

# ARMED FORCES DISPATCH



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SIXTY-SECOND YEAR  
THURSDAY, MARCH 9, 2023



**PICTURE PALS** - Ddunn, a patrol and explosive detector Dutch Shepherd, and his handler, Army Spc. Richard D'ornellas, 100th Military Police Canine Detachment out of Stuttgart, Germany, pose for a photo at Camp Bondsteel, Kosovo. US Army photo by Staff Sgt. Anna Pongo

## Naval Sea operations keep troops ready for action

Ships and aircraft assigned to the *Nimitz* Carrier Strike Group and the *Makin Island* Amphibious Ready Group, with the embarked 13th Marine Expeditionary Unit, conducted combined expeditionary strike force operations in the South China Sea.

The groups trained together to advance interoperability while simultaneously demonstrating U.S. commitment to allies and partners in the Indo-Pacific region.

The operations demonstrated unique high-end war fighting capability, maritime superiority, power projection and readiness.



**Aircraft assigned to *Nimitz* Carrier Strike Group and *Makin Island* Amphibious Ready Group fly in formation over USS *Nimitz* during operations in the South China Sea last month. US Navy photo by Navy Petty Officer 3rd Class Joseph Calabrese**

## Teamwork makes the dream work



**as Marine Corps Wounded Warrior Regiment hosts the Marine Corps Trials at Camp Pendleton**



**Marine Corps Trials sitting volleyball prelims**



**See page 8 for other event photos**

# POINT MUGU AIR SHOW

FEATURING THE U.S. NAVY BLUE ANGELS AND THE U.S. AIR FORCE THUNDERBIRDS

## March 18-19, 2023

**P**POINT MUGU - Navy Flight Demonstration Squadron, the Blue Angels, will be joined by the Air Force Demonstration Squadron, the Thunderbirds, as co-headliners for the 2023 Point Mugu Air Show March 18-19, at Naval Base Ventura County, Point Mugu.

The Point Mugu Air Show will be the third time American's premiere demonstration squadrons have performed at

the same airshow, and the first time at Point Mugu. They have in the past, executed co-winter training on multiple occasions.

The Point Mugu Air Show, Ventura County's largest public event, is open to the public, and offering 2-show dates - March 18, 19. Gates open at 8 a.m. daily. Parking, admission, and blanket seating are free. Upgraded preferred seating options are available.

The Point Mugu Air Show

began in 1960, called the Space Fair, as the space race was getting underway. It was an opportunity to show the community what Point Mugu does and introduce them to the continuing innovations in aviation.

Carnival rides, including a Ferris wheel and circus size tents filled the ramp in front of Hangar-553. Static display aircraft from Point Mugu, including the P-2 Neptune and flight demonstrations featuring the Army Golden Knights

and an Army helicopter took place during the morning and afternoon.

Since then, the air show has changed names and featured the Navy's Blues, Canada's Snowbirds, and the Air Force Thunderbirds.

2023 marks the 75th anniversary of the Navy at Point Mugu (NAWC), and the first airshow to feature dual-premiere demonstration teams, the Blue Angels, and the Thunderbirds.

### Career Advice

Department of the Air Force updates policies, procedures to recruit for the future.

**See page 5**

### Base Movie Schedule

Knock at the Cabin, Magic Mike's Last Dance, 80 for Brady, Last Night in Soho, Raya and the Last Dragon

**See page 10**





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## Col. Barfoot honored in Virginia National Guard base redesignation

by SSG Jacob Kohrs,  
Army News Service

WASHINGTON - Fort Pickett, Va., is scheduled to officially redesignate the base's name to Fort Barfoot March 24 in honor of Col. Van Thomas Barfoot, one of 33 Native Americans who received the Medal of Honor.

Barfoot was admitted to the Army Aviation Hall of Fame for his influence and support of building the aviation branch of the Army.

During Barfoot's career, which spans through World War II and the Korean and Vietnam Wars,

he earned the Silver Star, the Bronze Star, three Purple Hearts, two Legions of Merit, and 11 Air Medals during his 34 years of military service.

"It's such a tremendous honor to name an installation where military forces train to defend our freedoms in honor of Col. Van T. Barfoot," said Maj. Gen. Timothy Williams, the adjutant general of Virginia. "His magnificent military career was marked by heroism and decades of selfless service to our nation, and his legacy will serve as an inspiration for current and future generations of service members."

A member of the Choctaw

Nation, Barfoot enlisted into the Army in 1940 out of Carthage, Mississippi. After basic training, he joined the ranks of the 1st Infantry Division and then was assigned to the headquarters of Amphibious Force Atlantic Fleet at Quantico, Virginia. From there, he deployed to Europe to participate in the Italian liberation from German forces. He fought in multiple campaigns throughout Italy, starting with the Allied invasion of Sicily in July 1943, then the mainland invasion at Salerno in September 1943, and finally the landing at Anzio in January 1944.

During the landing of Anzio, Barfoot was a part of the 45th Infantry Division. His unit fought its way to the small town of Carano in the Latina province. The then-Tech. Sgt. Barfoot led a squad on the morning of May 23, 1944 through a minefield to flank several machine gun nests.

He crawled to the first machine-gun nest and threw a hand grenade that killed two and wounded three of the Germans within. He kept moving through the enemy defensive line to another nest where, with his Thompson machine-gun, he killed two more Germans and captured three others, according to Barfoot's Medal of Honor citation.

By the time Barfoot finished engaging the nests, a total of 17

**Ships Underway**  
Total Battle Force  
296 (USS 238, USNS 58)  
Deployed  
105 (USS 70, USNS 35)  
Underway  
74 (54 Deployed, 20 Local)  
**Ships Deployed by Fleet**  
2nd Fleet - 2  
3rd Fleet - 1  
4th Fleet - 2  
5th Fleet - 10  
6th Fleet - 23  
7th Fleet - 67  
Total - 105



Fort Pickett, Virginia to be renamed in commemoration of T/SGT Van T. Barfoot

German soldiers were captured and eight were killed.

Later that day, an armored counterattack was launched towards his squad's position. He grabbed an unsecured bazooka and, while exposed, engaged the first of three German Tiger battle tanks from 75 yards away. He took aim and destroyed the track of the lead tank, disabling it and forcing the other two to change course. As the crew of the disabled tank started to dismount, Barfoot killed them with his machine-gun, his citation said.

After he returned to the squad's position, Barfoot helped two seriously wounded Soldiers by carrying them over 1,700 yards to a safe location.

He was promoted to second lieutenant shortly after the battle and continued to lead his unit into France and then Germany. While serving in France, Barfoot was presented the Medal of Honor on Sept. 28, 1944 for his actions in Carano, in May that year.

In 1960, at age 40, Barfoot moved to the Army's aviation branch.

The Army was having difficulty with close air support since the creation of the Air Force during the Vietnam War. To help alleviate those problems, the Army needed flying capability for ground support and created the Army's aviation branch. Barfoot felt this was the area he could support the Army's mission best, he said in an

interview with the National World War II Museum.

After finishing flight school, he deployed to Vietnam and proceeded to fly 177 combat hours, according to the Army Aviation Hall of Fame.

Before retiring Barfoot was an advisor to the Virginia N.G. where he assisted with training multiple units at Fort Pickett, home of the Army National Guard Maneuver Training Center.

