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SIXTIETH YEAR NO. 28
THURSDAY, NOVEMBER 5, 2020

SALUTING OUR VETERANS PAST AND PRESENT

HONORING ALL WHO SERVE WEDNESDAY, NOVEMBER 11 AND EVERY DAY

In 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. This site, on a hillside overlooking the Potomac River and the city of Washington, D.C., became the focal point of reverence for America's veterans.

Similar ceremonies occurred earlier in England and France, where an unknown soldier was buried in each nation's highest place of honor (in England, Westminster Abbey; in France, the Arc de Triomphe). These memorial gestures all took place

on November 11, giving universal recognition to the celebrated ending of World War I fighting at 11 a.m., November 11, 1918 (the 11th hour of the 11th day of the 11th month). The day became known as "Armistice Day."

As Veterans Day, Raymond Weeks received the Presidential Citizens Medal from President Reagan in November 1982. Weeks' local parade and ceremonies are now an annual event celebrated nationwide.

On Memorial Day 1958, two more unidentified American war dead were brought from overseas and interred in the plaza beside the unknown soldier of World War I. One was killed in World War II, the other in the Korean War. In 1984, an unknown serviceman from the Vietnam War was placed alongside the others. The remains from Vietnam were exhumed May 14, 1998, identified as Air Force 1st Lt. Michael Joseph Blassie, and removed for burial. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, the 3rd U.S. Infantry (The Old Guard), keeps day and night vigil.

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Armistice Day Changed To Honor All Veterans

The first celebration using the term Veterans Day occurred in Birmingham, Alabama, in 1947. Raymond Weeks, a World War II veteran, organized "National Veterans Day," which included a parade and other festivities, to honor all veterans. The event was held on November 11, then designated Armistice Day. Later, U.S. Representative Edward Rees of Kansas proposed a bill that would change Armistice Day to Veterans Day. In 1954, Congress passed the bill that President Eisenhower signed proclaiming November 11

A law passed in 1968 changed the national commemoration of Veterans Day to the fourth Monday in October. It soon became apparent, however, that November 11 was a date of historic significance to many Americans. Therefore, in 1978 Congress returned the observance to its traditional date.

National Ceremonies Held at Arlington National Cemetery

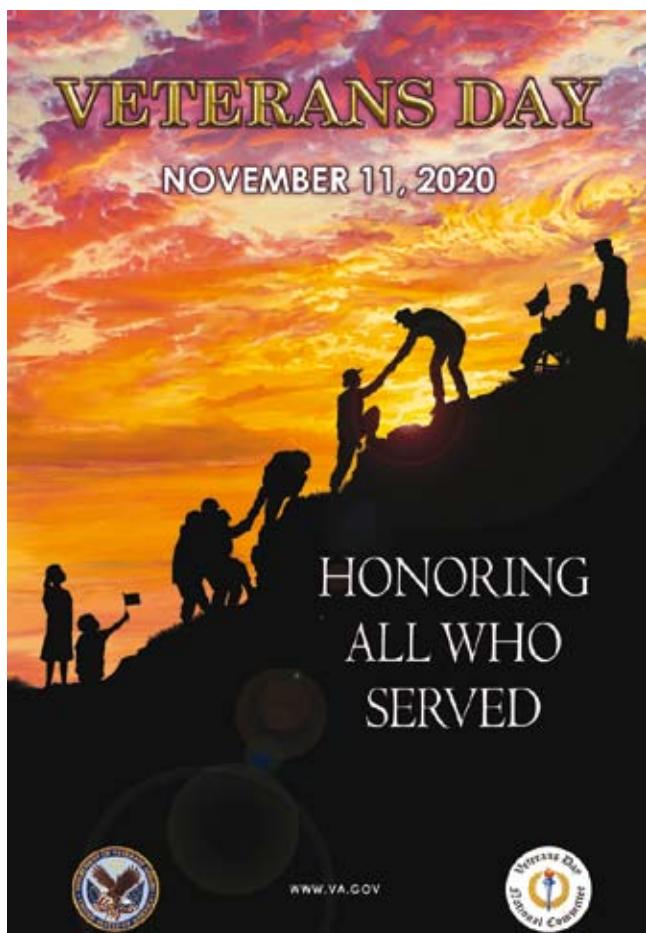
The focal point for official, national ceremonies for Veterans Day continues to be the memorial am-

fairs, the committee represents national veterans organizations.

Governors of many states and U.S. territories appoint Veterans Day chairpersons who, in cooperation with the National Committee and the Department of Defense, arrange and promote local ceremonies.

Additional Information

Additional information on the history of Veterans Day, the Veterans Day National Committee, and the national ceremony can be found on the Internet at <http://www.va.gov/vetsday>



VETERANS DAY BOAT PARADE HIGHLIGHTS SAN DIEGO FLEET WEEK

SAN DIEGO - The Maritime Museum of San Diego's restored Vietnam era PCF 816 Swift Boat will lead The Fleet Week Veterans Day Parade starting at 10 a.m. Wednesday, Nov. 11 with San Diego veterans embarked aboard the patrol craft vessel.

The Leap Frogs, the Navy's elite parachuting team, will do two performances during the parade, landing aboard the USS Midway Museum. There will also be live demonstrations by the Coast Guard sector San

Diego search and rescue teams, flyovers by vintage aircraft. Pleasure boats representing the San Diego boating community will be decorated in military and patriotic themes.

The 139-foot yacht America and Flagship Cruises' "Patriot" jet boat will also host San Diego vets during the parade.

The boat parade begins at Shelter Island, and will proceed towards the downtown skyline and work its way up to Coronado Bridge where boats will

cross the Bay and proceed south along the Coronado shoreline. Boaters who want to participate can register at <https://fleetweeksandiego.org>. This will be a family-friendly event visible to the public at many locations around San Diego Bay and presents a great opportunity for the San Diego community to honor and thank the men and women who are currently serving and have previously served as members of our Armed Forces.

The Boat Parade will also be

"Live Streamed," and available free to the public at the Fleet Week website at <https://fleetweeksandiego.org>.

The Fleet Week San Diego week-long series of events kicks off with a golf tournament Monday, Nov. 9 for enlisted service men and women at Sycuan Resort, and wraps up with military family drive-in movie night on Saturday, Nov. 14 at the Lexus parking lot at PETCO Park.

See schedule of events at <https://fleetweeksandiego.org>.

FLEET WEEK SAN DIEGO
NOVEMBER 9 - 15, 2020

BOAT PARADE
Veterans Day Celebration!



Nov. 11 | 10 a.m. | San Diego Bay

PLUS, LIVE AND VIRTUAL EVENTS

 <p style="font-size: 0.8em; color: red;">Nov. 1-15 Virtual 5K Fun Run</p>	 <p style="font-size: 0.8em; color: red;">Nov. 9 All Enlisted Golf Tournament</p>
 <p style="font-size: 0.8em; color: red;">Nov. 9-15 Military and Veterans Virtual Art Exhibit</p>	 <p style="font-size: 0.8em; color: red;">Nov. 9-15 Virtual Innovation Zone</p>
 <p style="font-size: 0.8em; color: red;">Nov. 10, 12, 13 Virtual Student STEM Days</p>	 <p style="font-size: 0.8em; color: red;">Nov. 12 Virtual SDMAC Breakfast</p>
 <p style="font-size: 0.8em; color: red;">Nov. 12 Live and Virtual Enlisted Recognition Luncheon</p>	 <p style="font-size: 0.8em; color: red;">Nov. 14 Military Family Drive-In Movie Night</p>

For more info and a complete schedule, please visit:
FleetWeekSanDiego.org



THANK YOU, VETERANS

On **Veterans Day**, we celebrate the men and women who took the oath to serve the nation.

Today, and every day, we thank you for answering **the call to serve**.

[USAA.COM/VETERANSDAY](https://www.usaa.com/veteransday)



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CNO message to the Fleet: Holiday leave planning during COVID-19

Chief of Naval Operations, Adm. Mike Gilday sent a message to the fleet Nov. 2, regarding holiday leave planning during COVID-19.

