

## Career Advice

Veterans History Project highlights farming as viable career path with two panels in March.

See page 6

## AutoMatters & More



San Diego Miata Club's St Patrick's Day Run.

See page 9

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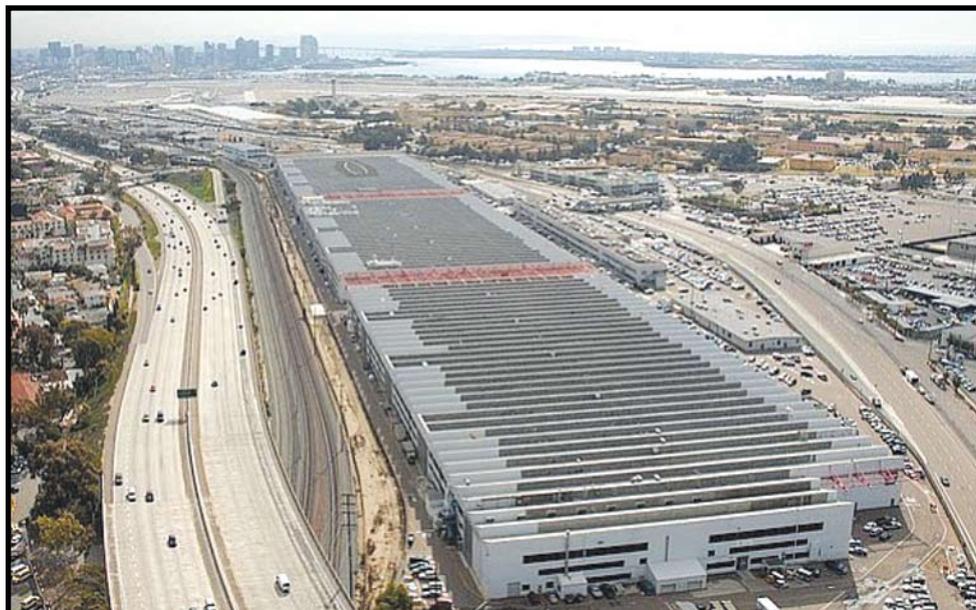
SIXTIETH YEAR NO. 47  
THURSDAY, MARCH 18, 2021

## NAVY CONTINUES REVITALIZATION MOMENTUM FOR INFORMATION WARFARE SYSTEMS COMMAND FACILITIES IN SAN DIEGO

To keep Naval Information Warfare Systems Command (NAVWAR) ready to execute its high-tech mission, and to address growing information warfare and cybersecurity requirements, the Navy is working alongside supporting partners and advocates throughout the San Diego region to provide the command with safe, modern and secure facilities.

Known as the Navy Old Town Campus (OTC) Revitalization Project, this effort centers around the redevelopment of NAVWAR Headquarters, which is currently housed in 1941 World War II aircraft factories, on 70.5 acres of Navy-owned land at Naval Base Point Loma, in the Midway-Pacific Highway community. The 80-year-old buildings aren't compatible with NAVWAR's technical, high-security mission today.

"The information domain is critical for our Navy to be more ready, more lethal and better connected," said NAVWAR Executive Director John Pope. "We must ensure our skilled information warfare and cyber workforce has a secure facility that is conducive to their important work to design and deliver crucial capabilities for the warfighter."



**To keep Naval Information Warfare Systems Command ready to execute its high-tech mission, and to address growing information warfare and cybersecurity requirements, the Navy is working alongside supporting partners and advocates throughout the San Diego region to provide the command with safe, modern and secure facilities. Photo by Kara McDermott**

Underscoring the importance of NAVWAR's mission is the command's support of Project Overmatch, one of the Navy's top two initiatives, stood up in October 2020 by Chief of Naval Operations (CNO) Adm. Mike Gilday. Project Overmatch will enable a Navy that swarms the sea, delivering synchronized lethal and non-lethal effects from

near-and-far, on every axis, and in every domain.

As the Information Warfare Systems Command, NAVWAR's expertise touches every warfighting domain from seabed to space and in cyberspace, making NAVWAR ready to contribute to Project Overmatch in the development of networks, infra-

structure, data architecture, tools and analytics that support the operational and developmental environment that will support the Navy's sustained maritime dominance.

"The project is creatively leveraging Navy assets to provide NAVWAR with the facilities it needs while simultaneously

acting as a catalyst for economic growth in the district," said NAVWAR's Revitalization Project Manager Greg Geisen. "NAVWAR directly employs nearly half of all cybersecurity workers in San Diego and its presence is a contributing factor for many cyber companies to remain located in the city."

Over the past 18 months,

NAVWAR has been working with Navy Region Southwest, Naval Base Point Loma and Naval Facilities Engineering Systems Command to produce a Draft Environmental Impact Statement (EIS). The Draft EIS is the first step in the National Environmental Policy Act (NEPA) Process and its goal is to analyze the potential environ- see **NAVWAR, page 9**

## Celebrate as a nation: Medal of Honor Day 3/25

Congress designated March 25 as the annual date for National Medal of Honor Day, a day dedicated to Medal of Honor recipients. Conceived in Washington state, this holiday is one of the nation's most revered. March 25 was chosen to highlight this special day because it was on March 25, 1863, that the first Medals of Honor were presented to six members of Andrews' Raiders. To help garner wider recognition of National Medal of Honor Day, there are a few things you can do to commemorate this day:

- **Fly your flag**, with pride and patriotism on this day.
- **Remember the heroes.** Take a few moments in the week prior to National Medal of Honor Day to mail a "Thank You" card to one of our living Medal of Honor recipients.
- **Inform Your Local Media.** Tip your local media to the occasion.
- **Schools.** Consider doing something in your local schools, if there is a MOH recipient living near your location.

## BLUE ANGELS CONCLUDE WINTER TRAINING

by Petty Officer 3rd Class  
Drew Verbis

NAF EL CENTRO - The Navy Flight Demonstration Squadron completed winter training here at the conclusion of the Festival of Flight March 13.

The Blue Angels departed NAF El Centro and are scheduled to perform 53 flight demonstrations at 28 locations across the United States and Canada.

"We've been training in Imperial Valley for over 50 years, and this is where the Blue Angels cut their teeth and where the show is made," said Cmdr. Brian Kesselring, commanding officer of the Blue Angels. "For a team that

spends over 300 days travelling, this is like home because we spend more consecutive days in the Imperial Valley than anywhere else. The support we have from the community and NAF El Centro contributes to our performance which allows us to demonstrate the Navy & Marine Corps capability and mission. The Imperial Valley and NAF El Centro has a special place in our hearts, and we appreciate the support we receive year in and year out."

2021 will mark the 75th anniversary of the Blue Angels who transitioned to the F/A-18 E/F Super Hornets.

"We're honored to have the Blue Angels train at NAF El Centro and debut the F/A-18 E/F Super Hornet," said Capt. William Perkins, commanding officer, NAF El Centro. "The team is comprised of absolute professionals across-the-board and demonstrated that they are ready to execute the 2021 show season. Now, Team NAFEC and our community will begin to plan for their return next year so that we can ensure we are aligned and ready to support their unique and evolving training requirements."

The mission of the Blue Angels is to showcase the precision

and professionalism of the Navy and Marine Corps by inspiring a culture of excellence and service to country through flight demonstrations and community outreach. Since 1946, the Blue Angels have performed for more than 496 million fans.

The mission of NAF El Centro is to support the combat training and readiness of the warfighter. This includes air operations support to operational fleet and training squadrons as well as squadrons from other services (Marine Corps, Army, Air Force) and international military partners.

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# First military women of color exhibit opens at Women's War Memorial

by Terri Moon Cronk,  
DOD News

"The Color of Freedom: Honoring the Diversity of America's Servicewomen" exhibit has made its debut at the Military Women's Memorial on the grounds of Arlington National Cemetery to highlight the contributions of military women of color who have served in the U.S. military throughout American history.

The new exhibit was virtually unveiled March 4 in a partnership between the Women in Military Service for America Memorial Foundation and Comcast NBCUniversal, according to a memorial press release. The exhibit tells the stories of women of color who served in the military and it also includes three components with Kindergarten through 12th-grade educational programming, a speakers' forum and a digital exhibit.

"While the memorial has always worked hard to tell the stories of all service women, we are eager to add a voice to the current discussion of race, and to share the extraordinary and enduring contributions of service women of color," said Phyllis Wilson, president of the Women in Military Service For America Memorial Foundation at the exhibit's opening.