"I served as senior advisor for the state of Virginia National Guard for four years. I love them, they're dedicated people," Barfoot said at the Library of Congress Veterans History Project. "I'll tell you, the greatest asset we have now is our National Guard. They're

### USS George Washington destined for Japan to replace USS Ronald Reagan, report says

by Alex Wilson, Stars and Stripes

STARS AND STRIPES - Aircraft carrier USS *George Washington* is expected in two years to return to Japan, its base of operations until eight years ago when it was replaced by USS *Ronald Reagan*, according to a Japanese news agency. Preparations are underway to replace *Ronald Reagan*, which operates from the 7th Fleet homeport at Yokosuka, Nikkei Asia said last Wednesday in a report that cited U.S. Pacific Fleet spokesman Lt. Brian Cunningham. Additional details are not available until "proper coordination is complete," the report said. Cunningham acknowledged *Stars and Stripes*' request for information Friday but didn't respond further that day. A 7th Fleet spokesman had referred questions to Pacific Fleet on Thursday. *George Washington* is expected in Yokosuka by 2025, Nikkei reported. The aircraft carrier, commissioned in July 1992, is undergoing mid-life nuclear refueling and maintenance at the Newport News shipyard in Virginia; it was homeported at Yokosuka from 2008 to 2015.

just complete Soldiers."

After he retired as a colonel in 1974 he lived in Amelia County later Henrico County, Va. Barfoot passed away in 2012 at the age of 92, leaving behind three sons and a daughter.

"Our family is extremely proud of the honor that is being bestowed on our father. He was devoted to serving God, family and this great nation not only during his Army career but until his death in 2012," said Tom Barfoot, one of Col. Barfoot's sons. "He wanted people to know that his award of 'The Medal of Honor' was not just representative of him, but of all the men and women of this nation who sacrificed to meet our country's call."

#### Top 4

- Biden vows to wield 'all instruments' in fighting cyber-threats
- Junior NCO promotions have collapsed — here's the data, and why
- Number of imprisoned veterans concerns former defense chiefs
- Another Air Force fleet was grounded over fears its tails may fall off
- Army
  - Army to the NFL: Andre Carter II poised to make history as sought-after draft prospect
  - Federal memo may bolster mineral company's position on Arizona mine site
- Navy
  - Navy astronaut leads NASA's next space mission
  - Navy lays out new policy for 21-day administrative leave for abortion and reproductive care
  - Navy Seabee battalion honored in decommissioning ceremony, is deactivated after 80 years of building and fighting
- Marine Corps
  - Marine air station in Japan to restart air show silenced by COVID-19 pandemic
- Air Force
  - Air Force's upcoming radar aircraft is already a combat veteran
  - We're weird: New commander details life inside Task Force 99
- Coast Guard
  - Coast Guard decommissions cutter Decisive in Pensacola
  - Coast Guard reveals scope of recovery mission for airborne object



## Austin charts path forward in message to force

by Jim Garamone

Secretary of Defense Lloyd J. Austin III released a message to the force last week, reinforcing the Defense Department's priorities and charting the way forward. The new missive comes two years after the secretary's first message to the force, which outlined his priorities to defend the Nation from enemies foreign and domestic. In his message, Austin detailed the progress made and emphasized that the same three priorities still guide the Department's efforts. "Since Day One as secretary of defense, I have been guided by three priorities: defending the nation, taking care of our people and succeeding through teamwork," he said. "Over the past two years, we've made tremendous progress in all three areas, and I'd like to thank each one of you for your commitment and hard work." The 2022 National Defense Strategy detailed integrated deterrence, campaigning, and building enduring advantages as the route to achieve these goals. "Implementing our strategy means tackling the pacing challenge from the People's Republic of China while also confronting the acute threat of Russian aggression and managing the risk of escalation as Putin's cruel war against Ukraine enters a second year," the secretary said in the message. "We must also defend against and deter threats from Iran, North Korea and global terrorist organizations, even while we grapple with 21st century, transnational challenges, such as climate change. Finally, we'll continue to modernize the joint force and 'out-innovate' our competitors." These are complex and involved missions for the U.S. military, but Austin said the force is up to these challenges. "We have the best fighting force in history, and our military families, civilian and contractor workforce, and domestic and international allies and partners are without equal," he said. The secretary thanked all members of the department for all they do each day to defend the United States and the liberties and freedoms the nation stands for. "Together, we will continue to tackle the challenges of this decisive decade to meet our sacred obligation to defend the American people," he concluded.

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# DOD's reversal on civilian medical care 'a move in the right direction,' advocates say

by Kelly Agee and Alex Wilson

Stars and Stripes

YOKOSUKA NAVAL BASE, Japan - A move by the Defense Health Agency to ease Defense Department employees' access to health care at military hospitals is encouraging but not quite enough, employee advocates said March 6.

The agency on Friday reversed itself and said DOD civilian employees in the Indo-Pacific region may seek treatment again at base hospitals for chronic health conditions like diabetes or high-blood pressure. But they may only schedule appointments on a space-available basis, according to a DHA memo to Indo-Pacific region director Army Maj. Gen. Joseph Heck.

DHA, under a congressional mandate, on Jan. 1 limited chronic care at base hospitals to only beneficiaries under Tricare Prime, the military's top-tier medical plan, which includes active-duty service members, their families and eligible retirees. DOD civilian workers, including agency employees, contractors, schoolteachers, analysts and others, were limited to space-available appointments only for sudden onset, or acute ailments.

Space-available appointments for DOD civilians are typically few in number, advertised on short notice and booked quickly. The Friday memo instructs military hospitals to use "standard processes" to find room on their schedules to treat "the greatest number of patients" within their capabilities.

Rescinding the ban on chronic care was an "immediate gift to everyone" who struggled to find routine health care, renew



Home of the 374th Medical Group at Yokota Air Base, the home of U.S. Forces Japan. US Air Force photo

prescriptions and find referrals, Randi Wilson, a health care advocate said Monday. But it didn't fix everything, she said by Facebook Messenger.

"What it does not fix is our access to emergency services, which has claimed several lives and makes parents afraid for their children," she said. "It also doesn't address the fact that our [medical treatment facilities] were already under-resourced and not able to meet active-duty service members' needs."

Military hospitals exist to provide health care for Tricare beneficiaries and "maintain medical readiness of the force," according to the DHA memo. But it also said DOD civilian employees and contractors are "critical to our mission success."

A least one U.S. base in Japan, Camp Zama, on Monday began making space-available appointments for DOD civilians' "acute and non-acute" medical needs, according to a post on the official Facebook page for the Army Medical Department in Japan. Camp Zama, southwest of Tokyo, is the headquarters of U.S. Army

Japan.

Naval Hospital Yokosuka was studying the memo before making changes, according to hospital spokesman Gabriel Archer, who said he could speak only to the policy itself.

"It's in the decision and planning stages," he said by phone Monday. "Our priorities are still active duty and their family members."

Japan Civilian Medical Advocacy, a Facebook group that pressured DHA to reverse the restrictions, spread word of the change over the weekend. Group members expressed cautious optimism.

"Yes, we celebrate a victory, but there is clearly more to be done," said Em Powers Hunter, a group member, in a comment posted Sunday on the group's page.

Wilson, a DOD analyst at Yokota who created the online forum, said the change "is a win," but she worries it may be suddenly reversed.

The current situation mirrors another in 2017, when Naval Hospital Yokosuka and other

military medical facilities in the region limited DOD civilians to same-day, space-available appointments.

The change is a "move in the right direction," Amber Malone, a DOD schoolteacher at Yokosuka who established the civilian medical forum there, said Monday by Facebook Messenger.

But, she said, the group will continue to push for more personnel and funding for military medical treatment facilities and better access to emergency care for "all members of the community."

The DHA response to civilian complaints about health care didn't come fast enough for some, according to group member Alexandra Freeman, a

spouse of a DOD contractor.

"Many impacted personnel have already made the choice to leave. They're injured, had their chronic conditions destabilized, are finishing the school year and are in the final stages of securing other jobs and moving back," she said by Facebook Messenger. "We'll lose more people, including talented healthcare providers before things stabilize."

## U.S. Indo-Pacific commander travels to India, speaks at Raisina Dialogue



NEW DELHI -Adm. John C. Aquilino (shown, above), commander U.S. Indo-Pacific Command, visited India on an overseas trip last week, where he met with senior military and government leaders and participated in the Raisina Dialogue.

