

# ARMED FORCES DISPATCH

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

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

**Daylight Saving Time**  
**Sunday, March 10, 2024**



Spring Forward!  
 Set your clocks forward 1 hour when you go to bed Saturday, March 9

SIXTY-THIRD YEAR NO. 39  
 MARCH 1-15, 2024



**BIRD WATCH** | U.S. Marines with 3rd Assault Amphibian Battalion, 1st Marine Division, operate amphibious combat vehicles during launch and recovery drills off the coast of Camp Pendleton in late January. The sustainment drills allowed the Marines to increase their proficiency in amphibious maneuvering by practicing launch and recovery procedures. U.S. Marine Corps photo by Cpl. Brayden Daniel

## Navy Sailor's filmmaking son brings Filipino enlisted stories to the small screen

by Kelly Agee, Stars and Stripes

Born into a military family, writer-director Chris Soriano took inspiration from his father and other Filipinos in the Navy for his latest film, "The Master Chief: Part One."

The 135-minute action drama began streaming Tuesday on Amazon Prime and Apple TV and tells the Navy story through the lens of the "Filipino mafia."

Soriano also stars in the film as Gabe Rosario, a Filipino who joins the Navy to seek a brighter future but is met with racial tensions and other challenges. These include a villain inspired by Leonard Francis, the figure known as "Fat Leonard" behind a decades-long Navy contracting scandal.

Soriano, born at Naval Medical Center San Diego to Filipino parents, plays a character who manages supplies on a ship, he told Stars and Stripes on a Zoom call Friday. Soriano's 20-year Navy veteran father, Gerardo Soriano, did the same job as a ship's storekeeper.

"My dad would tell me a lot of stories when I was younger about Filipinos in the Navy," he said. "Whenever I'd hang out with him and his buddies, I'd always hear people say the words 'Filipino mafia' as a joke."

It wasn't until Soriano became a filmmaker and was looking for a story to tell that he thought about revisiting the subject.

"I dove into it and interviewed sailors and I asked them about their stories," he said. "There were a lot of the jokes about secret funny meetings where food is exchanged, and it isn't really nefarious like the mafia mafia."

His film does include a nod to "Goodfellas," a film by Martin Scorsese about the infamous organized crime families. Scorsese is an influence on Soriano, who employs narration throughout his film.

Gabe and many of the main characters are enlisted sailors because Soriano wanted to show that side of the Navy.

"Movies like 'Top Gun' show the officer's side in the military," he said. "We don't really hear too many enlisted stories. And what

see **Film, page 2**

## THERAPY DOGS ARRIVING TO USS ESSEX

SAN DIEGO - Amphibious assault ship USS *Essex* hosted therapy dogs to spend time with Sailors Feb. 13-16 to boost morale while Essex is in a maintenance period.

The animal-assisted therapy event was coordinated to greet Sailors on the flight deck every morning for five days in hopes to give the crew more support.



Aviation Boatswain's Mate Airman Isabella King, assigned to USS *Essex*, visits with therapy dogs, Moose and Nala, on the ship's flight deck. U.S. Navy photo by MCSN Emmanuel D. Mathews

"I felt really happy when I saw Moose and Nala," said Aviation Boatswain's Mate Airman Isabella King. "When you're around dogs they can feel what you feel, whether you're happy or sad, and that confidential understanding gives us comfort."

Sailors were allotted an hour of play time with the therapy dogs, Moose and Nala, each morning before starting the work day. Aviation Machinists Mate Petty Officer 2nd Class Elijah Cuzon said that seeing the therapy dogs helped to relieve stress before starting work. Many people in the military had animal companions before joining, or keep some at home, and being able to start the work day with animal affection helped provide support and comfort.

"My husband is my support system, but when he is on deployment I have my dog at home

to help," said King. "So seeing the dogs at work I felt a big spark of happiness!"

*Essex* has been in an extended maintenance period since September 2022. Leadership reached out to Shelter to Soldier, an animal rescue organization where therapy dogs go through training and are placed with active military or veterans. The goal was to coordinate animal-assisted therapy for the week to help Sailors who have struggled with being in an industrial environment for so long.

"It's ok to not be ok," said Aviation Electrician Chief Petty Officer Tommy Moore, assigned to Helicopter Maritime Strike Squadron. "I know what it's like to be on the grind and deal with hardships in the Navy."

Moore is a handler for one see **Essex, page 6**

## TEARS AND CHEERS AT USS VINSON HOMECOMING AT NAS NORTH ISLAND

SEE COMPLETE STORY, PAGE 7



Logistics Specialist 2nd Class Chris Lorey, assigned to aircraft carrier *Carl Vinson*, hugs his daughter after the ship pulled into port upon return from deployment. U.S. Navy photo by MC1 Tyler R. Fraser

PRSR T STD  
 ECRWSS  
 U.S. POSTAGE  
 PAID  
 EDM RETAIL

Local  
 Postal Customer

**Read the Dispatch on line!**  
 Pick us up in print on the newsstands on the 1st and 16th of each month. In between find fresh online editions at [www.afdispatch.com](http://www.afdispatch.com)

**Your FREE weekly paper**  
 Take one!

# Sailors can finally put their hands in their pockets, as Navy unveils changes to uniform rules

by Matthew Adams

Stars and Stripes

WASHINGTON - The Navy has lifted its ban on Sailors keeping their hands in their pockets along with other uniform changes announced Feb. 14 in an updated service policy.

“Sailors are authorized to have hands in their pockets [and]

when doing so doesn't compromise safety nor prohibit the proper rendering of honors and courtesies,” the service memo said. The policy changes take effect immediately, which resulted from feedback from Sailors and requests from commanders, the memo said.

The Navy is also bringing

back the female combination cover, known as the bucket cover, which was eliminated in 2018. The female combination cover can be worn by Sailors of any rank with the service dress and dinner dress uniforms, as well as by chief petty officers and officers while in service khaki and summer white uniforms.

The bucket cover can't be purchased at Navy Exchange Uniform Centers and must be “privately obtained if desired for wear.”

The service is also allowing female Sailors to wear the tiara as an optional uniform component when wearing dinner dress blue and white jacket uniforms. Sailors can purchase the tiara from the Navy Exchange online as a “special order item.”

Women can now wear false eyelashes or eyelash extensions that “project a natural appearance and are no longer than 14 millimeters in length as measured from the eyelid to the tip of the eyelash.”

Female Sailors are also allowed to wear T-shirts specifi-

cally designed for women if the shirts adhere to the Navy's requirements for color, fabric and neck configuration.

“The intent of this policy update is to address expressed dissatisfaction regarding the required wear of male or unisex



Members of Naval Medical Center Portsmouth, Va., observe morning colors in October 2018 before gathering for a group photo with their combination or “bucket” covers. U.S. Navy photo

T-shirts that are not designed to fit female bodies,” the memo said.

All Sailors are now allowed to wear black or navy blue leggings or tights with the service's physical training shorts and wear “commercially procured coyote brown backpacks” while in the Navy working uniform.

Other uniform changes include allowing chaplains to wear their new insignia warfare pin, which the service announced in December, and the Navy's forthcoming drone pilots to wear their wings.

## Navy names ship after Chippewa James D. Fairbanks, a former Sailor, Marine and Seabee

Stars and Stripes - The Navy will name a future Navajo-class Towing, Salvage, and Rescue ship after James D. Fairbanks, a member of the Chippewa Tribe and the 13th Force Master Chief Petty Officer of the Seabees.

“The names of thousands of indigenous heroes who have served with distinction in our military - and especially our Navy and Marine Corps - echo and inspire us still,” Secretary of the Navy Carlos Del Toro said Feb. 20 during a ceremony at the National Museum of the American Indian in Washington. “This Navajo-class ship bearing the name James D. Fairbanks will carry his legacy of service forward and symbolize his dedication to the Seabees and our nation.”

Fairbanks, born Jan. 9, 1952, served in the Navy and Marine Corps. He enlisted in the Marines in 1970 and served as an ordnanceman with 2nd Battalion, 11th Marines, until he was honorably discharged in 1972. He then worked as a civilian welder until 1977, when he enlisted in the Navy. Fairbanks served with an amphibious construction battalion (ACB) until his honorable discharge in 1979.

In 1986, he resumed Navy service as a Seabee. While deployed to Iraq during Operation Iraqi Freedom, Fairbanks received the Bronze Star for meritorious leadership under proximate enemy fire and threat of enemy attack. From 2005 to 2008, Fairbanks served as the 13th Force Master Chief for the Seabees, the highest-ranking enlisted Seabee and first Native American to hold this position. He died in Alabama in 2011 at 59.

Minnesota Gov. Tim Walz and Chairman of the White Earth Indian Reservation Michael Fairbanks joined Del Toro for the ceremony. Fairbanks was born and raised on the White Earth Indian Reservation in Northern Minnesota.

