

ARMED FORCES DISPATCH

San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

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



SIXTY-SECOND YEAR
THURSDAY, MARCH 23, 2023



Battlefield crosses representing Marines from 1st Light Armored Reconnaissance Battalion, 1st Marine Division, who gave their lives during Operation Iraqi Freedom, stand in front of a memorial during a 20th anniversary commemoration ceremony the battalion held at Camp Pendleton March 18. The battalion held the ceremony to honor those lost during OIF and to remember the battalion's successes during the war in Iraq. US Marine Corps photo by Cpl. Cameron Hermanet

Camp Pendleton Marines receive awards for saving life

by 2nd Lt. Tyler Judd
1st Marine Logistics Group

CAMP PENDLETON - February 21 started like any typical day in the Marine Corps when members of Combat Logistics Regiment 1 gathered outside their barracks to start group P.T.

The day's workout consisted of a run along a familiar route, shuttle runs, and a train run. Suddenly, in the middle of the train run, one of the Marines turned to Cpl. Ricardo Cruzmontoya and grabbed ahold of him just before falling to the ground.

In the ensuing seven minutes, the life of one Marine would be in the hands of those around him.

In the moments after the Marine (whose name is being with-

held) hit the ground, seizing, Cpl. Christopher Parris says he "did what he was trained to do." Instantly directing Lance Cpl. Elijah Serrano to call 911, Parris simultaneously ensured that the seizing Marine was put into the recovery position to assist his shallow breathing. Once the seizing stopped and Pfc. Thomas Godwin III was able to locate a pulse, the group, led by Parris, noticed that the Marine was no longer breathing. From there, Parris started chest compressions in an effort to preserve the life of their comrade.

Over the next few minutes, the injured Marine went from being physically responsive and breathing to completely unresponsive with no pulse or breath. Three times the Marine would start breathing on his own before once again ceasing to breathe. The gravity of the

situation was apparent to all the Marines present. In those moments, Cpl. Parris and the others fought to save the life of their fellow Marine.

When Cpl. Diego Ruiz, with the Provost Marshall's Office, arrived on the scene, the Marines assisted in using an AED on the Marine. Ultimately, the Marine was transported to receive a higher echelon of care and is recovering there. Ruiz said of the incident: "I'm confident that without the life-saving effort of these Marines and the AED, the outcome of this situation would be entirely different."

Cmdr. Janelle Marra, Force Surgeon for 1st Marine Logistics Group further elaborated, "A Marine lived to see his next birthday because of his fellow Marines providing CPR and first

responders using an AED"

According to the National Heart, Lung, and Blood Institute, nine out of 10 people who experience cardiac arrest outside of the hospital die, typically in only minutes. Without intervention from Parris, Serrano, Cruzmontoya, and Godwin, a member of their Marine family wouldn't be alive today.

The Marines were recognized by Brig. Gen. Phillip Frieze, commanding general for 1st Marine Logistics Group for their heroic actions.

•Cpl. Christopher Parris was awarded a Navy Commendation Medal.

*Lance Cpl. Elijah Serrano, a Navy and Marine Corps Achievement Medal.

•Lance Cpl. Ricardo Cruzmontoya and Pfc. Thomas Godwin III, both a Certificate of Commendation.

House bill would allow military dogs to be buried at national cemeteries

STARS AND STRIPES - U.S. Rep. Vicente Gonzalez, D-Texas, has introduced a bill that would allow working military dogs to be buried in national cemeteries. House of Representatives HR Bill 918, named the Sgt. Fieldy Act, would allow military working dogs to be



Marine Sgt. Charles Hardesty bonds with his dog, Robbie, also known as "bear dog", at Camp Leatherneck, Afghanistan. US Marine Corps photo by Megan Sindelar

buried at any national cemetery, including locally at Rosecrans and Miramar. The Sgt. Fieldy Act is named after a working dog named Sgt. Fieldy, who served three tours of duty in Afghanistan along with her handler Marine Cpl. Nicolas Caceres, Gonzalez said.

They both reside in South Texas. "Mili-

tary working dogs have saved countless lives by detecting explosives and leading search and rescue missions. It is time they are honored as the heroes they are," stated Gonzalez. "The story of Cpl. Caceres and Sgt. Fieldy is one of many across the nation and shows that the bond between a soldier and their working dog is unlike any other. I am proud to introduce Sgt. Fieldy Act named after Sgt. Fieldy, a South Texas hero." According to the Department of Defense, there are about 1,600 military dogs working to keep America safe. "They are as lovable as they are loyal, but make no mistake - these are highly skilled warriors, trained by the best to serve alongside them," the DOD said on its page about the military dogs.

Carrier Theodore Roosevelt to return soon following 18-month overhaul

Aircraft carrier USS *Theodore Roosevelt* concluded its major overhaul in Bermerton, Wash., and began its journey back to Naval Air Station North Island last Friday after an 18-month overhaul. As the home of the "Rough Riders," the carrier saw upgrades to its radar and electronic warfare systems, along with new guns. The warship was modified to support the new F-35C Lightning II stealth fighter and future unmanned aircraft. Crew quality of life will be improved with refurbished living quarters and bathrooms, and preventative maintenance was performed on the hull, rudders and propulsion shafts.

Deputy allegedly breeches main gate at North Island air station, prompts shooting

CORONADO - According to news sources, a San Diego County sheriff's deputy suspected of being under the influence was arrested after allegedly trying to drive through the main gate of NAS North Island March 17, prompting base guards to shoot at his vehicle, said Navy officials. Sgt. Michael Cruz was off duty and didn't have the proper clearance when he tried to get through the gate. According to a news report by *The San Diego Union Tribune*, a Navy spokesperson said Cruz was being aggressive and wasn't following the instructions of the gate guards. When Cruz attempted to drive into base, several guards opened fire. "He was being aggressive," said Kevin Dixon, NB Coronado spokesperson. "The (military) security guards felt threatened by his actions." The after-action report included the main gate being closed, and an advisory to drivers to stay away from the main gate while security conducts its investigation.

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From family support center classes, to military advancements, let us help you navigate your career and your future.

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

Prince of Brunei visits Naval Special Warfare

by Petty Officer 1st Class
Chelsea Meiller

CORONADO - Prince 'Abdul Mateen of Brunei visited Naval Special Warfare West Coast-based commands in here for an

Air Force Major, spent time with Rear Adm. Keith B. Davids, commander, Naval Special Warfare Command, and NSW personnel to discuss future areas for collaboration.



Prince Abdul Mateen of Brunei, left, speaks with a Naval Special Warfare Sailor while viewing Naval Special Warfare Group 1's combat training tank. US Navy photo by MC1 Chelsea D. Meiller

immersive tour March 13-14.

During the visit, Prince Mateen, who is also a Brunei Royal

“One of my top priorities is to strengthen our relationships with like-minded maritime nations, deepening interoperability and strategic cooperation,” said Davids.

“Prince Mateen’s visit highlights the importance of our nations’ special operations capabilities to meet the challenges we face together particularly in the Indo-Pacific.”