During his visit, Aquilino met with National Security Advisor Ajit Doval, Defence

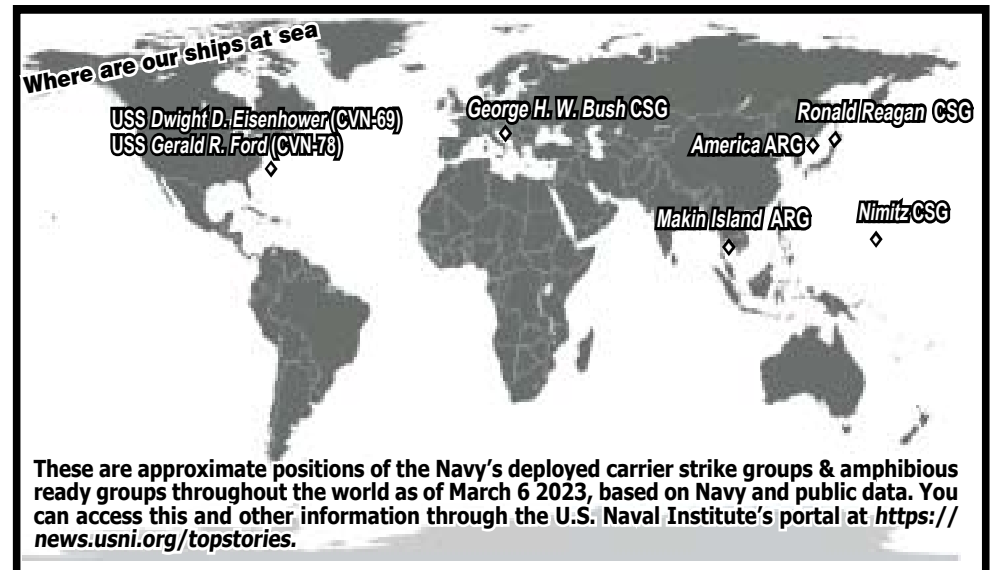
Secretary Giridhar Aramane, and Chief of Defence Staff Gen. Anil Chauhan, reaffirming the U.S.-India strategic partnership, noting that military cooperation between the two nations is at an all-time high.

Aquilino also participated in Raisina Dialogue panel "The Future of Conflict: Lessons from the Third Decade," alongside Adm. R. Hari Kumar, Chief of Naval Staff, India, Gen. Koji Yamazaki, Chief of Staff, Joint Staff of the Japan Self-Defense Forces, Adm. Sir Ben Key, First Sea Lord and Chief of Naval Staff, United Kingdom, and Vice Adm. An-

gus Topshee, Commander, Royal Canadian Navy.

The yearly gathering is India's leading conference on geopolitics, security, and economics and brings together leaders from the military, industry, politics and other fields.

Aquilino underscored the human dimension of advancements in technology, and the shared commitments by Allies and partners to a resilient, rules-based international order that safeguards sovereignty and territorial integrity, upholds democratic values, and promotes a free and open Indo-Pacific for all.



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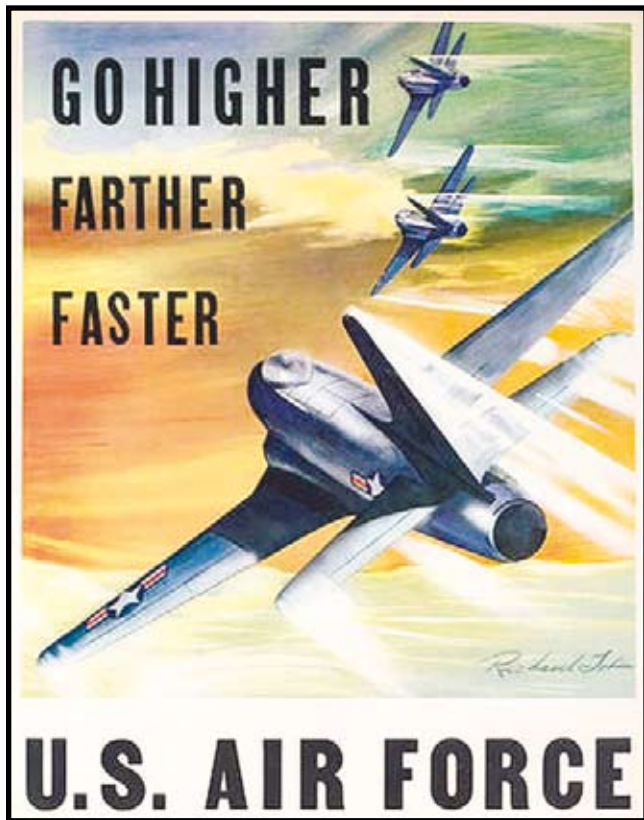
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## Department of the Air Force updates policies, procedures to recruit for the future

ARLINGTON, Va. - The Department of the Air Force is committed to recruiting talented and qualified individuals, while retaining the experienced Airmen and Guardians currently serving.

Throughout the upcoming months, a Barriers to Service Cross-Functional Team, championed by Vice Chief of Staff of the Air Force Gen. David W. Allvin, is examining existing policies and procedures to ensure they reflect the service members needed for the future.

Created to rally various department stakeholders, this cross-functional team was charged to research, plan and execute these changes quickly, cut through bureaucracy, with the modern American in mind.

“America’s Air Force and Space Force rely on access to our nation’s extensive, geographical-

ly and demographically diverse talent,” said Alex Wagner, assistant secretary of the Air Force for Manpower and Reserve Affairs. “To remain competitive, both with the private sector and our fellow military services, we are re-examining and updating our approach to talent sourcing and management—and that requires constant review and re-evaluation of our accession policies and ensuring that any changes are consistent with those high military standards required for mission accomplishment.”

This approach became a reality when various stakeholders realized these opportunities would need supporting policy, guidance, resources, and legal authorization. Additionally, the team is currently executing a comprehensive policy review to identify existing requirements that disqualify many potential Airmen and Guardians from serving and are irrelevant to

warfighting.

“While we met our active-duty recruiting goals last year, record-low unemployment rates and steadily declining familiarity with the U.S. military today leaves us uncertain whether we can achieve our goals this year,” said Maj. Gen. Ed Thomas, Air Force Recruiting Service commander. “We are starting to see some positive results of our training program, policy changes and our enhanced marketing efforts, but military recruiting will remain a long-term challenge.”

One of the leading barriers currently being tackled is the increased prevalence of hand and neck tattoos among America’s youth. Previously, Air Force policies permitted ring tattoos, although they were limited to a single band on one hand. Now, in addition to the ring tattoo, a single tattoo is authorized on each hand not exceeding one inch in size.

Additionally, one tattoo on the neck is authorized not exceeding one inch in measurement. The neck tattoo will only be placed behind a vertical line at the opening of the ear orifice around the back to a vertical line at the opening of the other ear orifice and includes behind the ear.

Hand, arm, leg, neck, and ring tattoos can be exposed and visible while wearing any uniform combination. Chest and back tat-

toos will not be visible through any uniform combination or visible while wearing an open collar uniform.

Tattoos or body markings anywhere on the body that are obscene, commonly associated with gangs, extremist, and/or supremacist organizations, or that advocate sexual, racial, ethnic, or religious discrimination are prohibited in and out of uniform. The updated policy is at <https://www.af.mil/Portals/1/documents/2023SAF/PolicyUpdates/dafman36-2903.pdf>.

Additional items senior leaders are looking to modernize are:

- Accelerating Naturalization at Basic Military Training (Will apply to the Air Force and Space Force)

- Reinstating the Enlisted College Loan Repayment Program (Air Force only)

- Adding additional funds to Initial Enlistment Bonuses (Air Force only)

- Alignment of the DAF’s Accession Body Fat Composition Standard with OSD Guidance (Will apply to the Air Force and Space Force)

More information on policy and accessions changes will be published when available.