Below is the text of his message:

Shipmates, as your CNO I could not be more proud of how our Navy has resolutely stood the nation's watch during this extraordinary time of COVID-19. When parts of the world shut down in response to COVID-19, our operational tempo did not decline. Together, we have rapidly developed and applied

lessons learned so that our fleet remains where we should be, forward deployed and ready for whatever challenge comes our way. No doubt, our success is due to the personal dedication and discipline of all Sailors – active and reserve, uniformed and civilian – and their families.

While I know that operating during COVID has been hard on you and your families, your health remains my number one priority. As the virus surges again across the nation, we cannot give in to fatigue and must exercise continued vigilance. We must apply COVID-19 pro-

tocols at all times. Our guard cannot come down, not even one inch.

During the holiday season, this will be even tougher. Force health protection remains our number one priority. While many of you may not be able to return home this holiday season as you normally would, develop a deliberate plan to recharge your batteries, strengthen your connections, build resiliency, and simply take a break where you can.

When developing holiday leave plans, I expect command-

ers to be mindful that our people remain our number one asset and the physical and mental health and readiness of our Sailors is our top priority. Look for opportunities to expand leave windows to maximize options for your Sailors. Take a hands-on approach to find balanced solutions that allow everyone to take a well-deserved break. In cases where individual leave plans are not supportable, be fully transparent and completely engaged with affected Sailors to mitigate the impact as much as possible. If you are able to travel, carefully follow state, local and host nation COVID-19 regulations while on leave. Personnel executing a restriction of movement (ROM) are considered to be in a duty status and ROM periods will not be counted as annual leave.

Last, in the same way that we cannot afford to lose one Sailor to COVID-19, we cannot afford to lose one Sailor, or member of our Navy family, to suicide. Be bold in having hard discussions with those in your circle of influence. Be humble in admitting when you are stretched beyond your ability to cope. Watch out for each other and be attune to the impact this pandemic and our OPTEMPO is having on our Sailors.

Army

- Sticky tape, graphite and Army research into cutting edge sensors that may transform everything
- Coronavirus hits brigade at NTC, as home post deals with surge in cases
- Army testing its most advanced Bradley Fighting Vehicle yet
- West Point agrees to issue smaller-sized combat uniforms to new female cadets
- Hawaii Soldier with 25th Infantry detained over death of man during jewelry sale dispute



Navy

- Sailors will now have an alternative rank insignia option for Navy woodland cammies
- Naval Academy midshipman asks judge to block his removal over tweets
- The guy in charge of the Navy wants smaller, lighter aircraft carriers
- ‘Living like a king’: Former Navy official who demanded bribes from ‘Fat Leonard’ gets prison
- Keel is laid for future littoral combat ship USS Santa Barbara

Air Force

- COVID means bombers flying around the world are operating in a ‘degraded’ environment
- Air Force reprimands Senate candidate Doug Collins on campaign ads in uniform

Marine Corps

- Marine F-35s deploy on UK’s newest aircraft carrier Queen Elizabeth

Safe, healthy, and ready is how we want to enter 2021. Together, we'll make this happen. For those who will remain forward deployed, defending our nation this holiday season, thank

you and Godspeed. You and your families are in our collective thoughts and prayers.

Never more proud to be your CNO. See you in the fleet, shipmates.

India hosts Japan, Australia, U.S. in Exercise MALABAR 2020

INDIAN OCEAN – Naval ships, aircraft and personnel from Australia, India, Japan, and the United States began exercise Malabar 2020 in the Bay of Bengal, Nov. 3.

Hosted by the Indian navy, this year marks the 24th iteration of Exercise Malabar, which began in 1992 and will feature the Royal Australian Navy (RAN) as they rejoin the exercise. The annual exercise advances the planning, integration and employment of advanced warfare tactics between participating nations. The U.S. participant is destroyer *John S. McCain*.

“India, Japan, and Australia form the core of our strategic partners across the Indo-Pacific,” said Capt. Steven DeMoss, commodore, Destroyer Squadron 15. “It’s fitting to see our Navies operate in a high end, tactically relevant exercise like Malabar. It is

another opportunity to further strengthen our combined capabilities and enhance our partnerships.”

This year’s exercise at-sea includes a variety of high-end tactical training, including specific interactions that are designed to enhance interoperability between the Royal Australian Navy, Indian Navy, Japan Maritime Self Defense Force and U.S. maritime forces.

“Malabar provides an opportunity for like-minded navies, sharing a common vision of a more stable, open, and prosperous Indo-Pacific, to operate and train alongside one another,” said Cmdr. Ryan Easterday, commanding officer of USS *John S. McCain*. “A collaborative approach toward regional security and stability is important now more than ever, to deter all who challenge a free and open Indo-Pacific.”

THANK YOU TO OUR VETERANS

**“To be of service to my country is honestly an unexplainable feeling.
The greatest feeling is being part of the greater good.”**

Alicia Hunt, U.S. Air Force

UMGC Graduate Student

Gen. John W. Vessey Jr. Student Veteran of the Year, 2017

This Veterans Day, University of Maryland Global Campus (UMGC) salutes our military veterans, like Alicia Hunt, for their unwavering commitment, selflessness and service. We wish to extend our gratitude to all who have served in the U.S armed forces. We thank you for your dedication, and we are honored to serve you as you strive to achieve your higher education goals.

Share your message of thanks this
Veterans Day. Use #thanksvets or visit
umgc.edu/thanksvets.



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Troops tell Esper that DOD should not lose focus on diversity, inclusion

by Jim Garamone,
DOD News

Service members tell Defense Secretary Dr. Mark T. Esper that they don't want the Defense Department to lose focus on the importance of diversity and inclusion in the force.

The secretary met with service members during a visit to Bahrain. Esper has held 24 of these talks all over the world.

The feedback he is getting is

The secretary said everywhere he goes, "there's this

consistent. "One concern that was expressed - and I share the same concern - is that we lose focus," Esper said during a meeting with reporters traveling with him. "The good news is: It's not different [from] my previous 23 sessions. The bad news is: It's not different [from] the previous 23 sessions. In other words, there's a constant concern out there."

Those are the things they are looking for ways to rid the military of, he added. Losing focus worries the secretary as well. He does not want diversity and inclusion to become just another PowerPoint lecture that service members have to endure. "So, that's a problem that I want to make sure we avoid, which is why I set up the three initiatives I did in the summer: short-, medium- and long-term efforts."

The short-term efforts were immediate things Esper could put in place. "That's done, we've accomplished several things like we took photographs out of promotion boards," he said.

The second part will come from the report of the Defense Board on Diversity and Inclusion that is due out next month.



SALUDA, Va. (Oct. 23, 2020) - Marines salute during a ceremony honoring Marine Corps hero Lt. Gen. Lewis B. "Chesty" Puller and his wife, Virginia Montague Evans, at their gravesites here. Marines visit the site annually to honor Puller, the most decorated Marine in history. Army photo by Terrance Bell



Defense Secretary Dr. Mark T. Esper tours Avenger class minesweeper USS **Devastator**, docked at Naval Support Activity Bahrain Oct. 28. DoD photo by Lisa Ferdinando

versity and Inclusion in the Services," he said. This will be similar to the Defense Advisory Committee on Women in the Services and should sustain and keep the focus on the diversity and inclusion effort.



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DOD: Athletic wear now allowed at base commissaries and exchanges

by Jennifer H. Svan,
Stars and Stripes

It's now OK to wear spandex while running errands on base, apparently.

On Nov. 2, Defense Secretary Mark Esper immediately authorized physical fitness attire for wear by patrons at commissaries and military exchanges at Defense Department installations. The policy change includes service members, spouses and children.

Athletic apparel must be "clean, serviceable and in good condition, and appropriately modest," said the memo, which was signed by Esper and addressed to senior Pentagon leadership.

Service secretaries may make exceptions to the policy for service members "based on mission requirements and the need to maintain good order

and discipline," Esper said.