“What the Navy knows, and what White Earth [Nation] knows, is that stories matter,” Walz said. “That history matters. That traditions matter. Honoring warriors like FORCM Fairbanks matters.”

Navajo-class ships will provide ocean-going tug, salvage and rescue capabilities. Navajo-class ships will be capable of towing Navy ships and will have 6,000 square feet of deck space for embarked systems. The T-ATS 6 Navajo Class will be comprised of 10 vessels, 10 of which have been awarded for construction.

<https://www.navy.mil/Press-Office/Press-Releases/display-pressreleases/>

## Film

continued from page 1

I've heard is that ‘chiefs run the Navy’; if this is a big thing, why has it not been showcased?”

Soriano said he was surprised to find that Filipinos have risen in the ranks, even to command master chief, the senior enlisted sailors who report directly to their commanders. The film's end features a memorial to retired Command Master Chief Leopoldo Albea, a native Filipino who died in 2020.

“I used to think that to be at the highest you got to have a degree, where you have to bribe somebody or you got to do something to get there,” Soriano said. “But there are great people out there that just did it through hard work, and a being a genuine good person.”

Soriano's company, Albea

Embestro Soriano, filmed in San Diego and on the USS Iowa, a retired battleship that's now a museum near Long Beach, Calif. The company purchased Navy uniforms at a surplus store.

“I remember people were like, ‘What are you doing with 50 coveralls?’” Soriano said. “I was, like, ‘We'll donate them back; we need this, we're working on a production.’ They were so nice and said, ‘OK, you want boots; you need belts?’ So it really worked out.”

The film won the Jury Award for best drama feature on Nov. 18 at San Diego Film Week, which celebrates the local film industry.

Production for part two of “Master Chief” starts in the next 90 days, Soriano said. He hopes to release the film on Nov. 11, Veterans Day.

# FATHOM A CAREER FORGED BY THE SEA

Navy personnel bring a hard-earned skillset to the workforce. Leadership, discipline, teamwork, problem-solving. These qualities are an asset to a wide variety of trades working with dozens of different EMCOR companies. **Forge a rewarding new post-military path.**



Where good work is

**VALUED  
RESPECTED  
REWARDED**



**SCAN  
FOR  
JOBS**

## Pentagon official lays out DOD vision for AI

by Joseph Clark  
DOD News

The Pentagon's top artificial intelligence official laid out the Defense Department's vision Feb. 20 for scaling digital data analytics and AI across the department to ensure decision advantage for the warfighter.

Craig Martell, DOD's chief digital and artificial intelligence officer, addressed stakeholders from throughout the department and industry as he kicked off the three-day Advantage DOD 2024: Defense Data and AI Symposium hosted by the Chief Digital and Artificial Intelligence Office in Washington.

"Imagine a world where combatant commanders can see everything they need to see to make strategic decisions," Martell said in painting a picture of the AI-enabled future for the audience. "Imagine a world where those combatant commanders aren't getting that information via PowerPoint or via emails from across the [organization] — the turnaround time for situational awareness shrinks from a day or two to 10 minutes."

Martell, who holds a doctorate

in computer and information sciences, was appointed to his position with the department in 2022. Prior to joining the DOD, he served as head of machine learning for the ride sharing platform Lyft.

Realizing this vision, he said, is about building the foundation to enable industry stakeholders and warfighters close to the tactical edge to leverage data and artificial intelligence to solve problems in an evolving landscape.

In November, DOD released its strategy to accelerate the adoption of advanced artificial intelligence capabilities to ensure U.S. warfighters maintain decision superiority on the battlefield for years to come.

The strategy prescribes an agile approach to AI development and application, emphasizing speed of delivery and adoption at scale leading to five specific decision advantage outcomes:

- Superior battlespace awareness and understanding
- Adaptive force planning and application
- Fast, precise and resilient kill chains

- Resilient sustainment support
- Efficient enterprise business operations

The blueprint also trains the focus of the department on



**In November, DOD released its strategy to accelerate the adoption of advanced artificial intelligence capabilities to ensure U.S. warfighters maintain decision superiority on the battlefield for years to come. Courtesy photo**

several data, analytics and AI-related goals:

- Invest in interoperable, federated infrastructure
- Advance the data, analytics and AI ecosystem
- Expand digital talent management
- Improve foundational data management
- Deliver capabilities for the

- enterprise business and joint warfighting impact
- Strengthen governance and remove policy barriers

Taken together, these goals will support the "DOD AI Hierarchy of Needs" which the strategy defines as: quality data, governance, insightful analytics and metrics, assurance and responsible AI.

Martell said during his address today the CDAO's focus baseline needs are key to enabling the warfighter to leverage the power of AI.

"Winning for us is when everyone else thinks 'I launched AI; I solved this data problem. I quickly leveraged data to build an analytical solution that solved my commander's problem right away, and I have the tools, I have the infrastructure, I have the policies and I have the contract vehicles to deliver it,'" he said. "That's winning."

### Pentagon seeks \$300 million for first of its Replicator drones

Bloomberg News - The Pentagon has sent Congress a classified request to shift \$300 million in funds to speed development and purchasing of its first Replicator drones, an effort to field thousands of pilotless aircraft to counter Chinese capabilities by August 2025. This initial request to reprogram funding previously approved for other purposes, which must be approved by all four congressional defense committees, reflects the Defense Department's determination to show unaccustomed agility in developing a new armada of air, sea and sub-surface drones.

The unmanned aircraft have become everyday weapons, from the war in Ukraine to the Houthi attacks on shipping in the Red Sea. Contractors whose drones are selected will see millions of dollars in increased sales as the department plans to scale production to meet its ambitious goals with the additional request to reprogram funds. "We hope they'll act quickly, which will allow us to ramp up and accelerate production on Replicator capabilities," said Pentagon spokesman Eric Pahon.

<https://www.stripes.com/theaters/us/2024-02-16/pentagon-funding-replicator-drones-13030802.html>

### Armed Forces Dispatch

published by Western States Weeklies, Inc.  
2604 B-280 El Camino Real, Carlsbad, CA 92008  
619-280-2985 • E-mail: editor@navydispatch.com  
Editor.....Scott Sutherland

The Dispatch is published online weekly on Thursdays, and in print on the 1st & 16th of each month by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. The editorial objective of the Dispatch is to promote support for a strong military presence. Contents of the Armed Forces Dispatch are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the U.S. Navy or U.S. Marine Corps. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Department of Defense or any other DOD component, this newspaper, or Western States Weeklies, Inc. Subscription cost is \$75/year.

# Car Buying, Fully Loaded

- Get a decision in seconds on great-rate auto loans<sup>1</sup>
- Shop, compare and get up-front pricing through our Car Buying Service, powered by TrueCar®
- Learn more about your vehicle's history with CARFAX®<sup>2</sup>
- See if you could save on auto insurance from Liberty Mutual®, made available through TruStage™<sup>3</sup>
- Explore **FREE** trial subscriptions to SiriusXM's Platinum Plan

Terms and conditions apply.

Learn more at [navyfederal.org/carbuying](http://navyfederal.org/carbuying).<sup>4</sup>

**NAVY FEDERAL**  
Credit Union

Our Members Are the Mission

Navy Federal Credit Union is federally insured by NCUA. <sup>1</sup>Credit and collateral subject to approval. <sup>2</sup>CARFAX is a registered trademark of CARFAX, Inc. <sup>3</sup>Liberty Mutual Insurance is made available to Navy Federal Credit Union members through TruStage™. Auto and Home Insurance Products are issued by Liberty Mutual Insurance Company or its subsidiaries or affiliates, 175 Berkeley Street, Boston, MA 02116 USA. © 2023 Liberty Mutual Insurance. In Texas, coverage provided and underwritten by Liberty County Mutual Insurance Company, 7900 Windrose Avenue, Plano, TX 75024. All statements made are subject to provisions, exclusions, conditions, and limitations of the applicable insurance policy. Coverages and features not available in all states. Discounts are not available in all states and discounts vary by state. Certain discounts apply to specific coverages only. To the extent permitted by law, applicants are individually underwritten; not all applicants may qualify. A consumer report from a consumer reporting agency and/or motor vehicle report will be obtained on all drivers listed on your policy where state laws and regulations allow. Please consult your policy for specific coverages and limitations. The insurance offered is not a deposit, and is not federally insured, sold, or guaranteed by Navy Federal Credit Union. Navy Federal Credit Union is in no way responsible for any products or services provided by or through TruStage, Liberty Mutual, or their affiliates, subsidiaries, and insurance company partners. Navy Federal Credit Union enables this insurance program to be offered and is entitled to compensation from TruStage Insurance Agency, LLC. © TruStage AUT-4210544.2 <sup>4</sup>Navy Federal Credit Union is in no way responsible for any product, service, purchase, or lease provided by or through CARFAX, TruStage, Liberty Mutual, SiriusXM, or the Navy Federal Car Buying Service operated by TrueCar.