During the visit HRH Prince Mateen also received an overview of NSWG-1’s human performance program. Comprised of strength and conditioning training, sports medicine, performance psychology, performance nutrition, and research and technology as it relates to human performance, the program uses a holistic approach to align resources for optimal performance and recovery.

With the U.S. Special Operations Command’s mantra of “humans are more important than hardware,” advanced programs like these increase NSW’s operational readiness and capability.

“We were honored to have His Royal Highness Prince Mateen visit our command and meet our Sailors,” said Capt. David Abernathy, commodore, NSWG 1. “The exchange of knowledge and expertise strengthens our partnership with Brunei and enables us to work more effectively together in the future.”

The tour also included a visit to the NSWG-1 combat training tank where naval commandos train to conduct high-risk aquatic evolutions. The force is placing a renewed emphasis on missions that only NSW can do on, and high-risk aquatic evolutions equips and prepares NSW Sailors to carry out highly complex undersea missions.

“Maintaining and strengthening partnerships is critical to

achieving the objectives laid out in the U.S. National Defense Strategy,” said Abernathy. “Our partnership with Brunei enhances our ability to operate in the Indo-Pacific region and supports our shared commitment to regional stability and security.”

On the second day of the tour, HRH Prince Mateen toured NSW Center, where he observed the training of NSW candidates. The prince’s next stop was an underway aboard a combatant craft in San Diego Harbor. Later that day, he toured a West Coast-based NSW unit headquarters.

The visit also builds upon HRH Prince Mateen’s visit alongside His Majesty the Sultan Hassanal Bolkiah to Washington, D.C., to meet with President Biden last year during the U.S. Association of Southeast Asian Nations (ASEAN) Special Summit and continues a long tradition of security cooperation and people-to-people exchanges between the United States and Brunei.

Since signing the Treaty of Peace, Friendship, Commerce and Navigation over 170 years ago, the Navy has focused on strengthening and maintaining relationships with Brunei and throughout South and Southeast Asia and invigorating the Navy’s commitment to key ASEAN partners.

Brunei’s armed forces engage in joint exercises, training programs, and other military cooperation with the United States, with the annual Cooperation Afloat Readiness and Training exercise at the core of the bilateral defense relationship.

Naval Special Warfare is the nation’s elite maritime special

operations force, uniquely positioned to extend the Fleet’s reach and gain and maintain access for the Joint Force in competition and conflict.

For more news from Naval Special Warfare Command, visit <https://www.facebook.com/NavalSpecialWarfare> or <https://www.nsw.navy.mil/>.

Local flag officer announcements

Secretary of Defense Lloyd J. Austin III announced March 15 that the president made the following nominations:

Navy Capt. **Jeffrey J. Jurgemeyer** for appointment to rear admiral (lower half). Jurgemeyer is currently serving as chief of staff, U.S. Surface Force Pacific, San Diego.

Navy Capt. **David E. Ludwa** for appointment to rear admiral (lower half). Ludwa is currently serving as executive officer, Naval Reserve, U.S. Pacific Fleet Logistics Readiness Center, San Diego.

Navy Capt. **Michael S. Mattis** for appointment to rear admiral (lower half). Mattis is currently serving as deputy commander, Navy Reserve Region Readiness and Mobilization Command, San Diego.

Navy Capt. **Marc F. Williams** for appointment to rear admiral (lower half). Williams is currently serving as regimental commander, Naval Construction Group One, Port Hueneme, Calif.

Ships Underway	
Total Battle Force	
296	
(USS 238, USNS 58)	
Deployed	
107 (USS 72, USNS 35)	
Underway	
80 (52 Deployed, 28 Local)	
Ships Deployed by Fleet	
2nd Fleet - 4	3rd Fleet - 1
4th Fleet - 2	5th Fleet - 10
6th Fleet - 23	7th Fleet - 67
Total - 107	



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Air Force testing another system to provide bladder relief for women on long flights

by John Vandiver
Stars and Stripes

The days of diapers and sponges on long, toiletless flights could be numbered for female service members, thanks to a new cup designed for women.

The in-flight bladder relief system, now being tested by female pilots from Seymour Johnson Air Force Base, N.C., is intended to replace systems that were originally designed with male anatomy in mind, the Air Force said in a statement March 17.

Lack of comfortable bladder relief has made it difficult for female crew members on long missions, the service said.

“The current options are adult diapers, holding it, or using a bag system to take the urine away. Some air crew have been found to practice ‘tactical dehydration,’” the 4th Fighter Wing statement said.

Each of those methods presents complications. Besides producing discomfort, holding urine can cause infections and weaken bladder muscles.

Meanwhile, the bag systems



Female pilots assigned to the 4th Fighter Wing begin ground-testing an in-flight bladder relief system Feb. 15, at Seymour Johnson Air Force Base, N.C. S Air Force photo by Rebecca Sirimarco-Lang

air crews use require them to unstrap from their seats and gear, a process that can take over 45 minutes, the statement said.

“Tactical dehydration” also is dangerous because it can lower a person’s ability to withstand high G-forces by 50 percent, the Air Force said.

The alternative, designed by the company Airion Health, involves a cup liner system that is docked to the body.

“You wear that under the underwear that comes out of the flight suit, which then connects to our pump system and controller that will pump the

liquid out and away from the body into a collection bag,” Colt Seman, Airion Health’s chief of design, said in the statement.

The goal is for air crew members to be able to relieve themselves without unstrapping.

The bladder relief initiative began in 2020 when the Air Force began offering cash prizes for ideas while asking companies to design a system especially for women.

The service announced in December 2021 that it would field a system involving a pump, an inflatable pad and

a collection bag the following spring. The statement Friday didn’t mention what happened to those plans.

Seymour Johnson Air Force Base is the first to “ground

Austin presses ahead with recommendations from Suicide Prevention Committee

by C. Todd Lopez
Last year Secretary of Defense Lloyd J. Austin III established the Suicide Prevention and Response Independent Review Committee, or SPRIRC, to investigate ways to address and prevent suicide in the military. Now, DoD announced that the secretary has implemented the first of the recommendations by the committee.

“Secretary Austin is directing multiple, immediate actions following the Suicide Prevention and Response Independent Review Committee’s recommendations and establishing a suicide prevention implementation working group,” said Pentagon Press Secretary Brig. Gen. Pat Ryder during a briefing March 16.

The SPRIRC was directed to provide to the secretary an initial report before the end of 2022. Now that the secretary has reviewed the report, he has directed the department to move ahead on a two-phase approach

test” the new cups, and four other Air Force bases will follow suit before test flights are launched. A date hasn’t been announced.

“We brought in a lot of

to implement some of the recommendations it contains.

As part of the first phase, Austin has directed implementation of 10 of the SPRIRC’s recommendations. Austin has directed, for instance, that the undersecretary of defense for personnel and readiness expedite the hiring process for behavioral health professionals.

The secretary has also directed the Defense Health Agency, in coordination with the secretaries of the military departments, to expand the availability of behavioral health care and to also improve processes to enhance access to mental health care.