## Jill on Money: Inflation takes bite out of savings

by Jill Schlesinger  
Tribune Content Agency

“My beautiful pile of cash is slipping away,” lamented a recent caller to my podcast. She is not alone.

The personal savings rate, which is the amount of money people have after spending and taxes, dipped to 3.4 percent at the end of last year. That’s a far cry from the COVID record high rate of 34 percent in April 2020 (as it turns out, it’s very hard to spend a lot of money on paper towels, disinfectant, and masks), and well below the pre-pandemic level of 8.8 percent for all of 2019.

The pandemic’s impact on the economy, combined with the government’s relief measures to combat it, has distorted the nation’s savings rate over the past three-plus years. It started with a much larger than anticipated pile-up of cash, due to lockdowns and stimulus checks flowing, which resulted in extra savings of \$2.7 trillion by the end of 2021, according to Moody’s Analytics.

But last year, as inflation breached 40-year highs, consumers confronted a protracted surge in prices at the pumps, at the grocery store and for services like those performed by barbers, plumbers, and lawyers. Many ate into their precious savings - and when those savings were gone, some turned to debt to make ends meet.

The Federal Reserve Bank of New York reported that credit card balances increased \$61 billion in the fourth quarter, and totaled \$130 billion in credit debt for all of 2022, those were the largest increases for either a quarter or a year in the history of the data, which goes back to 1999.

Do those higher debt levels mean that Americans are on the verge of cascading into a pernicious debt spiral?

Economists are hopeful that we are not there yet, because the labor market remains strong enough for people to keep making their payments. That said, the data are flashing some warning signs.

In its blog, the NY Fed pointed out that “there were 18.3 million borrowers behind on a credit card at the end of 2022 compared to 15.8 million at the end of 2019.” While they don’t see widespread defaults, for those individuals struggling to make those increasingly costly payments, “this

financial distress is real.”

Whether you are digging out of debt or trying to replenish your savings to gather six to 12 months of living expenses, there is no better time than the present to track just how much your spending has increased due to rising prices, post-pandemic splurges, or some combination of both.

There are lots of apps that will allow you to track your cash flow or feel free to go old school and fire up a spread sheet to see where your money is going. (If you are carrying Federal student loans, don’t forget to factor in those payments for the second half of the year. If the Supreme

Court rules that forgiveness can proceed, you will have extra dough, but if they knock it down, you will be prepared.)

If you are paying down debt, establish automatic payments, even for a small amount, and prioritize the highest interest accounts and work your way down.

If you are consumer debt free, try to focus on saving by establishing automatic transfers from your checking account into a savings account, money market account, a short-term CD (check out web aggregation sites like [Bankrate.com](http://Bankrate.com) or [DepositAccounts.com](http://DepositAccounts.com) for the highest yielding accounts).

Once you have the emergency fund established, redirect what was going into savings and concentrate on retirement, either by increasing what you are contributing through work, or by opening a Roth or Traditional IRA account.

### NARFE Meeting March 15, 2023

ESCONDIDO—It has been a long time since the local chapter of NARFE has advertised a general membership meeting. What is NARFE, you say? NARFE stands for National Active and Retired Federal Employees. And, our next meeting of NARFE, Palomar Chapter 455, will be held at 1:00 p.m. on Wednesday, March 15, 2023. We are expecting a guest speaker from Humana at this meeting. All current and retired federal employees [and significant others] are invited to attend. Our meeting is scheduled to be held at J & M’s Family Restaurant, 1215 E. Valley Parkway, Escondido from 1:00 PM to 3:00 PM. Each person attending, who desires to have lunch, is responsible for ordering off of the menu and paying for their own meal. The luncheon will normally start at 1:00 PM with the program and business meeting from 1:45± - 3:00 PM. For more information on NARFE, you may access our main website at [www.narfe.org](http://www.narfe.org), our California Federation website at <https://www.csfnarfe.org>, or you may call (760) 613-0717 and leave a voicemail.

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# Local Military

## USNS John L. Canley delivered to San Diego command

by Sarah Cannon  
Military Sealift Command Pacific

NAVAL BASE SAN DIEGO - Expeditionary Sea Base USNS John L. Canley (T-ESB 6) was delivered to Military Sealift Command (MSC), during a brief ceremony on board the ship at the General Dynamics NASSCO shipyard here March 3.

The 784 foot ship honors Gunnery Sgt. John L. Canley, a Marine who distinguished himself in battle during the Viet Nam war, in January/February 1968, during the Battle of Hu, with Company A, 1st Battalion, 1st Marines.

Canley was originally awarded the Navy Cross but this was upgraded to the Medal of Honor, 50 years after the battle, making him the first living Black Marine to receive the nation's highest military decoration for valor. The only previous Black recipients in the Marine Corps who received the medal posthumously.

Christened at NASSCO June



In this June 25, 2022, photo, Future USS John L. Canley at its christening ceremony at General Dynamics NASSCO. Courtesy photo

27, 2022, Canley is the sixth ship in the expeditionary mobile base platform build for MSC, and the third expeditionary staging base model. When activated, Canley will primarily support aviation mission planning and execution; and reconfigurable mission deck area to store embarked force equipment to include mine sleds and rigid hull inflatable boats.

In addition to the flight deck, the ship has a hangar with two aviation operating spots capable of handling MH-53E Sea Dragon-equivalent helicopters; accommodations, work spaces,

and ordnance storage for embarked force; enhanced command, control, communications, computers, and intelligence to support embarked force mission planning and execution; and reconfigurable mission deck area to store embarked force equipment to include mine sleds and rigid hull inflatable boats.

"Any day when we take delivery of a new ship is always a great day," said Capt. Kendall Bridgewater, commander,

Military Sealift Command Pacific. "We're proud to welcome USNS John Canley into the MSC fleet. These ships allow MSC to continue support to a variety of missions.

"We look forward to getting this ship fully operational and out to the fleet using her wide ranging functionality which will be optimized in the Pacific area of operations and beyond."

Following testing and various qualifications and inspection, Canley will become operational and will deploy in support of national defense missions throughout the world.



NAVAL BASE SAN DIEGO (March 3, 2023) - Rear Adm. James Kirk, commander, Expeditionary Strike Group 3, shakes hands with Capt. Benjamin Allbritton, left, during a change of command aboard amphibious assault ship Boxer. Capt. Brian Quin relieved Allbritton as commodore of Amphibious Squadron 5. US Navy photo by MC3 Bradley Kaminski



NAF EL CENTRO (Feb. 28, 2023) - The Thunderbirds, the Air Force flight demonstration squadron, and the Blue Angels, the Navy's flight demonstration squadron, perform joint training here. The teams shared best practices and exchanging lessons learned in preparation for the upcoming air show season. US Air Force photo by Senior Airman Dakota Carter

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# Destroyer USS John Finn arrives in Japan ahead of USS Shiloh's decommissioning

by Alex Wilson  
Stars and Stripes

**YOKOSUKA NAVAL BASE, Japan** - Guided-missile destroyer USS John Finn steamed through Tokyo Bay and anchored at its new homeport Saturday, where it's scheduled to replace a cruiser slated for decommissioning.

The ship departed its former homeport, Naval Base San Diego, on Feb. 16 and made the approximately two-week journey across the Pacific before arriving at the home of the 7th Fleet, where it joined Destroyer Squadron 15 and Task Force 71, 7th Fleet announced in a Saturday news release.



Family members of Sailors assigned to USS John Finn cheer as the destroyer arrives at Yokosuka Naval Base, Japan, March 4. US Navy photo by Kaleb Sarten

"USS John Finn is another fantastic addition to our team here in Japan," said Capt. Walter Mainor, commander of Task Force 71, in the news release.

"The dedicated crew will be a key part of our mission to work with our Allies and partners, and ensure we remain committed to maritime security in the region and uphold the promise of a free and open Indo-Pacific."

