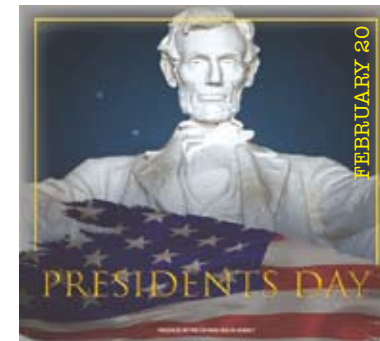


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CAMOUFLAGE COVERUP: A Soldier participates in stalker training during Sniper School at Fort Benning, Ga., Feb. 2, 2023. Stalker training is one way snipers master concealment techniques. US Army photo by Markeith Horace

'MilTax' available for 2023 tax filing and support

The Defense Department offers free expert support and e-filing for the 2023 tax season for the military community.

A DOD benefit offered through Military OneSource, MilTax includes tax preparation and e-filing software developed specifically for the military community, as well as personalized virtual support.

MilTax consultants are specially trained to help service members and their immediate families understand complex tax situations, such as tax forgiveness and refunds for surviving family members, extensions and deadlines, and much more. This full suite of tax services addresses scenarios that civilians rarely encounter, such as deployments, combat, training pay, housing and multistate filing.

"Tax season is something all Americans must navigate each year. Service members and military families are no exception - however, the added complexities of military life can make it feel stressful and at times overwhelming," said Patricia Montes Barron, deputy assistant secretary of defense for Military Community and Family Policy. "MilTax eases that burden for service members and their families by providing them with knowledgeable tax assistance and industry-leading preparation and e-filing software free of charge."

The MilTax tax preparation and e-filing software is available now through April 18, with extensions through Oct. 17, 2023. Service members and their immediate families can find more information and get started at www.militaryonesource.mil/miltax.

MilTax consultants are available year-round to answer questions. Service members, spouses and survivors can also meet with Military OneSource financial counselors for free help managing their refunds and becoming more financially secure in the future.

Qualcomm, NPS: Collaboration to advanced technology solutions

by Lt.Cmdr. Edward Early
 Naval Postgraduate School

Two well-known California institutions of research and innovation – the Naval Postgraduate School (NPS) and Qualcomm Technologies, Inc. – are joining forces in a strategic collaboration focused on emerging disruptive technologies with potential applications to U.S. Navy and U.S. Marine Corps capability needs.

NPS, whose campus is based in Monterey, recently signed a limited purpose Cooperative Research and Development Agreement (CRADA) with San Diego-based Qualcomm Technologies. This agreement combines the capabilities and the talent of the two organizations

into a united problem-solving enterprise.

Under the CRADA, NPS faculty and students will not only conduct research into 5G wireless communications, artificial intelligence, hardware development platforms, and associated technologies, but they will also develop the concepts of employment needed for military applications and operations.

"The DON is creating a culture that nurtures innovation and drives our competitive advantage," said Aaron Weis, the Department of the Navy's Chief Information Officer (DON CIO). "This partnership between NPS and Qualcomm Technologies is another step in the right direc-

tion. The CRADA will identify promising emerging commercial technologies so we can rapidly adopt them for full-scale implementation."

Qualcomm Technologies is the latest industry member that has offered to collaborate with NPS through the use of a CRADA. The CRADA allows the U.S. government to engage in cooperative research efforts with non-federal entities. This joint research, co-discovery, and mutual learning has proved extraordinarily effective, as it enables the Department of the Navy (DON) to gain immediate benefit by introducing cutting-edge technology, commercial insights and industry partners to the core education and re-

search programs at NPS to applications, while industry learns from operationally experienced students whose perspectives inform development of innovative solutions to warfighting problems.

As part of the CRADA, Qualcomm Technologies will provide software, hardware, and reference design platforms to NPS for experimentation, assessment, and evaluation. NPS students and faculty will work side-by-side with Qualcomm Technologies subject matter experts to understand the capabilities, benefits and limitations of the platforms and technology and to determine potential military applications. The joint effort will

see **Qualcomm, page 4**

Show of power in South China Sea

SOUTH CHINA SEA - *Nimitz* Carrier Strike Group and *Makin Island* Amphibious Ready Group (MKIARG) with embarked 13th Marine Expeditionary Unit are conducting integrated expeditionary strike force operations in the South China Sea Feb. 11. The mobility and sustainability provided by amphibious platforms gives the Navy and Marine Corps team an asymmetric advantage in a maritime environment. The *Nimitz*'s ability to operate seamlessly and simultaneously on the sea, ashore, and in the air, represents the unique value of amphibious capability provided by the *Makin Island* ARG and 13th Marine Expeditionary Unit.

Pendleton partnership has battery disposal down pat

Environmental protection specialists from the Defense Logistics Agency Disposition Services office at Camp Pendleton set out across the hilly, Oceanside Marine Corps installation recently in search of used batteries. The customer visits lasted four days as the disposal team reached 31 locations and netted four truckloads of lead acid batteries weighing a total of 65,000 pounds. A DLA contract sale of that hazardous material later returned \$10,000 to DOD coffers. Lead acid battery removal helped the Marine Corps avoid an estimated \$117,000 in disposal costs on the removal of 324,980 pounds of batteries during fiscal 2022, said Bryan Osborn, a DLA customer and official with the Marine Corps Base Camp Pendleton Environmental Security Department.

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Career Advice

In this week's Interpersonal Edge ... How to swim in your swift emotional currents.

See page 5

Base Movie Schedule



Base movies offered for free or reduced prices. Check our weekly schedule.

See page 10

Dating apps, yacht research found on Pentagon phones despite ban

by Tony Capacci
Bloomberg.com

Defense Department employees are downloading mobile applications to their work telephones that pose “operational and cybersecurity risks,” the department’s inspector general said in a report that stemmed from concern about the Chinese-owned video service TikTok and other messaging apps.

Employees are conducting official business on their work devices “using mobile applications in violation of Federal and DoD electronic messaging and records retention policies,” the inspector general’s management advisory said.

The activities ranged from online dating to games, cryptocurrency reviews and scouting for luxury yachts, according to the “management advisory” released Thursday.

Pentagon agencies “lacked controls over personal use of DoD mobile devices to ensure that personal use was limited, complied with DoD policies and regulations, and did not pose operational and cybersecurity threats to the DoD,” the watchdog agency said.

The report said the Defense Department provides off-the-shelf mobile phones and cell

service to “select” department personnel to conduct official business but doesn’t say how many employees qualify.

The unauthorized applications “included photo and video editing, telehealth, weather, maps, and fitness applications,” the inspector general said. It said some of the apps pose cybersecurity risks or have “potentially inappropriate content.”

The report was the result of an investigation that stemmed from questions by Senate Judiciary Chairman Dick Durbin last year about texts that may have been deleted by departing Trump administration defense officials concerning the Jan. 6, 2021, attack on the U.S. Capitol.

“Today’s report raises more questions than it answers,” Durbin, an Illinois Democrat, said in a statement Thursday. “Was the disappearance of critical information related to the Jan. 6 insurrection a result of bad faith, stunning incompetence, or outdated records management policies? We still do not know.”

Representative Ken Calvert, chairman of the House defense appropriations panel, said in a

statement the advisory “highlights a concerning lack of urgency when it comes to the Defense Department’s protection of sensitive information.”

“Americans concerned about a Chinese spy balloon should also be alarmed by the increasing dangers posed by the Chinese government on their cellphones,” Calvert said.

The management advisory didn’t mention any apps by name. But the Pentagon and military services have expressed worries about TikTok, banning the Chinese-owned short video app from installation on government-issued smartphones in late 2019.

Still, two of the applications the inspector general discovered “were from a Chinese commercial off-the-shelf drone manufacturer that allow users to fly drones and capture edit, and share images.” These were after the Pentagon disclosed in 2021 that the Defense Department had issued a ban in 2018 on the purchase and use of all commercial off-the-shelf drones, regardless of manufacturer, due to cybersecurity concerns.

Even seemingly harmless com-

mercial applications pose a threat to Defense Department “information and information systems when they require unnecessarily invasive permissions on DoD mobile devices,” the inspector general’s office found. Video games, shopping and weather applications “routinely require access to a device’s contact list, messaging platforms, location data, or other personal information, and often lack sufficient security or encryption standards.”

The report contained a number of instances in which key details were blacked out after the Pentagon declared the information “Controlled Unclassified Information.” These included the number of devices examined and number of times various unauthorized, unmanaged applications were installed.

The review included applications that were or could be loaded on any DoD mobile device mobile at the Pentagon in Virginia, across the U.S. and overseas locations.

Auditors interviewed officials from the Chief Information Officer, National Security Agency, Defense Information Systems Agency and Defense Digital Service “to understand the processes and procedures related to the use of mobile applications across the DoD,” the IG said.