© 2023 Navy Federal NFCU 14083 (9-23)



## Navy charges chief aboard Japan-based destroyer with espionage

by Alex Wilson, Stars and Stripes

YOKOSUKA NAVAL BASE - A U.S. Sailor assigned to a warship based here has been charged with espionage and communicating classified information to an unidentified foreign national.

Chief Petty Officer Bryce Steven Pedicini, a fire controlman aboard destroyer USS *Higgins*, is accused of handing off classified national defense information to a foreign national at least seven times between November 2022 and February 2023, according to a charge sheet obtained by *Stars and Stripes*.

Pedicini, of Tennessee, is "suspected of mishandling classified documents and information," according to Cmdr. Arlo Abrahamson, a spokesman for Naval Surface Forces Pacific.

The Navy alleges Pedicini handed documents to a foreign national first at Hampton Roads, Va., and later attempted to pass information at Yokosuka in May, according to the charge sheet. He's also charged with failure to report contact with a foreign national.

Hampton Roads in southeastern Virginia is home to major military installations and commands, including Naval Station Norfolk, Norfolk Naval Shipyard and Langley Air Force Base.

Pedicini had reason to believe that those documents "would be used to the injury of the United States and to the advantage of a foreign nation," according to the charge sheet.

"The incident remains under investigation and legal proceedings continue," Abrahamson told *Stars and Stripes* in an e-mail Jan. 20. *USNI News* first reported the charges against Pedicini Jan. 20 in the United States.

The charge sheet refers to the classified information only as documents such as "Article 1112" or "1223 Updates," but they contained information related to national defense. Authorities allege Pedicini also attempted to hand over photographs of a computer screen connected to the Defense Department's network used to transmit classified information. The document identifies the alleged recipient or recipients only as a "citizen and employee of a foreign government."

The charge sheet lists seven specific allegations of espionage and one of attempted espionage, seven for communicating defense information, two for failure to obey a lawful order and two for violating a lawful general order.

<https://www.stripes.com/branches/navy/2024-02-21/navy-sailor-espionage-charge-japan-13076418.html>

## USS John L. Canley commissioning recognizes legacy of Vietnam veterans and Medal of Honor recipient

by Julie Ann Ripley

Naval Surface Force, Pacific Fleet

CORONADO – Expeditionary Sea Base (ESB) USS John L. Canley (ESB 6) commissioned at Naval Air Station North Island Feb. 17. The first of its name, ESB 6 honors Marine Corps Sgt. Maj. (Ret.) John L. Canley, who was awarded the Medal of Honor 50 years after his actions during the Battle of Hue City. Canley served as company gunnery sergeant with First Marine Division in Vietnam from Jan. 31 to Feb. 6, 1968. Canley passed away in Bend, Oregon on May 11, 2022. During the ceremony, guest speaker Carlos Del Toro, Secretary of the Navy, reflected on the importance of what matters to the future. "As the world's problems grow increasingly more complex and stability more uncertain," said Del Toro, "we need to tap into America's most precious resource - its people - to solve the issues of the future. Because better technology and more ships will go to waste without the courageous Americans who will answer the call to service to their country." "Sgt. Maj. Canley earned this honor over seven days, but he had 15 years of building Marines. Of making warriors," said Sergeant Major of the Marine Corps Carlos Ruiz, "getting them ready for the fight. On the back end of the seven days, he spent another decade, plus, continuing to serve in uniform."

## Deputy assistant for SecNav visits NMCS

by Regena Kowitz, Navy Bureau of Medicine and Surgery

SAN DIEGO - Deputy Assistant Secretary of the Navy for Military Manpower and Personnel Lisa Truesdale visited Naval Medical Center San Diego, Feb. 14, to meet with staff who manage and support the Integrated Disability Evaluation System (IDES) process at the medical center. Truesdale is responsible for establishment and oversight of policies related to health care, including IDES, within the Navy and Marine Corps. The command is working to make the IDES process as efficient as possible by leveraging electronic systems to help move things along and standardize the process across the entire command. "I feel very privileged to have such a good team," said Rice. "We have a lot of corporate knowledge here and they're hard workers. I appreciate all they do." At the end of the visit, Truesdale asked what the team wanted her to know. "I'm going to host an IDES summit next week and it's meant to purposefully figure out where we're at, what we want to get after, what's already going well, where we need to focus differently. We're bringing a lot of people together to solve things."



### Army

- Patients of Army doctor accused of sexual abuse describe betrayal of trust, fight to endure
- This Soldier repeatedly ran into a burning building to save others
- Army's short-range air defense efforts face review board
- Army's new special prosecutors hit ground running with case netting 20-year sentence for rape, assault
- Ukrainian immigrant goes from stocking shelves to U.S. Army role supporting his native country's defense
- Kansas woman charged in Ft. Riley Soldier's death
- Charge sheet released of Fort Cavazos Soldier accused of murdering sergeant

### Navy

- New Navy council to tackle foreign investment risks
- Navy names ship after Chippewa James D. Fairbanks, a former Sailor, Marine and Seabee
- Carrier USS *Carl Vinson* returns to San Diego after tense deployment in the Indo-Pacific

### Marine Corps

- Sea bag tanker jacket, boat cloak for women proposed for Marine uniforms
- ST Engineering unveils infantry fighting vehicle, cites Marine interest in ground effect craft

### Air Force

- Changes coming this year for distance learning enlisted PME
- Air Force F-16 jettisons fuel tanks during emergency over Yellow Sea
- Potential F-35 cuts in 2025 won't be made up by FMS, may drive costs higher
- Air Force shows off pricey housing upgrades for Airmen and families in Japan
- U.S. military depends on a unique aircraft called the Osprey. Why are so many of them crashing?
- Six-nation Air Force exercise wraps on Guam after 3 weeks, more than 1,000 missions

### Space Force

- Space Force, NRO will fly targeting satellites 'shoulder to shoulder'



YOU KNOW  
WHAT YOU'RE  
MADE OF.

WE DO TOO.

## SUCCEED AGAIN

Earn up to 90 credits toward a bachelor's for prior military experience and coursework or transfer up to 12 credits toward a master's.

- 125+ degrees & certificates from an accredited state university
- Online & hybrid courses
- No-cost digital materials in place of most textbooks

CLASSES START SOON.

UMGC.EDU | 619-550-1537



UNIVERSITY  
OF MARYLAND  
GLOBAL CAMPUS  
AT YOUR SERVICE SINCE 1947



## How to prep the night before the SAT or ACT exam

(StatePoint) Taking the SAT or ACT exam is the culmination of months of test-specific preparation, and in truth, years of schooling. While knowing that can feel like a lot of pressure, there are steps you can take the night before the exam to calm your nerves and enter the testing site with confidence:

1. **Pack your essentials:** Going to bed knowing you've packed everything you need to succeed during the test will help you sleep soundly and make the morning less frenzied. Your packing list should include an official, currently valid photo identification, your admission ticket to the test, No. 2 pencils (be sure they have erasers), a snack and water bottle (staying fueled is essential), a sweater (testing sites are often chilly and being uncomfortable can throw you off your game), and of course, a calculator. The best exam day calculator is one that's easy to use and has an intuitive icon menu. Most calculators can support high-level STEM learning in the classroom, as well as go into exam mode for use during the PSAT, SAT, ACT, and other major standardized exams, like AP and SAT subject tests.

2. **Eat right:** Proper nutrition and cognition go hand-in-hand. The night before your exam, fuel yourself with brain foods containing a mix of antioxidants, protein and Omega-3s. Fresh fruits and vegetables, fish, nuts, beans, whole grains, tofu and lean meats are all great choices. Try to avoid food unfamiliar to you, as you don't know how it will settle and it could cause a stomachache. Be sure to drink plenty of water the night before your test to keep the mental juices flowing.

3. **Sleep tight:** It can be difficult to settle in for a night of sound sleep before an important event. Reduce the chances of tossing and turning by putting down your devices at least an hour before bed, as blue light can suppress melatonin secretion and impact sleep. Instead, read, journal or do another quiet, enjoyable activity. On that note, avoid a last-minute study session or practice exam. The night before the test is not the time to cram. It's a time to relax so your mind is fresh when it counts. If you do have trouble falling asleep, don't panic. Resting quietly with your eyes closed can be beneficial too, and may help you doze off eventually.

By checking a few pre-test tasks off your to-do list the night before, you can be fueled, rested and geared up for your college entrance exams.

## DOD's spouse employment pilot program enters second year

by C. Todd Lopez  
DOD News

In January 2023, the Defense Department kicked off the Military Spouse Career Accelerator Pilot program. As the program enters its second year, lessons learned from the first year will be used to make it even better going forward.