The memo, shared on social media sites Tuesday and first reported by Military.com, seemed to take many by surprise - mostly because they didn't know that yoga pants with T-shirts weren't allowed while shopping on base.

"Probably one of the least

New tool aims to enable commanders to track, prevent high-risk behaviors

by Joseph Lacdan,
Army News Service

WASHINGTON - Active-duty command teams now have a new tool to help give them more visibility on Soldiers who exhibit high-risk behaviors, as part of the Army's effort in placing greater emphasis on its people.

The Commander's Risk Reduction Toolkit, or CRRT, is a web-based system that helps command teams from the com-

enforced rules ever. Been doing it for years and didn't even know it was against the rules," said a post on Air Force Reddit.

"I bet some (senior noncommissioned officers) are crying right now. I never even knew this was a thing," said another post, referring to some NCOs' penchant for enforcing appear-

ance regulations.

Installation commanders have long had leeway to set the dress code for their base, which may include shopping facilities.

At Ramstein Air Base in Germany, there are no restrictions on wearing athletic clothing to the commissary

CRRT to active-duty units, with plans to distribute the system to the National Guard and Army Reserve before the new year.

The common access card-enabled system collects data from 27 sources across the Army while displaying up to 40 risk factors at a time. CRRT provides information on demographics, deployments and health, and it also contains charts showing unit trends such as administrative separations and other risk events.

To build the new CRRT, the Army upgraded the former Commander's Risk Reduction Dashboard and consolidated it within the new Army Vantage system to create a single system commanders can access faster and more easily.

Lane said this capability, which has been in development for six years, also provides company and battalion command teams with individual Soldier data that can help identify strong performers who may be able to increase readiness and curb risk behaviors in the unit.

• Continue reading at <https://www.army.mil/article/240527/>.

and exchange, a base spokeswoman said Wednesday.

But some bases in warmer climates have been more strict.

At U.S. Army Garrison Hawaii, a dress code poster on the base's official website says, "athletic clothing and swimwear are only allowed in recreation areas."

Civilians at Marine Corps bases in Hawaii, meanwhile, may wear appropriate athletic gear inside base facilities, as long as it is nonmilitary-issued physical training gear and isn't provocative in nature or marked with obscene or derogatory slogans, pictures or words, according to a 2018

command policy.

Civilians also are not allowed to go shopping on base immediately upon completion of a workout, the 2018 policy said.

An order dating to 2010 at Camp Pendleton in California authorizes spandex only while conducting physical training "provided that the fit of such attire is not indecent or in poor taste."

Esper in the memo did not explain what prompted the policy change.

"Thank you for your continued efforts to ensure we maintain a safe and healthy environment on our installations," Esper said.

Total Navy Battle Force: 296 Ships Underway

Deployed Ships Underway: 51

Non-deployed Ships Underway: 24

Total Ships Underway: 75

Ships Deployed by Fleet

Fleet Forces: 1

3rd Fleet: 0

4th Fleet: 4

5th Fleet: 21

6th Fleet: 14

7th Fleet: 55

Total: 95



Armed Forces Dispatch (619) 280-2985

Published by Western States Weeklies, Inc.
2604 B-280 El Camino Real, Carlsbad, CA 92008
E-mail: editor@navydispatch.com

Publisher.....Sarah Hagerty
The Dispatch is published weekly on Thursdays, by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. It does not necessarily reflect the opinion of the Department of the Navy and is in no way associated with the Department of the Navy. The editorial objective of the Dispatch, however, is to promote support for a strong military presence. 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 Dispatch or Western States Weeklies, Inc. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$70 per year to CONUS or FPO address.

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Managing entitled employees

by Dr. Daneen Skube,
Tribune Content Agency

Q: I manage an employee that is unhappy with one of our new managers. He is hanging up on Zoom calls, swearing, and acting like an entitled brat. I've talked to him but he's still acting out. How do I set boundaries with this employee without creating a power struggle?

A: You can set boundaries with employees without creating a power struggle if you set up the conditions for them to vote themselves on or off your island with specific criteria. What you want to avoid is lecturing, scolding, or criticizing. What you want to do is spell out the requirements of this job and let him or her choose to join or select a better fitting job.

Whatever you do accept the perspectives of your employees as reasonable. If they want to arrive late, not submit work, or forget tasks this can be reasonable to your employee but not possible in the job they have with you.

You want to avoid arguments about reasonableness. Whatever anyone thinks or feels to him or her is reasonable. You telling

them you disagree is a sure way to engage in a power struggle. Yes, you'll have to give up getting your employee to un-

ent company but won't work at your organization. We may all know that entitled or abusive employees would not be toler-

INTERPERSONAL EDGE:

derstand your perspective. However, by agreeing that all points are reasonable but not possible on your island you simplify your life tremendously.

Powerful communication depends on our willingness to take complete responsibility for our well-being. We each run our own sovereign kingdom in terms of what we will agree to. If we can stop trying to get everyone else to agree with us we end up with a lot of power.

Telling your employee, "You shouldn't ever be late," will start an argument. Saying instead, "This job doesn't have the flexibility for you to arrive late," will make your point without making an enemy.

I also teach the managers I coach to emphasize with a problem employee that whatever the employee is doing like swearing, or cutting off Zoom calls may work fine in a differ-

ated in any organization but let your employee go find that out. Let reality be your ally rather than trying to school your difficult employee.

What you want to say is, "Although what you're doing might work somewhere else these are the requirements of your current job. I know you'll vote with your feet by changing your behavior if you believe this job is a good fit for you. I'll also respect your choice if over the next weeks I see you not changing and we'll talk about setting you free to explore better fitting positions."

The hardest part of this approach is to tell the employee with a straight face that their current behavior is reasonable just not at your company. Managers I coach have to work really hard at sincerely agreeing that the employee's problem behaviors might work somewhere else.

Keep in mind none of us know

every work situation an employee might discover. There's some chance your problem employee would fit without change at a different company. If indeed the behaviors this employee feels entitled to engage in won't work anywhere then let this person learn that on his or her own time not yours.

The last word(s)

Q: I started 2020 feeling rather powerful and invulnerable and now walk around feeling vulnerable and keenly aware of my limits. Has 2020 turned me into a wimp?

A: No 2020 made you more attuned to the reality of being a mortal being. Those who pretend to be invincible suffer because they can't avoid weakness whereas those that accept vulnerability are capable of resiliency and humility.

Daneen Skube is an executive coach, trainer, therapist and speaker; also appears on "Workplace Guru." She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything." Reach her at www.interpersonaledge.com.

Working group smooths pay, personnel processes for Sailors converting to officer

by MC3 Jared Catlett

To ease the transition for Sailors moving from enlisted to officer, Navy Personnel Command has established the Enlisted to Officer Pay and Personnel (EOPP) working group.

The process of transitioning a Sailor from enlisted to officer deals specifically with pay and personnel records. Many commands and service members may not be familiar with this process.

For an enlisted Sailor becoming an officer, the process starts through a discharge from their enlisted contract prior to commissioning as a naval officer. The EOPP working group, located in the Transaction Service Center Great Lakes, makes that happen.

"We do all strength gains into the Navy, so everyone who joins the enlisted or officer side," said Cmdr. Steve Green, officer-in-charge, TSC Great Lakes. "We're doing their initial paperwork whether that's SGLI, GI Bill, state taxes, direct deposit, and all of your initial pay and entitlements."

• Refer to <https://www.navy.mil/Press-Office/News-Stories/Article/2401967/working-group-smooths-pay-personnel-processes-for-sailors-converting-to-officer/>.

