarred Reid-Dixon instructs a high-intensity interval training (HIIT) class during a morale day on the flight deck of Makin Island amphibious assault ship Feb. 19, 2023, in the South China Sea. US Navy photo by MCC Michael Gomez

Safe waters



Sailors assigned to guided-missile destroyer Paul Hamilton man a rigid-hull inflatable boat during a visit, board, search and seizure exercise in the Gulf of Oman, Feb. 22, 2023. US Navy photo by MC2 Elliot Schaudt

Boomtown



A Military Operations on Urbanized Terrain town creates a simulated explosion during a close air support exercise on Camp Pendleton Feb. 8, 2023. US Marine Corps photo by Lance Cpl. Mhecaela J. Watts

Numero uno Bruno



MCRD, SAN DIEGO (Feb. 23, 2023) - Marine Corps recruit Bruno, the mascot in training, makes a phone call in the contraband room here. The mascot's job is to boost morale, perform outreach work and participate in events and ceremonies. (Inset) Bruno awaits an initial haircut. US Marine Corps photo by Lance Cpl. Alex Devereux

Medal of Honor Spotlight: Marine Corps Pfc. James Anderson Jr.

by Katie Lange
DOD News

Marine Corps Pfc. James Anderson, Jr., had a plan for his future, but when the Vietnam War began, he felt compelled to serve. The 20-year-old never returned home to fulfill the plans he had for himself, but the valor he showed during his short time in service earned him the Medal of Honor.

Anderson was born in Compton, Calif., on Jan. 2, 1947, to Aggiehine and James Anderson Sr. He was the first boy born to the couple, who already had five daughters. He also had a younger brother, Jack.

Growing up, Anderson liked to sing in the choir; he was also a fabulous dancer and took part in service organizations, such as the Boys and Girls Clubs of America, according to his niece, Denise Johnson-Cross. Anderson played clarinet in the band at Centennial High School and graduated 10th in his class in 1964. Johnson-Cross said her uncle, who was 14 when she was born, wanted to be minister.

Anderson earned the Medal of Honor when he saved his

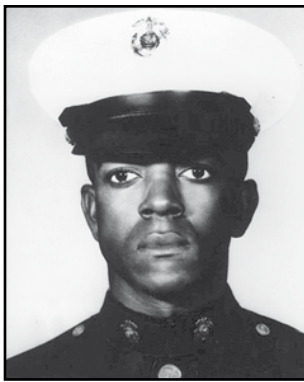
comrades from a grenade during a battle in Vietnam on Feb. 28, 1967.

After high school, Anderson went to L.A. Harbor College to study pre-law for a year and a half. When the Vietnam War started, he didn't want to be drafted into the Army, so he enlisted in the Marine Corps in February 1966 and was sent to Vietnam in December. Anderson was trained as a rifleman — even though his sister, Mary, told the Los Angeles Times in 1984 that he said he couldn't kill anyone.

On Feb. 28, 1967, Anderson had just celebrated his 20th birthday and his one-year anniversary in the Marines when he was put to the ultimate test.

Anderson was serving as a rifleman in Company F, 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, in the Quang Tri province on Vietnam's central coast. He and his platoon were on a mission to rescue a heavily besieged reconnaissance patrol when they came upon heavy enemy fire in dense jungle northwest of Cam Lo.

The platoon reacted quickly and began firing back. Anderson



Pfc. James Anderson, Jr., earned the Medal of Honor when he saved his comrades from a grenade during a battle in Vietnam on Feb. 28, 1967. US Marine Corps courtesy photo

found himself on the ground in a tightly packed group of Marines within about 20 meters of the enemy and began firing back at them.

All of a sudden, a grenade landed within feet of Anderson's head. Without hesitation, Anderson selflessly grabbed the grenade, pulled it into his chest and wrapped himself around it before it detonated.

Anderson's body absorbed

the blast. He was immediately killed. Thanks to his actions, though, the Marines around him survived with just minor injuries.

Anderson's extraordinary valor and self-sacrifice were a testament to his courage, and that's why he received the Medal of Honor posthumously on Aug. 21, 1968. His parents accepted it on his behalf from Navy Secretary Paul R. Ignatius during a ceremony at Marine Barracks Washington.

The honor made Anderson the first Black Marine to receive the nation's highest award for valor.