The three-year MSCAP program is designed to help military spouses find employment fellowships with participating companies. Following the conclusion of those fellowships, some military spouses may be offered full-time employment.

Eddy Mentzer, the program manager for spouse education and career opportunities in DOD's Military Community and Family Policy office, said military spouses often face a particular challenge finding employment because the military lifestyle means frequent moves that make it difficult to commit to a single employer or develop a career. That inability to find work makes life more difficult for families who may depend on having a dual-income household.

"No matter where you are, when you look at American society, the majority of families want to be dual employed — that's the same for our military families," Mentzer said. "The financial challenges that arise when a military spouse is unable to earn an income to augment a military member's income often means those families will rethink their decision to stay with the military."

Spouse employment, Mentzer

said, translates into readiness because it leads directly into retention and directly into the financial stability of military families.

"We know that all of those aspects are critical," he said. "And for too long, over a decade, we've had a challenge of a 20 percent unemployment rate for military spouses,

employment," Mentzer said. "We had more than 85 percent of our participants that were offered full-time employment with their employer hosts, which was just an astronomical result. And we're already seeing that continue into year two of the program."

Maria Allo, the spouse of a

providing solutions to issues, and this is what I do every day. It enables me to stay on top of the latest network trends and technologies, which will allow me to expand my knowledge."

Allo said not being born in the U.S. and being married to a military member has made finding professional work a challenge.

"Being a foreign-born spouse, I had to relocate to the U.S.," she said. "Securing a job had been challenging. Navigating through a new professional environment was one challenging part of my career path. Though my spouse isn't active duty, his required training and mobilizations take him away frequently. It leaves me as the sole caretaker for our family. This means making major adjustments to my work schedule. The uncertainty around when my spouse might get mobilized makes it hard for me to commit to big projects or career development milestones."

After many months of looking for work, Allo said, her husband shared with her that DOD had the spouse education and career opportunities program that might help her with her job search. It was the SECO office, she said, that pointed her toward the MSCAP program, and that is what ultimately led to her employment with Equinix.

Now, Allo said, she thinks MSCAP is a great opportunity — not just for her, but for other spouses, as well.

<https://www.defense.gov/News/News-Stories/Article/Article/3681063/dods-spouse-employment-pilot-program-enters-second-year/>



**With the Military Spouse Career Accelerator Pilot program, military families are getting help from the Defense Department to connect spouses with prospective employers. U.S. Marine Corps photo by Cpl. Alex Fairchild**

which is huge for our families."

As of January, Mentzer said, some 250 companies have signed up to provide employment opportunities to military spouses through the MSCAP program, and more than 490 spouses have been placed into fellowships. In the program's first year, a substantial number of those spouses were ultimately offered permanent employment.

"The biggest success we saw in the MSCAP's first year was the conversion of military spouse fellows into full-time

Soldier in the Washington, D.C., area, applied to the program in April 2023 and has found success. Through MSCAP, she got a fellowship as a customer engineer with Equinix, a company that operates data centers. She has since accepted full-time employment with the program. Originally a petroleum engineer, Allo said having her own career is important to her.

"It allows me to pursue a path that fuels my passion, challenges me intellectually, and contributes something meaningful to the world," Allo said. "I enjoy

## MILITARY JUSTICE LAWYER

PATTISON LAW FIRM, P.C.

Daphne Pattison Silverman's mission is to light the path to truth.

Focused on defending military members who are accused of crimes within the military judicial system, she has developed exceptional insight into how to uncover and convey the truth. Silverman believes deeply in every case she undertakes. A former Navy JAG and a disabled veteran, she is fully committed to defending the rights of those who serve our country. For each case, Silverman conducts thorough investigations and armed with the truth, fearlessly presents her findings to military commands and juries. She stands up to the most powerful forces in the world - ready and able to seize justice for her clients.

Physical office in North County San Diego, California; virtual address in Austin, Texas

Daphne Pattison Silverman  
Selected to Super Lawyers

760-500-0455  
daphnesilverman.com



# AUTO INSURANCE FRAUD IS A FELONY

**INCLUDING BUYING INSURANCE TO COVER AN ACCIDENT AFTER IT HAPPENS DON'T CRASH, BUY, AND LIE!**



San Diego County District Attorney

More at: [SanDiegoDA.com](http://SanDiegoDA.com)





Staff Sgt. Cooper Elliason, 114th Aircraft Maintenance Squadron dedicated crew chief, performs post flight inspection during Operation Sea Wolf at Naval Air Station North Island, Jan. 29, 2024. Operation Seawolf took place in multiple locations across the west coast and integrated operations with local Navy, Marine and Air Force assets to increase the unit's overall force readiness for land and sea operations. U.S. Air National Guard photo by Master Sgt. Duane Duimstra

## Operation Seawolf

by Master Sgt.  
Duane Duimstra

114th Fighter Wing Public Affairs

CORONADO - 114th Fighter Wing Airmen traveled to Naval Base North Island for Operation Sea Wolf recently. The main objective of the training exercise is to execute joint agile maritime operations.

"This training with the Navy, Marines, and other Air Force units allows us to train on things we really can't do back in South Dakota," said Lt. Col. Eric Cleveringa, 175th Fighter Squadron commander.

Operation Seawolf benefited pilots, maintainers, and other 114th Airmen by implementing

Multicapable Airman training. It allowed Airmen to work in an unfamiliar and austere environment to put their skills to the test by accomplishing the flying mission with a smaller team.

On top of MCA being implemented, Agile Combat Employment was also accomplished by sending a small team of Airmen to a different location to launch and recover jets.

"ACE allowed us to flex our ability to operate under a very constrained environment with limited equipment, limited personnel, and really force Airmen to learn new ways to adapt and overcome some challenges," said Senior Master Sgt. Andy

Mager, 114th Maintenance Group equipment maintenance flying chief.

The final objective of this training exercise is to find confidence in uncertainty. That objective was achieved with several factors going against 114th Fighter Wing Airmen and the flying mission.

"There's a lot of uncertainty with this training deployment, the weather, the jets, our workspace and ultimately coming out of this, the 114 fighter wing members have developed confidence in working in austere locations while working with multiple services and facing weather and maintenance issues," said Cleveringa.



## Office of Naval Intelligence highlights priorities, new cloud-based capabilities at WEST 2024

by Amanda Schuler Zepp  
Office of Naval Intelligence

SAN DIEGO - The Office of Naval Intelligence highlighted its maritime expertise and new cloud-based capabilities during the WEST 2024 conference held Feb. 13-15 at the San Diego Convention Center.

Co-sponsored by the Armed Forces Communications & Electronics Association (AFCEA) and the U.S. Naval Institute (USNI), WEST draws tens of thousands of military, government, and industry partners together each year to discuss technological challenges and solutions. WEST 2024's theme, "Are Acquisition and Readiness on Pace to Meet Global Security

Demands?" focused discussions on the Navy's readiness to address future challenges.

On Feb. 13, Commander, Office of Naval Intelligence Rear Adm. Mike Brookes delivered remarks in the Navy Information Warfare Pavilion Theater that addressed the importance of ONI's expertise in the maritime domain and how ONI is prepared to deliver decision advantage in times of peace and crisis.

"I want each of our adversaries to wake up every morning, calculate the risk, and decide that today is not the day to pick a fight with the most powerful Navy in the world, the U.S. Navy. ONI has a critical role

in frustrating their calculations, working with allies and industry partners to ensure our adversaries never get the solution they desire," Brookes said.

The Navy Information Warfare Pavilion, in its sixth year at WEST, highlighted the Navy's commitment to warfighting and the warfighter, now and in the future. Subject matter experts from Naval Information Forces Command (NAVIFOR); the Office of the Deputy Chief of Naval Operations for Information Warfare (N2N6); Fleet Cyber Command/U.S. 10th Fleet; Naval Information Warfare Systems Command (NAVWAR); ONI and others met with attendees to highlight current technologies utilized by the fleet.

ONI subject matter experts provided demonstrations of three new cloud-based capabilities that will revolutionize the delivery of critical ONI intelligence, data and development tools to the fleet.

Read the full version of this story at <https://www.dvidshub.net/news/464344/>.

Law Offices of

## David A. Kaufman

Represents clients that have suffered personal injury



The firm zealously pursues full justice and fair compensation on behalf of clients that have been victimized by another's negligence. Injury cases are taken on a contingency fee basis and costs advanced by the firm so that if there is no recovery then the client pays nothing.

Customer service is highly valued and the firm does everything possible to make sure that the client understands the process of pursuing the claim and initiating litigation, if necessary, has access to necessary medical care, and that everything is done to pursue the client's claim to settlement and/or trial and verdict.

Please call or email for a free consultation regarding any personal injury matter.