Top 5

- Unidentified object downed over Lake Huron
- Fighter aircraft shoot down car-sized ‘object’ flying near Alaska
- Navy F/A-18 Super Hornets not aging as well as other Navy aircraft



- US test launches unarmed intercontinental ballistic missile
- Army launches another performance bonus program for recruiters
- Army sees safety, not ‘wokeness,’ as top recruiting obstacle
- Soldiers remove unexploded shell unearthed at Gettysburg Civil War site
- New Javelin G-model remains under investigation after 2022 failed launch
- Four Soldiers injured after munitions convoy crashes in Germany

Navy

- USS Nimitz holds drills in South China Sea
- Nuclear-trained Sailors, considered the Navy’s ‘best and brightest,’ face mental health challenges

Marine Corps

- Hazardous firefighting foam accidentally discharged in Marine hangar
- A vet’s service dog, Kaya, has died. She left behind a national legacy

Air Force

- Fix coming for F-35 engine problem that froze fighters’ deliveries
- US, allies converge on Guam for annual Cope North exercise
- Ruling out aliens? Senior US general says not ruling out anything yet

National Guard

- National Guard stands at crossroads of crisis
- Ohio National Guard boss under scrutiny over altercation with reporter

Your Military

- US troops providing medical aid to earthquake victims in Turkey

Veterans

- Toxic burn pit talk shows continued ignorance of burn pit dangers
- New Jersey cops not indicted in Army vet shooting death
- Official overseeing VA health records overhaul to leave this month

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DOD is focused on China, defense official says

by Jim Garamone
DOD News

A Defense Department official stressed to the Senate Foreign Relations Committee that China remains the pacing challenge for the U.S. government.

This is embedded in the National Defense Strategy, and DOD officials are constantly working to ensure the strategic competition with China does not veer into conflict, Ely Ratner, the assistant secretary of defense for Indo-Pacific Security Affairs, said Feb. 9.

China is actively seeking to overturn the rules-based infrastructure that has kept peace in the Indo-Pacific since the end of World War II. "The [Peoples' Republic of China] is combining its economic, diplomatic, military and technological might as it pursues a sphere of influence in the Indo-Pacific and seeks to become the world's most influential power," Ratner said.

China's army is central to the aims of President Xi Jinping and "in recent years, the PRC has increasingly turned to the PLA [Peoples' Liberation Army] as an instrument of coercive statecraft in support of its global ambitions, including by conducting



A Defense Department official testified before the Senate Armed Services Committee that DOD aims to counterbalance Chinese influence in the Indo-Pacific region. Last month, Secretary of Defense Lloyd J. Austin III met with Japanese Defense Minister Yasukazu Hamada at the Pentagon, Jan. 12. US Air Force photo by photo by Tech. Sgt. Jack Sanders

more dangerous coercive and aggressive actions in the Indo-Pacific region," he said.

The U.S. government is working to counter these aims, and Ratner detailed what DOD is doing with allies and partners to advance a "free and open Indo-Pacific vision that is widely shared throughout the region in the world."

DOD is specifically working to strengthen alliances and capabilities in the Indo-Pacific, he said. The department is also developing a more distributed and resilient force posture and building stronger networks of like-minded allies and partners, Ratner said.

"These efforts will play an essential role in sustaining and further strengthening deterrence in the years and decades ahead," the assistant secretary said.

He noted that 2023 has already been a groundbreaking year for U.S. alliances and partnerships in the Indo-Pacific.

In the U.S.-Japan alliance, U.S. officials support the Japanese decision to acquire new capabilities to strengthen regional deterrence, especially counterstrike capabilities.

As part of the Australia, United Kingdom, United States agreement, "we remain encouraged by the significant progress

UH-1N pilot one of two Airmen selected for Naval Test Pilot School

by Staff Sgt. Elora J. McCutcheon
341st Missile Wing Public Affairs

MALMSTROM AIR FORCE BASE, Mont. - Seven years into his military career, Capt. David Horney has become one of two Air Force pilots selected this year for the prestigious Naval Test Pilot School.

The 40th Helicopter Squadron instructor pilot with almost 1,300 flight hours under his belt will move in August with his family to Naval Air Station Patuxent River, Md., to join the 2024 academic class.

Horney has been stationed here since June of 2019 as a UH-1N Huey pilot with the 40th HS, which is responsible for ensuring strategic security by providing flexible, rapid-response helicopter airlift support to the 341st Missile Wing.

As a helicopter pilot, Horney applied for the USNTPS, which is the only U.S. military test pilot school to offer instruction on rotary-wing aircraft.

Joined by other pilots, flight officers and engi-

neers from U.S. military services, international aviators, engineers, and civil service engineers, Horney will begin a grueling 48-week course in January 2024 to learn full spectrum test and evaluation of aircraft and aircraft systems.

"I think the most exciting part of the training is getting to fly all the different aircraft," Horney shared, explaining how his flying experience has so far been limited to the T-6A Texan II, TH-1N Iroquois and UH-1N Huey.

By the time he graduates, he will add nearly 15 other aircraft to that list including the T-38C Talon, F/A-18F Super Hornet, C-12 Huron, UH-60 Blackhawk and more.

"It's going to be pretty wild," Horney exclaimed of the curriculum. "You basically do homework all morning and then go fly, which is pretty cool. I was really excited [to be selected] and be able to take my experience so far and build on it."

"The test flight community is pretty small, so I look forward to becoming part of it," Horney said.

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neers from U.S. military services, international aviators, engineers, and civil service engineers, Horney will begin a grueling 48-week course in January 2024 to learn full spectrum test and evaluation of aircraft and aircraft systems.

On force posture, the department recently announced major upgrades throughout the region that will make U.S. forces more mobile, more distributed, more resilient and lethal, he said. This includes moves made with Australia and Japan.

"Just days ago, Secretary [of Defense Lloyd J.] Austin [III] was in Manila where the United States in the Philippines announced four new [Enhanced Defense Cooperation Agreement] sites at strategic locations across the country," said Ratner.

DOD is also looking to develop partners in the region. "Despite [China's] efforts to divide the United States from our allies and partners, DOD is focused on developing a constellation of coalitions to address emerging threats," he said.

This means enhanced cooperation with Japan and Australia, and with Japan and South Korea. It also includes outreach to the Association of Southeast Asian Nations; "the Quad" partnership among India, Australia, Japan and the United States; and European allies that are increasingly worried about China's actions.

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U.S., Gulf nations assess same threats in Middle East

by C. Todd Lopez
DOD News

The Defense Department led two working groups at the invitation of the Gulf Cooperation Council Feb. 13, including one on air and missile defense and another on maritime security. A takeaway from the discussions is that the U.S. and participating Gulf nations share many of the same security concerns for the region.

“There is a shared assessment between the United States and the GCC of the threats that face us ... there’s an alignment of the threat perception,” Dana Stroul, the deputy assistant secretary of defense for the Middle East, said.

The members of the Gulf Cooperation Council are the United Arab Emirates, Bahrain, Saudi Arabia, Oman, Qatar and Kuwait. The council first met in 1981 to strengthen relations among the member states.

Chief among those threats, she said, are those posed by Iran. Included there is the proliferation of Iranian unmanned aerial vehicles to non-state actors across the region, which are threats to both civilians of Gulf nations and to U.S. forces in Iraq and Syria who are conducting the counter-ISIS mission.

Iranian aggression at sea also remains a serious concern, Stroul said.

“Needless to say, the work to bring partners together and the increased rate of maritime interdictions, I think, speaks both to the serious nature of the threats we face at sea and to how we can effectively address those threats through increased cooperation,” she said.

Discussion within the working groups also turned to military cooperation between Iran and Russia, including the illicit transfer of Iranian weapons to Russia for use in Ukraine and the implications of that for stability and security in the Middle East, Stroul said.

A big takeaway from discussions on air and missile de-

fense, Stroul said, was interest in increased integration between different systems currently used in the Gulf.

“There has been no other moment in time in which the prospect for meaningful integration is more real than today,” she said. “It’s both because of that alignment of threats that I just went through. And it is also because of emerging technology and the culture of innovation that Centcom [U.S. Central Command] is fostering together with its partners.”

Stroul said discussions at the working group centered around the status of air and missile defense systems that are in place,



U.S. military members participate in Operation Thirsty Camel at Kuwait Naval Base on the Persian Gulf, Sept. 23, 2021. US Army National Guard photo by Maj. Jason Sweeney

the possibility for increased intelligence sharing and early warning in the future, and evaluation of partners’ systems and capabilities to devising a more effective, layered air defense.

“When it comes to maritime security, [U.S. Naval Forces

Central Command] is doing incredible work today, expanding maritime domain awareness and bringing together partners through its combined task forces to address threats that we hear from our partners are of tremendous concern,” Stroul said.

Qualcomm

continued from page 1

also include the establishment of an NPS-Qualcomm Technologies innovation lab at the NPS campus.

“Over the past several years we have had the privilege of engaging with NPS students, faculty and staff through technical exchanges, presentations and demonstrations,” said Kim Koro, senior vice president, Qualcomm Technologies, Inc.