Alternate rank tabs for Type III work uniform

by MC1 Mark D. Faram

The Navy has authorized Sailors the option to wear the black Cold Weather Parka (CWP) sleeve-style rank insignia with the Navy Working Uniform Type III (NWU Type III) in non-tactical environments. Effective immediately, the change was announced Oct. 29 in NAVADMIN 292/20. It allows wearing of the black CWP rank insignia with the NWU Type III parka and shirt as well as with the black fleece liner for all ranks, E-4 through O-10. The black tab is not authorized in tactical environments, or where training requires complete camouflage protection, the message said. "This policy change is based on the feedback received from the fleet via the rank insignia wear evaluation, Question of the Day video responses regarding insignia options, and ongoing complaints regarding the limited visibility of the camouflage pattern NWU Type III rank insignia," said Vice Adm. John B. Nowell, the Navy's chief of personnel. Refer to <https://www.navy.mil/Press-Office/News-Stories/Article/2401140/navy-approves-alternate-rank-tabs-for-type-iii-work-uniform/>.

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Local Military

Owner of technical training school sentenced for defrauding VA out of GI Bill money

by Nikki Wentling,
Stars and Stripes

WASHINGTON - A school owner who defrauded the Department of Veterans Affairs out of \$30 million in GI Bill benefits was sentenced this week to nearly four years in prison.

Nimesh Shah, 37, owned Blue Star Learning, a technical training school in San Diego. According to the Justice Department, he took "extraordinary efforts" to deceive the VA for more than three years.

"Shah's scheme appears to be one of the largest post-9/11 GI Bill fraud cases that has been prosecuted around the country,"

the Justice Department said in a statement this week.

In order to make Blue Star Learning appear eligible for GI Bill funds, Shah provided



false documents to the agency, invented fake students, created fake student files and fabricated graduate employment data. He hired people overseas to answer e-mails from the VA, pretending

to be satisfied graduates of Blue Star Learning who worked in the technology field.

Based on the false information, the VA issued about \$11 million in tuition payments to Blue Star Learning and more than \$18 million in housing allowances and stipends from March 2016 to June 2019.

California Southern District Court sentenced Shah on Tuesday to 45 months in prison. He was ordered to forfeit more than \$3 million and pay the VA \$29.4 million in restitution. His wife, Nidhi Shah, was also charged. She was sentenced to two years of probation for lying to investigators during the investigation.

USS Gabrielle Giffords joins regional allies in Ecuador for 61st UNITAS exercise

Naval forces from Argentina, Brazil, Chile, Colombia, Dominican Republic, Ecuador, Peru, Uruguay, and the United States commenced UNITAS LXI, an annual multinational exercise, Nov. 2 in Manta, Ecuador.

This year's exercise is hosted by the Ecuadorian Navy and will include 13 warships, which will conduct operations in the Pacific Ocean through Nov. 11.

Ecuadorian Navy Rear Adm. Diego Sosa, Chief of Staff of Naval Operations for the Ecuadorian Navy, will serve as Commander Task Force 401, the Combined Task Force (CTF) that executes the UNITAS exercise. U.S. maritime forces will be under the operational control of Commander, Task Force (CTF) 138, Rear Adm. Don Gabrielson, commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet.

During opening ceremonies Gabrielson, who delivered remarks virtually, told participating forces, "Welcome to the 61st UNITAS, graciously hosted by Ecuador. We embrace this opportunity to come together, united as one fighting force - a team ready to defend our strategic and shared interests."



Boatswain's Mate 3rd Class Elizabeth Homer signals the departure of an MH-60S Sea Hawk helicopter on the flight deck of Gabrielle Giffords littoral combat ship. Navy photo by MC2 Allen Michael Amani

Participating U.S. forces include: San Diego-based USS **Gabrielle Giffords** (LCS 10), USNS **Burlington**, Helicopter Sea Combat Squadron (HSC) 23 Detachment 9, Patrol Squadron (VP) 9, Patrol Squadron (VP) 26, Coast Guard Cutter **Legare**, Army Vessel **Chickahominy** (LCU 2011), Air Force aircraft, and staff members from Destroyer Squadron (DESRON) 40, Marine Corps Forces South, and U.S. 4th Fleet.

operations in order to increase interoperability and capability between participating naval and marine forces.

UNITAS, which is Latin for "unity," was conceived in 1959, first executed in 1960 and has been held every year since.

This year marks the first time in approximately 20 years that Ecuador has hosted the exercise and the 61st iteration of the world's longest-running annual multinational maritime exercise.

U.S. Naval Forces Southern Command/U.S. 4th Fleet supports U.S. Southern Command's joint and combined military operations by employing maritime forces in cooperative maritime security operations to maintain access, enhance interoperability, and build enduring partnerships in order to enhance regional security and promote peace, stability and prosperity in the Caribbean, Central and South American region.



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Acting Under Secretary of the Navy, Gregory Slavonic, stands with the honors detail on the foc'sle of destroyer USS Michael Monsoor during the ship's return to San Diego. Slavonic traveled to southern California to meet with Sailors and Marines, gaining enhanced insight to Fleet modernization, cyber and readiness efforts that will ultimately build a more lethal force. Navy photo by Fire Controlman 2nd Class Hannah Dill

Acting Navy under secretary visits Naval Special Warfare

CORONADO - "I was struck by the willpower and absolute dedication these individuals impart to the Navy."

Those words were shared with the Navy's Special Warfare community by Acting Under Secretary of the Navy Gregory J. Slavonic during his visit to the Coronado command Oct. 28-29.

Slavonic was in the Southwest visiting Navy and Marine Corps commands as part of a familiarization tour. During his time with the NSW community, he was briefed by senior leaders and met West Coast Sailors to learn about how the force is postured and the

people it comprises.

"I was energized and excited by what I saw at NSW," said Slavonic. "It was incredible to view the training process and facilities that are utilized by potential and current members of the Naval Special Warfare and Special Operations community."

"I relish the opportunity to engage with our naval service members and civilians and was struck by the willpower and absolute dedication these individuals impart to the Navy."

Slavonic was updated on NSW force readiness in light of increasingly sophisticated adversaries and great power competition, as well as how NSW is supporting the fleet in delivering capabilities with strategic effect in the maritime environment.

He and NSW senior leaders who oversee operational, planning and assessment and selection functions discussed the significance of Sailors as the nation's key asymmetric advantage. Slavonic was briefed on deliberate NSW initiatives to identify talent, quantify performance, select outstanding candidates and foster character and competence, all crucial elements to preparing Sailors for the complexities and risks of future operating environments.

Slavonic observed teambuilding and fitness evolutions at

NSW Center, which provides initial assessment and selection and subsequent advanced training to the Sailors who make up the Navy's SEAL and Special Boat Teams. He also toured the training facilities and indoor shooting ranges of the Silver Strand Training Complex-South, speaking with Sailors along the way.

"Being able to share what we do every day to ensure tomorrow's special warfare forces are the ready, capable, honor-driven teammates our nation needs and deserves was a special privilege," said Capt. Bart Randall,

"Being able to share what we do every day to ensure tomorrow's special warfare forces are the ready, capable, honor-driven teammates our nation needs and deserves was a special privilege."

Capt. Bart Randall, commander, NSW Center

commander, NSW Center. "We are focused on the character and competence our young people bring to the community, and I'm grateful Mr. Slavonic was able to come see it first-hand."

Slavonic wrapped up his visit with the Navy Parachute Team (NPT), enjoying a display of its proficiency during an aerial tactics demonstration. The NPT comprises active-duty SEALs, Special Warfare Combatant-craft Crewmen and support personnel. Sanctioned by the Department of Defense and recognized by the Federal Aviation Administration, the NPT travels around the country performing demonstrations and outreach engagements.



Shown here is the new headquarters for Commander, Navy Region Southwest. Photo courtesy of Turner International Construction

NRSW relocates into new headquarters

Called Navy Building One, the new home of Navy Region Southwest in downtown San Diego replaces the nearly 100-year-old former waterfront warehouse.

Overlooking San Diego Bay, the 17-story headquarters will soon be occupied by the full operational staff - over 1,400 Navy and civilian personnel.

According to Commander, Navy Installations Command, the Navy's shore integrator responsible for worldwide Navy shore installations, the mission of NRSW is to be "the best at efficiently delivering the right level of shore support services that meets customer's mission requirements, reduces risk and ensures our Operational Forces are ready to take the fight to the enemy."