[www.lawofficesofdavidkaufman.com](http://www.lawofficesofdavidkaufman.com) • 619-865-8648

### Essex

continued from page 1

of the two dogs visiting *Essex*. While the ship's chaplain says *Essex* plans to continue animal-assisted therapy in the future, Sailors are encouraged to reach out anytime they need support.

"We will work with the triad and with Chief Moore to sched-

ule future visits to the ship," said Lt. Gwynne May, the chaplain on board *Essex*. "I hope we gave the crew something to look forward to as they came to work in the mornings."

*Essex* is conducting a maintenance period in San Diego to upgrade and refurbish many key systems aboard.



## VETERAN

COMPENSATION SERVICES

VETERANS WITH LESS THAN 100% VA RATING

WE CAN HELP YOU!

- ✓ Risk-Free Consultation
- ✓ Experts in VA Documentation
- ✓ Veteran Friendly Doctors

- ✓ Over 95% Success Rate
- ✓ Thousands of Veterans Served
- ✓ Experienced A+ Rated with BBB



# www.VeteranComp.com

# Sailors, Marines return home with *Carl Vinson* Carrier Strike Group

by Seaman Nathan Jordan  
USS Carl Vinson

SAN DIEGO – Aircraft carrier USS *Carl Vinson* (CVN 70), flagship of Carrier Strike Group (CSG) 1, returned to its homeport of Naval Air Station North Island, Feb. 23, following a four-month deployment to the Western Pacific.

*Carl Vinson* is joined by two other CSG-1 ships, cruiser USS *Princeton* (CG 59) and destroyer USS *Sterrett* (DDG 104), which returned to their homeport across the bay to Naval Base San Diego.

“This carrier strike group and our Sailors’ deployment accomplishments demonstrate our unwavering contribution to the Navy’s global engagement

**facebook**  
**Pamela Leake**  
Welcome back!!! Thank you for your service and thank God for protecting you across the world and back.

strategy,” said Rear Adm. Carlos Sardiello, CSG-1 commander. “During the past four months, we routinely flew and sailed anywhere international law allows to assure Americans, allies and partners of our commitment to bolstering regional security and stability in the Indo-Pacific. With the unwavering support of our families and friends, we were proud to sail and fly forward as

a symbol and the promise of America’s advantage at sea.”

The strike group departed for the scheduled deployment from San Diego Oct. 12, 2023, to sail and maneuver across the 3rd and 7th Fleet areas of operations. While in 7th Fleet, CSG-1 participated in and supported numerous bilateral and multinational maritime exercises in support of a free and open Indo-Pacific.

The strike group conducted routine port visits to the Republic of Korea, Singapore, Philippines and Hawaii. Individual ships in CSG-1 visited Australia, Japan, Guam, Saipan, and Palau.

“These port visits demonstrated U.S. commitment to the Indo-Pacific region and further enhanced relationships with the leaders and local populations,” said Sardiello.

In total, the strike group supported U.S. relations with eight allied and partner nations through two Multi-Large Deck Events, Annual Exercise 2023, several bilateral, tri-lateral and multi-lateral maritime exercises in the Philippine Sea and South China Sea. CSG-1 worked alongside Australia, Canada, Indonesia, Japan, Malaysia, Philippines, Republic of Korea and Singapore to reaffirm their commitment to regional stability and security in the Indo-Pacific.

Furthermore, CSG-1 integrated and operated seamlessly with the U.S. Joint Force conducting maritime exercises with Naval Special Warfare operators, unmanned surface vessels, U.S.

moves, issued nearly 12 million gallons of fuel to aircraft, and transferred nearly 5,000 pallets of cargo and mail.

“I couldn’t be more proud of

defense chiefs from Indonesia and Malaysia, Commander of Japan Maritime Self-Defense Force, U.S. Ambassadors to Singapore and Indonesia, senior officers from the Armed Forces of the Philippines, U.S. Chief of Naval Operations and Master Chief Petty Officer of the Navy, among others.

The *Carl Vinson* strike group deployed with flagship USS *Carl Vinson* and embarked CSG-1 staff, Carrier Air Wing (CVW) 2, Destroyer Squadron (DESRON) 1 staff and Ticonderoga class guided-missile cruiser USS *Princeton* (CG 59). DESRON-1 ships included Arleigh Burke-class guided-missile destroyers USS *Hopper* (DDG 70), USS *Kidd* (DDG 100), USS *Sterrett* (DDG 104), and USS *William P. Lawrence* (DDG 110).

The squadrons of CVW-2 embarked aboard *Carl Vinson* included the F-35C Lightning II squadron, “Warhawks” of Strike Fighter Squadron (VFA) 97; the F/A-18 E/F Super Hornet squadrons, “Bounty Hunters” of VFA-2, “Stingers” of VFA-113, “Golden Dragons” of VFA-192; the “Gauntlets” of Electronic Attack Squadron (VAQ) 136, the “Black Eagles” of Early Warning Squadron (VAW) 113, the “Blue Hawks” of Helicopter Maritime Strike Squadron (HSM) 78, the “Black Knights” of Helicopter Sea Combat Squadron (HSC) 4 and the “Titans” of Fleet Logistics Multi-mission Squadron (VRM) 30.

<https://www.navy.mil/Press-Office/News-Stories/Article/3687073/>



**Electrician’s Mate 1st Class Lasheena Owens is interviewed by local media after USS *Vinson* pulled into port upon return from deployment. U.S. Navy photo by MC1 Tyler R. Fraser**

Marine Corps, U.S. Army, U.S. Air Force and two multi-carrier operations with the *Theodore Roosevelt* and *Ronald Reagan* CSGs.

In 133 days underway, the ship’s crew conducted 10 underway replenishments, logged more than 13,000 flight hours and over 6,000 sorties, sailed more than 36,000 nautical miles, and safely received over 12 million gallons of fuel with zero mishaps. The *Vinson* crew conducted 9,540 launch and recovery evolutions, 7,835 aircraft moves, 651 aircraft elevator

our Sailors. They executed with precision and discipline while strengthening our relationships with allies and partners. They were superb naval ambassadors in foreign ports,” said Capt. Matthew Thomas, *Carl Vinson*’s commanding officer. “These highly trained Sailors showed they are reliable, resilient, and ready to support and defend the American way of life every day.”

Notable key leader engagements and visits aboard *Carl Vinson* included Republic of Korea Minister of Defense,

**USMC SLEEP CHALLENGE**

**SEMPER FIT CENTERS**

- MCRD SAN DIEGO•• (619) 524-4427
- CAMP PENDLETON•• (760) 725-6394
- MCAS MIRAMAR•• (858) 307-4654

**ST. PADDY'S DAY MUSIC + BEER FESTIVAL**  
IRISH & TRIBUTE BANDS | CRAFT + GREEN BEER | IRISH DANCERS | IRISH COCKTAILS  
GAMES + SHENANIGANS | IRISH + OTHER GRUBS

ALL AGES WELCOME

ST. PATRICK'S DAY  
SAT | MAR 16 | 2024  
2 PM - 11 PM

**SHAM ROCK**

Gaslamp Quarter

Exclusive Military Discounts Available!  
\* SANDIEGOSHAMROCK.COM \*

**JW B FAMILY LAW**

**We offer a 15% discount for military service members + their spouses.**

- DIVORCE
- CHILD CUSTODY AND VISITATION
- CHILD AND SPOUSAL SUPPORT
- ASSET AND PROPERTY DIVISION

FIND OUT MORE [www.JWBFamilyLaw.com](http://www.JWBFamilyLaw.com)

**619.234.6123**

SAN DIEGO 1620 Fifth Avenue, Suite 600, San Diego, CA 92101

MARCH 1-15, 2024 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com)

# PHOTO GALLERY



SEE WEST 2024 STORY, PAGE 6

**SAN DIEGO (Feb. 13, 2024)** Chief of Naval Operations Adm. Lisa Franchetti meets with Sailors assigned to the Naval Meteorology and Oceanography Command during a walkthrough of the Navy Information Warfare Pavilion at WEST 2024. WEST enters its 34th year bringing military and industry leaders together to network, discuss, and demonstrate design and technology solutions. U.S. Navy photo by Ramon Go



A conceptual design of the new Naval Information Systems Command (NAVWAR) headquarters exterior, rendered by Manchester/Edgemoor. This project, also known as Old Town Campus Revitalization, will see a massive economic transformation in the Old Town area of San Diego, as well as updating NAVWAR's facilities to be more modern and mission-capable. On Jan. 9, the Navy selected Manchester/Edgemoor as the potential master developer of the site, after a 14-month period of evaluation. Courtesy design



**TWENTYNINE PALMS, Calif. (Jan. 31, 2014)** Marine Corps Lance Cpl. Megan Roundpoint, motor transportation vehicle operator with 1st Marine Logistics Group communicates through a radio during an Adversary Force Exercise as part of Service Level Training Exercise 2-24 at Marine Corps Air-Ground Combat Center, here. U.S. Marine Corps photo by Lance Cpl. Justin J. Marty



**MARCH AIR RESERVE BASE, Calif. (Jan. 30, 2024)** An F-16C Fighting Falcon assigned to the 79th Fighter Squadron sits ready on the flightline at during Bamboo Eagle 24-1 here. The exercise generated 95 mobility sorties and the movement of 662 passengers and 817,000 pounds of cargo. U.S. Air Force photo by Senior Airman Steven Cardo

**DUI and Criminal Defense**  
Free Case Evaluations and 24/7 Availability

You deserve justice, fairness & a dedicated attorney

- DUI's
- Drug Offenses
- Domestic Violence
- Assault/ADW
- Fraud/White Collar Crimes
- Restraining orders

**20 YEARS OF REPRESENTING MILITARY MEMBERS**

I'M FROM A MILITARY FAMILY!