"In many cases [these were] contributions that have been forgotten, ignored or diminished in our textbooks," she noted.

The exhibit spotlights more than 30 service women of color who have blazed trails, broken down barriers and shattered glass ceilings, Wilson explained.

## Spotlight: Women's History Month

The women of color who dared to lean in and accomplish their missions created a better U.S. military and a better nation, she emphasized.

The public narrative regarding racial injustice last summer presented the memorial with an opportunity to develop an exhibit about all women of color, and to highlight their service, said memorial curator Britta Granrud.

In designing the exhibit, the curator said she wanted the women to tell their stories in their words. The curator was able to capture those words from women who participated in the exhibit and from the memorial's largest repository of women's military stories in existence, in addition to artifacts and other tangible evidence of their service, she pointed out.

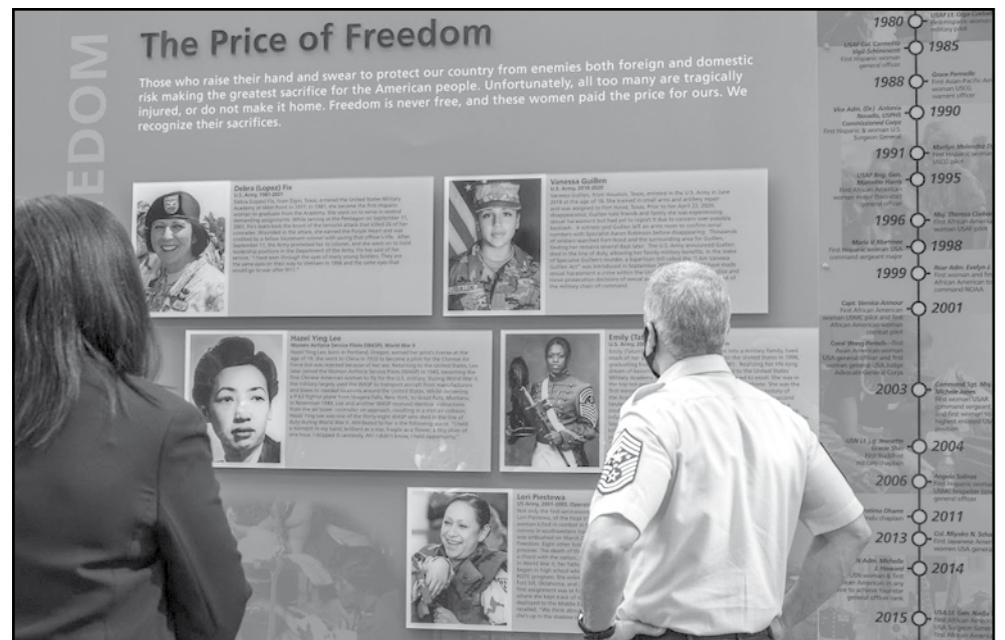
"I found that women of color have faced barriers of gender,

race and traditional cultural values in pursuit of a right to serve," Granrud said. "I found that in their persistent efforts ... overcoming discrimination has allowed them to thrive and see their roles expand across all sectors. I found these women and many others have been forces within the trajectory of [U.S.] history, women's history and military history. I have found that diversity is our strength; ... [and] our life experiences and the communities from which we come make us stronger and make us better."

The common denominator of these women of color who served their country is that they are leaders, said retired Army command sergeant major Michelle Jones, a participant in the exhibit and a combat veteran who served 25 years in the Army. Jones was the ninth command sergeant major in the U.S. Army Reserve and the first woman to serve in that position.

The women of color who served gave us — and continue to give us — a roadmap of selfless service, she said.

Jones said the women of color who served carry the five "Ls" of leadership: loyalty, to put the needs of the nation before their own; leadership, to lead the nation's greatest assets in its service members; liberty, to enforce our freedoms and our personal freedoms; life, to ensure our way of life is never compromised, and legacy,



Senior Enlisted Advisor to the Chairman Ramón "CZ" Colón-López tours "The Color of Freedom: Honoring the Diversity of America's Servicewomen" exhibit opening at the Military Women's Memorial, Arlington, Va., March 4, 2021. Photo by Lisa Ferdinando, DOD



The exterior of the Military Women's Memorial at the entrance to Arlington National Cemetery, Arlington, Va., March 12, 2021. Photo courtesy of Military Women's Memorial

about which Jones said, "I say and believe your individual accomplishments and achievements are a testament to what you did in your life. But the legacy you leave is a testament to how you lived your life and the lives that you touched. A legacy never dies. It goes on exponentially."

Her sisters-in-arms continue to

exhibit characteristics that carry them through their careers, their lives, their struggles and their disappointments, Jones noted.

The memorial and exhibit hours are from 9 a.m. to 5 p.m., Mondays through Saturdays; and noon to 5 p.m., Sundays. For more information, call the memorial at (703) 533-1155.

Her sisters-in-arms continue to

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# National Military

## Officials describe conditions in Indo-Pacific

by Jim Garamone,  
DOD News

The Indo-Pacific has always been a region of superlatives, but the terms have changed over the past decades.

Now people talk about the Indo-Pacific being a “region of consequence,” “the priority theater,” or the “global economic engine.”

For decades, the U.S. military has recognized the importance of the theater. U.S. Indo-Pacific Command covers 51 percent of the globe. The region has 60 percent of the world’s population. The U.S. and China are the world’s largest economies. The most soldiers, the biggest navies, the longest distances, most endangered and much, much more. There are hundreds of languages and cultures and environments.

China is the pacing challenge for the United States military, and service members must respond - but it’s not the only challenge in the region.

“We’ve all had these concerns for decades - the rising China, [North Korea], Russia, violent extremist activities - but their scope, volume, scale are much more problematic,” said a senior defense official.

Added to all this is the issue of climate change, which touches



**Static displays at the Changi Exhibition Center in Singapore, Feb. 15, 2020. Photo by Air Force Senior Airman Johnathon Wines**

fundamentally on many of the island nations of Oceania. Also a problem is that this is the Ring of Fire, where tectonic plates collide causing volcanoes, earthquakes and tsunamis. Top it off with COVID-19 and the global pandemic, and there’s a complex brew of problems and issues.

China, Russia, North Korea and violent extremism are in the Indo-Pacific and operate there every day. The threats are a direct

To view this, and other, stories, refer to <https://www.defense.gov/Newsroom/>.

challenge to the mission of the U.S. Indo-Pacific Command to provide freedom and mobility for commerce in the region, to support good governance, and to deter aggression.

The best weapon in the arsenal is the U.S. network of allies and partners. Unlike Europe where NATO and the European Union have inured the nations to work-

ing together multilaterally, the Indo-Pacific doesn’t have that architecture, a senior defense official said. The U.S. has treaty allies in the region: the Republic of Korea, Japan, the Philippines, Thailand, Australia and New Zealand.

While the United States works bilaterally with many nations in the region, leaders would like to see more multilateral engagement. “The Quad” call that President Joe Biden participated in with the leaders of Australia, India and Japan is promising, officials said. The Quad is not a security pact, but it could grow into an arena that allows the countries to cooperate more.

China’s behavior in the region - from fighting with India at the line of control, to increasing efforts and patrols in the Indian Ocean region - is worrisome to India. “They’re aware of that and the traditionally non-aligned country is starting to do more with the United States, with Australia and with Japan,” the official said.

### Army

- Chief still concerned about the demands on Soldiers
- Murder of newly commissioned lieutenant leads to advocacy and lasting change
- West Virginia Army National Guardsman dies



- Coworkers: Army reservist charged in Capitol riot had a Hitler mustache
- Army now reviewing Pentagon investigation into Michael Flynn’s dealings with Russia and other foreign entities
- Army awaiting ‘diplomatic’ stationing decision for Indo-Pacific MDTF
- Pentagon-approved tourniquet, previously banned by Army, is available to soldiers after lawsuit settlement

### Navy

- Engine cooling issue sidelines LCS Sioux City
- Former Navy Sailor who hid wife’s body in freezer sentenced for her killing
- Navy chooses evolution over revolution for shipbuilding
- Family of dead Guantanamo Bay contractor sues former Navy captain who was transferred to Jacksonville

### Air Force

- Here’s how much money is on the table for the Air Force’s 2021 aviation bonus program
- The KC-46 tanker’s most infamous problem isn’t the one that impacts pilots the most
- Air Force ‘doomsday’ planes moved to Lincoln airport during Offutt runway replacement
- ‘Fly Like a Girl’: The story behind a morale patch that honors female aviators
- USAF receives second B-52 from boneyard

### Marine Corps

- Black Marine colonel passed over 3 times receives 1-star nomination
- Flying Leatherneck Aviation Museum to close permanently
- Marines need funding for missiles that can target Chinese ships, top Pacific admiral says
- Marine account apologizes for comments defending female service members

### National Guard

- Soldier who died while stationed at U.S. Capitol is identified

### Space Force

- SPACECOM to tighten ties to Japan
- Space Force is using virtual-reality headsets to train its Guardians to work on satellite

### Coast Guard

- In a very difficult environment, Coast Guard offers incentives to entice recruits



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# Navy, Marine Corps release Unmanned Campaign Plan

WASHINGTON, D.C. - The Navy and Marine Corps released the Unmanned Campaign framework March 16.