The Navy officially took possession of the 373,000 square-foot, top-of-the-line office building on Oct. 9. Besides being the major base for Navy Region Southwest, it will also be the home of Naval Facilities Engineering Command Southwest and Navy Region Southwest Reserve Component Command.

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PHILIPPINE SEA
OCT. 31, 2020

Lt. Garrett Platt, from San Diego, stands watch in the strike operations center aboard USS Ronald Reagan aircraft carrier (CVN 76) during Keen Sword 21. Keen Sword is an example of the strength of U.S.-Japan Alliance.

Navy photo by
MCSA Oswald Felix Jr.

Hospitalman Melodie Abell, a Sailor assigned to Naval Branch Health Clinic (NBHC), Marine Corps Recruit Depot (MCRD) San Diego, conducts a blood draw at the clinic. Abell oversees the recruits' vaccination process, and ensures their medical records are properly built. Navy photo by MCSN Luke Cunningham



SAN DIEGO
OCT. 29, 2020



EL CENTRO, CALIF.
OCT. 17, 2020

Cpl. Rodrigo Gutierrez, a Marine Corps aviation ordnance technician, inspects live ordnance on an F/A-18 Hornet aboard the Naval Air Facility. Official Navy photo



PHILIPPINE SEA
OCT. 28, 2020

Lt. Alexis McGilvrey, from Ramona, Calif., signals an aircraft to take off from the flight deck of USS Ronald Reagan (CVN 76) during Keen Sword 21. Keen Sword is an example of the strength of U.S.-Japan Alliance, the foundation of peace and security in the Indo-Pacific region for almost 60 years. Navy photo by MC3 Gabriel A. Martinez

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Veterans History Project celebrates 20th anniversary year with online concerts, panels, Nov. 6-14

The Library of Congress Veterans History Project (VHP) will host a series of musical performances and discussion panels to inspire conversations around the collection as both an archival resource and a diverse repository of veterans' experiences — a mission it has met for the past 20 years. The events will premiere on the Veterans History Project's Facebook page: facebook.com/vetshistoryproject.

Friday, Nov. 6

Barbara Martin, 8 p.m. The noted singer songwriter and Gold Star sister performs songs she wrote honoring her brother, Dennis Martin, who was killed in Vietnam on July 10, 1970, and whose letters and photos she donated to the Veterans History Project.

Saturday, Nov. 7

"In Love and War" Roxanne Seeman, 8 p.m. The Emmy-nominated composer co-wrote and arranged "In Love and War" to honor World War II veterans, including her father, whose collection she is donating. Pianist Elise Solberg and singer Hannah Goldblatt perform.

Sunday, Nov. 8.

"Still Over There" Franklin Tootle, Operation Song, 8 p.m. Written by Jim Collins and Air Force and Navy veteran Frank-

lin Tootle, "Still Over There" describes Tootle's journey with PTSD as a result of his service in Iraq and how his commitment to country, family and his fellow veterans drives him daily. Operation Song is a Tennessee based nonprofit program that pairs veterans, active-duty military, and their families with professional songwriters to help them tell their stories, totaling over 700 to date.

Monday, Nov. 9

Conversation on Conversing: Veterans Discuss VHP Participation, 12 p.m. Veterans of various generations, conflicts and backgrounds discuss the process of submitting a collection of their unique military memories to the Veterans History Project.

Tuesday, Nov. 10

"Old Glory" Kimberley Mitchell, Operation Song, 8 p.m. Written by Cindy Morgan and Kimberly Mitchell, "Old Glory" displays Mitchell's dedication to Vietnam era veterans through her experience assisting with the Old Glory Yellow Ribbon Honor Flight, which takes these veterans on an all-expense paid trip to Washington, D.C. and returns them home as heroes to the AirVenture airshow in Oshkosh, Wisconsin.

Thursday, Nov. 12

Organizational Benefits to

Collaborating with VHP, Panel Discussion, 12 p.m. A group of renowned liaisons who masterfully use the Veterans History Project discuss how they engage with their communities to ensure their local veteran and Gold Star family members' contributions are not forgotten, but forever archived and made available for all.

Friday, Nov. 13

"Precious Pearl" Kim Mitchell, Operation Song, 7 p.m. Written by Cindy Morgan and Navy veteran Kimberly Mitchell, "Precious Pearl" tells Mitchell's story who as a baby during Vietnam was found on the roadside, clinging to the body of her deceased mother. A South Vietnamese Marine carried her to the Sacred Heart Orphanage in Da Nang, Vietnam where she was adopted by a U.S. Airman and brought back to Wisconsin from where she dedicated her life to service.

Saturday, Nov. 14

Volunteering to Make History, Panel Discussion, 12 p.m. A compelling group of interviewers, from students to professionals, share their experiences, best practices and what the Veterans History Project has meant to them.

The Veterans History Project kicked off its 20th anniversary year last fall with a Veteran Art

Showcase, demonstrating the many ways veterans use the arts and personal narrative to help them transition to civilian life. When the COVID-19 pandemic arrived, VHP began offering virtual programming in lieu of the many in-person commemorative events being planned.

"This year has been challenging, to say the least, but no less impactful than any other in VHP's amazing 20-year history," said Karen Lloyd, director of the Veterans History Project.

"November's events are the high point in a year of raising awareness about VHP in multiple venues."

Congress created the Veterans History Project in 2000 to collect, preserve and make accessible the firsthand remembrances of United States war veterans from World War I through the more recent conflicts in Iraq and Afghanistan, so that future generations may hear directly from veterans and better understand the realities of war. For more information, visit www.loc.gov/vets/ or call the toll-free message line at (888) 371-5848.

Subscribe to the VHP RSS to receive periodic updates of VHP news. Follow VHP on Facebook [@vetshistoryproject](https://facebook.com/vetshistoryproject).



ARLINGTON NATIONAL CEMETERY
OCT. 27, 2020

Funeral escort

Soldiers assigned to the 3rd U.S. Infantry Regiment, known as "The Old Guard," and members of "Pershing's Own," the U.S. Army Band, conduct modified military funeral honors with funeral escort for Medal of Honor recipient Army Staff Sgt. Ronald J. Shurer II. Shurer received the Medal of Honor for going above and beyond the call of duty April 6, 2008, while assigned to Special Operations Task Force 33 in Afghanistan during Operation Enduring Freedom. Army photo by Elizabeth Fraser.

SD County restaurants donate meals to feed ill and injured warriors in November

The San Diego County Chapter of the California Restaurant Association has teamed up with Warrior Foundation Freedom Station, a local nonprofit organization, to present Restaurants Salute to Service. Now in its fourth year, this annual event honors San Diego's proud military traditions and the brave men and women who serve our country. Throughout November, participating restaurants will be donating nearly 700 meals to feed ill and injured warriors, including the seriously injured, those suffering from post-traumatic stress and traumatic brain injury, those undergoing physical or occupational therapy, and transitioning warriors who have been medically retired and remain in our community. Warrior Foundation Freedom Station is facilitating the delivery of meals through its extensive network in the military community.



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Veterans News

Bonus from businesses: Veterans Day discounts

39 Dollar Glasses - All active duty service members and veterans can receive 20 percent off at 39dollar-glasses.com. To benefit from military discount, all you need to do is verify your military status with an e-mail or ID card, and then you can browse the extensive selection of affordable frames, lens types, and lens coatings available online.

7-Eleven - Active duty service members, retired, veteran, guard, Reservists and family members get a free coffee or Big Gulp on Nov. 11. (7-Eleven app may be required and some locations). Military ID and veteran ID required.

Luna Grill - Veteran and active duty service members can enjoy a special Buy One, Get One Free deal from Nov. 11-Nov. 13 at all locations. Proper ID required.

SWEET DEALS

Amtrak - Veterans, active duty service members, their spouses and dependents are eligible to receive 10 percent discount. Valid military and veteran ID required.

Applebee's - Active duty military and veterans with valid ID get free meal from a special Applebee's menu on Veterans Day.