John Finn will ultimately replace guided-missile cruiser USS Shiloh, which is due to be decommissioned at Naval Base Pearl Harbor, Hawaii, Task Force 71 spokesman Lt. Cmdr. Joe Keiley told Stars and Stripes by e-mail Monday. Keiley declined to comment on the timeline for Shiloh's retirement due to operational security.

A Flight IIA variant of the Arleigh Burke-class destroyers equipped with Aegis missile defense systems, John Finn is the sixth destroyer in 7th Fleet capable of accommodating two MH-60 Seahawk helicopters

via an onboard hangar.

"The forward presence of John Finn enhances the national security of the United States and improves its ability to protect strategic interests," Keiley said in the e-mail.

The addition of another Flight IIA destroyer falls in line with the Defense Department's policy to place the "most capable units forward in the Indo-Pacific Region," he said.

John Finn made history as the first Navy warship to shoot down an intercontinental ballistic missile with an SM-3 Block IIA interceptor missile during a November 2020 test.

It previously visited the Indo-Pacific during its maiden deployment in 2021, but Keiley could not confirm if it had stopped in Yokosuka. During that tour, John Finn transited the Taiwan Strait.

The ship, first launched in 2017, is named after Lt. John William Finn, who was the first Navy sailor to earn the Medal



Cruiser Shiloh, shown here during a recent Surface Warfare Advanced Technical Training, is due to be decommissioned at Naval Base Pearl Harbor. There's no timeline for Shiloh's retirement due to operational security. US Navy photo by MC3 Santiago Navarro

of Honor during World War II, according to the Navy Department of Library.

Present during the Japanese attack on Hawaii, Finn earned the award after he manned a machine gun in an exposed section of a runway of the Naval Air Station at Kaneohe Bay and continued to return fire at attacking aircraft, even while being wounded multiple times, according to the Navy.

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**CAMP PENDLETON, CA, UNITED STATES -- March 3, 2023** U.S. Marine Corps athletes with the Wounded Warrior Regiment, and international athletes pose for a photo for the 2023 Marine Corps Trials, at Marine Corps Base Camp Pendleton, California.

The annual event offers the wounded, ill or injured Marines, sailors and veterans an opportunity to further the rehabilitation of their mind, body and spirit through competition and camaraderie. U.S. Marine Corps photo by Sgt. Nello Miele

# 13th Annual Marine Corps Trials underway at Camp Pendleton

The 13th annual Marine Corps Trials, hosted by the Marine Corps Wounded Warrior Regiment, is underway aboard Camp Pendleton, CA, through March 12, 2023.

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 in the Marine Corps Trials is open to active duty, reserve, and veteran wounded, ill, or injured Marines

and Sailors of all skill levels. The Marine Corps Trials is an evaluation of performance in both individual and team sports, with the top athletes afforded an opportunity to represent the Marine Corps at the Department of Defense Warrior Games, in June 2023. International competitors round out the playing field, bringing a high level of competition to the event. Organized into three competing teams, participants represent Wounded Warrior Battalion-East, Wounded Warrior Battalion-West, and an international team.

The Marine Corps Trials provide an opportunity for all wounded, ill,



or injured Marines, Sailors, and veterans to further the rehabilitation of their mind, body, and spirit through competition and camaraderie. For some, the Trials are a milestone in

their personal athletic goals. For others, it is an opportunity to experience new activities and connect with their fellow wounded warriors. For all of the participants, the Trials are a chance to come together and focus on their abilities and build camaraderie.

Participants will have the opportunity to compete in archery, cycling, field, powerlifting, shooting, sitting volleyball, swimming, rowing, track, wheelchair basketball, and wheelchair rugby. Additionally, recovering service members had the opportunity to participate in transition events on March 1 and 2. International par-

ticipants will also take part in a day trip exploring the greater San Diego area. More than 30 coaches were on hand to train and coach the participants beginning February 28, with competitions starting on March 4. Training and coaching will continue throughout the entire Trials.

Established in 2007, the Marine Corps Wounded Warrior Regiment is the official command charged by the Commandant of the Marine Corps to provide leadership and facilitate the integration of non-medical and medical care to combat and non-combat wounded, ill, and injured Marines, Sailors attached

to Marine units, and their family members in order to maximize their recovery as they return to duty or transition to civilian life. The regimental headquarters, located in Quantico, VA, oversees the operations of two wounded warrior battalions located at Camp Pendleton, CA, and Camp Lejeune, NC, as well as multiple detachments in locations around the globe.

For more information about the Wounded Warrior Regiment and its battalions go to: <https://www.woundedwarrior.marines.mil/> or visit us at <http://Facebook.com/wwr.usmc>



**U.S. Marine Corps athletes with the Wounded Warrior Regiment march forward during the 2023 Marine Corps Trials at Marine Corps Base Camp Pendleton, Calif. on March 8 3, 2023.** Marine Corps Trials is an annual adaptive sports competition that promotes a competitive warrior spirit, builds camaraderie and provides a venue to select participants for the 2023 DoD Warrior Games in June. U.S. Marine Corps photo by Lance Cpl. Brian Knowles.



**Powerlifting competition, March 4.** USMC photo by Lance Cpl. Alexis French.



**Cycling Awards -- USMC photo by Lance Cpl. Alexis French**

Marine Corps Wounded Warrior Regiment is hosting the Marine Corps Trials, an adaptive sports competition featuring athletes from Wounded Warrior Battalion West, Wounded Warrior Battalion East and international athletes from Colombia, Estonia, France, Georgia, Italy, Netherlands and the United Kingdom.



**Indoor Rowing competition -- March 4.** USMC photo by Lance Cpl. Alexis French.



## Biden presents Medal of Honor to special forces Soldier

by David Vergun  
DOD News

Army Capt. Paris D. Davis distinguished himself by acts of gallantry and intrepidity above and beyond the call of duty during the Vietnam War.

Davis, now a retired colonel, attended a White House ceremony March 3 where President Joe Biden presented him the Medal of Honor.

His Medal of Honor citation was read during the ceremony.

While serving as commander of Detachment A-321, 5th Special Forces Group (Airborne), 1st Special Forces, during combat operations in South Vietnam, June 17 to 18, 1965, Davis was an advisor to the 883rd Regional Force Company in the vicinity of Bong Son.

The company was conducting a nighttime raid against a Viet Cong regional headquarters housing a superior enemy force, according to his citation.

While returning from the successful raid, the regional force company was ambushed and sustained several casualties, ac-

ording to the citation.

“Davis consistently exposed himself to hostile, small-arms fire to rally the inexperienced and disorganized company. He expertly directed both artillery and small-arms fire, enabling other elements of the company to reach his position. Although wounded in the leg, he aided in the evacuation of other wounded men in his unit, but refused medical evacuation himself,” the citation states.

Following the arrival of air support, Davis directed artillery fire within 30 meters of his own position in an attempt to halt the enemy’s advance, according to the citation.

“Then with complete disregard for his own life, he braved intense enemy fire to cross an open field to rescue his seriously wounded and immobilized team sergeant,” states the citation.

While carrying the sergeant up the hill to a position of relative safety, Davis was again wounded by enemy fire. Despite two painful wounds, Davis again refused medical evacuation, remained with the troops, fought bravely and provided pivotal leadership and inspiration to the regional



**President Joe Biden participates in the Medal of Honor ceremony for Col. (Ret.) Paris D. Davis March 3. Official White House photo by Adam Schultz**

force company, as it repelled several Viet Cong assaults on their position over a period of several hours, according to the citation.

When friendly reinforcements finally arrived, Davis again refused medical evacuation until he had recovered an advisor under his command who had been wounded during the initial ambush and was presumed dead, the citation states.

Davis directed the helicopter extraction of his wounded colleague not leaving the battlefield himself until all friendly forces

were recovered or medically evacuated, per the citation.

“You’re looking at courage in the flesh,” Biden said during the ceremony.

Davis volunteered to serve a country that in many places still refused to serve people who looked like him, Biden said, noting that Davis is an African American.