“This CRADA is the next step in building an enduring collaboration between our two entities. Through this interaction, the students and faculty will identify DOD challenges and examine where the application of commercial advancements in technology can provide mission benefits. We will do this by enabling students and faculty with cutting-edge capabilities along with access to the knowledge base for their implementation.”

NPS researchers – including those working within the innovation lab, at other NPS labs and field experimentation sites, and

coordinating with users in the fleet – will have the opportunity to experiment with state-of-the-art Qualcomm® Robotics RB5 platforms and Qualcomm® Robotics RB6 platforms, both of which are equipped with 5G wireless connectivity and artificial intelligence/machine learning capabilities.

Qualcomm Technologies and NPS will also explore cloud and edge computing technology through utilization of the Qualcomm® Cloud AI 100 hardware platform, which is designed to accelerate AI inference – the process of using a trained neural network model to make a prediction – and make edge computing faster and more efficient.

And NPS will have an opportunity to evaluate the Snapdragon® 8 mobile platform with a hardware development kit. Similar to a software development kit, the HDK allows for customization of the Snapdragon hardware to suit the needs of the end user.

The cooperative effort with Qualcomm Technologies is being supported by NPS’ Naval Warfare Studies Institute, which connects innovative industry partners like Qualcomm Technologies to NPS faculty and student researchers with the ultimate purpose of developing ideas into warfighting concepts and capabilities for the Navy, Marine Corps, and Joint Force.

Marine Corps Col. Randy Pugh, director

of NWSI, welcomes the cooperative effort between NPS and Qualcomm Technologies for a number of reasons.

“Qualcomm Technologies is a great CRADA partner for NPS as they bring world-renowned expertise in highly complex technologies of critical importance to the DOD,” Pugh said. “In addition, they are a company that has demonstrated complete mastery of the process of innovation and building a culture of innovation. For both those reasons, Qualcomm Technologies will be a force multiplier as

we develop the Naval Innovation Center at NPS.”

Ultimately, the collaboration will leverage the latest in commercial expertise and technology, as well as the innovation and expertise of both organizations, to yield potential answers to the questions facing the Navy and Marine Corps.

“The core of warfighter development at NPS is preparing leaders to solve complex problems,” said the president of NPS, Vice Adm. (Ret.) Ann E. Rondeau. “Key to this is bringing cutting-edge technologies into the learning and research environment. This cooperative effort between NPS and Qualcomm Technologies is a great opportunity for our warrior-scholar students and defense-expert faculty to experiment with the latest 5G-enabled technologies and collaboratively explore innovative solutions to the issues faced by our Navy and Marine Corps.

“We look forward to working with our colleagues at QTI to fully realize the potential of this partnership.”

NPS researchers will have the opportunity to experiment with state-of-the-art Qualcomm robotics, equipped with 5G wireless connectivity.

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How to swim in your swift emotional currents

by **Dr. Daneen Skube**
Tribune Content Agency

Q: As an avid reader of your column, I've learned a lot of useful interpersonal tools but when I'm upset I cannot remember any skills! How can I regulate my emotions better so I can remember to use the people skills you teach your readers and clients?

A: You'll be able to remember the skills if you understand how to swim in your swift emotional currents. As adults a difficult ability is to behave well, when we feel crappy. The most important tool I teach executive coaching clients, and counseling clients is the technology of emotional regulation.

There are four fundamental emotional states: glad, sad, mad, and scared. All other emotions are shades of these primary feelings. For instance, enraged, irritated, and frustrated are all different colors of anger. A start is to ask yourself, "Which primary emotions am I now experiencing?"

When you identify emotions, you may be judgmental about certain feelings. Many new clients say things like, "I'm not mad, I simply have had it with rude people." Notice that if you insist you don't have a feeling but have a critical thought - you have a feeling you don't like. Since our culture considers three out of the four feeling categories negative it's understandable why we judge ourselves.

Once you identify a feeling, you may discover you have more than one. For instance, you may be both angry and sad if you lose your job. We're complex people and different emotions can arise simultaneously.

Be aware that all feelings are fine. However, all behaviors are not fine. There's a huge chasm between a feeling (rage) and a behavior (yelling at co-workers). Emotional regulation means we can identify our feelings and tolerate our inner experience, while we evaluate our most effective action.

There's a style of therapy developed by Marsha Linehan, Psychologist and Professor, called Dialectical Behavior Therapy (DBT). I'm a fan as the therapy teaches us how to feel anything and still act in our own best interests. My readers may already know the impulse control to feel bad yet act well is rare. What my readers might not know is this is a learnable skill.

The price of learning this skill is to find a good teacher and to tolerate your most uncomfortable emotional storms. In my book, *Interpersonal Edge*, and in my private practice I teach a, "Stop, Drop, and Roll," tech-

nique I developed to help clients. Next time you're upset, stop before you act, next drop into the uncomfortable feeling without acting, next roll out an effective response after considering what outcome you seek.

Interpersonal Edge



by
Dr.
Daneen
Skube

The fire department teaches people to do these three actions if they ever catch on fire. Stop, drop, and roll are the steps you take to put out physical flames. I teach people to do this when they catch on fire emotionally and need to put out emotional flames.

Air University's RTF promotes well-being

by **Lori Quiller**

Air Force Culture and Language Center Outreach Team

What began as a resilience research project ultimately evolved into a full resilience research task force for students from Air Command and Staff College and Air War College, who recently gathered to exchange perspectives after spending five weeks studying best practices for building winning cultures and strengthening social connections as keys to bolstering military resilience.

The RTF's goal is simple: teaching service members how to create healthy, connected communities and build skillsets to cope with adversity.

"Our emphasis is on creating cultures of resilience within the military. We focus not only on personal resilience but social resilience and organizational culture as well," said Susan Steen, program leader, Air Force Culture and Language Center. "We know resilient organizations aren't simply the result of having lots of resilient individuals but of something more—an interaction of people, environment, relationships, social connection, structures. Our task force explores these elements to strengthen resilience in and across the Air and Space Forces."

Students participating in the RTF engaged interdisciplinary perspectives to identify best practices for strengthening resilience in the military. The students hope to return to their commands with new tools to promote resilience in their units and organizations.

Maj. Greg Swendsen is an Air University fellow and instructor at SOS. As one of the first master resilience trainers for Air Mobility Command, he received his resilience training at Fort Jackson, South Carolina, before arriving at ACSC. He is also a graduate of the Resilience RTF and is helping lead the SOS study group.

"I feel like officers have limited opportunities to understand resilience at a level deep enough to weave into our personal leadership philosophies," Swendsen said. "Integrating AU's Resilience RTF into SOS was an opportunity to provide leaders at the flight or equivalent level an opportunity to develop a deeper understanding of resilience and a safe space for them to work through what resilience looks like in their unit. Company-grade officers and their civilian equivalent counterparts have a unique opportunity to be on the front lines and are best positioned to lead culture change, build connections and foster resilience within our DAF." - Read more at <https://www.af.mil/News/Article>.

This new year is shaping up to be a workplace year with many upsetting challenges. Since you, dear reader, cannot control the world, learning to control your behavior no matter how you feel would be the best gift you can give yourself to thrive. Emotional regulation will give you control in a world that is frequently out of control.

The last word(s)

Q: I've been obsessively working in what I believe to be the right direction in my career but getting nowhere. Is there a way to think about getting a breakthrough in my progress?

A: Yes, when you're going doggedly right and meeting nothing but roadblocks it may be time to look left. Sometimes obsessive work creates tunnel vision and blocks seeing other productive avenues.

Fleet and Family Support Center San Diego upcoming classes

If you're interested in attending one of these classes, call the Centralized Scheduling Center at 866-923-6478. Legend: (V) Virtual (IP) In Person (NBSD) Naval Base San Diego (NBPL) Naval Base Point Loma (NBC) Naval Base Coronado (KMB) Kearny Mesa Branch (GVB) Gateway Village Branch (VSM) Village at Serra Mesa Branch (BVH) Bayview Hills Branch

Career Services

Finding Federal Employment

Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.

Friday, February 24 | 1000-1130 | (V)

Wednesday, March 1 | 0900-1100 | NBSD (IP)

Wednesday, March 15 | 1300-1500 | NBPL (IP)

Capstone

Do you need assistance completing your TAP Capstone and are looking for a warm handoff for resources and information? Come to receive a briefing on your Final Move process and Tricare benefits at our monthly Capstone events located at our Kearny Mesa Branch, 3950 Calle Fortunada, San Diego.

Thursday, February 23 | 0800-1200 | KMB (IP)

Thursday, March 16 | 0800-1200 | KMB (IP)

Job Search Strategies

Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?

Wednesday, February 22 | 1300-1500 | NBPL (IP)

Monday, March 6 | 1000-1130 | (V)

Wednesday, March 8 | 0900-1030 | NBSD (IP)

Wednesday, March 22 | 1300-1500 | NBPL (IP)

Resume Writing

Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume.