The Unmanned Campaign Plan represents the Navy and Marine Corps' strategy for making unmanned systems a trusted and integral part of warfighting.

Through a capabilities-based approach we can build a future where unmanned systems are at the front lines of our competitive advantage.

The framework has five goals:

✘ Advance manned-unmanned

teaming effects within the full range of naval and joint operations.

✘ Build a digital infrastructure that integrates and adopts unmanned capabilities at speed and scale.

✘ Incentivize rapid incremental development and testing cycles for unmanned systems.

✘ Disaggregate common problems, solve once, and scale solutions across platforms and domains.

✘ Create a capability-centric approach for unmanned contributions (platforms, systems, subsystems) to the force.

The framework provides a strategy for integrating these

systems to provide lethal, survivable, and scalable effects supporting the future maritime mission. The Navy and Marine Corps are developing detailed technology maturation and acquisition roadmaps within a separate classified plan of action and milestones. The objective is to innovate quickly to provide solutions for complex problems of current and future conflicts.

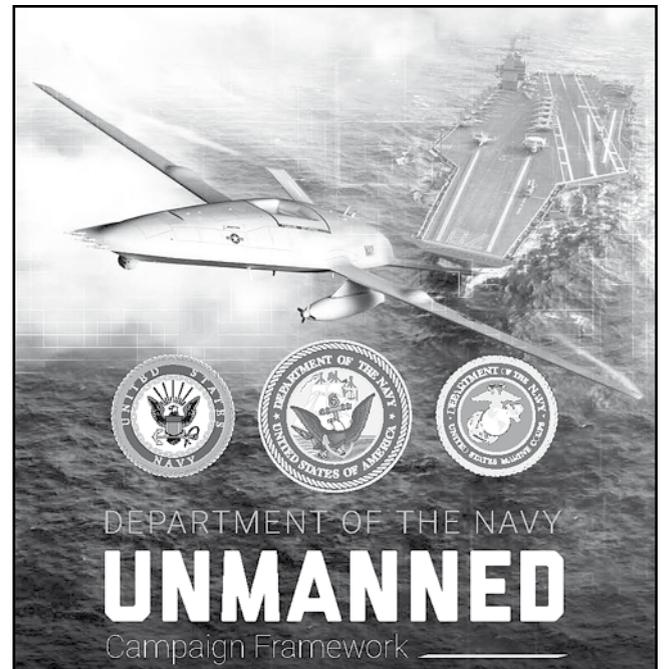
The path forward requires a holistic approach to developing and deploying unmanned systems, ensuring that individual technologies can operate within a broader architecture of networked warfighting systems, supported by the right people,

policies, operational concepts, and other enablers.

The campaign framework focuses on how the Navy and Marine Corps will reduce risk and identify performance requirements. Utilizing dedicated prototypes for each unmanned system and developing capability in this manner standardizes autonomy, command and control, payload interfaces, and networks.

"The Navy and Marine Corps unmanned campaign plan serves as a roadmap for how we will realize a future where unmanned systems serve as an integral part of the Navy's warfighting team in support of distributed maritime operations," said Vice Adm. Jim Kilby, Deputy CNO for Warfighting Requirements and Capabilities. "The plan lays out how we will scale tested and proven systems as well as develop the core technologies required to successfully integrate unmanned systems into the fleet."

The framework provides guidance for the Services to pursue an agile and aggressive approach to develop the core technologies required to successfully integrate unmanned systems into the Navy's future force structure. The Services must invest in the



**The Unmanned Campaign Plan represents the Navy and Marine Corps' strategy for making unmanned systems a trusted and integral part of warfighting. Navy graphic**

networks, control systems, infrastructure, interfaces, artificial intelligence, and data required to support unmanned systems to succeed.

"The Navy and Marine Corps unmanned campaign plan will guide our naval research and development investments, and through the acquisition process, we will collaborate with our industry partners to design, build, field and sustain manned and un-

manned teaming throughout the fleet," said Frederick J. Stefany, Acting Assistant Secretary of the Navy for Research, Development and Acquisition.

"It also sets the framework to enable the Department of the Navy to accelerate, deliver and scale valuable manned and unmanned capabilities."

Continue reading this story at <https://www.navy.mil/>.



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**Total Navy Battle Force: 298**  
**Ships underway**  
Deployed ships underway: 50  
Non-deployed ships underway: 27  
**Total ships underway: 77**  
**Ships deployed by fleet**  
Fleet Forces: 1      3rd Fleet: 0  
4th Fleet: 2      5th Fleet: 20  
6th Fleet: 19      7th Fleet: 54  
**Total: 96**

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## The USO: A look back at 80 years of continuous service

(StatePoint) - The United Service Organizations (USO), the nation's leading not-for-profit charity that serves the men and women in the U.S. military and their families, is celebrating its 80th anniversary this year.

Founded just before the U.S. entry into World War II, the USO rapidly expanded from a patchwork of local efforts with a handful of volunteers into a robust international organization. From Bob Hope to Marlene Dietrich to Bing Crosby, the USO offered now-legendary entertainment during World War II, as well as programs and services, quickly becoming an essential part of the war effort.

"Honorably discharged" by

President Truman in 1947 after the end of World War II and reactivated for the Korean War in 1949, it's widely believed that the USO was inactive during this time. However, recent findings in USO archives and external sources show that the organization actually never stopped serving.

Though the future of the USO was at first uncertain after World War II, it quickly became clear that even in peacetime, its contribution to the welfare of armed forces was essential. With hundreds of thousands of returning troops in-transit and new troops headed for occupation duty overseas - as well as the many thousands of Soldiers and Sailors recovering in hospi-



**Marlene Dietrich visits troops during World War II. USO photos**

tals - key government officials voiced a belief that the need for an organization such as the USO was just as pressing as it was during the war.

Then-USO president, Lindsey Kimball said in February 1946, "We face a responsibility to stand by during the difficult days of transition from total war to total participation in an achieved peace."

And stand by it did. With only a skeleton headquarters staff, between 1947 and 1949, the USO continued to operate clubs and lounges, as well as sent entertainers to perform for thousands of wounded service members recovering in hospitals.

The USO is still building on its continuous 80-year history today.

## President signs \$1.9 trillion pandemic package that includes veteran retraining benefit and education protections

Iraq and Afghanistan Veterans of America (IAVA) is celebrating two massive victories for hard-fought priorities in the March 9 final Congressional passage of the \$1.9 trillion American Rescue Plan to combat the COVID-19 pandemic.

The emergency package includes a provision which will establish accountability for predatory schools that profit off of Post-9/11 GI Bill beneficiaries by finally closing the "90/10 loophole."

IAVA has fought to close this loophole in the law for many years after the enactment of the new education benefit attracted unscrupulous actors who had designs on military-connected students' funding.

"Closing the 90/10 loophole has always been a top focus of IAVA's long-held goal of defending the GI Bill from cuts and abuse. So many of our members know all too well stories of poor-performing schools over-

promising and underperforming - and hurting student veterans in the process," said IAVA CEO Jeremy Butler.

"I would like to express our special gratitude to our friends at Student Veterans of America, Veterans Educational Success, Tragedy Assistance Program for Survivors, and all the other VSOs who stood shoulder to shoulder over the years to get this finally done."

The legislation also includes the IAVA-backed Veterans Economic Recovery Act that will provide up to 12 months of retraining assistance for veterans who are unemployed due to the pandemic. The retraining program also includes a generous housing allowance. While the legislation will fund 17,500 eligible veterans, IAVA will continue working to expand that number.