“Right away, it was clear that Paris was a born warrior. He became an Army Ranger. Then, he jumped at the chance to join the Green Berets, becoming one of the nation’s first Black Special Forces officers,” Biden said.

At the time Davis returned from Vietnam, the country was still battling segregation, Biden noted.

This year is the 75th anniversary of the U.S.’ first fully integrated armed forces, Biden said. “Davis will still stand alongside the nation’s pioneering heroes.”

The president noted that Davis served for 25 years in the Army, earned a Ph.D. and founded the Metro Herald newspaper in Alexandria, Va., which reported on community news and civil rights issues.

**Life insurance coverage increases for service members and veterans ...** Life insurance is an important benefit which provides income replacement, end of life costs and financial flexibility. Beginning March 1, qualifying veterans have access to increased life insurance coverage of up to \$500,000 under Veterans’ Group Life Insurance. This increase moves life insurance coverage more in line with the current cost-of-living. VGLI provides life insurance coverage to eligible veterans after they separate from service. Current VGLI members will not have their coverage increased automatically. Eligible veterans who currently have \$400,000 of coverage under VGLI can elect to purchase additional coverage in \$25,000 increments. This added coverage will be available without medical underwriting during specified coverage periods. The Office of Servicemembers’ Group Life Insurance will send eligible VGLI members information about obtaining coverage. Service members who separate with SGLI coverage of \$450,000 or \$500,000 on or after March 1 can convert coverage to VGLI in an amount up to or equal to the SGLI coverage they had at separation. *Information provided by Veterans Benefits Administration, Office of Strategic Engagement*

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## Social media mediocrity

It’s been more than a week since my husband and I returned home from a long weekend in New Hampshire, where we took beautiful photographs of the stunning scenery. Horse drawn sleigh ride, cog train trip up Mt. Washington, forested trail hike, moose head over the stone fireplace, dinner in the historic lodge, selfie at the fire pit — you name it, I took photos of it, fully intending to share the experience with my friends on social media.

Have I posted any of these photos yet? No, I have not, and yes, I feel guilty about it.

Ever since Facebook became a thing around 2008, I’ve been failing at it. At first, I didn’t have time to consider social media. During 2008, my husband was just getting back from a year-long deployment, and we were preparing for a move overseas. Military spouses understand the mindset of someone under those extreme circumstances.

After a year of managing our three children, their various activities, our freakishly humongous dog, our eclectic relatives, and our house by myself for a year, I was functioning somewhat like an old umbrella stroller that’s been ridden hard for months on end. It’s still intact, but there’s no telling how many more rides are left before the wheel falls off.

Add to that the monumental task of moving a family of five halfway across the world, and the never-ending To Do list that goes along with it, and it’s like asking an elephant to take a ride in that old umbrella stroller.

Somehow, I made it through that precarious time without my wheels falling off, and we soon found ourselves living in stairwell base housing in Germany. About a year after settling in, I made the mistake of thinking, “Maybe I should try Facebook?” In 2010, sitting in front of our clunky Dell computer

### The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

monitor, I posted a blurry photo to my profile that didn’t show my double chin, and my social media mediocrity began.

Having been born at the genesis of Generation X when kids only watched cartoons on Saturday mornings, telephones had rotary dials, and two-dimensional Atari Pong was a high-tech video game, technology will never be intuitive to me. “What’s so difficult about posting on social media?” Millennials and Generation Z might wonder.

Here’s the thing: Not only do I have to swipe through all my photos to find the ones in which I do not have a double chin, but then I have to contend with today’s high expectations for social media posts. Thirteen years ago, when I posted my first photo-less status update on Facebook, typing a few words sufficed for posting. But today, social media posts must tell a compelling, cool, hilarious, heart-warming, informative, or tear-jerking tale, complete with a

collage of photographs — or better yet, a well-edited video set to music — and include captioning that drives engagement without rendering you unfollowed, unfriended or worse yet, muted.

And that’s just on Facebook. Today’s social media user must also post equally engaging yet different content to other platforms which may include but is not limited to Instagram, Twitter, LinkedIn, Snapchat, What’s App, YouTube, Pinterest, TikTok and Finsta. But it doesn’t end there. Gone are the days of simply clicking “Like.” We are now expected to specifically qualify our feelings about other’s posts by registering like, love, anger, care, sad, laugh and “wow!” in addition to clever comments written in the acceptable emoji-decorated shorthand parlance of the Digital Age, such as, “Slay queen!????” “Fit is fire!?” “That looks lit, fam!?” “Cringy, dawg!?”

Oh, the agony!

I’m jealous of my husband who, other than his professional static LinkedIn profile, has never wasted a minute using social media. He runs social media obligation free like the wind. I, on the other hand, dipped one piggy toe into the pond back in 2010 and SNAP! I was trapped. The more I tried to wriggle out of social media’s ever-increasing demands and expectations, the more I became ensnared.

I may or may not post my photos of New Hampshire, but one thing is certain — there’s no need to unpack my bags because thanks to social media, I’m still on a guilt trip.

### AutoMatters™ & More by Jan Wagner



Universal Studios Hollywood welcomes you to the wonderful world of Super Mario, Luigi, Princess Peach and all their friends and foes at SUPER NINTENDO WORLD — the brand new, thoroughly interactive new land that visitors of all ages are sure to enjoy.

To truly enjoy your visit to SUPER NINTENDO WORLD, my PRO TIP NUMBER 1 is that you should plan on spending as much as a full day there. Even though the lines move pretty quickly, there is much that you’ll want to see and do. That brings us to PRO TIP NUMBER 2: Be sure to visit the land in the daytime and after dark. The lights at night transform the land into something you’ll want to see too.

The land is incredibly interactive, which is why you’ll want to spend so much time there. Here you’ll be challenged to keep trying to improve your scores at the many challenges. Do well enough at those challenges and you will collect three keys, giving you the opportunity to confront Bowser Jr. to recover the stolen Golden Mushroom in a final Shadow Showdown. This amazing technology creates a silhouette of you. Your shadow then mirrors your actions, as you hurl, fling and jump at the quickly moving targets. PRO TIP NUMBER 3: Be prepared for a physical workout!

PRO TIP NUMBER 4: To fully

## SUPER NINTENDO WORLD at Universal Studios Hollywood — now open!

enjoy the challenges throughout the land, and to best interact with the Universal Studios Hollywood Mobile App, purchase a SUPER NINTENDO WORLD Power-Up Band. You’ll use it to keep score throughout the land as you complete Key Challenges, defeat Bowser Jr., collect digital coins and more. PRO TIP NUMBER 5: When you smash the bottom of the ? BLOCKS throughout the land to collect digital coins, use the palm of your hand or your fist on the arm where you’re wearing your Power-Up Band. I’d bet that repeated smashing of the Power-Up Band would not be good for its longevity — just saying. PRO TIP NUMBER 6: From Amazon, com order a flexible little watch strap clip to more securely clip the two ends of the strap together. Otherwise, energetically smashing the bottom of the ? BLOCKS to earn digital coins could send your Power-Up Band flying. One of the videos on the Universal Studios Hollywood website (see the link below) or on YouTube (<https://youtu.be/1AsOe1ZH0bw>) shows you how the Power-Up Band works, as it plays the playful theme music that you’ll hear throughout the land.

The signature attraction in SUPER NINTENDO WORLD is Mario Kart: Bowser’s Challenge, where you’ll drive alongside Mario, Luigi and Princess Peach to collect digital coins and throw shells to try to win the Golden Cup. This is truly state-of-the-art, combining several cutting-edge technologies. Here you’ll put on a Mario cap and then magnetically attach high-tech AR (Augmented Reality) goggles. The goggles will let you see all sorts of virtual targets and environments,

in addition to the physical objects and backgrounds on your ride. PRO TIP NUMBER 7: Look directly at what you are trying to shoot, because the AR goggles’ technology can see where you are looking. Also, turn the steering wheel in the direction that the virtual arrows point you. PRO TIP NUMBER 8: Ride again, but this time without the AR goggles. That way you’ll find it easier to see and enjoy the physical environment.