Wednesday, March 1 | 1300-1500 | NBPL (IP)

Thursday, March 2 | 0900-1100 | BVH (IP)

Friday, March 3 | 1300-1430 | KMB (IP)

Wednesday, March 22 | 1000-1130 | KMB (IP)

Spouse Employment, Empowerment and Development

Are you a military spouse looking for work in San Diego? Attend this workshop and gain insights about the San Diego job market, as well as educational benefits, networking, resume writing and more.

Friday, March 3 | 0900-1100 | KMB (IP)

Thursday, March 16 | 1030-1130 | NBC (IP)

Winning Interview Techniques

Wednesday, February 22 | 0900-1030 | NBSD (IP)

Wednesday, March 8 | 1300-1500 | NBPL (IP)

Monday, March 27 | 0900-1000 | KMB (IP)

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An unarmed Minuteman III intercontinental ballistic missile equipped with a test reentry vehicle is launched Feb. 9 from Vandenberg Space Force Base, Calif. US Space Force photo by Rocio Romo

Largest private-public collaboration in DoD history reflects commitment to clean energy

EDWARDS AIR FORCE BASE, Calif. - The 412th Test Wing unveiled a new solar facility on the northwest corner of Edwards Air Force Base Feb. 2. The facility, built in collaboration with Terra-Gen LLC, is a result of the Edwards Solar Enhance Use Lease Project. The novel land management agreement marks the largest private - public partnership within the Department of Defense.



"The Edwards Air Force Base Solar Project is a triple win - it's good for resilience, it's good for energy security, and it's good for the economy," said Andrew Mayock, White House federal chief sustainability officer. "We commend the U.S. Air Force for its leadership and for showing what's possible when we invest in our nation's clean energy future."

The facility, which has almost 2 million solar panels installed, can produce up to 1,300 megawatts of power to the California Independent System Operator grid. This grid is estimated to power over 238,000 homes, displacing more than 320,000 tons of carbon dioxide emissions annually. The solar array itself is the largest project of its kind in Air Force history.

The facility, which has almost 2 million solar panels installed, can produce up to 1,300 megawatts of power to the California Independent System Operator grid. This grid is estimated to power over 238,000 homes, displacing more than 320,000 tons of carbon dioxide emissions annually. The solar array itself is the largest project of its kind in Air Force history.

Air Force fires unarmed ICBM into Pacific Ocean with aim toward deterrence

by Wyatt Olson
Stars and Stripes

The Air Force test fired an unarmed intercontinental ballistic missile from California into waters 4,200 miles away near the Marshall Islands in the Pacific Ocean, the service said.

The launch of the Minuteman III by a team from the Air Force Global Strike Command at Vandenberg Space Force Base last Thursday was routine and "not the result of current world events," the Air Force said Friday in a news release.

The launch was intended to test the accuracy and reliability of the missile's "reentry vehicle" as it descended on Kwajalein Atoll, which is home to the Ronald Reagan Ballistic Missile Defense Test Site, the Air Force said.

The Air Force has conducted more than 300 such tests, most recently in September.

Thursday's launch, however, comes on the heels of tense relations with China over its surveillance balloon that traveled

across the continental U.S. last week before an F-22 fighter jet shot it down off the East Coast on Feb. 4.

The ICBM test also came a day after a military parade in North Korea that showcased the largest number of long-range missiles ever displayed during such a procession there.

North Korea picked up the pace of missile testing last year, launching roughly 75 missiles.

North Korean leader Kim Jong Un in a speech late last year called for an "exponential increase" in arms for its military.

Despite the routine nature of the Thursday launch, it was intended to convey a message of U.S. military might to any would-be adversary.

"A test launch displays the heart of our deterrence mission on the world's stage, assuring our nation and its allies that our weapons are capable and our airmen are ready and willing to defend peace across the globe at a moment's notice," Gen. Thomas Bussiere, who leads Air Force Global Strike Command, said in the news release.

Col. Christopher Cruise, commander of the 377th Test and Evaluation Group, said in the news release that the launch showcased the "reliability of our strategic deterrence systems while sending a visible message of assurance to allies."

The Minuteman III missile is slated to be replaced by the LGM-35 Sentinel missile beginning in 2029.

The Sentinels would eventually replace all Minuteman III missiles, which are stationed in North Dakota, Wyoming, Montana, Nebraska and Colorado.



Cmdr. Jake Ferrari, commanding officer of destroyer Paul Hamilton, renders honors to Indian Navy Sukanya-class patrol craft INS Savitri (P53) during an exercise in the Indian Ocean. US Navy photo by MC2 Elliot Schaudt

Destroyer Paul Hamilton sails with Indian Navy

by Ensign Connor Doherty,
USS Paul Hamilton Public Affairs

INDIAN OCEAN - Arleigh Burke-class guided-missile destroyer USS Paul Hamilton (DDG 60) sailed with the Indian Navy's INS Savitri (P 53) in the Indian Ocean, Feb 7.

These engagements emerge when surface forces from regional countries are operating in the same area and take advantage of the opportunity to train together. U.S. and Indian Navy Sailors conducted an exchange with each ship's officers and conducted communications drills and division tactics where ships sail together in formation. At the conclusion of the event, Paul Hamilton rendered honors to the Savitri as she passed alongside.

"Paul Hamilton had a tremendous opportunity to conduct maneuvering drills with INS Savitri as the ships both operated in the Indian Ocean," said Cmdr. Jake Ferrari, commanding officer of Paul Hamilton. "It was an absolute pleasure operating with and conducting a passenger exchange, which allowed our two navies to gain a greater understanding of our capabilities. Both navies are committed to keeping the strategic sea lanes open in and around India."

Paul Hamilton departed the United States in January and arrived in the region as part of the Nimitz Carrier Strike Group. Paul Hamilton is operating as part of Commander, Task Force (CTF) 71, U.S. 7th Fleet's principle surface force. CTF 71 is responsible for the readiness, tactical and administrative responsibilities for forward-deployed Arleigh Burke-class guided-missile destroyers as well as any surface unit conducting independent operations in the region.

7th Fleet is the U.S. Navy's largest forward-deployed numbered fleet, and routinely interacts and operates with regional partners in preserving a free and open Indo-Pacific region.



Devotion, an aerial war epic based on the bestselling book of the same name, tells the inspirational true story of two elite US Navy fighter pilots who helped turn the tide in the most brutal battle in the Korean War: Jesse Brown, the first Black aviator in Navy history and his fellow fighter pilot and friend, Tom Hudner. Their heroic sacrifices and enduring friendship would ultimately make them the Navy's most celebrated wingmen.

Bring Devotion home on Digital! Jonathan Majors and Glen Powell star in the epic and inspirational story based on true events of two heroic US fighter pilots whose sacrifices made them the Navy's most celebrated wingmen. Buy Devotion on Digital now, packed with behind the scenes bonus content. Available at participating retailers. Rated PG-13. From Paramount Pictures.

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Congressional Budget Office report

Navy's Super Hornet fighter jets are aging worse than F-18 predecessors, report says



Super Hornet prepares to launch from aircraft carrier Nimitz Jan. 19 on the South China Sea. US Navy photo by Caylen McCutcheon

by Wyatt Olson
Stars and Stripes

The Navy's fleet of Super Hornet fighter jets introduced in the late 1990s are aging more poorly than the preceding fleet of F-18 Hornets, according to a Congressional Budget Office report released Feb. 9.

The report compared availability of the newer F/A-18E/F Super Hornets with the older F/A-18C/D Hornets introduced in the mid-1980s and still in use.

Availability refers to the percentage of time an aircraft can be flown for training or operational missions instead of down time for undergoing repair or maintenance.

The CBO's analysis found the newer Super Hornets had lower availability rates than the F/A-18C/Ds had when compared at similar ages.

"For example, Super Hornet availability at age 10 was about 18 percentage points lower than F/A-18C/D availability at age 10 and is comparable to F/A-18C/D availability at age 20," the report states.

"These findings suggest that age has had a more adverse effect on Super Hornets than it did on F/A-18C/Ds," the report states.

The fleet of F/A-18s is the Navy's "mainstay" of its carrier aviation operations, according to the report. The twin-engine Super Hornets have a top speed

of Mach 1.7 and can carry Sidewinder and Harpoon missiles.

The differing rates of availability were not attributable to a greater number of flying hours for the newer jets, which would subject the aircraft to greater wear and tear, the CBO concluded from a review of flight data.

"Monthly flying hours of Super Hornets modestly exceeded

"The experiences of the oldest Super Hornets suggest that their availability is likely to continue to decline as the fleet ages," the report states. "A similar trend has been observed for many fighter and attack aircraft. But some fleets have had lengthy periods with stable availability rates."

those of F/A-18C/Ds only in the initial years of operation of both fleets," the report states. "By age 10, however, Super Hornets were flying four fewer hours per month than 10-year-old F/A-18C/Ds flew."

The Navy told the CBO that many factors contributed to differences in availability between the two generations of F-18s, highlighting "the greater levels of galvanic corrosion arising from the greater use of composite metals in Super Hornets," the report states.

The report's footnotes describe galvanic corrosion as "damage induced when two dissimilar materials are coupled in a corrosive electrolyte. It occurs when two (or more) dissimilar metals are brought into electri-

cal contact under water."