"It's clear that, in order to fight the effects of the pandemic, we must take new, bold approaches

to ensure that a generation of veterans are not left behind," added Butler. This will be an enormously impactful benefit for veterans, and we appreciate the bipartisan efforts by Senate Veterans Affairs Committee Chairman Jon Tester and Ranking Member Jerry Moran, and House Veterans Affairs Committee Ranking Member Mike Bost, to move this legislation over the finish line."

IAVA is the voice for the post-9/11 veteran generation.

With over 400,000 veterans and allies nationwide, IAVA is the leader in non-partisan veteran advocacy and public awareness. We drive historic impacts for veterans and IAVA's programs are second to none.

Any veteran or family member in need can reach out to IAVA's Quick Reaction Force at [quickreactionforce.org](http://quickreactionforce.org) or 855-91RAPID (855-917-2743) to be connected promptly with a veteran care manager who will assist.

### Veterans

- Operation Triumphus crowdsources personal stories of the Vietnam War. Share yours now
- Wounded women veterans face higher levels of loneliness, isolation: report



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## Army vet Kim elected president & CEO of Miramar National Cemetery Support Foundation

C. Sallay Kim, retired Army intelligence officer and San Diego entrepreneur, has been elected to lead the Miramar National Cemetery Support Foundation as president and CEO. Kim is the owner of Serenity Event Solutions, a firm that plans and manages conferences and events in Southern California.

The Support Foundation raises funds to construct such projects as the Avenue of Flags and the Veterans Tribute Tower & Carillon, and coordinates with local veterans' groups to place memorials in the cemetery. It currently is raising funds for construction of the Armed Forces Memorial Amphitheater, a \$600,000 project. No federal funds are expended for these memorial projects.

Elected with Kim to serve two-year terms were Dennis Schoville, chairman of the board; Bill Heard, vice president; Richard Sells, trea-



**C. Sallay Kim**

surer and chief financial officer; and Richard Davidson, secretary.

"It's an extreme honor to continue my service to San Diego military veterans and their families," Kim said. "My colleagues and I remain grounded in our mission to preserve the rich memories of our fallen brothers and sisters, while remaining committed to beautifying the sacred land upon which they rest."

## Crossword Puzzle

### Across

- "Play it cool"
- A cup's 48: Abbr.
- One of a set of faddish toys that at its peak made up 10% of all eBay sales
- D-Day code name
- Staple of many Oktoberfest costumes
- Casual gait
- Superhero uniform symbol
- Pipe section
- Investigations with strange features
- Ferrari's former parent
- Tuna \_\_: Betty Crocker brand
- Portico support
- "Prince of Motown"
- Subj. of some 2015 WikiLeaks content
- United hub
- Honeycomb holder
- One-track
- Declined
- Drip site
- Fearmongers
- Swiss city with suburbs in Germany and France
- Qantas baggage tag abbr.
- Greek war god
- Repair request recipients
- Like many stored measuring cups
- Dispatched
- Military lodging
- Breathing space?
- Degree for a CFO
- Tourist mecca with a mausoleum
- Napoleon is a dictator in it
- Rid oneself of
- Main menace

### Down

- Ocular inflammation
- Aids in coping with pressure?
- Proficient
- The limits of chic?
- Wee ones
- Peoria-to-Green Bay dir.
- Exposure, to a deejay
- World capital in 1979-'80 headlines
- Lusitania sinker
- Gravelly utterance
- Japanese host of the 2019 G20 summit
- Sharp-sighted
- Lily family flower
- Theft not involving money or merchandise
- Explains too glibly
- "\_\_ Like the Wind": "Dirty Dancing" tune
- Circus hopper
- Public outcry
- Leveret raisers
- Deep sleeps
- Christmas song containing "a thrill of hope"
- "Summertime Sadness" hitmaker
- Restroom label
- Rink acrobatics
- Studied for a job?
- Did 30-Down
- Bugs
- Second sock
- Butchers
- 100-member group
- Glam rock band
- Rash cause, maybe
- Sarasro in "The Magic Flute," e.g.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15													
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55													
57													



**The USS Midway Museum is currently recruiting** for docents, air craft restoration, ship restoration and safety volunteers. These assignments are a regular commitment of at least six months.

Visit this page of the Midway Museum website to watch fun videos about the museum's different teams and participants:  
<https://www.midway.org/give-join/volunteers/volunteer-opportunities/>.

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## Veterans History Project highlights farming as viable career path with two panels in March

The Library of Congress Veterans History Project will host two panels to highlight farming as a viable career path for veterans transitioning to civilian life and to introduce programs that support those who pursue farming.

The events, focused on the benefits and challenges of farming in urban and rural settings, will premiere on the VHP's Facebook page: [www.facebook.com/vetshistoryproject](http://www.facebook.com/vetshistoryproject). Panelists and moderators will be available to answer questions in the comments section.

There are more than 18 million veterans in the United States, according to the U.S. Census Bureau, and farming gives some of them the opportunity to become entrepreneurs and gain knowledge and hands-on experience in land management and other skills.

According to the 2017 Census of Agriculture, the average age of farmers is 58 and about 11 percent of them are military veterans. Veterans who pursue farming careers help to reenergize farming communities, spur rural development and improve food security across the U.S.

The panels will help address questions and concerns veterans may have about how to apply their experience and skillset to their new careers.

The panel on March 26 will

**Experts will share tips on programs and resources that help veterans transition to farming**

feature Justin Butts, a 32-year-old African American Navy veteran who turned his childhood love of farming into a full-time business in upstate New York.

"I always wanted to be a farmer since I was younger, and it was just a matter of finding a path to get there. While in the Navy, I developed an autoimmune disease, and I became more interested in where my food was coming from, so I got more involved in farming," Butts explained. "There are a lot of resources to learn farming skills, but I say the best way to get into farming is to start farming; leasing land is not as expensive as leasing an apartment."

A chef-turned-farmer, Butts credits his new career path to his grandfather, who had been a farmer in North Carolina. Butts leases land to raise his livestock, holds a separate job as livestock manager, and owns Butts Bros Handmade Lard Soap since 2018.

### Friday, March 19

**Veteran Grown: Urban Farming**, 9 a.m. Pacific. The panel will feature farmer veterans in urban settings, as well as leaders from national advocacy organizations that provide training and direct support to them. Their specialties include beekeeping, compost management, and vegetable crops. Margo Hale of the National Center for Appropriate Technology and the training program Armed to Farm will moderate the panel, which will include special remarks by Rep. Kim Schrier of Washington, a member of the House Committee on Agriculture.

### Friday, March 26

**Veteran Grown: Farming**, 9 a.m. Pacific. The panel will feature farmer veterans in more traditional settings, some of whom have benefited from specialized farmer training programs and one-on-one mentorship. Their specialties in-

clude vegetable crops, beekeeping, pig farming, soap making, and entrepreneurship. Damon Helton of The Farm at Barefoot Bend in Arkansas will moderate the panel, which will include special remarks by Sen. John Boozman of Arkansas, a member of the Senate Committee on Agriculture.

Military veterans often face challenges while transitioning to civilian life, including physical and psychological traumas due to injuries sustained on the battlefield. Many times, because of invisible wounds that affect their mental and emotional health, such as Post Traumatic Stress Disorder, veterans experience more difficulty in finding sustainable employment or adequate housing. Personal testimonials point to farming and other careers related to agricultural work as beneficial to veterans, their families and communities, no matter where they live.

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. The project aims to help future generations have a better understanding of the realities of military service. For more information, visit [www.loc.gov/vets/](http://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.

The Library of Congress is the world's largest library, offering access to the creative record of the United States - and extensive materials from around the world - both on-site and online. It is the main research arm of the U.S. Congress and the home of the U.S. Copyright Office. Explore collections, reference services and other programs and plan a visit at [loc.gov](http://loc.gov); access the official site for U.S. federal legislative information at [congress.gov](http://congress.gov).

## You get what you negotiate

by Dr. Daneen Skube,  
Tribune Content Agency

*Q: I have a few clients that take forever to pay me. I've been sitting patiently but am tired of waiting. Is there a best approach to encourage customers to pay on time and generally behave well?*

### INTERPERSONAL EDGE

A: Yes, you need to make sure you write out specific policies which you provide to customers before you start doing business that encourages them to pay you on time and behave well.

Sitting upset and hoping is always an ineffective business strategy. Realize your customers may have no idea you're upset. Without any financial incentive that benefits your customer to pay you on time there's no reason a customer would worry about his or her account. You have to link paying you on time to saving money for the customer.