Aquarium of the Pacific, Long Beach, Calif. - The aquarium honors veterans and active duty military personnel with free admission Nov. 11. Advance reservations required. Limited capacity. To take advantage of discount military and veteran ID card required.

Bed Bath & Beyond - Veterans and active duty service members and military spouses receive 25 percent off entire in-store shopping cart on Veterans Day. Proper ID required.

Black Angus Steakhouse - Offering all active duty military personnel and veterans with valid ID the All-American Steak Plate for just \$10.99 (including a non-alcoholic beverage). Takeaway orders can be made by calling the restaurant directly.

Buffalo Wild Wings - Veterans and active duty service members get a free order of 10 boneless wings and fries on Nov. 11. The offer is available for dine-in or takeout. ID required.

Cabela's - Veterans and active duty service members get 5 percent discount with a valid ID.

Chili's - Veterans and active duty service members get a free meal from a select menu on Nov. 11. Available for dine-in only. Military ID and veteran ID required.

Veterans

- Check-in calls to new veterans could become a permanent VA program
- President signs bill aimed at helping Guard, Reservists who face barriers to benefits
- White House recognizes November as Veterans and Military Families month
- After 8 months of delays, VA launches new electronic medical records system



Mt. Soledad, San Diego commemorates Veterans Day with live streaming event

SAN DIEGO- Veterans Day commemorations and celebrations in San Diego continue to stay virtual and socially-distant in 2020. With COVID-19 regulations still preventing large gatherings, two of San Diego's military veteran organizations are collaborating to hold a live streaming simulcast tribute to honor the Greatest Generation, veterans of World War II.

The Mt. Soledad National Veterans Memorial and Honor Flight San Diego will host an hour-long tribute that will be streamed live on Nov. 8 from 11 a.m. to 12 p.m. at www.soledadmemorial.org.

"With a highly successful Memorial Day live virtual broadcast and events still being canceled due to COVID regulations, we knew it was still very important to honor our local World War II veterans here in San Diego County, this being the 75th Anniversary since the ending of that conflict," said Phil Kendro, vice president of the Mt. Soledad Memorial Association's Board of Trustees. "The opportunity to express our sincere thanks to these brave men and women is running out."

Miramar's virtual Veterans Day service

Virtual Veterans Day Memorial Service: Go to www.miramar-cemetery.org on Veterans Day for a 20-minute presentation hosted by Miramar National Cemetery Support Foundation. Commemorating the 75th anniversary of the end of World War II and honoring the U.S. Merchant Marine. Guest speaker: Rear Adm. Jack Buono, superintendent, U.S. Merchant Marine Academy. No live service at Miramar National Cemetery this year.

Five facts you might not know about Veterans Day

by Katie Lange

Veterans Day is a well-known American holiday, but there are also a few misconceptions about it—like how it's spelled or whom exactly it celebrates. To clear some of that up, here are the important facts you should know.

Veterans Day does NOT have an apostrophe.

A lot of people think it's "Veteran's Day" or "Veterans' Day," but they're wrong. The holiday is not a day that "belongs" to one veteran or multiple veterans, which is what an apostrophe implies. It's a day for honoring all veterans—so no apostrophe needed.

Veterans Day is NOT the Same as Memorial Day.

A lot of Americans get this confused, and we'll be honest—it can be a little annoying to all of the living veterans out there.

Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace—dead or alive—although it's largely intended to thank living veterans for their sacrifices.

It was originally called Armistice Day, commemorating the end of World War I.

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months before that when the Allies and Germany put into effect an armistice on the eleventh hour of the eleventh day of the eleventh month.

For that reason, Nov. 11, 1918, was largely considered the end of "the war to end all wars" and



President Dwight D. Eisenhower signs HR7786, June 1, 1954. This ceremony changed Armistice Day to Veterans Day.

dubbed Armistice Day. In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War I.

But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word "armistice" to "veterans" so the day would honor American veterans of all wars.

For a while, Veterans Day's date was changed, too, and it confused everybody.

Congress signed the Uniform Holiday Bill in 1968 to ensure that a few federal holidays—Veterans Day included—would be celebrated on a Monday. Officials hoped it would spur travel

and other family activities over a long weekend, which would stimulate the economy.

For some inexplicable reason, the bill set Veterans Day commemorations for the fourth Monday of every October.

On Oct. 25, 1971, the first

Veterans Day under this new bill was held. We're not sure why it took three years to implement, but not surprisingly, there was a lot of confusion about the change, and many states were unhappy, choosing to continue to recognize the day as they previ-

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ously had—in November.

Within a few years, it became pretty apparent that most U.S. citizens wanted to celebrate Veterans Day on Nov. 11, since it was a matter of historic and patriotic significance. So on Sept. 20, 1975, President Gerald Ford signed another law (Public Law 94-97), which returned the annual observance to its original date starting in 1978.

Other countries celebrate it, too, in their own ways.

World War I was a multinational effort, so it makes sense that our allies also wanted to celebrate their veterans on Nov.

11. The name of the day and the types of commemorations differ, however.

Canada and Australia both call Nov. 11 "Remembrance Day." Canada's observance is pretty similar to our own, except many of its citizens wear red poppy flowers to honor their war dead. In Australia, the day is more akin to our Memorial Day.

Great Britain calls it "Remembrance Day," too, but observes it on the Sunday closest to Nov. 11 with parades, services and two minutes of silence in London to honor those who lost their lives in war.

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The Meat & Potatoes
of Life



by
Lisa
Smith
Molinari

When I was in college, my main concerns were keeping my checking balance over \$50, taming my unruly bangs, learning how to survive on ramen, and finding a date. Unencumbered by the realities of responsible adulthood — mortgages, taxes, cholesterol, corporate ladders, insurance, in-laws — I was free to explore my own personal interests, preferences and philosophies on my own timeline.

I was also free to make my own mistakes, which I did quite frequently.

Our two daughters, Anna (22) and Lilly (20), are now in that same stage of young adulthood, when independence outpaces wisdom. As classic "military brats" who lived in multiple locations including overseas, our girls believe they've had enough life experience to make their own choices without any guidance.

As parents, we try to give them free rein, which is frustrating because they still live under our roof, don't pay rent, and say things like, "Mom, just so you know, we need more crumbled goat cheese and Pantene conditioner." But we bite our lips because we know that they must learn for themselves like we did, on their own time.

One night at dinner, Anna mentioned that she'd seen the Netflix documentary "The Social Dilemma." The four of us had a rather intellectual discussion about it, a rarity at Molinari fam-

Young minds robbed of luxury of ignorance

ily dinners which generally involve mindless banter about such things as chunky versus creamy peanut butter.

Anna had found the documentary to be a frighteningly realistic expose about how big tech companies' search and social media platforms encourage extremism and divisiveness in our modern culture. The film suggests that "[a]lgorithms promote content that sparks outrage, hate, and amplifies biases within the data that we feed them." Experts have identified new online mechanisms resulting from the effects of technology, such as hashtag hijacking, information manipulation, social media homophily, and "filter bubbles" in which internet users are fed only media which reinforces their world view.

A worrier by nature, Anna said that she was having trouble sleeping thinking about the implications of technology's influence on society. "What scares me the most is the effect that social media has on political views, because algorithms can't differentiate fact from fiction," she said between bites of salad.

Even Lilly, who lives in the moment and doesn't think much about the future, chimed in with her own concerns. She said that many of her friends were posting extreme opinions about political and racial issues on social media. She described feeling underlying pressure to "like" or "share" such posts, for fear that she might lose friends just by being silent on issues that she doesn't know much about.

My husband and I couldn't allay our daughters' fears, because

we were worried, too. We are from the last generation of parents who weren't raised with the internet and social media technology. We simply don't understand what it is like for our own kids to grow up under the constant influence (and arguably, manipulation) of search platforms, social media, personal data trafficking and artificially intelligent algorithms.