As part of the second phase of implementation, the undersecretary of defense for personnel and readiness will establish a Suicide Prevention Implementation Working Group.

The working group will, among other things, assess the advisability and feasibility of

female experts to really take a look at what this is and how to make a system for women from women versus being a male-driven design,” said Cam Chidiac, Airion Health’s managing member.

implementing each of the remaining recommendations by the SPRIRC, identify specific policy and program changes needed to implement each of the remaining recommendations, and provide cost and manpower estimates required to implement each remaining recommendation.

The initial SPRIRC recommendations the SECDEF has directed to be implemented, Ryder said, are those that can be done immediately by the department without any additional authorities. Implementation of additional recommendations will come after consideration by the working group.

“While we recognize that suicide has no single cause, and that no single preventative action, treatment or cure will eliminate suicide altogether, we will exhaust every effort to promote the wellness, health and morale of our total force, be there for one another and save lives,” Ryder said.

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DOD integral in Western Hemisphere combating climate change

by Jim Garamone
DOD News

While the Western Hemisphere is a vast area with many different peoples, environments, cultures, resources and concerns, all have one overarching concern: climate change, Daniel P. Erikson, the Defense Department's point man for the region, said.

Erikson serves as the deputy assistant secretary of defense for the Western Hemisphere. In his travels in the region, he does more listening than talking. And he is hearing leaders from the Caribbean to Argentina to Canada talking about the threats from climate change.

He recently participated in meetings in the Bahamas where Secretary of the Navy Carlos Del Toro engaged with leaders from the government, civil society, and academia, about the existential threat to island nations. Both DOD leaders also traveled to Panama with other representatives from the Defense Department to join the U.S. delegation for the 8th Our Ocean Conference in early March.

Our Ocean Conference is an effort to bring together a cross section of governments, different non-governmental agencies as well as the business community, to look at the variety of challenges that are facing the health and security of the oceans.

The U.S. State Department launched the initiative in 2014. U.S. Presidential Special Envoy for Climate, John Kerry, led the U.S. delegation with a lot of representation from DOD including Secretary of the Navy Carlos Del Toro, Erikson and representatives from U.S. Southern Command.

"It was really important to attend, ... to demonstrate that the United States is addressing this issue in a whole of government way," Erikson said. "Everyone recognizes that there's an important security component to maintaining the oceans as healthy and peaceful places. I think that the DOD presence at the Oceans conference really represented that we, as an agency, take the issue very seriously and that we're willing and interested in partnering with others on protecting our oceans."

Erikson discussed the extent of the problems caused by climate change, and DOD's role in combating it during an interview in his Pentagon office. "When you think of climate change, the first thing that comes to your mind is not the Department of Defense," he said. "But there certainly has to be a role for an organization as big as ours."

And there is, he said. President Joe Biden has made combating climate change a priority for the United States and he tasked the

Cabinet departments to develop strategies to focus on this. Erikson said Secretary of Defense Lloyd J. Austin III "has sought to ensure that the department is positioned appropriately when it comes to addressing the national security challenges that are posed by climate change."

Combating climate change is a part of the 2022 National Defense Strategy as an important transboundary challenge. "From our perspective in the office of Western Hemisphere affairs, we see the impact that climate change has on our partners on nearly a daily basis, whether it's droughts, floods, powerful storms that impact the region," he said.

These events place an increasing demand on national forces in the region to deal with some of the impacts of climate change, he said. There are calls on defense establishments in the region "to engage in some environmental issues that are relevant to climate, such as combating deforestation, illegal mining, illegal logging," he said.

The Caribbean is the region in the hemisphere already fully feeling the effects of climate change. "These are small island states, that for the most part, deal with huge set of challenges that are posed by climate," Erikson said.

And often, these nations do

not have the resources, capacities or capabilities to deal with these challenges, he said.

It is in these areas that DOD can help. "The requirement to have certain capabilities for humanitarian assistance and disaster response is really key in this region," Erikson said.

DOD has the experience and capacity to aid national governments as they respond to the humanitarian needs caused by climate impacts. "Then I think looking more broadly, a key component of the U.S. national defense strategy is about forging strong relationships with our allies and partners, both in this region and globally," he said. "And one of the ways that we can do that is by working with our partners on the areas that are of highest priority to them. And in the Caribbean — the nation states that compose our third border — they are very much seized by the risks that a changing climate poses to them, they see it on a day-to-day basis."

There is certainly a security aspect to climate change for the United States. Climate ties into such issues as migration, the sustainability of shared ecosystems and even the possibility of the spread of disease.

"We've really opened a conversation [with the nations of the region] that has a lot of potential, but we're still in the very early stages of the conversation," Erikson said.

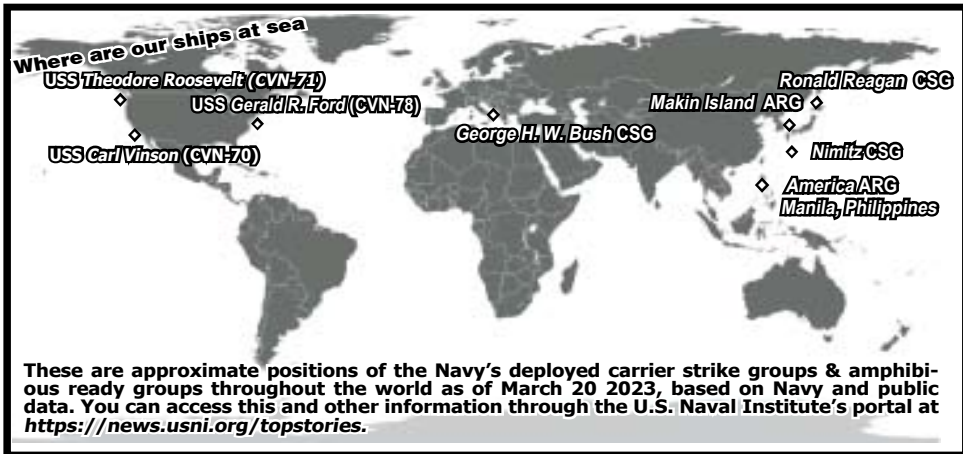
The department has also sponsored tabletop exercises to assess responses to climate change. "I think that as we move forward in this discussion, it's really illuminated the degree to which many of the security and defense forces in the Western Hemisphere are already grappling with or engaging with the impacts of climate change, even if they didn't necessarily think of it in that way," he said.