In America the two most squirm-worthy topics are money and sex. You'd imagine that sex would make people more uncomfortable than money but both are equally emotionally difficult.

The reason is we have a culture founded on avoiding looking or feeling vulnerable or needy. When we have legitimate needs (like prompt payment) we can feel very ill at ease.

If we don't learn to lean into our discomfort about prompt payments our business won't be open for long. The world will thus lose access to the good you could have done. No business can stay afloat if customers don't pay in a timely manner.

In my business I have a one page overview that prospective clients receive via email that outlines all my business policies. By emailing my policies to prospective clients I avoid working with people that plan to behave badly. My policies protect me and my business not my optimism about human nature.

Many of my clients that are business owners feel uncomfortable having to write out a specific policy sheet. They think that customers should automatically behave well and pay quickly or the customer should feel bad. The truth is most of your customers don't think about you. If you're willing to keep an account open for months at a time with no penalty customers will take advantage of this opportunity.

The idea of "if it is to be, it is up to me," is relevant when it comes to negotiating business policies especially those surrounding money and payment. Think carefully about each area of your business where customers act in ways you don't want and then invent policies encouraging good behavior. If a customer saves money by paying you on time you win and they win.

You can fix your current issue by emailing your new policy to all current and former customers. The problem customers will receive your policy and want to pay you to avoid any future charges. Future problem customers once they review your policy will drift away to bother a less savvy business owner.

The idea in business is to enjoy what you do, not spend your time chasing money or managing bad customer behavior. Most of us feel disrespected, devalued and frustrated chasing money we've already earned. If you start to negotiate better by stating your expectations upfront you only work with people that will let you do well by doing good work.

The last word(s)  
*Q: I had a tough last year and thought this year would be easier but not so far. Is there a way to problem solve when everything keeps going wrong?*

A: Yes, sometimes when nothing is going right you need to take a left or change direction. Just doing the same thing will not achieve a better result.

Daneen Skube is an executive coach, trainer, therapist and speaker. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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## Top Coast Guard officer outlines state of the Coast Guard

SAN DIEGO - The commandant of the Coast Guard delivered his third State of the Coast Guard Address March 11 at Coast Guard Sector San Diego.

Adm. Karl Schultz highlighted Coast Guard operations, which provide for the safety and security of our nation's waterways that contribute 25 percent to America's gross domestic product.

Schultz also recognized the service and sacrifice of Coast Guard members stationed across the country and deployed around the world ensuring global peace and prosperity during this year of unprecedented challenges. He also honored the service members in San Diego who help ensure the safety and security of one of America's busiest maritime boundaries.

"Across the service and around the world I see individual Coast Guardsmen contributing to their communities, securing the homeland, enhancing our economic prosperity and advancing our national interests across the globe," said Schultz.

Schultz also made multiple

policy and acquisition announcements including:

- Initiatives to support the



**Adm. Karl Schultz, the commandant of the Coast Guard, speaks during the 2021 State of the Coast Guard Address in San Diego. During the annual address, Schultz reflected on the organization's successes over the past year and outlined the shared vision for the future of the Coast Guard. Coast Guard photo by Petty Officer 2nd Class Travis Magee**

Coast Guard workforce

- Updates on the status of the Coast Guard's aviation and cutter fleets and critical acquisitions including the offshore patrol cutter and polar security cutter

- An update to the Coast Guard's future Arctic operations

- Coast Guard deployments to the Indo-Pacific and South

America to fight Illegal, Unreported and Unregulated Fishing

- The critical role the Coast Guard plays in U.S. national security at home and abroad

"We were absolutely honored to host this major event for the Coast Guard at Sector San Diego," said Capt. Tim Barelli, the Coast Guard Sector San Diego commander. "The San Diego Harbor and coastlines are vital to our

national security, local economy and natural resources, which is why having the national spotlight on our beautiful city shows the importance of the Coast Guard's role in keeping the Southwest waters safe, secure, environmentally protected and economically prosperous."

While in San Diego, Schultz

attended a drug offload Wednesday by the Coast Guard Cutter Bertholf crew with 7,500 pounds of cocaine and marijuana worth an estimated \$126.7 million. More information, including photos of the event can be found at <https://content.govdelivery.com/accounts/USDHSCG/bulletins/2c5f7d8>.

Coast Guard Sector San Diego began as a Coast Guard Air Patrol detachment on May 4, 1934, for the purpose of preventing smuggling across the U.S. - Mexico border. The primary mission soon expanded to include saving life and property as patrolling aircraft were increasingly being diverted for search and rescue missions offshore. Sector San

Diego was established in July 2004, combining three separate commands, Activities San Diego, Marine Safety Office San Diego and Air Station S.D., into a single command performing 10 of the 11 statutory Coast Guard missions.

Additional information about the State of the Coast Guard Address can be found in the national news release at <https://content.govdelivery.com/accounts/USDHSCG/bulletins/2c62680>.



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# USS San Diego returns to sea



Operations Specialist 2nd Class Angelo Garay stands watch on the flight deck of USS San Diego amphibious transport dock ship as she departs Manama, Bahrain. Navy photo by MC2 Brandon Woods

MANAMA, Bahrain - Amphibious transport dock ship USS San Diego, part of the Makin Island Amphibious Ready Group (ARG), returned to sea fully mission capable March 11.

San Diego was pierside in Bahrain for a scheduled logistics and maintenance port call when approximately 20 Sailors and embarked Marines tested positive for COVID-19.

The port visit and medical support were coordinated with the host nation government and Bahrain Ministry of Health.

"The professionalism and support from the Kingdom of Bahrain, Task Force 51/5, and U.S. 5th Fleet Medical was top notch," said Capt. Kevin Ralston, the commanding officer of the USS San Diego. "San Diego is extremely thankful

for their unwavering support and assistance during our time pierside."

While pierside, all personnel who tested positive for COVID-19 or were identified as close contacts were isolated on board. The ship has a robust medical capability, including embarked medical staff, operating rooms, a 24-bed hospital ward and additional overflow capacity.

San Diego has been deployed since January in the U.S. 5th Fleet area of operations (AOO), along with amphibious assault ship USS Makin Island (LHD 8), amphibious transport dock ship USS Somerset (LPD 25), and the 15th Marine Expeditionary Unit (15th MEU).

"We will continue to take all preventative measures in our

fight against COVID-19," said Ralston. "San Diego's Sailors and Marines are extremely resilient and are ready to take on any and all assigned missions at sea."

San Diego will rejoin the Makin Island ARG, ready for assigned tasking, continuing to support U.S. Central Command's mission and our regional and coalition partners.

In late February, the Navy announced that USS San Diego docked in Bahrain amid the COVID-19 outbreak on the San Diego-based amphibious ship. The Navy said at that time that the ship was currently pierside in Bahrain, and that "all positive cases have been isolated on board, and the ship

remains in a restricted COVID bubble."

"The ship has a robust medical capability, including embarked medical staff, operating rooms, a 24-bed hospital ward and additional overflow capacity," according to the Navy statement.

In February, the Navy said also investigated cases of the disease aboard Mayport, Fla.-based USS Philippine Sea guided-missile cruiser.

"Medical health professionals are conducting a thorough contact investigation to determine the source of COVID-19 aboard the ships and whether any other personnel may have been exposed," the Navy said.

## Seabees complete family park complex in Ventura County

by Melinda Larson

NAVAL BASE VENTURA COUNTY - Seabees transformed a softball field into a versatile family park during a multi-year project here, the West Coast homeport of the Navy's Seabees.

"All the work we get to do at this base is an honor and a privilege," said Capt. Matthew Riethmiller, commander of Naval Construction Group One. "This project helped increase our readiness, and all the better, the new Stingers Park is here, where we call home."

Riethmiller made his remarks during a ribbon-cutting to officially open the 46,000-square foot park that includes a pavilion, fenced playground, basketball court, beach volleyball court, sound stage, picnic tables and barbecue grills.

## Sweetwater Woman's Club of Bonita Spring Craft Faire March 27



The Sweetwater Woman's Club of Bonita is hosting a Craft Faire on Saturday, March 27 from 9 a.m. to 3 p.m. in their upper parking lot at 3855 Sweetwater Road in Bonita, 91902.

Many crafters will have a variety of items for sale including handmade crafts, jams and jellies, jewelry, décor, and more. The Club itself will have

a treasures galore area including gently used home goods, décor, pillows, ornaments, books, and more.

Many plants and pots will also be for sale - perfect for the yard, displays, and gifts.