The future of availability rates for aging Super Hornets is up in the air, the report states.

"The experiences of the oldest Super Hornets suggest that their availability is likely to continue to decline as the fleet ages," the report states. "A similar trend has been observed for many fighter and attack aircraft. But some fleets have had lengthy periods with stable availability rates.

"Because the Super Hornet is a relatively new aircraft, the Navy could take actions that might increase or stabilize the aircraft's availability rate, such as increasing funding for maintenance."

The Defense Department announced in December that it had awarded Boeing \$2 billion to upgrade and modernize software and hardware on the

Navy's fleet of Super Hornets over a five-year period.

Diminishing availability is not just an issue for Navy aircraft.

A January 2022 CBO report found that availability rates for all aircraft in use by the Air Force and the Department of the Navy, which includes the Marine Corps, had declined between 2001 and 2019.

But the decline of availability for Navy aircraft was greater, driven by a "marked decline in the availability of F/A-18C/D legacy Hornets," the 2022 report stated.



Makin Island Sailors visit model of their ship

by Petty Officer 3rd Class Kendra Helmbrecht

Sailors assigned to USS Makin Island (LHD 8) were recently invited to view a 1/35th scale version of USS Makin Island (LHD 8) made of building blocks.



The visit was the culmination of a project by Brickmania, a team dedicated to building ambitious models with toy blocks. The team specializes in accurate military building kits, most well-known displays being USS Missouri and USS O'Hare.

Machinist's Mate 1st Class Jesse Johnson, right, presents Eric Turrentine, Brickmania store assistant manager, with a command ballcap and coin. US Navy photo

During the meeting, Sailors took notice of the model and met with Eric Turrentine, Brickmania store assistant manager, at the company's Miramar location.

Turrentine pointed out details by his team which reflects the real-life Makin Island, including scale models of vehicles, functioning air-craft elevators and some hidden easter eggs known only to Sailors and Marines who have served on Makin Island.

"It's amazing how detail the model is from top to bottom," said Machinist's Mate 1st Class Jesse Johnson. "The details remind me of my time spent onboard."

The meeting ended with Sailors presenting Turrentine with a Makin Island command coin and ballcap, and some group photos to document the meeting.

Lake Champlain makes port call in Cabo San Lucas, Mexico

by Lt.j.g. Sarah Weinstein
Carrier Strike Group ONE

SAN DIEGO - Cruiser USS Lake Champlain (CG 57) arrived in Cabo San Lucas, Mexico to conduct a port visit Feb 5-8.

The ship anchored in the vicinity of the Cabo San Lucas Marina, allowing Sailors the opportunity to visit the city and gave the crew an opportunity to conduct community and military relations with one of our partner nations.

Lake Champlain Sailors visited the Amelia Wilkes Elementary School. The event was an opportunity to celebrate the strength of the U.S.-Mexico bilateral relationship through an in-kind donation and volunteer activity that engaged Lake Champlain Sailors. Funded by the Northern Command Humanitarian Assistance Program, the in-kind donations included tables, chairs, paint, and accessibility devices requested by Amelia Wilkes Elementary School. Sailors who volunteered participated in setting up the bookshelves, landscaping the outdoor area, and painting the art and library area. Amelia Wilkes Elementary school serves 574 elementary students in Cabo San Lucas, Baja California Sur. Sailors engaged with local citizens and share the cultures of their nations.

Strengthening the U.S.-Mexican military relations, Lake Champlain's skipper, Capt. Steve Foley, hosted several members of the Mexican Navy aboard the ship Feb. Their visit highlights the strategic partnership shared between the U.S. and Mexican navies, celebrating not only the ability to cooperate militarily, but the friendship reflected in 200 years of bilateral relations.

"Our visit to Mexico provided Sailors with deserved liberty," said Foley. "It was a great chance for them to experience Mexican culture and enjoy the benefits of the friendship between the United States and Mexico."

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JOHNSON VALLEY, Calif. (Feb. 7, 2023) Marines supporting Recruiting Station Riverside attend King of The Hammers. King of the Hammers is an annual event, and is the largest off-road racing and rock-crawling event in North America. US Marine Corps photo by Sgt. Emely Gonzalez



CAMP PENDLETON (Jan. 31, 2023) - Navy corpsmen with 1st Marine Division give medical care to a simulated casualty during a combat trauma management course for corpsmen from across the division. The CTM course aims to prepare medical personnel for deployment by teaching casualty care designed to reduce combat deaths. US Marine Corps photo by Lance Cpl. Juan Torres



CAMP PENDLETON (Feb. 3, 2023) Marines with Romeo Battery, 5th Battalion, 11th Marine Regiment, 1st Marine Division, fire a rocket from an M142 High Mobility Artillery Rocket System during the battalion's winter fire exercise here. US Marine Corps photo by Cpl. Cedar Barnes

Farmers Insurance commits \$500K to support local military families

SAN DIEGO - Farmers Insurance, an organization founded by two World War I veterans in 1928, celebrated San Diego's military community Jan. 26 by donating \$100,000 to the Armed Services YMCA of San Diego - the first installment of a five-year, \$500,000 commitment to help the ASYMCA build a new facility in Murphy Canyon that will serve military families for years to come.

The announcement was made as Farmers executives, employees, agents and district managers volunteered to help provide food and supplies for local military members and their families during the ASYMCA's Neighborhood Food Exchange event as part of the 2023 Farmers Insurance Open.

Farmers Insurance nonprofit partner Operation BBQ Relief was also onsite, preparing hot meals for military families throughout the morning's activities.

"It's an honor for Farmers to be able to give back and make a difference for the brave service members who have given so much to serve our country," said Mark Welch, Chief People & Diversity Officer for Farmers. "As longtime supporters of the Armed Services YMCA and its mission, we are proud to help the organization continue its important work and deliver vital services to the San Diego

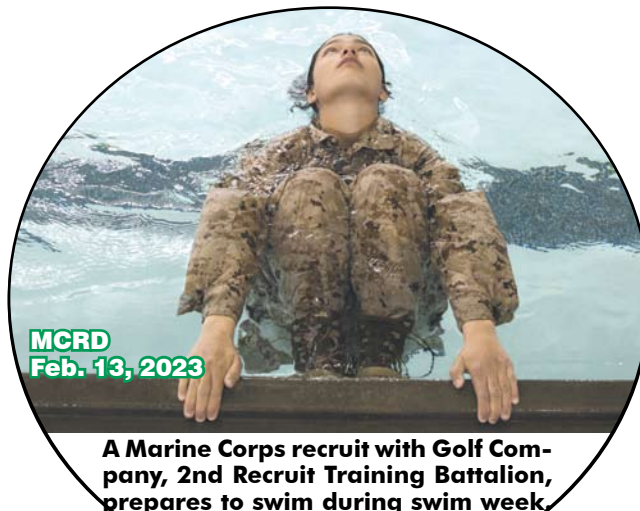


military community."

Founded in 1920, the Armed Services YMCA of San Diego provides innovative and quality social, educational, and recreational programs to meet the needs of military service members and their families. The ASYMCA is committed to promoting its goals of strengthening military families, supporting healthy lifestyles, reducing isolation and assisting service members and their families in connecting to their community.

"We're grateful to the people at Farmers Insurance for their generous support as we kick off fundraising efforts for our new facility," said Tim Ney, executive director of the Armed Services YMCA of San Diego. "Thanks to the dedication of organizations like Farmers, we are able to provide much-needed programs and services to the military community here in San Diego."

For more information about the Armed Services YMCA San Diego, visit www.asysd.org and follow the Armed Services YMCA San Diego on all social platforms at @ASYSanDiego.



MCRD Feb. 13, 2023

A Marine Corps recruit with Golf Company, 2nd Recruit Training Battalion, prepares to swim during swim week.

Recruits are required to pass all swim events in the water survival course in order to graduate as a basically trained Marine. US Marine Corps photo by Cpl. Julian Elliott-Drouin



SAN DIEGO (Feb. 9, 2022) Sailors speak to Navy Office of Legislative Affairs (OLA) liaisons on the flight deck aboard aircraft carrier *Abraham Lincoln*. Navy OLA's case workshop helps congressional caseworkers gain a greater understanding of Navy facilities, operations, and perspectives, and provide caseworkers the opportunity to tour ships, squadrons, or facilities; meet Sailors and leadership; and discuss various topics that affect constituent casework. US Navy photo by MCSN Jett Morgan



SAN DIEGO (Jan. 31, 2023) Fireman Kyle Applebee, assigned to amphibious assault ship *Essex*, helps a Sailor don firefighting gear during a fire drill aboard the ship. *Essex* is dry docked in San Diego conducting a maintenance period to upgrade and refurbish many key systems aboard. US Navy photo by Petty Officer 3rd Class Isaak Martinez



CORONADO (Jan. 29, 2023) - Navy SEAL candidates participate in 'Hell Week' during the first phase of Basic Underwater Demolition/SEAL (BUD/S) training. US Navy photo by MC3 Dylan Lavin

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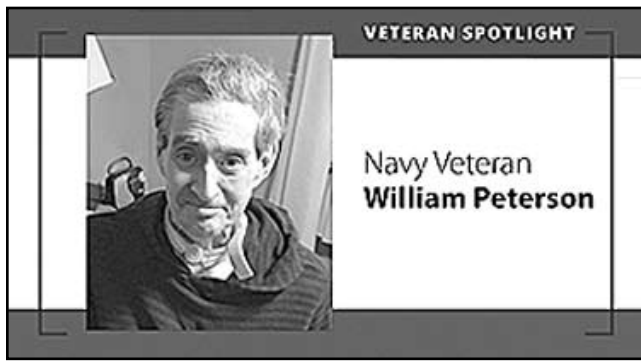
VA homeless programs a 'good win' for Navy veteran

William Peterson was accustomed to spending his time around the sea when he enlisted in the Navy. As a radioman on USS Arlington and USS Constellation, he loved learning Morse code and named his time stationed in Guam as the highlight of his career.