Top 5

- This week, Fort Pickett will replace its Confederate name, a first for an Army base following renaming commission
- US sending ammunition, tanker trucks, boats to Ukraine
- US begins air base rehab in Philippines as part of basing agreement
- Eating disorders, diabetes, obesity up among US troops during pandemic, research finds



- Space Force seeking \$1.2B for 'Long Range Kill Chains' target tracking
- Army**
 - Infantry officer receives Soldier's Medal for helping victims of deadly German train crash
 - Soldiers are being issued high-speed Arctic gear as the Army gets serious about fighting in the cold
 - Colonel who faced rape accusations will retire from the service in May
- Navy**
 - Petty officer died on secret mission after a roof collapse
 - USS America amphibious assault ship docks in Manila ahead of shoulder-to-shoulder drills
 - Navy set to begin laser testing project after launch to International Space Station
- Marine Corps**
 - A Marine author uses fiction to dig into the Corps' mythology
 - The Sgt. Maj. of the Marine Corps reflects on his biggest leadership regret and 'living with guilt'
 - Marine makers: How I MEF troops are putting 3D printers to work
 - Marine veteran dies in wreck, while assisting as a tow truck driver, months before his wedding
- Air Force**
 - Air Force's future spending outlook shows big jumps for new, marquee weapons
 - Air Force's Aero Club in Tokyo is upgrading its aging fleet of Cessnas
 - PACAF commander: Air superiority is the focus in Indo-Pacific
- National Guard**
 - Texas National Guard has built border barriers on federal land along the Rio Grande in El Paso.
 - North Dakota Air National Guard helps find and rescue people trapped at sea
 - Nebraska National Guard soldiers to deploy to Germany to mentor Ukraine armed forces
- Veterans**
 - Remains of WWII soldier killed in Germany identified
 - Veterans for Peace docks the Golden Rule, a historic sailboat, in Portsmouth
- Education & Transition**
 - Which college majors are student veterans pursuing and why?



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All-volunteer force proves successful for US military

by C. Todd Lopez
DOD News

At the end of January 1973, then-Secretary of Defense Melvin R. Laird announced the U.S. military would, going forward, fill its ranks exclusively with volunteers rather than with draftees. A half-century later, the decision has been proven sound, said the deputy defense secretary.

“After 50 years, the all-volunteer force remains the best model for the U.S. military,” said Kathleen H. Hicks. “And that’s why we celebrate - it has delivered for us operationally and societally. It was the right decision for the U.S. military and the nation at the time. And over the last 50 years, in times of conflict and in times of peace, it has continued to be the right decision.”

Hicks spoke recently during a conference titled “The All-Volunteer Force at 50: Civil-Military Challenges and Opportunities,” which was hosted by Georgetown University’s Center of Security Studies and the America in the World Consortium.

Since the end of military conscription in the United States, Hicks said, more than 11 million have joined active-duty service. Today, she said, more than 1.5 million men and women serve in the uniform across the total force.

While the all-volunteer force has proven successful, Hicks said, in recent years the military services have faced ever increasing challenges in recruiting volunteers to serve. She said there’s a variety of reasons for this.

Most recently, for instance, the COVID-19 pandemic shut down many schools, creating new barriers for recruiters to meet with enlistment-aged students. Low unemployment and increased competition for talent have also made it harder for the military to attract new service members, Hicks said.

Additionally, over the past 40 years, the number of military veterans in the U.S. has dropped. In 1980, Hicks said, about 18 percent of Americans were veterans. Today, that number sits at about 7 percent.

“[This is] further reducing Americans’ familiarity with the military,” she said. “This means fewer Americans have direct ties to a family member, friend or neighbor who has served. And without those direct ties, it is harder to observe the military way of life up close.”

Despite challenges in recruiting, Hicks said the U.S. military is doing well with retention - that is, keeping people in service after they have initially signed up.

“Even as recruiting is hard today, the U.S. military’s retention numbers are outstanding, with every service exceeding 100 percent of their goals in 2022,” she said. “The all-volunteer force is proving its value proposition to those who choose it. It creates long-term opportunities for military personnel while in uniform and thereafter - and in virtually every career field.”

The responsibility, leadership and skills men and women develop while in the service, Hicks said, provide benefit to service members, their families, their communities and the nation.



Service members participate in a joint enlistment ceremony at the Indianapolis Motor Speedway in Speedway, Ind., May 22, 2022. US National Guard photo by Spc. Kelsea Cook

“It is in our national interest to ensure that younger generations consider public service as a career option,” she said.

Hicks challenged attendees at the conference to foster a commitment to public service as a way to ensure the continued strength of U.S. democracy.

“We cannot afford a future of disconnection, a future without the firefighters, nurses, teachers, public servants and service members we need to advance the common good,” Hicks said. “We should all consider how we’re going to leave the world

a better place than we found it. That’s my charge to you, and I need your help. We must amplify the importance of service and its

relationship to the health of our democracy. And I am confident that this renewed call will be answered if it is heard.”

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Local Military

Navy generates first low carbon fuel credits for electrification projects at Naval Base San Diego

SANDIEGO - Since signing an intergovernmental support agreement with the Port of San Diego in September 2022, \$4.5 million has been generated from the sale of low carbon fuel standard credits.

These funds will be used to begin significant upgrades to the electrical infrastructure at Naval Base San Diego, which will further reduce emissions at our largest West Coast surface ship installation. As this program matures, it has the capability to generate in-kind consideration valued at up to \$20 million annually.

“This is a great step forward in

which Navy Region Southwest uses an innovative process to improve our infrastructure and add to Naval Base San Diego’s resilience,” said Rear Adm. Brad Rosen, Commander, Navy Region Southwest. “I am very excited to continue the collaboration with the Port of San Diego and the local community as we develop solutions to challenging problems that are beneficial to all.”

The Navy’s participation in this program is the first ever participation by the Department of Defense in this type of carbon reduction effort. The Navy generates LCFS credits while ships are plugged into shore power, rather than generating power

internally using traditional, carbon-intensive fuels, and limiting emissions of greenhouse gasses in the surrounding community. Connecting ships to shore power while in port directly aligns with two Presidential Executive Orders requiring all federal agencies to take steps to reduce carbon emissions and support clean energy activities.

The LCFS is a cap-and-trade-like program where the producers of fossil fuels must either increase the use of plant-based carbon (e.g., ethanol and soybean oil) or buy credits to meet the requirement. The Navy generates credits via its current use of shore power for its fleet. One LCFS credit generated is equivalent to one metric ton of carbon dioxide reduced. Creation of credits can be achieved utilizing alternative low carbon fuels or electrification.

Last September, to further reduce greenhouse gas emissions and improve air quality and public health on and around the San Diego Bay working waterfront, officials with Navy Region Southwest and the Port of San Diego formed a first-of-its-kind partnership to give the Navy access to participate in California’s low carbon fuel standard market. The groundbreaking federal/state initiative



Ships moored at Naval Base San Diego are tied into shore power via cables and mounds on the pier. These power mounds allow the ship to power down its engines and run its systems on shore power. This reduces emissions from the fuel burning engines that generate power when the ship is at sea. US Navy photo by MC2 Aja Bleu Jackson

will provide millions of dollars for further electrification efforts for both the Navy and the port.

Navy and Port officials, joined by state and local partners, formalized the collaboration when they signed the support agreement and celebrated this first-of-its-kind partnership and its

multiple environmental and public health benefits for local communities, the region, and the state.