The Sweetwater Woman's Club Quilters will have handmade quilted table toppers as well as child and adult size quilts for sale.

All proceeds will benefit local charities and scholarships.

## This week's snapshots



USS BUNKER HILL, AT SEA March 6, 2021

Boatswain's Mate 2nd Class Joel Lazo signals the pilot of an H225 Super Puma helicopter assigned to Charles Drew dry cargo and ammunition ship on the flight deck of cruiser USS Bunker Hill during a vertical replenishment. Navy photo by MC2 Brandie Nuzzi



SAN DIEGO BAY Feb. 24, 2021

Sailors assigned to Maritime Expeditionary Security Squadron man a Sea Ark Patrol Boat during high value asset security protection outbound transit as part of final evaluation exercises. Navy photo by BMC Nelson Dromal Jr.



USS JOHN FINN, AT SEA March 13, 2021

Personnel Specialist 3rd Class David Rapp and Hull Maintenance Technician 3rd Class Jonathan Payanparra fight a simulated fire during a damage control drill on guided-missile destroyer USS John Finn. Navy photo by MC3 Jason Waite



SAN DIEGO March 12, 2021

Sailors aboard aircraft carrier USS Carl Vinson receive cupcakes after their COVID-19 vaccine to commemorate the 39th anniversary of the ship's commissioning. Carl Vinson is pierside in its homeport. Navy photo by MCSN Caden Richmond



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## Coast Guard cutter offloads 7,500 pounds of cocaine, marijuana in San Diego



Adm. Karl Schultz. Photo by Petty Officer 2nd Class Travis Magee

SAN DIEGO - The crew of *Bertholf* Coast Guard cutter offloaded approximately 7,500 pounds of seized cocaine and marijuana here March 10. The drugs, worth an estimated \$126.7 million, were seized in international waters of the Eastern Pacific Ocean between January and February, representing 10 suspected drug smuggling vessel interdictions off the coasts of Mexico, Central and South America by Coast Guard and Navy ships. The Coast Guard Law Enforcement Detachment 107 was deployed aboard San Diego-based USS *Freedom* (LCS 1).

## NAVWAR

continued from page 1

mental impacts associated with five project alternatives being considered for the revitalization of Naval Base Point Loma's OTC facilities. Last year, the Navy created a website with all the most up-to-date information on the project: [www.NAVWAR-Revitalization.com](http://www.NAVWAR-Revitalization.com).

Key resources to be analyzed in the EIS include: air quality, transportation/traffic, cultural/historic resources, visual resources, land use, hazardous materials and waste, cumulative impacts, airspace, socioeconomics, environmental justice, public services, public health and safety, infrastructure, noise, geology, water resources and biological resources.

The Draft EIS is scheduled to

be publicly released this year. Once released, a 60-day public comment period will follow. During this time, there will be multiple community engagement sessions and opportunities for the public to learn about the project, ask questions, and submit their comments and concerns.

After consideration of all public comments, a final EIS would be published followed closely by the Navy's Record of Decision, which would identify the alternative selected.

"The Navy is committed to a thorough environmental document to support the Navy's decision-making process in selecting an alternative for revitalization of the site," said Naval Base Point Loma Commanding Officer Capt. Kenneth Franklin. "While the Navy's primary

goal is a new NAVWAR facility that meets its changing mission requirements, the Navy recognizes that any project that is good for the Navy should also provide positive impacts to the community."

Following the Navy's selection of an alternative, there will still be a multi-year planning and execution timeline to construct the project. Until new facilities available, NAVWAR will continue to operate on the OTC site.

While the NAVWAR mission is driving the requirements and urgency of the revitalization project, a new facility will also attract and retain the skills and talent needed to outpace adversaries in today and tomorrow's fast moving, more complex and increasingly competitive cybersecurity environment.

# Subaru of El Cajon named Patriotic Employer

Dispatch advertiser Paul Fillmore, General Manager of Subaru of El Cajon, was recently presented with the "Patriotic Employer Award" from the Employer Support of the Guard and Reserve (ESGR).

ESGR is a Department of Defense program that develops and promotes supportive work environments for service members in the Reserve Components.

The Patriotic Employer Award recognizes supervisors and bosses nominated by a Reservist employee for support provided directly to the nominator. Spouses of Service members are also eligible to nominate their supportive supervisor.

Paul Fillmore is the general manager of both Subaru of El Cajon and South County Buick GMC in National City and has been in San Diego for a year. He arrived a week before the Covid lockdown. When the Covid lockdown occurred, Paul allowed his entire team to create a new way of doing business, literally in a day. The process took some time, but the idea and launch happened in one day and Subaru of El Cajon was the only Subaru retailer that did not close in the district because of how Paul allowed the team to execute and grow together.

Paul and his family feel blessed to be in San Diego because their son, Jordan, who is an Ensign in the Navy is stationed on USS *Spruance*



(DDG-111) based here in San Diego. He has been in the Navy for 11 years and became an officer in 2019.

Part of Paul's team is Randall Blaum, a Soldier's Angel. The Soldier's Angel's mission is to provide aid, comfort, and resources to the military, veterans, and their families. Randall has been a Soldier's Angel for almost ten years and takes great pride in being able to help those servicemembers and their families who help keep us all safe. Randall is the Customer Love Manager and his main responsibility is to make sure that every guest and team member has an extraordinary experience when at the dealerships.

Subaru of El Cajon was nominated for the Patriotic Employer Award by one of their finance managers, Tim Amposta. Tim is a CBRM Marine and has been in the Corps for six years. When asked why he

nominated Paul and Subaru of El Cajon, Tim became very thoughtful and after a few moments looked up and said, "Because I have never worked for someone that cares so much about me as a Marine, but more than that, as a person."

"Paul continues to pay me when I'm on duty, which almost never happens. It's a blessing," said Amposta.

Subaru of El Cajon offers every servicemember and their families the best possible service and will extend every possible discount and amenity all of the time. Subaru of El Cajon knows that the life of a servicemember is hectic at best and time is always short, so they have an online buying tool called, The Express Zone, so a person could buy or lease a car and never have to go to the dealer.

Subaru of El Cajon is located at 900 Arnel Avenue in El Cajon - 1 block West of Parkway Plaza Shopping Center. Reach them at (619)440-0404 or you reach Randall directly at [rblaum@subaruofelcajon.com](mailto:rblaum@subaruofelcajon.com). [www.SubaruofElCajon.com](http://www.SubaruofElCajon.com).

## The Meat & Potatoes of Life



by Lisa Smith Molinari

I had booked the March 2020 trip to Key West as a much-needed getaway after a cold, dark winter serving as caregiver (scullery maid) to my husband Francis when hip replacement surgery rendered him pathetic and helpless. I just needed one glorious week of hot sun, palm trees, tropical drinks, and no one asking me to put on his socks and make him a sandwich to feel human again.

My teenage daughter came along to keep me company. As the most easy-going of our children, Lilly wouldn't complain about our cheap motel or having no rental car. We spent our days scouting beaches on our rented beach bikes, and nights people-watching along Duval Street. We ate the motel's continental breakfast of yogurt cups and cellophane-wrapped muffins, then treated ourselves to lunches or dinners out, sometimes scrapping crowded restaurants in favor of ice cream cones, or take out eaten on our motel bed while watching movies.

The news anchors on the motel lobby television said that the World Health Organization declared a global pandemic because of that "coronavirus" thingumabob, but no one in Key West seemed concerned. Whatever it was, it was very far away.

On our last night, Lilly and I,

## Remembering that sweaty conga line, one year later

sunburned and flip-flopped, rode our bikes to Mallory Square to watch the street performers one more time. Silhouetted against a brilliant sunset, we watched a juggling mime dangle precariously from a 30-foot stack of chairs. But Cuban music wafting from a nearby open air bar caught our attention, and we floated toward the sounds. A band was playing the kind of irresistible beat that renders you unable to stay still. Lilly and I wished we could move like the salsa dancers gyrating in the subtropical heat.

An hour later, we were in a sweaty conga line with 20 strangers, grabbing slippery shoulders with clammy hands, jumping to the rhythm, kicking side to side, grinning from ear to ear. It was a blast - the perfect ending to our trip.

The next morning as we nibbled stale muffins in the motel lobby waiting for the airport taxi, the local news anchors announced that Florida's Governor issued an executive order shutting down all restaurants and bars in the state.