While he was on active duty, Peterson recalls hearing about VA programs designed to help veterans. He never anticipated that one day he would share his story with vet across the country to encourage them to use these programs.

Peterson was one of the first vets Lisa Goodwin met when she began working at the Lake Baldwin (Fla.) VA Clinic nearly a decade ago. She recalls Peterson as one of the "lowest maintenance" veterans on her caseload who didn't demand a great deal of her attention.

He had come to VA seeking housing support through HUD-VASH, a collaborative program that pairs HUD's Housing Choice Voucher rental assistance with VA case management and supportive services for vets experiencing homelessness.



Once housed, Peterson lived independently and found a meaningful career in food and beverage management. "VA rescued me from being homeless. It saved me," he said.

In 2016, the veteran's life was saved again, this time with an early diagnosis of laryngeal cancer. But after undergoing surgery on his larynx, he struggled to speak or swallow and could only "talk" to others by writing down his thoughts and feelings on a whiteboard.

By then, Peterson had not been in the HUD-VASH program for a few years and had moved on to a group home. He began to see that the group home couldn't provide him with the new level of care he needed.

When Lisa Goodwin's phone rang this past summer, she learned of Peterson's situation from a hospice worker asking on his behalf: "Could VA help again?"

Goodwin, now the supervisor of homeless programs for the VA Orlando Healthcare System, knew the answer: yes.

Jose Cartagena, a nurse for HUD-VASH at Orlando VA Medical Center, visited Peterson right away.

The conditions were worse than expected. The veteran occupied a small room with no air conditioning, an insufferable situation in the Florida heat. Worst of all, the house was infested with bed bugs. Cartagena

brought Peterson to the hospital where he received treatment for complications brought on by the bed bugs.

Peterson later vacated his home, leaving all his belongings behind. While grateful to be relocating, he was saddened to say goodbye to his most beloved possession: his guitar.

As he discussed housing options with VA, Peterson advocated for a situation that would allow him to maintain as much independence as possible while

ing home care but preferred a non-institutional setting with fewer residents. But the cost of this care was often a barrier for HUD-VASH recipients.

To address this gap, HUD-VASH and Geriatrics and Extended Care (GEC) leaders began looking for ways they could join forces to help veterans receive higher levels of care in settings that were safe, comfortable and affordable.

From this collaboration, VA identified new opportunities

Before Peterson moved in, his caregiver was able to make several minor repairs. The act authorizes VA to use appropriated funds for life-saving food, shelter, goods and services for homeless vets and those participating in the HUD-VASH program during the Coronavirus pandemic public health emergencies.

Peterson arrived to find an updated, clean home. And he found a devoted and kind caregiver ready to provide help with his activities of daily living, offer friendship, and re-ignite the veteran's hope.

Peterson passes the time with an old friend: his guitar. When Orlando VA social worker Kris Vite heard Peterson's story, he returned to the group home and rescued the Veteran's guitar.

"Our staff will do whatever needs to happen to get the goal accomplished," Vite said.

The same is true for Peterson. Though he may not be able to speak, he is making sure his message is heard by all veterans. He wrote on his whiteboard, "Call VA! They have all kinds of things to help you!"

Learn about VA programs

- If you're a veteran who is homeless or at risk for homelessness, call the National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838).
- Visit the VA Homeless Programs website (https://www.va.gov/homeless/for_homeless_veterans.asp) to learn about housing initiatives and other programs for veterans exiting homelessness.
- Check out the Ending Veteran Homelessness podcast to learn more about what VA is doing about veteran homelessness.

still receiving the medical care he needed. Goodwin had just the solution.

A few years prior, VA recognized that as many vets in the HUD-VASH program were aging, they needed increased medical support. VA offered Medical Foster Home Care for Veterans who required nurs-

ing vouchers in existing GEC programs, including Medical Foster Homes.

Peterson met the criteria for the program, and a Medical Foster Home perfectly aligned with his needs and preferences, a win-win situation.

2023 NASCAR Busch Light CLASH at the LA Memorial Coliseum

Following up on NASCAR's wildly successful event in 2022 that introduced many new, young fans to NASCAR racing (see <https://automatters.net/gutsy-busch-light-clash-at-the-coliseum-revs-up-a-large-new-audience-for-nascar/>), NASCAR returned to the LA Coliseum to do it again, complete with pre-race and mid-race concerts and two Fan Fest areas.

2023 is also the 75th anniversary of NASCAR and the 100th anniversary of the Los Angeles Memorial Coliseum - named a National and California Historic Landmark in 1984, site of the Summer Olympics in 1932 and 1984 (and soon another, in 2028), three NFL Championships and two Super Bowls, the 1959 World Series, appearances by six U.S. presidents, Martin Luther King, Jr., Cesar Chavez, Pope John Paul II, the Dalai Lama and Nelson Mandela. (source: <https://www.lacoliseum.com/coliseum-history/>).

Against a backdrop of the L.A. skyline and the Coliseum's iconic peristyle, this year's Busch Light CLASH was a further development of last year's event. This year the teams had a much better idea of what to expect from the track and their cars, which benefitted from a full year of competition-proven understanding and improvements, as compared to last year's cars, for which the 2022 CLASH was their first race ever. The size of the field in the feature race increased from 23 in 2022, to 27 cars in 2023, and this year's feature race was run later, in the evening.

There was plenty of exciting racing action, thanks to multiple heat races and Last-Chance-Qualifiers that set the field for the 150-lap feature race. Racing at night contributed to exciting racing, since the track lost grip as the temperature went down. Track speeds on the 1/4-mile track typically varied from 80 mph in the straights to 40 mph in the turns.

Racing strategy was straightforward. Since it was otherwise difficult

to pass on such a short track, qualifying well was especially important. A popular racing technique was to gently bump the car ahead of you, to nudge it out of the way. How this actually played out was rather interesting. It was often not the car right behind the victim that started the 'bump-and-run,' but rather a car that was two cars or more behind — like making shots on a pool table. Many laps were run under

AutoMatters™ & More by Jan Wagner



caution involving more than half of the field, and only green flag laps counted towards the prescribed race totals. The multiple restarts kept bunching up the fields, and the choices drivers made for which lane to restart in around the "Choose Rule" track marking added an important element to the strategy of the racing.

Since there was not enough room within the bounds of the Coliseum for the usual NASCAR pits, minimal work could be performed. Tire changes were only allowed to replace flat tires. Nevertheless there were few retirements, since the new-generation cars are strong and are thus able to withstand some abuse. The rain tires

that were available, just in case, were not needed.

Several drivers showed strength early-on in practice and qualifying, including laps-led leader Ryan Preece, Bubba Wallace (who also led many laps), Aric Almirola and eventual race winner Martin Truex Jr. (who did not even qualify for last year's feature race). In the new NASCAR season, look for Kyle Busch to show strength with his new race team (moving from Joe Gibbs Racing to Richard Childress Racing) and his switch from Toyota to Chevy.

For official results and a video recap, visit <https://www.nascar.com/results/racecenter/2023/nascar-cup-series/busch-light-clash-at-the-coliseum/>.

The teams' next races will be the Daytona 500 race weekend, followed by the Pala Casino 400 - the final race on Auto Club Speedway's two-mile oval in Fontana, before it's rebuilt into a short track. There will be no NASCAR Cup Series race at Auto Club Speedway in 2024 and possibly even in 2025, so "AutoMatters & More" will be there to cover this final event for you. Hopefully there will be a third annual Busch Light CLASH at The Coliseum in 2024, to give us race fans an opportunity to enjoy NASCAR Cup racing in-person in Southern Cal.

Visit AutoMatters & More at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue 'years' boxes and browse. Copyright © 2023 by Jan Wagner - AutoMatters & More #779

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

My daughter, Anna, has a thirty-second video on her phone, buried among thousands of digital photos depicting her exciting young life in New York City. This particular video is unremarkable compared to all her others, but for me, it invokes a mix of significant emotions.