**WE OFFER A MILITARY DISCOUNT**

Providing an honest evaluation of your situation  
619.200.2808 • MichaelKernLaw.com

**VA Disability Claim Denied?**  
Know Your Rights and Don't Take "No" for an Answer!

Don't Risk a Permanent Denial and Lose Back Pay  
Call the Professional Advocates Today!

Claims Agents Have over 80% Success Rate on Appeals  
No Fees Unless You Win - Free Consultation!

**800-921-0310**  
[www.VetDisabilityAid.com](http://www.VetDisabilityAid.com)

**El Indio**  
Mexican Restaurant and Catering

Family Owned & Operated Since 1940

**Best Mexican Food in San Diego**  
Free Parking! 10% Military Discount

3695 India Street • [www.elindiosandiego.com](http://www.elindiosandiego.com) • 619-299-0333  
Open Daily 9am - 8pm

8 www.armedforcesdispatch.com MARCH 1-15, 2024

**ASMAR'S AUTO CARE**

FREE TOWING with repairs up to 15 miles for all ACTIVE and RETIRED military personnel (with valid ID)

"Where Trust is a Tradition"  
Free smog retest when repairs are done at our shop. We can take care of ALL your auto needs.

6 Months 0% Financing Available

Do you need your Engine Steam Cleaned?  
Looking for an oil leak?

We offer Professional Engine Steaming Cleaning and Full Undercarriage Steam Cleaning while protecting our environment.

**10% off Parts and Labor** (Max Discount \$100) for all ACTIVE and RETIRED military personnel (with valid ID)

**619-589-1188**  
[www.asmarsautocare.com](http://www.asmarsautocare.com)

**SoCalTruck.com**  
ACCESSORIES & EQUIPMENT

10460 Mission Gorge Rd.  
Santee, CA 92071  
**619-749-0742**  
Work Smarter, Play Harder!

- Truck Bed Covers • Camper Shells
- Side Steps • Truck Racks
- Tool Boxes • Fuel Tanks
- Carpet Kits • Tow Hitches

**MILITARY DISCOUNT**  
Get \$25 off \$300 or more with this ad

**BULLET LINER**  
An Accella Brand  
**Spray on Bedliners**



## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

I moped into the living room, falling face-first onto the couch, as if collapsing after a long, exhausting work day. However, it was only 8:30 in the morning, and I was still in my pink flowered pajamas, devoid of any desire to be productive.

“Francis!” I mumbled into the couch cushion.

Briskly, my husband appeared, thoughtfully carrying a cup of coffee for me. “Mornin’ Hon,” he said. “Hey I was thinking I’d pick up the leaf blower, and then maybe we’d swing by ...” he rattled off a list of Saturday errands that pummeled my brain like hailstones.

I write “To Do” lists most days, but Francis orally recites his daily tasks. Since retiring from the Navy eight years ago, he commutes out of state weekly for work. But when he’s home, our family must endure Francis’ recitations.

Typically, he appears in our kitchen with a sense of urgency, hoping to find an audience. Usually, I’m at the table working on my laptop. While his umpteenth cup of coffee brews in the Keurig, Francis begins his oration. “I have two meetings before noon, then I’ll leave for my PT appointment, and I’ll stop by ...” He rattles on until his schedule has been meticulously proclaimed. It doesn’t really matter who’s listening, as long as someone bears witness to the tedious details of

# Saturday slugfest

Francis’ life with feigned interest.

We’ve nicknamed this Francis’ daily “Blow-by-blow.”

I reluctantly lifted my frizzed head from the couch cushion to interrupt Francis’ Saturday Blow-by-blow. “Hon, can’t we just binge watch Netflix all day?” I whined.

I’d expected Francis to poo-poo this ridiculous suggestion, but he was silent. It was a beautiful winter morning, and I’d just proposed that we do nothing but watch TV. Indoors. All day long.

“Okay!” he said with surprise enthusiasm. I peeked from my upholstered nest looking for confirmation. “I’ll get wood for a fire. You find something on the boob tube,” he tossed me the clicker. Like a bear preparing to hibernate, Francis scurried about — gathering wood, letting the dog out, and topping off our coffees.

“Whaddaya say we watch a reality show,” I suggested with excitement, knowing Francis would’ve preferred “The Lost Pirate Kingdom” or “Alexander: The Making of a God” or “Rise of Empires: Ottoman.”

“Alright,” he acquiesced, clearly not wanting to dampen his wife’s rare spontaneity.

After a few minutes of searching, I announced, “We’ve got ‘Love Island,’ ‘Love on the Spectrum,’ ‘Twin Love,’ ‘Strange Love,’ ‘Burning Love,’ ‘Cosmic Love,’ ‘The Real Love Boat,’ ‘Down for Love,’ ‘Love is Blind,’ ‘Alaskan Women Looking for Love,’ and something called ‘FBOY Island.’”

We settled on ‘Love is Blind,’ and

I fired up Episode One, explaining the premise to Francis while he laid across the sofa in slippers. “These singles date but never see each other because they’re in those pods, see?” I pointed to the screen. “If they get engaged, they meet and then vacation together at a tropical resort. That’s where things go haywire.”

Francis seemed interested, but he disappeared to the kitchen during Episode 3. During Episode 6 I found him in our bedroom taking a nap. I lured him back downstairs with the promise of peanuts and true crime.

That afternoon, we watched a true crime docuseries while gobbling restaurant leftovers. That evening we broke out cocktails and binged on “The Haunting of Hill House,” during which I housed an entire bag of Chex Mix.

When I woke the next morning, familiar guilt berated my conscience. “You wasted the entire day,” my customary self-censure began. This time, I fought back. “I deserve a break every once in a while,” I retorted, realizing that as a military spouse I was conditioned to feel “responsible,” “in charge,” and “in control.” The rare instances when I’d slack off, I always felt remorse.

Suddenly aware that self-imposed guilt had been a mistake, I reminded myself that weekends are for rejuvenating, even if that means laying around all day in pajamas watching morally bankrupt television shows and stuffing one’s face with Dove Bars and Pizza Bites.

“I was a total slug all day Saturday,” I later bragged to a friend. “And you know what? I look forward to doing it again soon.”

## AutoMatters™ & More by Jan Wagner



Those of you who have been reading this column for many years know that I frequently cover the fascinating new exhibits, IMAX movies, events and other developments at the Fleet Science Center in Balboa Park. Recently I paid my first visit to the much larger California Science Center in Los Angeles’ Exposition Park.

As I mentioned in my recent column about the NASCAR Busch Light CLASH at The Coliseum, while I was taking pictures of that event I spotted what looked like a NASA Space Shuttle, standing upright, amongst two solid rocket boosters and an external fuel tank, just beyond the tall buildings of downtown Los Angeles. Curious, I walked over there to check it out in person, where I learned that it is the actual Space Shuttle Endeavour. It will become part of a huge exhibit that is being built at the California Science Center, to open in about two years.

Since NASCAR had condensed as much of the weekend’s racing action as possible into Saturday, and cancelled all of Sunday’s events — due to the impending severe rainstorm, I decided to spend my newly freed-up Sunday at the California Science Center and share that experience with you.

Since 1998, the California Science Center has welcomed more than 40 million guests. It is consistently one of the ten most visited museums in North America.

Before entering the museum, be sure to visit the outdoor exhibits. They include the only A-12 Blackbird trainer ever built. The Aerial is a hanging sculpture of 5781 gold and palladium balls.

Once inside, pick up a copy of the museum’s VISITOR MAP at the Information Desk. In addition to what is outside, it will show you generally what you will find on each of the three floors — subject to some of the exhibits changing from time to time.

Spend extra time at Ecosystems, which spans exhibit space on two floors. An ecosystem is comprised of all of the living and nonliving parts of an environment, and about their complex interrelationships.