Ten hours after laughing in that sweaty conga line, our world had quite suddenly become a dangerous place. As we wrapped scarves around our previously unmasked faces, my eyes darted to strangers, doorknobs, handrails, and communal spaces that might be deadly in this frightening new world.

Back at home in Rhode Island, Francis, Lilly and I — along with our daughter Anna who was sent home from college — hunkered down for what we thought would

be a month or two of quarantine. But as scientists struggled to understand the deadly virus that was spreading rapidly, our expectations and standards changed with each nightly coronavirus briefing. One by one, things I once thought safe were called into question. Should I disinfect the mail? Does a sneeze travel 15 feet? Can the dog get it? Should I wear gloves? Do masks really work? How long does the virus live on the surface of an apple? A cardboard box? The steering wheel? The light switch?

In March, the shut down began. In April, stimulus checks were issued. In May, Anna graduated from college online. In June, U.S. Covid-19 cases reached two million. In July, fireworks were cancelled. In August, schools didn't reopen. In September, global Covid-19 deaths surpassed one million. In October, President Trump tested positive. In November, vaccine trials were completed. In December, the first Covid-19 vaccines are administered. In January, cases decline in the U.S. In February, almost 50 million Americans reported receiving at least one dose of the vaccine.

This month, one year later, I began to hope again. Hope that I might begin writing in coffee shops again, instead of being stuck at home all day. Hope that Lilly might go to college in the fall. Hope that I might lose the eight pounds I gained during quarantine. Hope that I might go on another getaway trip.

Hope that I might dance with strangers in a sweaty conga line again.

## AutoMatters™ & More



by Jan Wagner

Now that I've been fully vaccinated against COVID-19, it's probably safe for me to carefully begin to resume some of my pre-pandemic activities, while wearing a face mask. Right up there on my list of those missed activities is driving for pleasure again, as opposed to just driving to make necessary trips to the grocery store. I also need to drive to restore my driving ability. A year in self-imposed isolation at home has left my driving skills a little rusty.

With that in mind, last weekend I joined a group of my fellow members of the San Diego Miata Club (SDMC) for a spirited drive through San Diego County's back country. Given the date in March, our drive was aptly named the "St. Patrick's Day Run."

For those of you who haven't had the pleasure of going on a fun run with a car club, I recommend that you join a club and do so. Do a Google search for car clubs in your area, and find one that aligns with your interests. Otherwise, get together with a group of your friends and organize trips behind the wheel. That's a great way to socialize and explore new places. Designate a sweep car to bring up the rear, to help stragglers stay on the route.

It helps if you have two-way ra-

## San Diego Miata Club's St. Patrick's Day Run

dios. A couple of years ago our club recommended the BaoFeng UV-82HP High Power UHF and VHF radio. It isn't very expensive, has decent range, is small, the included little whip antenna is sufficient, and it is easy to understand what people are saying.

If you have a radio, you don't need to refer to the printed route directions, especially useful if you don't have a passenger to read them. The lead car's passengers can use their radio to tell everyone in advance where to turn; let people know when to pull over, stop and wait, in case the group gets split up; and share important supplemental information - like when there's oncoming traffic, with brief descriptions of the vehicles - important to be aware of on a narrow, two-lane, tree-lined, twisty road if you were contemplating pulling out and making a pass.

At one point we were warned that "there's a squirrel in the right lane. Watch out!" Alas, the driver ahead of me couldn't miss it. RIP squirrel.

Likewise, we were told about a fallen tree branch in the roadway. From time to time we were also advised about cyclists on the road, so that we could slow down and be extra careful as we drove around sharp, blind turns. Of course, your passengers also might enjoy using the radio to socialize on the drive with other members of the group.

Something else that I enjoy, and you might too, is taking point-of-view, imaged-stabilized, videos

of these drives and then reliving them later. To do that I attach a high-resolution GoPro camera (4K Hero 8 Black) to the inside of my windshield. This camera is small, so it doesn't block my view of the road, the two important buttons (power and start/stop) are easy to find and use, and the GoPro suction cup mount is secure. It has been on my Miata for several months and it still holds securely.

I must stress the importance of using a camera that has effective image stabilization. On my 2019 SDMC trip to the big Miata Reunion event at WeatherTech Raceway Laguna Seca, in Northern California, I made the mistake of thinking that mounting my small, point-and-shoot camera to the windshield would sufficiently capture our scenic drive up and down the coast, and on the racetrack itself. Unfortunately, that camera didn't have effective video image stabilization, so all of my in-car videos shook quite a lot. That experience is what prompted me to buy the GoPro.

After this short trip, I returned home with some entertaining video footage of my drive along some of San Diego County's twisty back roads, from my point-of-view looking over the bright orange hood of my Miata. The sounds of the engine can be heard, as I rowed up and down through the gears.

For photos and my aforementioned videos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #683" in their search bar. Please send your com-

# CLASSIFIEDS

## Social Security Matters

### Working while collecting early benefits

Dear Rusty: I will be 65 in August of this year. If I start drawing Social Security on my 65th birthday, how will my Social Security check be affected if I continue working at my full-time job, and take home \$1380 every two weeks, until I reach my full retirement age?

Signed: Working Senior

Dear Working Senior: Social Security (SS) has an "earnings test" which applies to anyone who collects benefits before they have reached their full retirement age (FRA). There is also a "first year rule" which applies when someone claims benefits mid-year, prior to their full retirement age.

The first-year rule says that if you exceed a monthly limit you aren't entitled to benefits for that month, and that applies for each remaining month in the first year, after your benefits start.

Then, starting in 2022, you'll be subject to an annual earnings limit. Since you will reach your full retirement age in 2022, your annual limit that year will be a bit more than the 2021 FRA-year limit of \$50,520 (the earnings limits change annually). If you claim Social Security to start in August when you are 65, for the remainder of 2021 you'll be subject to a monthly earnings limit of \$1,580. And if your gross earnings for each remaining month in 2021 are more than that (and yours would be), then you won't be entitled to Social Security benefits for the remaining months of 2021.

For clarity, you would also have the option to request that the annual limit (\$18,960 for 2021) be used instead of the monthly limit, but at your earnings level you would still be required to repay all of your 2021 benefits (using the annual limit would require you to repay \$1 for every \$2 you are over the limit).

When you file your income taxes next year, SS will discover you exceeded the 2021 earnings limit and require you to repay all benefits received in 2021. By "repay," I mean they will give you an option to repay everything they paid you in 2021 in a lump sum, or they will withhold future benefits until they recover what you owe because you exceeded the monthly limit. Alternatively, you could request a less severe repayment plan, but you would need to negotiate that directly with Social Security.

Essentially, if you plan to continue working full time in 2021, it may be wise to simply delay claiming your Social Security for a while, because you will end up needing to return any benefits paid in 2021.

You could still claim in August and then inform them you will exceed the limit; in which case they will simply withhold your benefits. But in any case, you won't be eligible for SS benefits in 2021 at the earnings level you shared.

As explained above, your 2022 earnings limit will be more than the 2021 limit of \$50,520 for those achieving FRA, and if you claim benefits to start in January 2022 that higher annual limit would apply. If you're still working full time at the same earnings level, you probably will not exceed the 2022 annual limit, so your benefits wouldn't be affected. But if you get a raise and exceed the 2022 limit, SS will want back \$1 for every \$3 you exceeded the limit by (the FRA-year rate).

Of course, since the earnings limit goes away when you reach your full retirement age, you might also consider just waiting until your FRA to claim Social Security and completely avoid the earnings test.

### Roy's Sudoku

	6	4	8				5
9				1			
		8		3	6		
8						5	7
			3		9		
	4	6					8
			6	7		1	
				4			6
7		1		2	8	3	

ACT	N	A	T	U	R	A	L	T	S	P	S
B	E	A	N	T	E	B	A	B	Y	U	T
L	E	D	E	R	H	O	S	E	N	L	O
E	S	S	T	R	A	P	X	F	I	L	E
C	O	L	U	M	N	G	A	E	N	S	A
O	H	A	R	E	C	E	R	E	A	L	B
M	O	N	O	W	A	N	E	D	E	A	V
A	L	A	R	M	I	S	T	S	B	A	S
S	Y	D	A	R	E	S	S	U	P	E	R
N	E	S	T	E	D	S	E	N	T		
B	I	L	L	E	T	L	U	N	G	M	B
A	G	R	A	A	N	I	M	A	L	F	A
S	H	E	E	P	I	R	A	T	E	S	H
S	T	Y	E	S	P	A	C	E	S	S	I

## Radio program roundtable to focus on veteran healing through sharing

Wreaths Across America Radio (WAAR) is proud to announce the first in a series of four roundtable discussions focused on Veteran Healing through sharing stories of resilience, purpose and success. This live discussion titled "Service, Resilience, Success," will take place on Thursday, March 25, 2021, at 7pm EST, and can be heard exclusively on WAAR. Subsequent broadcasts will be aired on Thursdays, June 24, September 23 and December 23, 2021. All panel discussions which will be held LIVE on WAAR.