The video was taken last spring when Anna came home to see my 79-year-old mother who was visiting from Pennsylvania. It was a sunny morning. My mother and I were wearing our respective robes and pajama pants, walking around my fenced yard looking at flora and fauna together. Anna, who was on the porch watching us, decided to record the scene because from a distance, my mother and I appeared to be comically identical in appearance and movement.

In the video, I move slowly along the fence, cradling my Polish pottery mug with two hands, stopping occasionally to point to a passing bird or to invite my mother to inspect a rhododendron bloom. My pillow-head hair is artificially colored to cover my gray, just like my mother's. We sip our coffee every few steps, and chat casually about the things that catch our shared attention.

Anna posted the video on her social media, garnering LOLs and laugh emojis from her followers. I laughed when I saw it too, but it struck me in a deeper way that I didn't immediately understand. On a recent trip to Pennsylvania to spend the week helping Mom around her house, my

It's all relative: Am I becoming my mother?

fuzzy feelings about becoming more and more like my mother came into sharper focus.

"Lisal!" my mother gasped one morning, "I just put my hearing aids in, and I think I'm hearing Francis' voice!"

"That's impossible, Mom," I told her, explaining that my husband was over 400 miles away in Rhode Island.

"But..." she looked at me with fear in her eyes, "maybe I'm tuning in to a computer?!" To Mom, all modern technology — including smart phones, computers, printers, email, routers, televisions, DVRs, Keurig coffee makers, ATM machines, and yes, hearing aids — is cause for panic.

I chuckled, made a joke about my mother getting herself a tinfoil hat, and carried on with my To-Do list.

The next day, we met with a realtor to discuss the possibility of Mom selling her house and moving closer to family. At the dining room table, the realtor patiently answered the list of questions we'd prepared in advance, but my mother's discomfort was palpable. Although maintaining the old house and its acreage had become a huge burden, if not dangerous, for my mother to handle on her own, moving terrified her.

By the end of the week, I'd found all of my mother's passwords, account numbers and important information among countless handwritten scraps of paper. I deleted over 1,200 duplicate photo images and 391 junk emails on her phone (at least a dozen were from

Perkins Pancakes). I connected her television to the internet and her car to her phone. I conducted mandatory training sessions on navigation apps, Bluetooth capability, and why Mom needs to stop punching "later" every time she receives a message about a system update.

I was in the unenviable position of having to push my mother beyond her fiercely-guarded comfort zone to make decisions about her devices, her health, her paperwork, and her future. My mother was truly grateful for my help, but she resisted every step of the way.

I'm just like my mother in so many ways — sensitive, introverted, nostalgic, analytical, creative, witty, sentimental and easily overwhelmed. However, my mother has built a fortress of familiar places, routines, and objects around herself. Her home and habits have become her shell, where she can avoid life's scary demands and modern realities.

On the other hand, I'm a Navy wife who has been exposed to a life of constant change and unpredictability. Even during tough times, I had to be adaptable, self-sufficient, resourceful and able to manage complex tasks in unfamiliar environments.

While standing before my mother's packed refrigerator, gawking at countless opened jelly jars and unidentifiable freezer foods labeled with Post-It notes, I realized that military life forced me to overcome my genetically-determined tendencies. Like Mom, I resisted, but I was truly grateful for the help.

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THINGS TO DO AROUND TOWN

Museum Month: February remains the perfect month to discover (or re-discover) the story of San Diego during Museum Month with 50% off admission to more than 60 San Diego County museums, historic sites, gardens, zoo/aquariums and more. Explore a rich world of cultural experiences, including virtual activities, behind-the-scenes tours, and other special museum moments you can only find in San Diego.

<https://sandiegomuseumcouncil.org/specials/museum-month/>

Mardi Gras, Friday, Feb 17.

Guided Bird Walk, Fri, Feb 17, 8-10am. Free. Rain cancels. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, San Diego, 92119 mtrp.org

Model Train 3 Rail Special Sale, Fri, Feb 17, 5:30-7:30pm. Free. Friday night sale featuring 3 rail, O-gauge trains, prewar, post-war, modern, and track and other parts. There will be a freebie table and a \$1-2 table. San Diego Model Railroad Museum, 1649 El Prado, Balboa Park.

Stars at Mission Trails, Fri, Feb 17, 5:30-8:30pm. Free. SD Astronomy hosts with telescopes or bring your own. Rain, clouds cancel. West Sycamore - Mission Trails Regional Park, 17160 Stonebridge Pkwy, Scripps Ranch.

San Diego Gulls Home Game, Feb 18, Ontario Reign; Feb 19 Bakersfield Condors; Feb 24, Coachella Valley Firebirds.. Pechanga Arena San Diego, Midway District.

Winter Migration Bird Walk- docent led, Sat, Feb 18, 10-11am. Free. Age 12+. Meet at nature center. Bring binoculars. Batiquitos Lagoon Nature Center, 7380 Gabbiano Lane, Carlsbad.

Guided Bird Walk: Beginners, Sat, Feb 18, 8-10am. Free. Bring binoculars, rain cancels. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, Santee.

Secrets of South San Diego Bay Bike Tour, Saturdays, 10-noon. Age 18+. Free. CA state park interpreter leads 5 miler. Reservations required at <https://www.wintermigrationbirdwalk.com>

Tree height measuring hack this week!

Tree heights can be easily estimated this week if the sun shines at midday. On or near Friday, February 18, around noon, the sun in San Diego County stands at an altitude of 45 degrees above the horizon. Under these conditions, the length of a shadow cast by a vertical tree trunk on a horizontal surface equals the height of that tree trunk. No measuring tape? he length of an average adult male's shoe is close to one foot.

MOVIES AT THE BASES

Movies & times subject to change. * Indicates last showing
Visit navydispatch.com/entertainment_03movies.htm to find your base theatre information

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

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

Thursday, February 16

6pm M3GAN pg13

Friday, February 17

6pm Missing pg13

Saturday, February 18

3:30pm M3GAN pg13

6pm Missing pg13

Sunday, February 19

1pm Missing pg13

3:30pm Plane r

Pendleton Theater and Training Center ★
Bldg 1330 Mainside (Across from Mainside Center)

Saturday, February 18

1:30pm Babylon (R)

Saturday, February 25

1:30pm M3gan (PG13)

Saturday, March 4

1pm Plane (R)

Bob Hope Theater 577-4143 ★
MCAS Miramar Bldg 2242

Friday, February 17

6pm Missing (PG-13)

Saturday, February 18

3pm Missing (PG-13)

6:30pm Plane (R)

Sunday, February 19

12pm M3gan (PG-13)

3pm Plane (R)

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

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

Friday, February 17

6pm Missing pg13

Saturday, February 18

3pm M3GAN pg13

6pm Missing pg13

Sunday, February 19

1pm Missing pg13

3:30pm Plane r

Friday, February 24

3pm Maybe I Do pg13

Saturday, February 25

3pm Missing pg13

6pm Maybe I Do pg13

Sunday, February 26

1pm Maybe I Do pg13

3:30pm M3GAN pg13

Q-Zone - NAB ★
Bldg. 337 • 619-437-3190
Family Friendly Movies:
Tues, Thur, Sat: 11 am. NDVDs

Thursday, February 16

11am Ron's Gone Wrong pg

5pm No Time to Die pg13

Friday, February 17

5pm The Fabelmans pg13

Saturday, February 18

11am Lightyear pg

Monday - February 20

5pm Ticket to Paradise pg13

Tuesday, February 21

11qm Madagascar 3: Europe's Most Wanted pg

5pm Where the Crawdads Sing pg13

CROSSWORD PUZZLE

Across

- Karate match exchanges
- Exams for coll. credit
- Hydro __: bottle brand
- Perfect copy
- __-portrait
- Otherworldly
- Wee
- "Quite so"
- Without exception
- *Research on the ampersand?
- Brief "If you ask me (and even if you didn't)"
- Current
- Rapper Lil __ X
- Wan
- *Ambien, for one?
- Brazilian city
- Otherwise
- World Heritage Site org.
- School units
- Chest of drawers
- Valiant
- Sound like a pig
- Press coverage
- *Folds?
- Must-haves
- Shares again, on Twitter
- Energy Star certifying org.
- Tammy Duckworth's title, briefly
- "Oh, admit defeat already!" and advice that was followed to form the answers to the starred clues
- Shoyu __: noodle dish
- Fallon's predecessor
- Tire swing holder
- Peabody, e.g.
- Shoots the breeze
- Continent with 11 time zones
- Insurance spokeslizard
- Root word?
- "To Kill a Mockingbird" star

Down

- Pre-release software version
- Asgard god
- Leaf blower
- Buffalo
- Intro to physics?
- Fringe benefit
- Frozen drink
- Nurture
- "Schitt's Creek" co-creator
- "__ we done here?"
- Lancelot or Mix-a-Lot
- Vital
- Really stinky
- Unrealistically common affliction in soap operas
- Positive shift
- Scottish monster, affectionately
- Rise
- Baby birds?
- Sagittarius symbol
- Mum
- Stockpiles
- Beast of burden in many fables
- Support for a proposal?
- Hi-__ graphics
- Tres __ cake: dairy-soaked dessert
- Sea plea, briefly
- Took care of
- Really hot
- In a fitting way
- Set up
- Smidge
- Weightlifting move
- Reverse
- "Eso Beso" singer
- Sprinkler attachment
- "Awesome, dude!"
- Pipe problem
- Tattered cloth
- Blow away
- Big name in laptops and lipstick

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5 common misconceptions about prostate health and BPH

(Family Features) Prostate health may be an intimidating subject for some men, which can lead to misconceptions about conditions and treatments. Some men may even avoid visiting a doctor because of what they might learn. Breaking this stigma around prostate issues could help prevent complications from conditions like benign prostatic hyperplasia (BPH), commonly known as an enlarged prostate.