“Today is another example that shows the power of partnership - we are far more impactful together,” said Meredith Berger, assistant Secretary of the Navy for Energy, Installations, and Environment last September.

“The Navy is proud to work with California on energy resilience, and we’ll continue to find more opportunities for collaboration. As the Navy and Marine Corps continue to take action against the threat of climate change, we work hand-in-hand with partners who’re focused on the same mission, and as a community build our resilience and reduce the threat.”

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USS Makin Island finishes Cobra Gold 2023

by Seaman Joshua Martinez, *USS Makin Island*

THAILAND - *Makin Island* amphibious assault ship, *John P. Murtha* transport dock ship and 13th Marine Expeditionary Unit finished operation Cobra Gold 2023 while ported here recently.

These U.S. forces partnered with the Royal Thai, Japanese, Indonesian, Republic of Korea, Singaporean, and Malaysian navies, strengthening these lasting relationships.

“Cobra Gold fosters interoperability and contributes to operational readiness of the *Makin Island* ARG and all participating nations,” said Captain Tony Chavez, commanding officer of *Makin Island*. “In its 42nd year, this exercise reinforces the importance of coordination and collaboration in vital areas such as humanitarian assistance and disaster relief.”

While at sea, *Makin Island* conducted a casualty evacuation drill which consisted of transiting a simulated patient by MH-60S Sea Hawk aboard *Makin Island* for the ship’s intensive care unit to conduct mock x-rays and surgery. Conducting CASEVAC drills ensures medical personnel are trained to receive casualties, a prominent aspect of *Makin Island*’s medical readiness mission. The ship also embarked liaison officers from both the Royal Thai navy and ROK navy and hosted a visit with Thai and Korean leaders which included watching flight operations from the upper weather decks followed by a lunch and a photo opportunity.

Cobra Gold provides a venue for the United States and allied and partner nations to advance interoperability and increase partner capacity in planning and executing complex and realistic combined multinational force operations.

“It’s been seven years since I was last home in Thailand,” said Airman Poomrapee Kijrattanakarn, a Thailand native assigned to *Makin Island*. “I’m proud to return home and have people from my home country aboard *Makin Island*, and proud that I and my counterparts can share my culture with the crew.”

This year’s exercise consisted of three primary events: a command and control exercise, humanitarian civic assistance projects, and a field training exercise that included a variety of training events to enhance interoperability and strengthen regional relationships. Approximately 20 nations and 6,000 U.S. personnel participated either directly or as observers and approximately.

NAVFAC delivers New Travis AFB aircraft maintenance hangar

by Mario Icari, Naval Facilities Engineering Systems Command SW
SAN DIEGO - Naval Facilities Engineering Systems Command (NAVFAC) Southwest hosted a ribbon cutting ceremony commemorating the completion of a 3-Bay Maintenance Hangar military construction project March 16 in Travis Air Force Base.

“It’s been a very rewarding project to manage, and I’m extremely proud of the work accomplished during design and construction,” said Brenda Barnett O’Malley, NAVFAC Southwest design manager for this project.



Travis AFB’s new aircraft maintenance hangar. US Navy photo by Tom Ishizue

Travis AFB’s new 174,300 square foot facility includes a 3-bay aircraft maintenance hangar with adjoining single-story structures containing a hydraulic shop, general maintenance shops, and administration/support areas.

“I’m thrilled to be celebrating the completion of the new 3 bay Hangar at Travis AFB, which was awarded for construction during the challenging times of Covid,” said Tarza Baban, NAVFAC Southwest project manager for this project.

The facility was designed by contractors Parsons/Burns-McDonnell and NAVFAC Southwest awarded the \$123.6 million contract work to contractor Walsh on Dec. 30, 2019. Modifications in the amount of \$5.2 million were exercised and were added to the initial contract amount.

The Air Force designated Travis AFB as the preferred alternative for the fourth KC-46A Main Operating Base (MOB 4). A requirement was made for the facility to sustain aircraft generation for 24 permanently assigned refueling aircraft. This project allows the base to meet the applicable criteria and scope specified in Air Force’s facility requirements and KC-46A Facility Requirements Plan.

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Marine Littoral Regiment concludes historic exercise, set to join Stand-in Forces: 'From this point forward, we are integrating them into our operations'

by 1st Lt. Erin Scudder
3rd Marine Division

OKINAWA, Japan - Marine Littoral Regiment Training Exercise marked the first field training exercise featuring a MLR with all of its subordinate battalions integrated into a Marine Air-Ground Task Force operating as a Stand-in-Force.

The 3rd Marine Division deployed its forward command element from here to Naval Amphibious Base Coronado where it functioned as an "intermediate headquarters" - a MAGTF headquarters providing command and control of the SiF, to include 3rd MLR and several other units, linking it to the Navy Fleet and other joint forces.

"This exercise represented an inflection point for us in that, up to this point, we have been focused on developing the MLR capabilities. We are now transitioning from just developing capabilities to having a capable unit that we are integrating into the Stand-in Force today," said Maj. Gen. Jay Barger, 3rd Marine Division commanding general.

The exercise consisted of three progressive phases: unit-level training, Expeditionary Advanced Base Operations, and an unscripted force-on-force evolution known as the MAGTF Warfighting Exercise.

Phase I consisted of high-

intensity unit level training that challenged and sharpened various warfighting capabilities. The 3rd Littoral Combat Team conducted combined arms live-fire ranges, the 3rd Littoral Anti-Air Battalion took part in live air-defense scenarios, and the 3rd Littoral Logistics Battalion completed multifunctional

"The Marines trained hard and performed extremely well. We finished the exercise as a more capable, lethal, and ready warfighting force."

- Col. Timothy S. Brady Jr.,
commanding officer of 3rd MLR

logistics training and experimentation including employing the Tactical Resupply Unmanned Aircraft System.

After two weeks of training, the 3rd MLR transitioned into Phase II where it performed EABO across a contested and distributed maritime environment as part of a Stand-in Force. 3rd MLR utilized four expeditionary advanced bases to include a "sensing" EAB at Camp Pendleton providing airspace surveillance and control. Two "fires" EABs, one at Marine Corps Logistics Base Barstow and one at Camp Pendleton, enabled the 3rd MLR and 3rd Marine Division to coordinate and deliver lethal and non-lethal multi-domain fires in support of naval operations.

The 3rd MLR headquarters signals intelligence and elec-

tronic warfare section operated from an EAB on San Clemente Island to identify adversary composition and disposition and to obfuscate friendly forces from adversary collection.

The 3rd MLR employed a combat operation center within Marine Corps Air Ground Combat Center Twentynine Palms where its Marines synthesized data generated from the EABs.

To further enhance battlespace awareness, the 3rd MLR employed a reach-back fusion cell, outside the weapons engagement zone. The cell included various information, intelligence, and targeting capabilities.

"MLR-TE provided us with an unprecedented opportunity to train as part of a Stand-in-Force," said Col. Timothy S. Brady Jr., commanding officer of 3rd Marine Littoral Regiment. "We operated as an MLR, prosecuting targets as a multi-domain fighting force in support of the joint force and 3rd Marine Division."