Although our daughters are young adults, fully capable of forming their own opinions about serious issues facing our nation and the world, they have not been afforded the luxury of mindlessness that we experienced at their age. After turning 18, I was in no rush to understand political and social issues. I was too busy forming my adult personality, sorting through insecurities, and attending to my social life to read the newspaper or watch nightly news reports.

Someday, I would know enough to make an informed decision, but all in due time.

Conversely, Millennials and Gen Zers' developing brains have been bombarded with political messages, 24/7 news (and disinformation), and extreme opinions from a tender age. Statistics show that 90% of young adults use social media, and they use it for more than three hours each day. In many ways, this exposure has robbed them of the innocent ignorance of youth.

Our family discussion at dinner did not end in a parental lecture as one might expect. Instead, we all reached a sober general consensus that we should all spend less time on the internet. And, that crunchy peanut butter is definitely the best.

AutoMatters™ & More



by Jan Wagner

SEMA is the Specialty Equipment Market Association. Founded in 1963, it is a "trade association dedicated to helping businesses involved with vehicle customizations."

SEMA consists of a diverse group of manufacturers, distributors, retailers, publishing companies, auto restorers, street-rod builders, restylers, car clubs, race teams and more. AAPEX is the Automotive Aftermarket Products Expo. Serving the "\$1 trillion global automotive aftermarket industry," its trade show complements, but is distinctly different from, the SEMA Show. Held on the same week in Las Vegas, the SEMA Show and AAPEX are must-see auto trade shows, although CES also has an important automotive component. Attendance at the trade-only SEMA Show exceeds 160,000. Hundreds of customized vehicles fill and surround the exhibit halls.

The SEMA Show is "focused on new products, feature vehicles, manufacturer/buyer connections and downloadable promotional catalogs and sell sheets," whereas the emphasis at AAPEX is more on service, repair and replacement parts and equipment. Both shows include specialized industry training sessions.

In past years, my coverage of the SEMA Show and AAPEX featured my extensive photography. In addition to the cool customs, I also sought out and discovered new and innovative products to review back

SEMA360 & virtual AAPEX experience

at my home in San Diego, and I covered thrilling motorsports events ranging from off-road racing to autocrossing to rallycross and more.

However, in 2020 the Coronavirus Pandemic put an end to that. It wasn't safe to hold these two trade shows in-person this year. Instead, they have been reconfigured as online events: SEMA360 and the VIRTUAL AAPEX EXPERIENCE.

Gone were the many hands-on opportunities to see and examine countless customized vehicles, parts, accessories and more. The SEMA Show's drifting and other high-performance automotive demonstrations, such as "Ford Out Front," surrounded by spectators in the large, paved, outdoor areas of the Las Vegas Convention Center, didn't take place. Motorsports events that traditionally were held during the week at venues in the greater Las Vegas area, including at Las Vegas Motor Speedway, didn't happen. The "SEMA Cruise" was cancelled too. That had been an popular, hours-long parade of customized show vehicles that slowly streamed out of the LVCC and were driven, between grandstands packed with members of the general public, on their way to the massive "SEMA Ignited" afterparty.

Consumer habits have been broken as a consequence of the Coronavirus Pandemic. At the VIRTUAL AAPEX EXPERIENCE, we were reminded that this has cost the U.S. economy trillions of dollars. Mass transportation may not recover until 2022-23.

This is a global industry. As the effects of the pandemic were first felt, we were faced with supply chain interruptions from China. That was exacerbated here at home by stay-at-home orders. It has been a challenge to convince the Mexican

authorities to keep the doors open in their parts plants.

This has been a year of unprecedented changes, but through it all our vehicles have needed, and continue to need, service and repairs from time to time. That is why this industry has been designated as essential. As the amount that we drive eventually increases to more typical pre-pandemic levels, so too will automotive business. The automotive hobby will continue to drive customization.

It'll continue to be up to the parts industry to provide the right part, at the right place, at the right time. As always, companies will need to continually adapt to meet the changing needs of their customers, focusing on the customer experience.

It is uncertain whether things will ever be the way things were before the pandemic, even when there is a widely administered, safe and effective vaccine. The automotive industry must continue to prioritize the health, safety and well-being of its customers and employees. Some automotive work had shifted into Do-It-Yourself (DIY), since many people have been stuck at home, but in time the situation will shift back to having others do some of that work.

While the pandemic has been an epic challenge, it also presents great opportunities. To best meet those challenges requires innovation, communication and perseverance.

The SEMA Show and AAPEX will return as in-person trade shows, but they will probably be different, in part since pre-COVID business travelling and spending may have been excessive. The industry must and will continue to adapt in the face of extreme pressures.

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Operation Dress Code 2020 hosts virtual comedy night Nov. 7, 5pm

Operation Dress Code Shifts To Operation Laughter and Smiles Virtual Comedy Night Featuring Top Comedians Will Replace The Operation Dress Code Boutique Day for 2020



C'mon San Diego, you know you need a good laugh! The Operation Dress Code Team is working to deliver a little laughter and joy on November 7 at 5pm, PST, by hosting the first-ever Operation Dress Code Virtual Comedy Night.

The evening will feature Veterans of Comedy, <http://the-veterans-of-comedy.com/> which

includes some of the nation's most recognized and talented comedians who bring a unique blend of comedy that only military veterans

can offer.

The event replaces our annual Operation Dress Code Boutique day, which is postponed until 2021 due to Covid-19. The Virtual Comedy Night fundraiser is designed to create some smiles while generating support for an Operation Dress Code Boutique event in 2021.

The event is open to the public. Register on Eventbrite, watch on

Zoom. Just go to <https://odcvet-transofcomedy.eventbrite.com>. Minimum suggested donation of \$10 is greatly appreciated. Saturday, November 7, 2020, 5 p.m., PST

Operation Dress Code is a collaborative effort led by San Diego's Courage to Call. The annual event is designed to empower women veterans by providing a beautiful pop-up boutique day where they can receive a free shopping spree with personalized shoppers and professional stylists. The mission is to help women Veterans transition to the civilian work-

force by providing them with the wardrobe needed to enter new careers.

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Courage to Call is a free, confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status, through information, guidance, and referrals. We offer an optional deeper level of care with case management and can assign a veteran peer navigator to your case. These "Navigators" will help you navigate the resources and will advocate on your behalf.

Today we need to look to the sun and be grateful

by Dr. Glenn Mollette
glenmollette.com

The Sun is shining today and will rise tomorrow. For more years than we know the Sun has followed this same pattern.

The rising Sun is a good pattern for all of us. We know each day we can count on the Sun. Somedays the Sun is hidden by clouds but it's there. Too often we forget to notice the Sun. Often it feels too hot or we wish it would warm up. We are never completely satisfied with the job the Sun does. Too hot, not hot enough. Too bright.

Through all of our life's discontents with the Sun's performance, the Sun keeps performing. Throughout my lifetime I don't know of a day that the Sun has

let me down. It just keeps on glowing regardless of the day or world events.

I remember the day President John F. Kennedy was assassinated. His death was one of the darkest days I can remember as a child but the Sun never ceased to shine.

When Americans came home from Vietnam in boxes and thousands of funerals were held around the country, we mourned but the Sun kept shining.

I've buried a wife and a baby and it seems like looking back that for a period of time I doubt that I even noticed the Sun was shining. Often life's traumas block the Sun from our eyes even if we are staring right into its rays.

Millions of Americans are un-

happy with the election, and some aspects of American life. We don't like Covid-19, unemployment nor the unrest that is all over our country.

We sadly have become alienated from good people who have different opinions than we do and this is tragic.

Today we need to look for the Sun. The Sun is not political. The Sun shines on the Democrats and the Republicans. The Sun shines on sinners and the righteous.

The Sun takes care of the planet providing our warmth, growth and our very lives. We take the Sun for granted. So often we don't even pay attention to all the Sun does and provides. However, we need the Sun. We do hear about the

importance of clean water and air but are you grateful for the good air and water that you do have?