Anderson's sister, Mary, told the Los Angeles Times that he did what he did in Vietnam "because of his faith and his belief in mankind. He always cared about other people."

Anderson's sacrifice has not been forgotten. In 1983, the U.S. Navy showed its appreciation for his gallantry by renaming a maritime prepositioning ship after him. USNS Pfc. James Anderson, Jr., was based in the Indian Ocean and carried equipment to support a Marine expeditionary

brigade until 2009. His name also adorns Anderson Hall at Marine Corps Base Hawaii.

More recently, a bill passed by Congress in December 2022 will rename a post office in Anderson's hometown for the distinguished Marine. The bill was introduced in 2020 by U.S. Rep. Nanette Barragan of California, who first heard about Anderson from Compton Mayor Emma

Sharif. Johnson-Cross said that Sharif was visiting Anderson's burial site at Lincoln Memorial Park when she noticed he didn't have the appropriate headstone for a Medal of Honor recipient. Sharif brought it to Barragan's attention, who got the ball rolling on the post office legislation.

A park in Carson, Calif., near Anderson's home, was also named in his honor.

Fleet Reserve Association, others urge SecDef to protect TRICARE benefits in FY2024 Budget

The FRA and several other groups will submit a letter to Secretary of Defense Lloyd Austin requesting that as the Department of Defense (DoD) undertakes the FY2024 budget request, it protects the TRICARE benefit to ensure it provides the low out-of-pocket costs, comprehensive coverage, and access to quality care, service members and retirees have earned. The FY2024 budget is expected to be released on March 9, 2023. As noted in the Jan. 27, 2023, NewsBytes, the Congressional Budget Office (CBO) recently issued a report recommending various fee increases for TRICARE-For-Life (TFL). The FRA will oppose any new TRICARE fee increases and members are urged to use the FRA Action Center to tell their legislators to oppose these CBO proposals now.



NASCAR bids an action-packed farewell to Auto Club Speedway's superspeedway

I woke up early this morning to write this week's column, which is due at a newspaper by 2:30pm Tuesdays, my first publication's deadline. I had decided to write about an entirely different topic — a review of some really great non-stick frying pans that I wanted to tell you about. Really! However, before doing that, I checked my email.

A fellow automotive journalist had written to me, replying to the email that I had sent to him with a photo of me that yet another fellow automotive journalist shot after Sunday's two NASCAR races — the final two NASCAR races ever on the superspeedway configuration of Auto Club Speedway (formerly California Speedway) in Fontana.

I was going to send him a quick reply but the more I wrote, the more I wanted to share with him about my experiences and impressions from the weekend. Soon I had written more than enough to fill a column — and then some, so I made a spur-of-the-moment decision to change my plans and do just that. Sorry, but those of you who wanted to get my recommendation for great non-stick frying pans will have to wait (LOL).

I had to scramble to transfer over 3,000 of my race photos from this past weekend, and then edit a few of them for the initial distribution of this column to publications. Eventually I will edit many more of those photos and include them with this column on my AutoMatters.net website.

We were treated to an exciting NASCAR twofer on Sunday, thanks to a lot of rain and even a rare dusting of snow on Saturday — which led to the elimination of practice,

qualifying and Xfinity Series racing. Fortunately, I had believed the dire weather forecasts that predicted a 100% chance of rain on Saturday, so I did not make the long drive from my home in San Diego for that exercise in futility. Nevertheless, it was still freezing cold on Sunday, when I did go.

Both races were action-packed — more so than usual for Cup Series races on the ultra-wide superspeedway. Kyle Busch survived the melee of the nine-car 'Big One' during

AutoMatters™ & More by Jan Wagner



the Second Stage restart of the Cup Series race (lap 86 of 200), and went on to win — setting a record for his 19-race-winning NASCAR seasons in a row and, in so doing, breaking a tie with "King" Richard Petty's record of 18.

The Xfinity Series race — won by John Hunter Nemechek — finished at night, under the lights.

I had to shoot it as best as I could with gloves on, since by then my fingers were numb. Despite my wearing a big, down-filled parka to mitigate the effects of the cold, by the second race my legs were shaking. I have not had to do that in about 50 years, back when I lived and shot auto racing in Alberta, Canada.