At some point you’ll get hungry, so make a reservation early in the day so that you can eat in and experience the themed Toadstool Café. There’s also a well-stocked souvenir shop called the 1-Up Factory.

PRO TIP NUMBER 9: Get your picture taken with Mario and his friends!

PRO TIP NUMBER 10: If it is especially busy when you go, you might be required to make a reservation on the Universal App to visit the land. However, when the crowds decrease the land will open back up with no reservations required.

This is the second of these lands in the world. The first is in Japan. Yes, it has one more feature ride, but that is a long way to travel for one more ride.

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 #782



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**NATIONAL CITY** - 1BR/1BA Large BR, living room, close to 32nd St., new kitchen, private entrance, street prkg. \$1650/mo. Mo. to mo. or lease. 619-908-9977. 316

## RENTALS STUDIOS

**IMPERIAL BEACH** - Fully furnished, ceil fan, smart tv, closet w/shelves, walk-in shower. 2 1/2 blks to beach, priv entrance, priv cvrd patio, sml yard. \$1600 incl utils & wi-fi. Sml pet considered. Avail 3/10. 619-861-7379 / 619-522-4901 319

"Kindness is seeing the best in others when they cannot see it in themselves."

## THINGS TO DO AROUND TOWN

**The Flower Fields at Carlsbad Ranch** are in bloom with over 70 million flowers.. This season centers around theme "Live Colorfully." [www.theflowerfields.com](http://www.theflowerfields.com)

**30th Annual San Diego Latino Film Festival**, Thur, March 9-Sun, March 12, 2-10pm. \$20-\$30. Celebrate 30 years of highlighting the Latino experience through film. Enjoy live music, local food, a curated market showcasing local Latino artists/vendors. Westfield Mission Valley Center, 1640 Camino del Rio North, Mission Valley. Get tix online!

**Sunset Market** Thursdays year round. January through March: 4-8pm; April through December 5-9pm. Tremont & Pier View Way.

**Slack Key Ohana**, Fri, March 10, 5-7pm. Free. South Carlsbad State Beach Campground, 7201 Carlsbad Blvd.

**Cherry Blossom Festival**, Fri-Sun, March 10-12. \$12-\$14. Celebrate the tradition of hana-mi! Cherry Blossoms, children's area with crafts, a beer and sake garden, and a tea and dessert garden. Watch daily live performances, shop different food and merchant vendors. Japanese Friendship Garden of San Diego, 2215 Pan American Way E, Balboa Park. [www.niwa.org/cbw](http://www.niwa.org/cbw)

**Gigantic Annual Rummage Sale**, Sat, March 11, 8:30-3pm. Free. Lots of stuff! La Jolla United Methodist Church, 6063 La Jolla Blvd. La Jolla.

**Guided Nature Walk**, Saturdays March 11 & 25, 8:30-10am. Free. Rain cancels. No registration required. Kumeayaay Lake Campground, Santee. [mtrp.org](http://mtrp.org)

**San Diego St. Patrick's Day Parade and Irish Festival**, Sat, March 11, 9am-6pm, \$5 over 21, Active Duty Military w/ID free. Sixth and Laurel in Balboa Park. Parade kicks off at 10:30am. Rain or shine!

**San Diego Leprechaun Run** is back in Pacific Beach! Sat, March 11, 9-11am. \$25-\$45. Google it to sign up.

**Discovery table-Bird Nests** Sat, March 11, 10am-1pm. Free. Visitor Center. Learn from MTRP Trail Guides how to identify some common rocks found in the park. Discovery tables are set up on the second Saturday of every month featuring hands-on activities & take-home materials for kids & adults. Topics vary month to month. [mtrp.org](http://mtrp.org)

**Upcoming Topics:**  
April 8 - Animal Tracks  
May 13 - Kumeayaay Children's Games and Toys

**7th Annual Fido Fest**, Sat, March 11, 11-3, Free. Activities w/ your pets, arfs & crafts, costume contest. Town Center Community Park, 550 Park Center Dr, Santee.  
**San Diego Gulls Home Game**, Saturdays, March 11 (7pm) vs Henderson Silver Knights, March 18 vs Iowa Wild, April 8 vs Calgary Wranglers. Pecharanga Arena San

5	2	8	2	1	8	9	7	6
2	8	7	2	9	6	8	9	1
1	6	9	7	8	9	2	2	8
9	2	9	1	8	7	6	8	2
6	7	8	8	2	1	9	9	
2	8	1	6	9	9	2	8	7
7	1	2	8	6	8	9	2	9
8	9	2	9	7	1	8	6	2
8	9	6	5	2	7	1	4	8

Diego, Midway District.

**Guided Nature Walk: Spring**, Saturdays, March 11, 18, 25, April 1, 9:30-11am. Free. No reg req. Rain cancels. San Carlos. [mtrp.org](http://mtrp.org)

**TinyFest at Del Mar Fairgrounds**, Sat-Sun, March 11-12. [www.tinyfest.events](http://www.tinyfest.events)

**Parkour Spring Competition**: Zenith Games Qualifier, Sat-Sun, March 11-12, 9am-6pm. Youth on Saturday, Teen/Adult Sunday. Apex School of Movement, 8050 Ronson Rd, Kearny Mesa.

**Celebrating Art in the Desert**. Sat-Sun, March 11-12, 9am-4pm. Free. Fine art show/sale. Christmas Cir., Borrego Springs, 92004

**Birds & Blooms Hike**, Sun, March 12, 9-11am. Free. Along the Par 4 Trailhead. Bring binoculars. San Diego National Wildlife Refuge, Proctor Valley Rd at San Miguel Rd, Chula Vista, 91910

**Native American Flute Circle**, Sun, March 12, 1-3pm. Play or listen. Beginners welcome. Free. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

**Springtime Guided Nature Walk**, Sundays March 12, 19, 26, 9:30-11am. Free. San Carlos. [mtrp.org](http://mtrp.org)

**Mindful Walk**, Ongoing Sundays thru December 2023. 8-10am. Age 18+. Free. Torrey Pines Docent Society offers a free guided walk. Torrey Pines State Beach and Reserve, 12600 N. Torrey Pines Road, La Jolla.

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

**Trail Tykes**, Sun-Mon March 12-13 & 26-27, 10-11am. Free. Kids 2-5, story, craft/activity or short walk w/guide. San Carlos. Register [mtrp.org](http://mtrp.org)

**National Active and Retired Federal Employees (NARFE)** meeting on March 15, 1-3pm, at J&M's Family Restaurant 1215 E. Valley Pkwy, Escondido

**Tai Chi**, Ongoing Fridays thru June, 10-11am. Age 18+. Free. Tai Chi fitness class with gentle physical exercise and stretching. In the case of inclement weather, the class will be canceled. Poway Library, 13137 Poway Rd.

**Love on a Leash**, Ongoing Fridays, 3-4:30pm. Enjoy dogs with Love on a Leash. This program is geared toward children ages 6-10. Free. Poway Library, 13137 Poway Rd, Poway.

**Promenade Market downtown San Diego**. 10am, Ongoing Saturdays. Free. Enjoy crafts, coffee, and street food including Mexican, woodfired pizza, gyros, smashed avocado toast, kettle corn, waffles and crepes, more. Ruocco Park, 585 Harbor Lane, SD, 92101.  
**Secrets of South San Diego Bay Bike Tour**, Saturdays, 10-noon. Age 18+. Free. State park interpreter leads 5 mile. Reservations req. [https://www.parks.ca.gov/?page\\_id=25746](https://www.parks.ca.gov/?page_id=25746).