Take time to notice the Sun today. A clear day or a cloudy day will find the Sun shining. Another day of life means another day to enjoy all that God has created and made. I've never known a day of life without the Sun. I've never known a day that I couldn't find good people with whom to talk. I've never experienced a day that I didn't feel there were people to love and people who cared about me.

God has provided the Sun and as long as our creator wants it to shine it's going to shine.

Today, let the Sun shine on you.

Gather your family around the radio; KPBS offers several chances to hear The Old Globe production of 'How the Grinch Stole Christmas'

The performance can be heard for free on KPBS Radio 89.5 FM, the KPBS website and app, and on smart speakers Thursday, Nov. 26 (Thanksgiving Day) at noon; Saturday, Dec. 5 at noon; Sunday, Dec. 20 at noon and Thursday, Dec. 24 (Christmas Eve) at 6pm.

The Old Globe's 15th annual Christmas Tree Lighting Ceremony will take place online on The Globe's website and social media channels on Sunday, Nov. 22 at pm.

Buying a home? This class might help you

Take this class and gain access to try and qualify for up to 17% in down payment assistance and up to \$10,000 in closing cost assistance thru County of San Diego Downpayment Information SAN DIEGO COUNTY HOME CONSORTIUM Homebuyer Downpayment & Closing Cost Assistance (DCCA) / CalHome Program PROGRAM OVERVIEW: Effective August 11, 2020 Buyer: You must occupy the property as your primary place of residence. You must contribute a minimum of three percent of the purchase price from your own funds. You must not have owned a home or been on title of a home within the last three years.

You must complete a HUD/CalHome Approved Homebuyer Education class. The total gross annual income of the entire household must not exceed 80 percent of the San Diego County Area Median Income (AMI). You must receive the maximum first mortgage loan for which you qualify. DCCA/CalHome loan cannot exceed 17 percent of total purchase price. Plus 4 percent up to \$10,000 for closing costs. Register online. Space is limited! Once you finish the series, you can follow up with one of our HUD-Certified Counselors to do a pre-purchase counseling assessment for FREE as many times as needed to get you prepared for your dream home! Contact us for more details! Email: housing@sdul.org ||| Urban League of San Diego County | 4305 University Avenue, 360, San Diego, CA 92105

Trolley's Stadium Station closing for two years due to Aztec Stadium construction

The Trolley's Stadium Station, which has greeted millions of fans for top-billed events over the past 23 years, closed for a period of two years on Sunday, Nov. 1. The station's closure is due to ongoing construction of the new Aztec Stadium. The station opens back up in 2022. The Stadium Station will be a critical link between San Diego State University campus and the new SDSU West site. The Sycuan Green Line offers an eight-minute ride between the two sites, and creates a seamless connection for thousands of students, faculty and staff.

ACTIVE DUTY AWARENESS TRAINING STUDY

The SCAN Lab at the University of Arizona is conducting a study to observe the effects of "Awareness Training" on resilience, psychological health, and emotional functioning. Participants will be required to complete:

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Managing diabetes: New technologies can make it easier

Your body takes care of countless tasks for you. You might not notice all it's doing to keep you healthy until something goes wrong.

Diabetes is a serious disease that happens when your body has trouble managing and using blood glucose, a sugar that your body uses as fuel. When you have diabetes, you must actively take on this process yourself. New technologies are being tested to make it easier for you to control diabetes and to help you stay healthy.

More than 100 million Americans are living with diabetes or prediabetes, a condition where blood glucose levels are higher than normal, but not high enough to be considered diabetes. People with diabetes must frequently check their blood glucose (or blood sugar) and take quick action if it gets too high or low. They must also constantly consider how all meals, physical activity, and things like stress will affect their blood glucose.

Types of Diabetes

How people with diabetes manage their blood glucose levels depends, in part, on the type of diabetes they have. The most common are type 1, type 2, and gestational diabetes.

With type 1 diabetes, your body doesn't make enough of a

hormone called insulin. Insulin signals the body's cells to let glucose inside. The body can't produce enough insulin because the immune system, your body's defense against germs and foreign substances, mistakenly attacks and destroys the cells in your pancreas that make insulin.

Type 2 diabetes is the most common. It occurs when either your body's cells have trouble using insulin or your body doesn't produce enough insulin to handle the glucose in your blood.

Both types can develop at any age. Type 1 is most often diagnosed in children and young adults, while type 2 shows up most in middle-age and older people. Gestational diabetes occurs only during pregnancy, but increases your chances of developing type 2 later in life.

Diabetes symptoms can vary by type. Some shared symptoms include increased thirst, hunger, and urination. Symptoms of type 1 can start quickly, over a few weeks. Type 2 symptoms tend to develop slowly over years, making them less noticeable.

Blood Glucose Control

Many people with diabetes check their blood glucose with a blood glucose meter. This portable machine measures how much glucose is in the blood. You get a



drop of blood by pricking the side of your fingertip with a small, specialized needle. Then you apply the blood to a test strip. The meter shows you how much glucose is in your blood at that moment.

People with type 1 diabetes, and some people with type 2, correct and manage their blood glucose with injections of synthetic insulin. A missed, or miscalculated, dose can lead to serious complications, immediately and over time. Diabetes increases your risk for blindness, heart disease, stroke, kidney failure, and amputation.

"It's a significant burden to self-test sugar levels several times a day, count carbohydrates with each meal, take into account the impact of physical activity, and then calculate the amount of insulin you need to inject multiple times a day with a syringe or the help of an insulin pump," explains Dr. Guillermo Arreaza-Rubin, who heads NIH's

Diabetes Technology Program. Any error in this management may lead to life-threatening complications like severe hypoglycemia, which is very low blood glucose.

"Hypoglycemia is one of the main reasons people with type 1 visit hospital emergency rooms every day," Arreaza-Rubin says. "It happens more frequently during the night and is a major cause of fear and anxiety among people with diabetes and their families."

Help From Technology

NIH funded-scientists are testing promising technologies to help people better manage diabetes. For example, "artificial pancreas" systems monitor blood glucose levels and provide insulin, or a combination of insulin and another important hormone, automatically. The devices vary in how easy they are to set up and use.

"Our device, called the iLet, is designed to minimize the guesswork and time drain that comes with managing type 1 diabetes," says Dr. Edward Damiano, a biomedical engineering expert at Boston University who's co-founded a company to further develop the technology. The device only requires that you type in your body

Questions To Ask Your Doctor.....

- What type of diabetes do I have?
- How do I best manage my type of diabetes?
- How and when do I test my blood sugar?
- What are the benefits and risks of any medications or treatments?
- Can you suggest a healthy meal plan and safe ways to be more active?
- How often should I schedule checkups?
- Are there new technologies that can help me manage my type of diabetes?
- Would a clinical trial (research study) be right for me?

weight to get started. "The system does the heavy lifting of regulating blood glucose, freeing up the user to live a less burdened and more spontaneous life."

Previous studies have shown that artificial pancreas systems can be safer than the current standard for insulin delivery. Several different devices are now being tested in more people for longer periods of time. Researchers are looking at safety, user-friendliness, the physical and emotional health of the participants, and cost.

Safety is a priority for researchers. "When people with type 1 exercise, their blood glucose can respond in unpredictable and potentially dangerous ways," explains University of Virginia engineer Dr. Marc Breton. He led a recent study that showed an artificial pancreas system improved glycemic control and reduced hypoglycemia in adolescents with type 1 diabetes as they participated in winter sports, like skiing and snowboarding.

"The artificial pancreas performed very well in an extremely challenging environment," he says. "Eventually, it may allow people with diabetes the freedom to participate safely in physical activities that they likely avoided in the past."

Other scientists are taking different approaches to replace insulin more effectively. For example, "smart insulins" would become active only when needed. Researchers are also looking for ways to regenerate or replace insulin-producing cells—and to stop the body from attacking them.

While future tools may make it easier to manage your diabetes, you can learn how to manage diabetes with the tools we have now to live a long, healthy life. Medications, glucose monitors, and insulin pumps are all available now to help people with diabetes. If you have diabetes, talk with your health care provider about your options.

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