I hope the promised new short track replacement for the 2-mile Auto Club Speedway's superspeedway (1997-2023 RIP) is actually built. The back straight, with no grandstands and where much of the on-track action happens, is too far away from the grandstands overlooking the pits on the other side of the track for the fans to be able to see it well. The promised new reconfiguration to a short track, by 2025 or 2026, will provide much better viewing for fans and press photographers alike, and should also promote much more on-track action.

I have the longest superzoom lens (100-500mm) that Canon makes for their relatively new RF mirrorless mount and cameras, but that did not provide quite enough zoom reach, so I needed to heavily crop the photos of the action that I could barely see on the back straight. Luckily the photos were not further degraded by the usual blurring, hot weather haze rising from the track. Nevertheless, it was difficult for me to see the telltale signs of incidents shaping up before they happened, so that I could try to shoot them.

For results, video highlights and complete reporting about the Cup Series and Xfinity Series races this past weekend, visit and click around the NASCAR website at <https://www.nascar.com>.

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 #781r1

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

"The eggs'd better be hot," I grumbled to myself as I reluctantly walked out into the cold rain to attend a Rotary breakfast meeting this morning. I'd joined the group last year, thinking it would be a good idea to volunteer for a local service organization to better connect with our local community. But on meeting days, when my alarm blasts o-dark-thirty, I always regret my decision.

A few minutes later, I was in the breakfast line with my fellow club members, my sense of regret having passed as it always does. After the Pledge of Allegiance and a rousing rendition of "Singin' in the Rain" (it's Rotary tradition to sing from the songbook before each meeting), our speaker was introduced.

I was more concerned with the two slices of perfectly-cooked bacon on my plate than listening to what our new Rhode Island congressional representative had to say, so I adopted a fake listening face — all mothers master this — and continued munching.

"... school enrollment is down, primarily because we're losing our military families ..." Representative Whatshisname said.

"Did he say 'military families'?" I thought after swallowing a forkful of scrambled eggs. As a military spouse, I'd developed an understandable habit of not showing any interest in local politics at each duty station. Why bother when you have to move any-

AirBnB: An unwitting player in military housing crisis

way? However, my Navy husband's been retired for five years now, so I no longer have a valid excuse.

"Mr. Finkelman," I asked, hoping I'd gotten his name right, "can you please elaborate on what you said about military families?" He said that the increase in AirBnB properties has resulted in less military families renting locally, less military children in our local schools, and less money being given by the state to our school system.

Apparently, AirBnB and other short-term rental (STR) platforms are causing all kinds of fuss across the US. For the last few years, property owners have been converting more and more long term rentals to lucrative STRs, inviting criticism that they are significantly contributing to the already historic long-term housing shortage. In New York City, for example, there are more AirBnB listings than apartments to rent, and it's costing renters millions in raised housing costs.

As the industry leader, AirBnB has also been blamed for ruining the tranquility of peaceful neighborhoods by catering to unsupervised party animals who pay STR cash and dash, leaving empty solo cups in their wakes. In response, municipalities are passing strict regulations on STRs, which angers property owners who rely on AirBnB income.

What's it all mean to military families, whose BAH still lags behind skyrocketing rental costs despite the DoD passing an 12.1 percent increase in 2023? Without getting into a complicated analysis of supply and demand which I haven't done since 11th grade Economics class, there are clear nega-

tive impacts to military families.

Firstly, military families still struggle to find affordable housing on the economy due to the the rental market shortage and the highest interest rates in years. Military housing is also in short supply, resulting in long waiting lists for those willing to put up with often sub-standard quarters in less than desirable school districts. Facing significant out of pocket costs, military families have been forced to consider alternative housing, to include hotels, mobile homes, camping, and STRs.

Secondly and ironically, the trend toward municipalities restricting STRs puts military families in a tighter bind by further limiting their rental housing options.

Lastly and also ironically, military families who bought properties at higher interest rates believing that they could rent them through AirBnB to recoup mortgage costs when they PCS may now be restricted by their municipalities to long-term rentals only. These military property owners may need to hike their rental rates up to cover costs, contributing more to the affordable housing crisis for their fellow military comrades.

Another twist in an already tangled knot that looks suspiciously familiar to the loopy AirBnB logo is recent research indicating that STRs positively impact communities' long-term economic growth. But this begs the age-old "which-came-first-the-chicken-or-the-egg" question, which I'm not willing to answer because I'm too busy eating my bacon and eggs.