Life flourishes, even in the most extreme places. In the dry, hot extremes of the desert, life has adapted to stand still until the parched landscape cools. You’ll see a simulated flash flood, as

# Welcome to the California Science Center

well as living plants and animals.

Other plants and animals live along the rocky shore ecosystem, where they adapt to high and low tides, and waves. Rivers of water, ice, air and lava carve materials and connect ecosystems.

Anchored to the bottom, underwater kelp forests protect marine life and are a vital part of the food chain. Sticky jellies catch tiny, drifting plants and animals, and have little hairs that slide food into their mouth.

Isolated communities, like those on islands, evolve in unique ways. Rotting plants and animals enrich soil, from which new life grows. Cities are urban ecosystems that support large human populations, but human activity creates many ecological challenges — as shown in the L.A. Zone.

In the FIRE — Science & Safety exhibit, your mission is to discover the science behind what makes a fire, and then locate fire or burn dangers and find out how to fix them.

See and learn about space capsules, satellites, spacesuits and more in the SKETCH Foundation Gallery’s AIR and SPACE exhibits.

In the World of Life, marvel at the

Small World — presented by Nikon, a Cell Lab, Life! Beginnings, Plants and Animals, the Discovery Room, and presentations in the Bodyworks Theater.

Before you leave, be sure to visit the spacious ExploraStore where you’ll find a wide variety of interesting science-related items and clothing.

Just as I often visit the Fleet Science Center to see and share with you their new experiences, now I will also be covering the latest exhibits and presentations at the California Science Center. In the meantime, visit the California Space Center at <https://californiasciencecenter.org> or in-person at 700 Exposition Park Drive in Los Angeles. Admission to the Science Center exhibits is free, with the exception of Special Exhibitions and the IMAX Theater.

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 © 2024 by Jan Wagner — AutoMatters & More #828

**39th Annual**

# Easter Sunrise Service

In Balboa Park at the Spreckels Organ Pavilion

**SUNDAY, March 31, 2024**  
**6:30am-7:30am**

**Host Church**  
**St. Stephen’s Church of God**

**Message**  
**Pastor Glenn A. McKinney**

**Music**  
**Guest Soloist - Samuel Nehemiah**  
**Organist - Bill Lullo**

**All Welcome - Free Parking**  
**For Information call: 858-454-7324**



U.S. Navy photo by Petty Officer 2nd Class Connor Burns

**Front porch recovery**  
**Navy divers inflate a NASA “front porch” life raft during an underway recovery test in the Pacific Ocean, Feb. 25, 2024. The test demonstrates and evaluates processes, procedures and hardware used in recovery operations in preparation for NASA’s Artemis II crewed mission.**

## Places of Worship

**B**ayview Church  
*Attract... Assimilate... Activate*  
6134 Pastor Timothy J. Winters St., San Diego 92114 • (619) 262-8384  
Sunday 8am & 10am Worship Services  
Studies In Christian Living (formerly Sunday School) Tues & Thurs online only 6pm (contact Church for sign up). In person Saturday 9am & 10am  
[www.bayviewbc.org](http://www.bayviewbc.org) [info@bayviewbc.org](mailto:info@bayviewbc.org)

---

**B**ethany Lutheran Church  
Lutheran Church - Missouri Synod  
2051 Sunset Cliffs Blvd., Ocean Beach 92107  
(Parking lot off the Alley - North of the building)  
Worship 11am Sundays  
Bible Class, Wednesdays 10am  
(619)222-7291 [Office@BethanyLutheranOB.org](mailto:Office@BethanyLutheranOB.org)

---

**C**anyon View Church of Christ  
*“Love God, Love People, Serve the World”*  
Sunday Bible Classes for all ages 9am  
Sunday Worship 10am  
4292 Balboa Ave., San Diego, CA 92117 Email:[cvooffice@canyonview.org](mailto:cvooffice@canyonview.org)  
(Near corner of Balboa Ave. & Clairemont Dr.)  
[www.canyonview.org](http://www.canyonview.org) (858) 273-5140

**C**hrist Community Church  
*Helping people love God and each other!*  
Services Onsite or Online Sundays 8:45 & 10:30am  
Children’s Ministries for All Kids!  
Small Groups for Teens & Adults of All Ages!  
9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15  
[www.gotoChrist.com](http://www.gotoChrist.com) or (858) 549-2479

---

**F**irst Baptist Church of Coronado  
*“Reach Up, Reach Out, Reach Our World”*  
Jim W. Baize, Pastor [www.fbcoronado.com](http://www.fbcoronado.com)  
Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am  
Meeting in person and online on YouTube or Facebook  
FB: First Baptist Church of Coronado email: [secretary@fbcoronado.com](mailto:secretary@fbcoronado.com)  
445 C Ave., Coronado, CA 92118 (619) 435-6588

---

**G**manuel Lutheran Oceanside, LCMS  
*Connecting people to what Jesus has done, is doing, and will do.*  
9:30am Worship service  
11am Bible class, youth, children’s ministry  
1900 S. Nevada St, Oceanside, 92054  
[ilcoceanside.com](http://ilcoceanside.com) - (760) 433 2770

**M**esa View Baptist Church  
Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CWO3, USMC (Ret.)  
*Seeking Sinners; Saving Souls, Strengthening Saints*  
Sunday School at 8:45am • Morning Worship at 10am  
Wednesday Night Bible Study 7pm  
13230 Pomerado Rd., Poway • 858-485-6110 • [www.mesaview.org](http://www.mesaview.org)

---

**R**esurrection Lutheran Church & Preschool of Coronado  
Sunday Worship: 10:15am • Adult Bible Study: Sunday at 9am  
The Rev. Dr. Timothy Eichler  
1111 5th Street, Coronado, CA 92118  
[www.RL.church](http://www.RL.church)  
Church (619) 435-1000 • Preschool (619) 435-0286

---

**S**t. Luke’s Lutheran Church  
5150 Wilson Ave., La Mesa, CA 91942  
Phone: (619) 463-6633  
website: [www.st-lukes-la-mesa.org](http://www.st-lukes-la-mesa.org)  
Worship: 9am  
Pastor: Mark Menacher, PhD.  
*We thank you for your service!*

Place your ad in our 'Places of Worship' directory...as low as \$15 per week!



# Condoms still best defense against infection, unwanted pregnancy

by V. Hauschild, MPH, Defense Centers for Public Health –Aberdeen

Department of Defense health surveillance data continue to reflect that sexually transmitted infections, or STIs, are widespread among both men and women in the military.

The STIs tracked among active duty service members include syphilis, gonorrhea, and chlamydia as well as the human papilloma virus, or HPV, and genital herpes simplex virus. Some evidence even suggests some STIs, such as chlamydia, may be more common among female service members than their civilian counterparts.

Both the military and the Centers for Disease Control and Prevention have found that STIs are most often identified in persons under 30 years of age, but anyone who is sexually active is at risk. The CDC describes STIs as an epidemic that needs to be a public health priority.

While STIs may have immediately observable effects, many individuals with STIs can be “silent carriers” who have no obvious symptoms for months or even years. These people can transmit STIs to their partners, even during a single sexual encounter. Risky behaviors, such as multiple sex partners, anonymous partners or one-night stands, can increase the odds of acquiring an STI.

## What Can You Do to Protect Yourself?

“Wearing a condom—correctly—is arguably the most effective way to protect yourself and your partner from the many STIs we see among service members,” said Magdalena Danaila, a registered public health nurse at the Defense Centers for Public Health—Aberdeen. “Properly used condoms are also 98% effective at reducing the chance of an unintended pregnancy, so they are the only contraceptive method that protects against both pregnancy and STIs.”

Danaila points to the benefits of condoms:

- Condoms are easy to use and are available without a prescrip-



**Department of Defense health surveillance data continue to reflect that sexually transmitted infections, or STIs, are widespread among both men and women in the military. The STIs tracked among active-duty service members include syphilis, gonorrhea, and chlamydia as well as the human papilloma virus, or HPV, and genital herpes simplex virus. Some evidence even suggests some STIs, such as chlamydia, may be more common among female service members than their civilian counterparts. (Graphic illustration by Steven Basso)**

tion.

- Condoms are relatively inexpensive.
- Condoms are available in a variety of sizes, styles, and materials from which to choose.
- Condoms enhance sexual pleasure by providing peace of mind.

## Another benefit?

Condoms are available for free to service members at all military hospitals and clinics, including pharmacies.

“We are urging sexually active service members to protect themselves from STIs and unintended pregnancies by increasing their use of condoms,” said Danaila. “By doing so they can avoid many immediate and long-term health adverse effects.”

There are condom products designed for both men and women.

External condoms, also known as male condoms, are the most common type of condom. They fit over the erect penis and prevent sperm from entering the vagina or anus.