Under a doctor's care, BPH can be effectively treated; over 14 million men in the U.S. seek treatment every year.¹ To help clear up some of the confusion and fear around prostate health, here is a breakdown of five common misconceptions about BPH.

Misconception: BPH is linked to prostate cancer

Is BPH linked to prostate cancer? No. While both conditions affect the prostate gland, BPH is a benign (non-cancerous) condition, and the symptoms can typically be addressed with medications and/or other treatment options.

Misconception: Medica-

tion and major surgery are the only types of BPH treatment

Men with BPH may have options for treatment beyond medications that may offer relief without the risk of side effects that can come with medications, such as dizziness, headaches, sexual dysfunction² and, in some men, an increased risk of heart and eye issues.³

Minimally invasive therapies are available for BPH treatment. The UroLift(r) System is a minimally invasive procedure that has been used by 350,000 men worldwide.⁴ This procedure lifts and holds enlarged prostate tissue out of the way without cutting to stop blocking the urethra. The procedure can be performed using local anesthesia in a physician's office or ambulatory surgery center, and patients typically return home the same day without a catheter.^{5,6} For men with BPH, this option may be an alternative to medications and more invasive surgeries like TURP.

The procedure is indicated for treating symptoms of an enlarged prostate up to 100cc in men 45 years of age or older. Individual results may



vary. Most common side effects are temporary and include pain or burning with urination, blood in urine, pelvic pain, urgent need to urinate or the inability to control the urge.⁶ Rare side effects, including bleeding and infection, may lead to a serious outcome and require intervention.

Speak with your doctor to determine if you may be a candidate.

Misconception: Only seniors have symptoms of BPH

Are senior men the only ones who have symptoms of BPH? No. Even men in their forties may experience BPH symptoms, so don't assume you're too young to talk to your doctor about BPH. If you are diagnosed with BPH, your doctor can discuss treatment options that fit your needs and help you decide on

the best approach.

Misconception: BPH-related urination issues will always disrupt a man's life and sleep

A common symptom of BPH is frequent urination.⁷ This has the potential to disrupt a man's day-to-day schedule and sleep cycle, but it's not inevitable. If you have BPH, proper treatment can help improve quality of life and reduce the need for frequent urination, which can make it easier to sleep through the night.⁸ Yet another

great reason to be proactive about BPH diagnosis and treatment!

Misconception: BPH doesn't affect a man's bladder health

BPH can affect bladder health if it's left untreated. BPH can be progressive and lead to difficulty in urinating, bladder stones, UTIs and ongoing need for a catheter.^{9,10} This is another good reason to be proactive and talk to your doctor about prostate health. To learn more about BPH, including symptoms, diagnosis and treatment options, visit UroLift.com.

Photo courtesy of Getty Images
 1. U.S. 2022 estimates based on US Market Model 2022-24 (5-17-22 FINAL), which is in part based on data provided by Symphony Health PatientSource(r) data. This information is provided as is and Symphony Health makes no representations or warranties of any kind, including with respect to accuracy or completeness.
 2. Urology Care Foundation website: [https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-\(bph\)](https://www.urologyhealth.org/urology-a-z/b/benign-prostatic-hyperplasia-(bph))
 3. Chang, J Cataract Refract Surg. 2005.
 4. Management estimate based on product sales as of April 2022. Data on file Teleflex Interventional Urology.
 5. Shore, Can J Urol 2014
 6. Roehrborn, J Urol 2013
 7. Rosenberg, Int J Clin Pract 2007; Vuischoud, Can J Urol 2015
 8. Roehrborn, Can J Urol 2017
 9. Tubaro, Drugs Aging 2003
 10. Garg, Biol Pharm Bull 2006

Source: Teleflex Interventional Urology, manufacturer of the UroLift System

State expands citrus quarantine to include Rancho Bernardo

by Katie Cadiao

The California Department of Food and Agriculture has declared a new citrus quarantine in a 95 square-mile area of Rancho Bernardo after detecting a potentially threatening citrus tree disease during routine inspections.

The bacterial disease, known as Huanglongbing (HLB), is a major threat to San Diego's \$115 million annual citrus crop. Trees infected with HLB can produce mishappen, bitter fruit and the disease can eventually kill the tree.

This new quarantine comes after HLB was found in a residential lime tree in the area and is in addition to the existing HLB quarantine in the city of Oceanside. It covers the area bordered on the north by the intersection of I-15 and Auto Park Way; to the south by Poway Road; to the west by Via De Las Flores; and to the east by Lake Ramona. The maps for this HLB quarantine are available here.

The intent of the quarantine is to protect the region's food supply and support the agricultural economy and environmental sustainability by restricting people and businesses from moving citrus nursery stock, plant parts and fruit outside the quarantine boundaries and off their properties. The only exception is for agricultural businesses that must adhere to specific requirements for treatment, cleaning, and packing commercial fruit prior to movement.

HLB is not harmful to people or animals but could be devastating to the county's citrus industry. The disease is spread by the Asian citrus

psyllids, tiny insects that can carry the bacterium when they feed on citrus trees.

"Unfortunately, Huanglongbing is fatal to citrus," said San Diego Agricultural Commissioner Ha Dang. "Our goal is to prevent this disease from spreading any further. By working together, we can all protect our food supply, local agriculture, and environment from this devastating disease."

The County Department of Agriculture, Weights and Measures is partnering with state and federal regulators to limit the impact on the public and help prevent the spread of the disease. County and state officials will work with residents in the affected area to arrange for treatment of citrus trees as a protective measure against the disease.

County officials are also proactively notifying local citrus growers, plant nurseries and other related businesses.

Samples from trees on the affected property and the surrounding area

are undergoing tests for HLB. If HLB is detected in additional citrus trees in the quarantine area, state agricultural officials will follow up with treatment and removal of the infected trees.

Residents in the quarantine area are urged to take the following steps:

- Do not move citrus plants, leaves or foliage into or out of the quarantine area.
- Cooperate with agricultural officials who are inspecting trees, taking samples and treating for the pest.
- Consider removing your citrus tree if you no longer need it.
- Buy citrus trees only from reputable local nurseries.
- Report citrus trees that seem to be sick or dying by contacting the San Diego Department of Agriculture, Weights and Measures at (760) 752-4700 or visit sdcawm.org.

Residents can also call CDFA's toll free Pest Hotline at (800) 491-1899 or visit cdfa.ca.gov/plant/acp.

'Give Kids a Smile' program to provide free preventive treatment to children in need

The San Diego County Dental Foundation will provide free preventative treatment to children in need through its "Give Kids A Smile" program at clinics in Bankers Hill, City Heights, El Cajon, National City, and Vista on Saturday, Feb. 25 and/or Saturday, March 4.

Volunteer dentists will provide complimentary dental screenings, fluoride treatments, and dental sealants for children ages 0-18 years at the following locations from 9am to 1pm:

- Bankers Hill** - San Diego American Indian Health Center, 2630 First Ave, 619-234-2158 (March 4 only)
 - City Heights** - Cura Smiles, 4101 University Ave, 619-789-1832
 - El Cajon** - El Cajon Family Health Center, 525 E Main St, 619-906-4515 (Feb 25 only)
 - National City** - Operation Samahan Health Clinic (OPSAM Health), 2835 Highland Ave, 44-200-2426 ext. 1563
 - Vista** - Vista Community Clinic, 1000 Vale Terrace Dr, 760-631-5000 ext. 1011 (March 4 only)
- Appointments are strongly recommended and can be made by calling the individual location. The annual initiative provides no-cost dental services to qualifying children from low-income families, while raising awareness of the epidemic of untreated dental disease.

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For well-qualified buyers. MSRP of \$37,460. Down payment of \$4,995 plus any manufacturer rebate. Residual \$21,352. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price.

2022 JEEP GLADIATOR SPORT S

\$388 MO. FOR
36 MOS.



For well-qualified buyers. MSRP of \$43,410. Down payment of \$4,995 plus any manufacturer rebate. Residual \$33,648. Tax, title, license acquisition fee not included. 10,000 miles per year. 3 at this price.

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IN STOCK



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For well-qualified buyers. MSRP of \$57,045. Down payment of \$4,995 plus any manufacturer rebate. Residual \$43,656. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price.



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