For Phase III, the 3rd Marine Division provided command and control for the MAGTF operating as a SiF successfully defending key maritime terrain against a near-peer adversary assault force composed of a reinforced 7th Marines.

As an intermediate headquarters connected to the SiF to the Fleet, the Division leveraged its forward position, sensing, and fires capabilities to expand the reach of naval and joint forces. Units making up the SiF included the 3rd MLR; 3rd Battalion, 5th Marines; a light armored reconnaissance company, an artillery battery, support from numerous Marine Corps aviation assets, and other elements.

"The Marines trained hard and performed extremely well," said Brady. "We finished the exercise as a more capable, lethal, and ready warfighting force."

Photo Essay



CORONADO (March 13, 2023) Naval Base Coronado's 'TEAM POTUS' shown here after the presidential entourage landed at Naval Air Station North Island. The base's security team, AIROPS personnel, and staff in support of President Joe Biden's arrival here all received kudos for their work. Photo courtesy of Naval Base Coronado Facebook page



POINT MUGU (March 18, 2023) The Navy 'Leapfrogs' parachute team performs at the Point Mugu Air Show. US Navy photo by Ensign Drew Verbis

SAN DIEGO (March 17, 2023) Seaman Nicole Guillen takes out mooring lines during a sea and anchor detail prior to the departure of aircraft carrier Carl Vinson. USS Theodore Roosevelt will soon join Vinson and Abraham Lincoln as a 3-carrier port at North Island. US Navy photo by MC3 Leon Vonguyen



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VA will change male-focused motto to recognize all veterans, caregivers and families

by Rose L. Thayer
Stars and Stripes

The Department of Veterans Affairs has changed its motto from an Abraham Lincoln quote that includes a male pronoun to one that is more inclusive of women, the VA announced Thursday.

The new mission statement is “To fulfill President Lincoln’s promise to care for those who have served in our nation’s military and for their families, caregivers, and survivors.”

It replaces the former motto from Lincoln’s second inaugural address in 1865: “To care for him who shall have borne the battle and for his widow, and his orphan.” Mary Tobin, a medically retired Army officer, spoke Thursday at a ceremony in Arlington, Va., to commemorate the change, and she recalled the sting of seeing those words when she first walked into a VA facility.

“I did not serve the Army for awards, commendations and accolades, so I never needed to be thanked for my service. But in the places that have committed to helping me heal from my visible and invisible wounds from war, I never expected to feel unseen,” she said. “Words

matter, written or spoken, and we are sometimes the difference between recognizing selfless service of all Americans or staying true to outdated traditions that exclude the sacrificial service of so many.”

The VA adopted its old motto in 1959 — about a decade after legislation formally allowed women to serve.

The new mission statement is inclusive of all those who have served in the military and pulls in nonveterans who also utilize VA services, the agency said in a news release.

The VA said it landed on the new mission statement after surveying roughly 30,000 veterans on their opinion of the change with the new motto taking the lead among every group asked.

Women make up the fastest growing population among veterans and the VA now serves more than 600,000 female veterans, 50,000 veteran caregivers, more than 600,000 survivor family members of veterans, and millions of veterans who did not serve in combat, according to the agency.

During Thursday’s ceremo-

ny, VA Secretary Denis McDonough said the change is just part of the VA’s efforts to improve trust in its services among female veterans.

“We still have a lot of work to do and a long journey to go,” he said.

McDonough also noted the importance of including caregivers within the updated motto.

Patricia Ochan spoke at the ceremony about leaving her career to care for her Marine veteran husband.

“You are telling us you are invested in our wellbeing as caregivers,” she said. “We finally feel seen. We finally feel appreciated for the incredible service we have silently offered our veterans.”

Iraq and Afghanistan Veterans of America, an advocacy group for post-9/11 veterans, began a campaign in 2017 that called for the VA to make a change to its motto. The VA initially rejected the proposal.

Under former President Donald Trump’s administration, then-VA Secretary Robert Wilkie sought new ways to engrain

the motto within the department and had begun installing plaques inscribed with the old motto at 142 VA-operated cemeteries nationwide in 2020.

When McDonough was confirmed as President Joe Biden’s lead at the agency, he took a more open-minded approach. He included an examination of the motto in a 2021 policy review to make the agency a more welcoming and inclusive place for LGBTQ veterans and employees.

“For too long, women and LGBTQ+ veterans have been considered ‘invisible veterans’ — feeling inadequately recognized by our fellow Americans,” Allison Jaslow, an Iraq War veteran and IAVA CEO, said in a statement. “Today’s historic move by the VA rightly begins to change that. We’re one step closer to changing the way America sees its veterans today, and that’s a damn good reason to celebrate.”

The VA released a study in 2020 that found women veterans were less likely to report feeling welcome at VA health care facilities, and 25 percent reported inappropriate or unwanted comments or behavior from male veterans while ac-

cessing care. Those comments included sexual or derogatory comments and questions about their identity and right to access the VA.

Jaslow cited this study to show the motto change is about more than words.

“It was about the need for culture change at the VA and setting the right tone from the top,” she said. “We must be relentless until the culture at the VA makes every veteran, and their loved ones, feel like they’re supported fully.”

The House passed legislation in 2020 to change the motto to one more inclusive, but the bill never made it into law.

Rep. Mark Takano of California, the top Democrat on the House Veterans’ Affairs Committee, praised the change.

“As our military becomes more diverse, so does our veteran population, which includes more women than ever before. Words are powerful tools, and any veteran, family member, caregiver, or survivor visiting a VA health care facility or sacred resting place in a cemetery should know that VA is, and will always be, a place for them, that all veterans’ service is valued and recognized, and that this nation will always be grateful to them, and those they leave behind,” he said in a prepared statement.



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The Meat & Potatoes of Life



by Lisa Smith Molinari

3 ways Covid has changed me

It’s been three years since my daughter and I obliviously danced in a sweaty conga line in Key West. The next morning while waiting for an Uber to take us to the airport for our return trip after a week-long mother-daughter getaway, the Florida governor shutdown all restaurants and public facilities due to the Covid-19 pandemic.

We started our trip without masks because Anthony Fauci said at the time they could “unnecessarily alarm other passengers.” One week later, our faces were wrapped in scarves and we eyed every person with fear for our own survival.

Since that time we’ve experienced widespread human loss, skyrocketing mental health issues, the miraculous development of vaccines, and the permanence of Covid in our lives. Through these traumas and trials, I’ve identify three ways that the pandemic experience has changed me, for better and for worse.

#1 Habits: No doubt about it, I’ve become a homebody. The house used to be a place that I bounced to and from until dinnertime, when our family settled in for the night. I did my work at coffee shops and libraries, went to the gym or on miles-long power walks, met up with friends, ran errands, and generally stayed out for a significant portion of the day. Nowadays, it’s as if the pandemic institutionalized me or instilled in me a need to have my toe firmly planted on home base so that I won’t be tagged out.