Internal condoms, also known as female condoms, are placed inside the vagina before sex. They

have a ring at the closed end that fits over the cervix and a ring at the open end that remains outside the vagina. The cervix is the lower, narrow end of the uterus. Also known as the womb, the uterus is the female reproductive organ where a baby grows. The cervix connects the uterus to the vagina (birth canal).

Dental dams are thin, square pieces of latex or polyurethane that can be used to cover the penis or vulva during oral sex.

Condoms and dental dams are made of materials such as latex, polyurethane and lambskin. People who have allergies to latex should use non-latex condoms.

To reduce chance of breakage, it is important to ensure that condoms are stored at proper temperatures, not expired, and worn properly, including using the right size, said Danaila. “Using a water-based lubricant can also decrease the risk of breakage.”

Heat and friction can damage a condom. So, if you carry a condom in your wallet or purse, the CDC recommends replacing it with a new one regularly.

In case service members have

shied away from condom use because of misunderstandings, Danaila addressed some common myths:

- Myth: Condoms reduce pleasure during sex.

Fact: Condoms can actually enhance sexual pleasure for some people. Use of different product types and/or sizes should be tried if a person feels a condom is reducing sensation. The added use of a water-based lubricant may also help.

- Myth: All condoms are the same size and type.

Fact: Multiple product types, materials, brands and sizes are available.

- Myth: Two condoms used together provide double protection.

Fact: Maximum effectiveness is provided by a single, appropriately worn condom.

- Myth: Wearing a condom most of the time is good enough.

Fact: It only takes one time to transmit or acquire an STI or cause an unwanted pregnancy. Condoms should be worn every time to be fully effective.

- Myth: Condoms are only for preventing pregnancy.

Fact: Condoms are the only contraceptive method that protects against both pregnancy and STIs.

- Myth: Condoms are not very

effective.

Fact: Condoms can break or slip off during sex, but this is rare if the condom is used correctly. When used correctly, condoms are 98% effective at preventing pregnancy and significantly reduce the chance of transmitting STIs.

Danaila reminded everyone that condom use is not just about

individual protection—it’s also about protecting our fellow service members and ensuring mission readiness.

“Sexual health is a shared responsibility, and condoms play a crucial role in that,” said Danaila. “It is important to use condoms every time you have sex, even if you are using another form of birth control.”

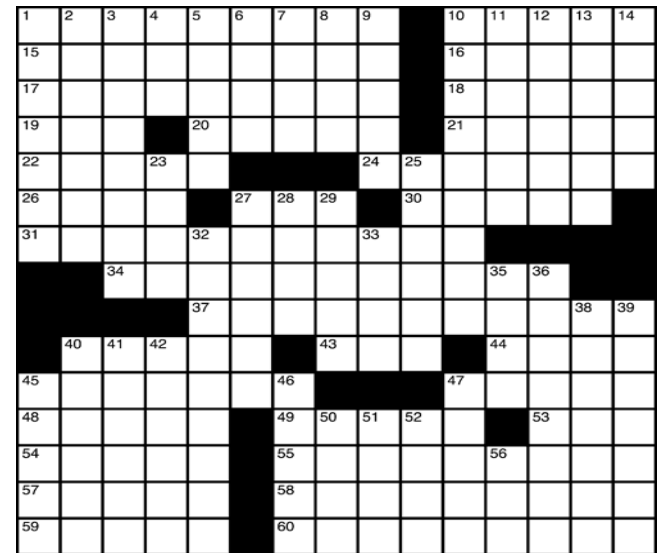
## CROSSWORD PUZZLE

### Across

- 1 “Can’t someone else?”
- 10 Floor
- 15 Mozart’s mother
- 16 Dressing extreme?
- 17 Comebacks
- 18 See 43-Across
- 19 Set to assemble
- 20 Best Actress between Hilary and Helen
- 21 Franklin’s bill
- 22 Inferior
- 24 Unwanted information, usually
- 26 Small sewing case
- 27 Cantore in a storm
- 30 Member of the first class of World Golf Hall of Fame inductees, 1974
- 31 Retreated
- 34 “Voil!”
- 37 Expression of mock sympathy
- 40 Involuntary contraction
- 43 Genre full of 18-Across
- 44 Part of un drama
- 45 Forms a union?
- 47 More than just talk
- 48 Single out
- 49 Appear by surprise
- 53 Ring site
- 54 Rushed toward
- 55 “Either or”
- 57 Rough
- 58 “... quaint and curious volume of \_\_\_ lore”: Poe
- 59 Really excited
- 60 Democracy concern

### Down

- 1 Limited-access internet area
- 2 The least bit
- 3 Show how
- 4 “Our \_\_\_ is loss, our hope but sad despair”: “Henry VI, Part III”
- 5 Subject of Dante’s “La Vita Nuova”
- 6 Weather \_\_\_
- 7 Gaelic tongue
- 8 Plastic bag accessories
- 9 Hot spots’ hot spots?
- 10 Amazon threats
- 11 Mouse first voiced by Walt Disney
- 12 Namibia neighbor
- 13 Prepped, as peels
- 14 Perfume compound
- 23 Follower of Nanak
- 25 Unreal
- 27 Fed chair Powell
- 28 Graphic intro?
- 29 “I’ll get back to you”
- 32 Vacationer’s need, maybe
- 33 Good earth
- 35 One may be heard on safari
- 36 Get out of hand in a hurry
- 38 Dresses
- 39 Becomes more complicated
- 40 Word on a Monopoly corner square
- 41 Asset protection plan, briefly
- 42 Place to play
- 45 Branded wares, informally
- 46 Spruce (up)
- 47 Triumphant
- 50 Wrinkled-nose cause
- 51 Study intently, with “over”
- 52 “Picnic” Pulitzer Prize winner
- 56 NBA position



Join us for our  
**Annual Adult Easter Egg Hunt**

Check our website for more details on a fun filled day

Shop our sexy spring lingerie line before it's gone

**2130 Industrial Ct., Vista, CA 92081**  
**866-711-0425**

Shop online at [www.dejavuloveboutique.com](http://www.dejavuloveboutique.com)  
Hours: 10am-10pm 7 Days a Week

**Military Discount 20% Off**  
With valid military ID. Some restrictions may apply. Not valid on any sale items. Not valid with other offers or prior purchases. Exp. 3/15/24

**MAIN AUTO REPAIR**  
“ALL WORK GUARANTEED”

FREE ESTIMATES - Serving Military for Over 23 years

<b>BRAKE SERVICE SPECIAL</b> from <b>\$140</b> Per Axle, Parts & Labor included. Most Cars Standard Brake Packages	<b>A/C Service</b> <b>\$95</b>	<b>Body Work and Paint</b>	<b>CLUTCH</b> <b>\$319</b> Most Cars. Parts & Labor included. Includes: Pressure plate and disc. Adjustment, New throw out bearing. Pilot bearing. Inspect flywheel
<b>TIMING BELT SPECIAL</b> from <b>\$199</b> Most Cars. Parts & Labor included	<b>CV JOINT AXLE</b> from <b>\$220</b> Most Cars. Parts & Labor included	<b>FUEL INJECTION SERVICE</b> from <b>\$89</b> Most Cars. Parts & Labor included	

**3714 Main Street, San Diego • 619-238-4385**



# Chase mortgage benefits really add up.

Combine our offers and discounts to save even more when you buy a home with Chase, if you qualify:

\$2,000 Chase VA Loan Purchase Closing Cost Benefit  
Up to \$7,500 with the Chase Homebuyer Grant

[Learn more at chase.com/VA-loan](https://chase.com/VA-loan)



Scan the QR code



The Chase VA Loan Purchase Closing Cost Benefit will be applied at closing first to points on the loan, if any, then to fees. The benefit may not be used for the down payment and any remaining funds will be applied as a principal reduction. The benefit is available only on primary residence purchase loans and is not available for any refinance loans. The benefit may be considered miscellaneous income and may be reportable to you and the IRS. Please consult with a personal tax advisor about the impact to personal income tax returns. Veterans, Servicemembers, and members of the National Guard or Reserve may be eligible for a loan guaranteed by the U.S. Department of Veterans Affairs (VA). A Certificate of Eligibility (COE) from the VA is required to document eligibility. Restrictions and limitations apply. The Chase Homebuyer Grant is available on primary residence purchases only, on select products and subject to eligibility. Other limitations and restrictions apply. To learn more about the Homebuyer Grant, visit [chase.com/AffordableLending](https://chase.com/AffordableLending). All home lending products except IRRRL are subject to credit and property approval. Rates, program terms and conditions are subject to change without notice. Not all products are available in all states or for all amounts. Other restrictions and limitations apply. Home lending products provided by JPMorgan Chase Bank, N.A. Member FDIC ©2024 JPMorgan Chase & Co.