DoD releases policies to ensure access to non-covered reproductive health care

WASHINGTON (AFNS) -- On Oct. 20, 2022, Secretary of Defense Lloyd Austin III released a memorandum, "Ensuring Access to Reproductive Health Care," directing the department to take a series of actions to ensure service members and their families can access non-covered reproductive health care. These policies reinforce Austin's commitment to taking care of our people, ensuring their health and well-being and ensuring the force remains ready and resilient.

On Feb. 16, the Department of Defense released the directed policies on command notification of pregnancy, administrative absence for non-covered reproductive health care and travel allowances for non-covered reproductive health care. These policies will be effective within

30 days from today to allow the military departments time to implement and incorporate these policies into their service regulations and to allow time for service-specific guidance to be developed.

The policy on command notification of pregnancy provides service members the time and flexibility to make private health care decisions while accounting for the responsibility placed on commanders to meet operational requirements and protect the health and safety of those in their care. This policy standardizes and extends the timeframe for service members to inform their commanders about a pregnancy, generally allowing service members until up to 20 weeks of pregnancy to notify their commanders of their pregnancy status, with limited exceptions to

account for specific military duties, occupational health hazards and medical conditions.

The policy for administrative absence for non-covered reproductive health care provides service members the ability to request an administrative absence from their normal duty station to access non-covered reproductive health care without being charged leave. Service members may be granted an administrative absence to access or accompany a dual-military spouse or a dependent on accessing non-covered reproductive health care.

Travel and transportation allowances may be authorized for service members and dependents to travel to access non-covered reproductive health care. Travel and transportation allowances

may be authorized when access to non-covered reproductive health care services is unavailable within the local area of the member's permanent duty station, temporary duty location or the last location the dependent was transported on government orders. The non-covered reproductive health care is at the service member's expense.

Our service members and their families do not control where they are stationed, and due to the nature of military service, they are frequently required to travel or move to meet operational requirements.

The efforts taken by the department today will not only ensure that service members and their families are afforded time and flexibility to make private health care decisions, but will

also ensure service members can access non-covered reproductive health care regardless of where they are stationed.

For more information on the department's actions on non-covered reproductive health care, visit <https://www.health.mil/EnsuringAccessToReproductiveHealth>.

For comprehensive information and resources related to women's and gender-specific care, information about reproductive health, and information about the full range of contraception methods and TRICARE benefits for contraceptive services, visit <https://health.mil/Military-Health-Topics/Womens-Health>.



TRICARE Qualifying Life Events (QLEs)

When life changes for you and your family, your TRICARE health plan options may also change. These are known as Qualifying Life Events (QLEs).

Depending on your eligibility, a QLE may allow you and your family to:

- Enroll in a new TRICARE health plan.
- Change your health plan coverage.

A QLE is a certain change in your life, such as marriage, birth of a child, or retirement from active duty, which may mean different TRICARE health plan options are available to you. A QLE opens a 90-day period for you to make eligible enrollment changes. A QLE for one family member means all family members may make enrollment changes.

If you want to enroll in or change your health plan, you must:

- Update DEERS with the QLE.
- Make the enrollment changes within 90 days following the QLE.
- Pay any enrollment fees or premiums due during that period.

The table below lists TRICARE QLEs. They include military and family changes, as well as government-directed changes.

No matter when you initiate the enrollment change following a QLE, coverage starts on the date of the QLE.

Enjoy the outdoors and support local farmers at one of the county's farmer's markets

At daily San Diego farmers markets in neighborhoods throughout the county, you can sample fresh-from-the-farm produce from regional farmers and tasty treats from local artisans.

For more information about farmers markets around San Diego County, visit the San Diego County Farm Bureau website at <http://www.sdfarmbureau.org/farmers-market/>. Days and times are subject to change.