## MOVIES AT THE BASES

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

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

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

**Thursday, March 9**

6pm Knock at the Cabin r

**Friday, March 10**

6pm Magic Mike's Last Dance r

**Saturday, March 11**

3:30pm Knock at the Cabin r

6pm Magic Mike's Last Dance r

**Sunday, March 12**

1pm 80 for Brady pg13

3:20pm Magic Mike's Last Dance r

**Thursday, March 16**

6pm Magic Mike's Last Dance r

**Pendleton Theater and Training Center** ★

Bldg 1330 Mainside (Across from Mainside Center)

**Saturday, March 11**

No movies listed for March at press time

**Bob Hope Theater** 577-4143 ★

MCAS Miramar Bldg 2242

**Friday, March 10**

6pm Magic Mike's Last Dance (R)

**Saturday, March 11**

3pm Maybe I Do (PG-13)

6:30pm Magic Mike's Last Dance (R)

**Sunday, March 12**

12pm 80 for Brady (PG-13)

3pm Knock at the Cabin (R)

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

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

**Friday, March 10**

6pm Magic Mike's Last Dance r

**Saturday, March 11**

3pm 80 for Brady pg13

6pm Magic Mike's Last Dance r

**Sunday, March 12**

1pm Maybe I Do pg13

3:10pm Missing pg13

Updates: [sandiego.navylifeweb.com](http://sandiego.navylifeweb.com)



**Q-Zone - NAB** ★

Bldg. 337 • 619-437-3190

Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

**Friday, March 10**

5pm SPECIAL RESERVATION

**Saturday, March 11**

11am Sing 2 (NDVD - Free) pg

**Monday, March 13**

5pm Ticket to Paradise (NDVD-Free) pg13

**Tuesday, March 14**

11am Paws of Fury: Legend of Hank (Free) pg

5pm Mrs Harris Goes to Paris (NDVD - Free) pg

**Wednesday, March 15**

5pm Draft Day (NDVD-Free) pg13

**Thursday, March 16**

11am DC League of Super-Pets (NDVD - Free) pg

## CROSSWORD PUZZLE

Across

1 June event that highlighted Zion in 2019

5 Revolt

9 Questlove's do

12 "\_\_\_ is human ..."

14 Asian gambling mecca

15 Pasture

16 Greek goddesses of the seasons

17 Anglicized name for Australia's Uluru

19 Game response that means no

21 Like mockumentaries

22 Sailboat staff

23 Sell

25 Disquiet

26 Messy roommate

27 Oscar winner Kazan

28 Valentine's Day buys

29 Parts

31 Seeing right through

33 "Shame!"

34 Wannabe

36 Result of a lost feed

39 Free from

41 Get ready to play

45 Tests graded on a scale of 1 to 5: Abbr.

48 "Oh \_\_\_!": insult reaction

50 Maine college town

51 Deep-fried seafood appetizer

54 Thin opening

56 Winnipeg NHLers

57 End of a toast

58 This is one

59 Texter's "But ..."

60 To such an extent (as)

62 Thin

64 Connecticut college town

66 "My name is ... " site

68 LAX abbr.

69 Brainstorms

70 Disney's "Moana" was translated into it

71 \_\_\_ gratias

72 Second opening?

73 Flanders et al.

Down

1 Ulmost degree

2 "Electric \_\_\_": 1984 dance-pop song

3 Sprays from cans

4 It's on tap

5 \_\_\_ trip

6 Salchow support

7 "Waitress" composer Bareilles

8 "The Planets" composer Holst

9 User of 28-Across

10 Speaks from memory

11 Winery fixture

13 Outdoorsy retailer

14 Island thanks

18 Baltic capital

20 "\_\_\_ Walks in Beauty": Byron poem

22 Car ad fig.

24 Jackpot, e.g., and a hint to completing four puzzle answers

30 \_\_\_ generis

32 Western treaty gp.

35 Hwys.

37 Daft Punk, for one

38 Shoe brand first made for an NBA star

40 Happening in film

42 In close combat

43 Hard to work with

44 Sumptuous

45 Allergy medicine discontinued in the U.S.

46 Rotate inward while walking, as one's foot

47 Gets married

49 Money symbolized by a stylized L

52 Crude dude

53 Northern seabird

55 Afternoon \_\_\_

61 John/Rice musical

63 Edge

65 Southeast Asian language



## Shaping clearer vision: Is eye surgery right for you?

Your eyes let you picture the world. But, for many people, that image is blurry. If the shape of your eye makes it hard to see clearly, glasses and contact lenses can help bring the world into focus. For some, surgery may also be an option. But it's not for everyone. Researchers are looking for new ways to predict who will benefit from corrective eye surgeries.

Your eyes work like a camera, focusing light to capture images. The shape of your cornea, the transparent cover of the eye, is bent. This lets it focus light on the back of the eye to create a picture. The process of bending and focusing light is called refraction. If the shape of your cornea isn't perfect, it can't focus light properly, and you may have blurred or distorted vision. These are called refractive errors.

"Refractive errors are the number one cause of vision loss worldwide," says Dr. Anat Galor, an eye surgeon at the University of Miami. Refractive errors can make it hard to see objects either up close or far away, or sometimes both.

Eyeglasses or contact lenses are the most common ways to fix refractive errors. "Some people love glasses, but some don't," says Galor. "And not everyone is comfortable in contact lenses."

Some people's jobs or responsibilities make it difficult to rely



on glasses or contacts for vision, explains Dr. William Dupps, an eye surgeon at the Cleveland Clinic. People looking for another option may consider refractive eye surgery.

The most common type of refractive surgery is called LASIK. Other methods include PRK and SMILE. These all use lasers to change the shape of the cornea. How and where the laser removes tissue differ slightly.

Other procedures work on the lens inside the eye rather than on the cornea. A surgeon can place an additional lens in front of the existing one, or remove and replace the

existing lens.

To be a candidate for surgery, your refraction must be stable. That means the prescription in your glasses can't be changing over time.

The shape of the eye also changes as you grow up. So refractive surgery isn't considered until you are at least 18 years old. Some health conditions and other

eye problems also make refractive surgery unsafe (see the Wise Choices box).

Refractive eye surgery won't necessarily give you perfect vision, Dupps notes. "The most common scenario is that we get you to the level of vision you had in your glasses or contacts, but without the glasses or contacts."

Some side effects are normal after refractive eye surgery. These include dry eyes, pain, sensitivity to light, and blurry or double vision. These usually go away with time. Some people may need a second procedure to fix remaining blurriness, says Dupps.

Rarely, side effects can be permanent, or refractive surgery can make vision worse. Both Galor and Dupps are researching ways to predict who is likely to develop such effects, so they can avoid these procedures.

Galor and a colleague, Dr. Sue

### Wise Choices....

#### Is refractive surgery safe for me?

Some things make it risky or impossible to have refractive eye surgery, including:

- Unstable refractive errors.
- Certain autoimmune diseases, like lupus or rheumatoid arthritis. These are conditions in which the body's disease defense system mistakenly attacks the body's own cells and tissues.
- Chronic illnesses that may slow wound healing, like diabetes.
- Use of medications that can prevent healing.
- Dry eye, glaucoma, cataracts, and some other eye problems.
- A cornea that is especially thin or oddly shaped. Certain conditions, like one called keratoconus, can cause these types of eye problems.

Aicher, are trying to find molecules in tears that could be measured to predict people at risk for dry eye or pain after surgery. Dupps is using imaging to find early changes in eye shape and strength that could make surgery risky.

If you're having trouble seeing clearly, talk with an eye doctor. They can check for refractive errors and other vision problems during a comprehensive eye exam. They can also refer you to a refractive surgery specialist.

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**Military Crisis Line**

Dial **988** then **PRESS 1**

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## 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 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

## 2022 Dodge Durango R/T

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



For well-qualified buyers. MSRP of \$57,045. Down payment \$4,995. Residual \$33,860. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price. VIN: 208008

## 2023 Jeep Wrangler Sahara 4xe

**\$498** MO. FOR 36 MOS. OR **\$5,000 off**  
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