During my increased time at home, I’ve picked up several new hobbies. Over the years, I’ve dabbled in many military spouse activities, from quilting to bunco to crafts to golf to gardening. You name it, I’ve tried it and haven’t been particularly good at it.

Covid made me easy prey for new hobbies to test my mediocre skills. While watching too much news during shutdown, I became intrigued by the Gamestop short squeeze, when the stock increased 600% due to fervor from amateur investors in the Reddit group /WallStreetBets. Before I knew it, I’d joined the group with the user name “StimmieCheck,” bought a Gamestop share, and was using terms like “stonks” and “diamond hands.”

Eager to fill the pandemic silence, I began an obsession with true crime documentaries, podcasts, and audiobooks. I also tried my hand at crochet, succulent propagation, fiddling with broken clocks, and cooking spaghetti bolognese. Other than my bolognese which is a keeper, most of my new hobbies were fails, as evidenced by three dead cacti, neglected housekeeping during the Murdoch murder trial, clocks that won’t keep time, crooked crochet, and my Gamestop share which has dropped from \$250 to \$16.76.

#3 Body: I’ll admit it, I’ve gained twelve pounds since that glorious week in Key West, in addition to the ten pounds I’ve been trying to lose since the 1990s. Of course, my post-pandemic “homebody” lifestyle is a contributing factor, as are my new sedentary hobbies and that spaghetti bolognese.

But I’m also convinced that Covid has aged me faster. Not only do I have more wrinkles, joint pain, and a paunch, I’ve also been sick more in the last year than ever before. I’ve had Covid, bronchitis, a sinus infection, a stomach virus, a second bout of bronchitis, and most recently, pneumonia. In speaking with friends who’ve also been sick, we’ve wondered, “Did Covid or its vaccines make us more susceptible to communicable diseases?” and “Did masking and social distancing decrease our natural immunities?”

More to the point, “Has the pandemic has become the scapegoat for all of our problems?”

#3 Mind: Before Covid, I thought people who wore surgical masks in public were neurotic. Now I keep them in my purse. I used to think that yoga was for weirdos who kept crystals on their Subaru dashboards. Now I attend yoga classes where I can’t hold an eagle pose for more than five seconds. Covid has taught me that life is too short to harbor hang-ups. Why worry about 12 extra pounds, crooked crochet or lifestyle judgements, when our time on this Earth is limited?

Despite all the ways that Covid has changed me, some things will never change. No matter what life brings, I will always dance in sweaty conga lines.

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Recommendation for dog ‘trauma zoomies’

Dear Cathy,

My friend brought me a column of yours that she had been saving from Jan. 20 about dogs having the zoomies. My Havanese had terrible thunder issues, and with monsoon season, he really was suffering. I tried all the remedies, but with no success, until my nurse friend got a referral from one of her hospice patients for something called Bach Rescue Remedy for Pets. It’s considered original flower remedies and is 100 percent natural from England. Oliver takes four drops in some yogurt at the onset of storms. He’s doing much better unless I miss the beginning, and he’s already shaking and experiencing trauma. It’s an interesting product I wish I had known about 11 years ago when this started.

-Autry, Tucson, Arizona.

Dear Autry,

I used to recommend (and use) Bach’s Rescue Remedy for Pets, but I didn’t have much success with my storm-stressed dog, and it apparently dropped off my radar. My dog, Maggie, often started shaking before I knew a storm was approaching. Once that happens, reversing the stress with natural products can be challenging. (Thank goodness we can now get weather alerts on our phones.)

Sometimes, it’s not one product that works but a combination of things, so I should definitely add Bach’s Rescue Remedy for

Pets back into the mix. Most of their products are for people, so anxious people can check out their products too.

As for the zoomies, that’s different from the stress experienced during storms. Zoomies are the release of pent-up energy,



My Pet World
by Cathy M. Rosenthal

which makes the dog or cat run around the house.

You can counter this by giving your dog more exercise and playtime and introducing puzzle games to engage his mind. (All good things to do before a storm as well.) As the saying goes, “A tired dog is a good dog.”

Dear Cathy,

I have a suggestion for the cat owner whose cat was vomiting daily. Three different vets couldn’t find a reason. We had a similar problem with our previous cat. We discovered she was chewing on a non-toxic plant in our home. We removed the plant, and the problem stopped. I suggest the owner look around the house for items her cat may be chewing on.

- Sharon, East Hartford, Connecticut

Dear Sharon,

That’s a good tip. A plant doesn’t have to be toxic to cause gastric distress for a cat or dog who may chew on its parts. The solution is to remove the plant from the home or put it where the cat can’t reach it, like in a hanging basket.

I’m concerned, though, about the number of e-mails I received about vomiting cats. Cats may vomit for many reasons, generally related to illness, gastric distress, allergies, and diet. Cats may also be impacted by stress, which occurs when there’s a new pet or person added to the family, when a family member leaves home, or when the litter box moves, among other things. But overall, cats shouldn’t be vomiting unless it’s a hairball, which can be prevented with over-the-counter products.

But based on the letters I received, there are many cats that frequently vomit, and here is what some have done to address it.

Isabelle in Westbury, N.Y., suggests raising the cat’s food bowl six inches off the floor, which improves digestion.

If fast eating contributes to the vomiting, Leonora in Avon, Connecticut, suggests increasing the kibble size to slow the cat’s intake.

Maryellen from Commack, N.Y., feeds her senior felines with similar symptoms smaller amounts of food throughout the day rather than all at once.

Million Veteran Program making discoveries for womens' health

by Rachel Merle-Smith
Communication consultant
VA Million Veteran Program

If you're a woman Veteran, your experience with health conditions may be different than men who served... and your risk for certain diseases may be different from civilian women.

At VA, we're making health discoveries for women Veterans through the Million Veteran Program (MVP). One in 10 MVP participants are women. If more women join the program, MVP can make more breakthroughs in areas where women deserve specialized care.

Here are four new discoveries about women's health that were made possible by women Veterans in MVP:

Endometriosis

Researchers recently discovered that endometriosis may be linked to mental health conditions and eating disorders in women.

The study, which used data from approximately 270,000 women, found part of a gene that's connected to both depression and endometriosis.

This research indicates that care for endometriosis may be improved by taking a whole health approach, rather than treating just physical symptoms.

"Our findings support that endometriosis is a chronic systemic

disease with complex links to women's mental health rather than a classic gynecological disease," said Dr. Dora Koller, VA researcher and postdoctoral fellow at Yale School of Medicine who led the study.

What is endometriosis? It's a condition that affects up to 10% of women between 15 and 44. It happens when part of the inside of the uterus (called the endometrium) grows outside the uterus. Some women with endometriosis may experience infertility or difficulty getting pregnant.

Osteoarthritis

In a 2022 study based on nearly 500,000 people, including Veterans in MVP, researchers found:

There may be genetic risk factors for osteoarthritis, which could lead to new interventions and treatments for women with osteoarthritis.

Drugs currently used to treat other conditions may be able to treat osteoarthritis pain. More research is needed to test this.