Coronado Coronado Certified Farmers Market

Tuesday: 2:30pm-6pm
Coronado Ferry Landing, 1201 First St at B Ave, Coronado, CA 92118

Downtown / Gaslamp Quarter City Heights Certified Farmers Market

Saturday: 9am-1pm
On Wightman St from Fairmount Ave to 43rd St, San Diego, CA 92105

Gaslamp Artisan Market

Saturday & Sunday: 11am-4pm
Fifth Ave from Island Ave to J St. and Island Ave from Fourth Ave to Fifth Ave, San Diego, CA 92101

Little Italy Mercato Certified Farmers Market

Saturday: 8am-2pm
501 W Date St from Kettner Blvd to Front St, San Diego, CA 92101

Tuna Harbor Dockside Market

Saturday: 8am-1pm
598 Harbor Ln - Fish Harbor Pier (near Tuna Harbor), San Diego, CA 92101

Hillcrest / Uptown Hillcrest Certified Farmers Market

Sunday: 9am-2pm
3960 Normal St from Lincoln Ave to University Ave, San Diego, CA 92103

North Park Thursday Certified Farmers Market

Thursday: 3pm-7:30pm

2900 North Park Way from 30th St to Granada Ave, San Diego, CA 92104

La Jolla La Jolla Open Aire Market

Sunday: 9am-1pm
7300 Block of Girard Ave at Genter St, La Jolla, CA 92037

Mission Bay and Beaches Ocean Beach Certified Farmers Market

Wednesday: 4pm-8pm
4900 Newport Ave from Cable St to Bacon St, San Diego, CA 92107

Pacific Beach Certified Farmers Market

Saturday: 8am-12pm
4150 Mission Blvd from Reed St to Pacific Beach Blvd, PB, CA 92109

Pacific Beach Tuesday Certified Farmers Market

Tuesday: 2pm-7pm
4500 Bayard St. from Garnet Ave to Hornblend St
San Diego, CA 92109

Mission Valley and Old Town Kearny Mesa Certified Farmers Market

Saturday: 10:30am-2:30pm
Service Road from Lightwave Ave to Spectrum Center Blvd, San Diego, CA 92123

South Bay Chula Vista - Otay Ranch Certified Farmers Market

Tuesday: 4pm-8pm
2015 Birch Rd. and Eastlake Blvd.
Chula Vista, CA 91915

Imperial Beach Certified Farmers Market

Friday: 2pm-7pm (April - Sept.)
Friday: 2pm-6pm (Oct - March)
Imperial Beach Pier Plaza, 10 Evergreen Ave, Imperial Beach, CA 91932

South Bay Certified Farmers Market

Wednesday: 3-7pm
4475 Bonita Rd. Bonita, CA 91902

East County Borrego Springs Certified Farmers Market

Wednesday: 3-7pm

Friday: 7am-Noon (October - April, closed May - September)
Christmas Circle, 700 Palm Canyon Dr and Borrego Springs Rd
Borrego Springs, CA 92004

La Mesa Village Certified Farmers Market

Friday: 3pm-7pm
La Mesa Blvd from Palm Ave and Allison Ave, La Mesa, CA 91942

Santee Certified Farmers Market

Wednesday: 3pm-7pm (March - October)
Wednesday: 2:30pm-6:30pm (November - February)

9600 Carlton Hills Blvd and Mast Blvd, Santee, CA 92071

Santa Ysabel Certified Farmers Market

Sunday: Noon-4pm
21887 Washington St at Hwy 78 and Hwy 79. Santa Ysabel, CA 92070

North Coastal Carlsbad State Street Certified Farmers Market

Wednesday: 3pm-7pm (March-Oct)
Wednesday: 3pm-6pm (Nov-Feb)

2900 State St from Carlsbad Village Dr to Grand Ave, Carlsbad, CA 92008

Del Mar Certified Farmers Market

Saturday: Noon-4pm
Civic Center, 1050 Camino Del Mar, Del Mar, CA 92014

Leucadia Certified Farmers Market

Sunday: 10am-2pm
Paul Ecke Elementary, 185 Union St, Encinitas, CA 92024

Oceanside Certified Farmers Market

Thursday: 9am-1pm
Pier View Way and Coast Hwy 101, Oceanside, CA 92054

Rancho Santa Fe Certified Farmers Market

Sunday: 9:30am-2pm
Del Rayo Village Center. 16079 San Dieguito Rd, Rancho Santa Fe, CA 92091

Solana Beach Certified Farmers Market

Sunday: Noon-4pm
444 South Cedros Ave, Solana Beach, CA 92075

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<https://socalhorseshoes.weebly.com/>



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