Osteoarthritis is a form of arthritis that affects joints in the hands, spine, knees, and hips. It is more common in women than men. More than 2 in 5 women Veterans in MVP report having osteoarthritis, making it one of the most common conditions for women in the program.



Suicide

The rate of suicide among women Veterans is nearly double that of non-Veteran women. MVP is studying ways to better predict and prevent suicide attempts. In a 2022 study, their researchers found:

Many Veterans who report a suicide attempt also experience severe sleep problems, like insomnia. Veterans who attempted suicide had a harder time absorbing oxytocin, a natural hormone that

helps us with feelings of bonding and trust. With this growing body of knowledge, doctors may be able to better screen Veterans for suicide risk based on these risk factors. Suicide prevention is VA's number one priority.

If you or someone you know is in crisis, you are not alone. Dial 988 and press 1.

Heart disease

Heart disease is the leading cause of death for women in the United States. MVP is studying

heart disease and how it affects Veterans. So far, they've found:

Men and women in MVP who report eating nuts, but not peanut butter, more than 5x per week have a lower risk of coronary artery disease.

There are three genes that protect against different types of heart disease and type 2 diabetes.

Make a difference for women Veterans by joining MVP. If more women join MVP, researchers can continue to improve women's

health care at VA. MVP is studying dozens of health conditions that affect Veterans, including:

- Cancers, including breast cancer
- Diabetes
- Mental health, including posttraumatic stress disorder and depression
- Tinnitus and more.

Sign up today at <https://www.mvp.va.gov/pwa/> or call 866-441-6075 to make an appointment at a participating VA facility. You don't need to receive your care at VA to participate.

Consumer Health: Do you check the Nutrition Facts label?

March is National Nutrition Month, which makes this a good time to learn about using the Nutrition Facts label to make healthy choices.

Most people in the U.S. don't eat a healthy diet, according to the Centers for Disease Control and Prevention. Most consume too much sodium, saturated fat and sugar, increasing their risk of chronic diseases.

The Nutrition Facts label on packaged foods is a tool created by the Food and Drug Administration to help consumers make healthy choices at the supermarket. This label on packaged foods and drinks lists total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, dietary fiber, total sugars, added sugars, protein, and certain vitamins and minerals.

The format of the Nutrition Facts label was updated in 2020, and changes included:

A line item for added sugars.
• In addition to natural sugars found in fruits, dairy products and grains, some foods contain added sugars in high quantities. Too much sugar increases your risk of chronic health problems, including obesity, Type 2 diabetes and heart disease.

Easier calorie counting and realistic serving sizes.
• Changes to the label regarding the way the calorie count and serving size are listed can help make your calorie counting more accurate.

A change to the way fats are listed.

• Because research shows that the type of fat you eat is more important than the amount, the "calories from fat" line was removed. There is still a listing of grams and percent daily values for both saturated and trans fats because eating too much of these types of fats can increase your risk of heart disease.

A change to the listing of certain nutrients.

• Vitamin D, potassium, calcium and iron are required on the new label. Vitamin D and potassium are new additions because research suggests that people in the U.S. don't always get enough of these nutrients. Vitamin A and vitamin C deficiencies are rare today, so they are optional on the new label.

Reading labels and choosing healthy foods to buy is the first step to adopting a healthy diet. Be sure to include a variety of foods from the major food groups:

- Fruits
- Vegetables
- Whole grains
- Low-fat dairy products and lean protein, including beans and other legumes, nuts and seeds
- Healthy fats

NavHosp Camp Pendleton reminds us of the BASICS of mindful eating

B - Breathe

Take a breath. How hungry are you? What are you hungry for?

A - Assess your food and Environment

How does your food look and smell? Are you stressed, sad, or bored celebrating? Avoid doing other activities

S - Slow Down

Put down your fork and spoon between bites, Take around 15-20 minutes to enjoy your meal

I - Investigate your hunger throughout the meal

Be aware of distractions and keep bringing your attention back to eating, tasking and assessing your hunger and satiety throughout the meal. Stop eating when you are satisfied.

C - Chew your Food thoroughly

Chew each bit 10-30 times depending on what you are eating

S - Savor Your Food

Take the time to choose food you really like and that is truly satisfying



County installs first Naloxone vending machine

The County has a new, groundbreaking resource to battle fatal opioid overdoses. A naloxone vending machine is now in operation at the McAlister South Bay Regional Recovery Center in Chula Vista and you don't have to be a member of the Center to use it. This new machine will put opioid overdose medication in the hands of anyone who wants it, free of charge. It is part of the County's comprehensive Harm Reduction Plan and the first of several other vending machines scheduled to be installed across the region.

The Military Spouse
Association of Camp Pendleton

Invites You To Our

23rd Annual

Margaritaville

Benefit Auction & Gala

Saturday, April 1, 2023 at 5pm

Pacific Views Event Center
Camp Pendleton

Purchase Your Tickets at
www.msa-cp.org

If you are a military spouse and would like to be a part of the Military Spouse Association of Camp Pendleton go to msa-cp.org

Photo by Alex Voulgaris on Unsplash

PERRY



2022 Jeep Gladiator Sport S 4x4 Crew Cab

\$398 MO. FOR 39 MOS. OR **\$10,000 off**
(\$4,500 rebate + \$5,500 Perry Discount)



For well-qualified buyers. MSRP of \$53,410. Down payment \$4,995. Residual \$30,443. Tax, title, license acquisition fee not included. 10,000 miles per year. 4 at this price. VIN: 170294, 170295, 170293, 180360

2023 Jeep Grand Cherokee Laredo 4x4

\$348 MO. FOR 39 MOS. OR **\$6,000 off**
(\$3,500 rebate + \$2,500 Perry Discount)



For well-qualified buyers. MSRP of \$44,885. Down payment \$4,995. Residual \$38,726. Tax, title, license acquisition fee not included. 10,000 miles per year. 5 at this price.

2022 Dodge Durango R/T

\$398 MO. FOR 39 MOS. OR **\$10,000 off**
(\$5,250 rebate + \$4,750 Perry Discount)



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\$498 MO. FOR 36 MOS. OR **\$5,000 off**
(\$3,000 rebate + \$2,000 Perry Discount)



For well-qualified buyers. MSRP of \$62,885. Down payment \$4,995. Residual \$35,215. Tax, title, license acquisition fee not included. 10,000 miles per year. 5 at this price.



2022 Wagoneer & Grand Wagoneer

\$10,000 OFF ALL IN STOCK



Wagoneer \$6,500 discount plus \$3,500 conquest rebate. Grand Wagoneer \$8,000 off plus \$2,000 conquest rebate.

2022 Ram 1500 Laramie

\$598 MO. FOR 42 MOS. OR **\$10,000 off**
(\$4,000 rebate + \$6,000 Perry Discount)



For well-qualified buyers. MSRP of \$63,815. Down payment \$4,995. Residual \$31,907. Tax, title, license acquisition fee not included. 10,000 miles per year. 5 at this price.



PERRY



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