### About Wreaths Across America Radio

Wreaths Across America Radio (WAAR) is a 24/7 Internet stream. Its unique format provides informational and inspiring content about members of the U.S. armed forces, their families, military veterans, and volunteers throughout the country and overseas who support the mission to Remember, Honor and Teach. Along with the inspiring content, WAAR plays a variety of music with roots firmly planted in patriotism and a country music thread running through the core of the stream. WAAR has a live morning show every weekday morning from 6 am to 10 am eastern, along with a variety of special programs that support the mission.

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CALCULATE YOUR SLEEP EFFICIENCY

$$\frac{\text{Total Sleep Time}}{\text{Total Time in Bed}} = \text{Sleep Efficiency}$$

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Improve your sleep efficiency with Cognitive Behavioral Therapy for Insomnia (CBT-I) at a Cohen Clinic.

## Can't Sleep? Cohen Clinic at VVSD can help! Sleep Awareness Week, March 14-20

It's 2:11am, and you can't sleep! We've all been there. But what is it exactly that's keeping you up at night? For veterans, in addition to the stress of the pandemic, there are any number of factors that could be contributing to insomnia including traumas associated with deployment, years of irregular work hours and difficulties surrounding the transition into civilian life. But now, a growing number of post-9/11 veterans and military family members are learning how to trade in tossing and turning for deep sleep with the help of The Steven A. Cohen Military Family Clinic at Veterans Village of San Diego, <https://vvsd.net/cohenclinicsandiego/>. That's because the Cohen Clinic offers a sleep specific therapy called Cognitive Behavioral Therapy for Insomnia (CBT-I) that has been shown to improve sleep in 75 to 80% of individuals with insomnia. The clinic is providing this therapy via telehealth for veterans and military families throughout the state of California. #sleepawarenessweek

## Like cars? SD Automotive Museum fundraiser offers chance to tour Jay Leno's collection

You don't want to miss this. Win a tour of Jay Leno's Garage! You and a guest can tour Jay Leno's incredible collection of vehicles at his Big Dog Garage in Burbank, CA. Jay has one of the world's greatest car collections! Tour his magnificent facility and mark this off your bucket list. Your donation of \$40 enters you in this opportunity drawing. The more you donate the greater your chances of winning this incredible experience! All proceeds support San Diego Automotive Museum. SD-AutoMuseum.org/JaysGarage \$40 donation: 1 entry \$100 donation: 3 entries \$200 donation: 10 entries. Contest runs March 15 - May 15, 2021 Winner will be drawn on May 15, 2021 You do not have to be present to win. Your safety and peace of mind is our top priority. Winner must follow all garage guidelines and restrictions. All garage guests must be age 18+ to take the tour. Winner will schedule this experience with Jay Leno's office when it's safe to travel according to local regulations and mutually agreeable for all parties.

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## How to turn on automatic refills for your TRICARE home delivery prescriptions

Are you looking to get the most out of your TRICARE pharmacy benefit? Make sure you take some time to check out the TRICARE pharmacy automatic refill program. With automatic refills, you won't have to remind yourself to refill your prescription. Before you run out of medication, Express Scripts will refill and ship your prescription to you for up to a 90-day supply, over the course of a prescription written for a 1-year supply.

"With COVID-19 still a concern, we want beneficiaries to be aware of their options for filling prescriptions," said Henry Gibbs, acting chief of the Purchased Care Branch, Pharmacy Operations Division at the Defense Health Agency. "Automatic refills through TRICARE Pharmacy Home Delivery helps to make sure you have enough medication on hand to take as instructed by your doctor. It's safe, easy to use, and may save you money."

**Here are some details about automatic refills and how you can take advantage of this benefit.**

**How do I know if my prescription is eligible?**

Many common maintenance medications that you may take for long-term therapy, like blood pressure medicine, are eligible for automatic refills. If your medication is eligible, you'll see the "start automatic refills" option next to it when logged into your account.

To see if your medication is available through home delivery, use the TRICARE Formulary Search Tool. If you have questions, you can visit the Express Scripts website or call them at 1-877-363-1303.

**How do I set up automatic refills for prescriptions?**

To get started, simply login to the Express Scripts® mobile app or your online account. If

you don't have an account, you can register for one online. Once you've signed in, click on the "manage prescriptions" tab and then select an eligible prescription you would like to enroll. Eligible medications will have the "start automatic refills" option next to them. After you enroll your prescription, make sure you choose your preferred method of communication (phone call, email, or text message) to get alerts about your automatic refill orders.

Keep in mind, not all medications are eligible for the automatic refill program. And this service is only available through TRICARE Pharmacy Home Delivery. Some limits on home delivery may apply overseas.

**How can I continue to get my medication if I'm almost out of refills?**

When you're on your last refill, Express Scripts will contact you by your preferred method of communication to make sure you're still taking your medication. You'll then have 10 days to respond that:

- You're still taking the medication
- You want Express Scripts to renew your prescription
- You want to continue to get your medication through automatic refills

After your response to continue is received, Express Scripts will contact your doctor to renew your prescription. If Express Scripts isn't able to get in touch with your doctor, they'll let you know. You may need to reach out to your doctor to continue on your medication. This consent step is required once your prescription expires to ensure you're still taking the medication and continue to receive refills automatically. Keep in mind, your doctor may ask to see you before renewing your prescription. Once your order ships, the payment method you have on file will be charged for your pharmacy copayment.

**Can I change or cancel an automatic refill order?**

Yes. Express Scripts will contact you via your preferred communication method before every automatic refill to tell you they're getting ready to start working on your order. This gives you time to change the date or cancel the

prescription if you no longer need your medication. You can track your order through the Express Scripts® mobile app while it's processed and shipped.

As you sign up for automatic refills, don't forget to explore other pharmacy tools available

online and through the app. You can set up daily, weekly, or monthly alerts to remind you to take your medication. You can also switch prescriptions you have at a military or retail network pharmacy to home delivery. Got questions about prescription costs? Visit TRICARE Pharmacy

or download the TRICARE Costs and Fees Sheet.

Take command of your health and sign up for automatic refills at <https://militaryrx.express-scripts.com/> to make it easier to get your medications delivered to you.

## Army hospital helps child with rare COVID-19 complication

by Jane Lee, Martin Army Community Hospital

"It was scary, but I knew I wasn't going to lose him." A mother's faith sustained her through the most terrifying week of her life, as her 10-year-old son fought off a rare but serious COVID-19 complication in the pediatric intensive care unit in Fort Benning, Georgia.

Army Spc. Olubisi Abisoeye's son, Enoch, woke her up in the early hours of Friday, Feb. 12, saying he did not feel well.

"Something's wrong, something's definitely wrong," Enoch said. "My body was too hot, my head was spinning as if something had just hit me in the head. I wouldn't normally wake someone up at 5 a.m. unless it was an emergency, so it was an emergency."

Abisoeye treated her fifth grader with Tylenol for his headache and fever, and Pepto Bismol for his upset stomach. But when he wasn't feeling any better by 2 p.m., she brought him to the emergency department at Martin Army Community Hospital (BMACH).

The entire family had tested positive for COVID-19 in January, but have since recovered. The doctors still needed to rule it out due to Enoch's symptoms. Thankfully, the nasal swab for COVID-19 came back negative. So did the tests for flu and strep. When his 103 degree fever finally broke around 10 p.m., the doctors discharged him.

Abisoeye said her son seemed fine over the weekend, but started complaining of a headache again on Monday. This time, she also noticed rashes. When he started throwing up Monday night, she thought it best to make an appointment to see his primary care manager. Since Enoch was suffering from COVID-19 symptoms, they took him to the Pediatric Respiratory Urgent Care Clinic.

Army Capt. Brandon Pye, a



**Enoch Abisoeye, a fifth grader, is all smiles at Martin Army Community Hospital after recovering from MIS-C, a rare COVID-19 complication.**

PRUCC provider, quickly assessed the child's symptoms and rushed him to the emergency department.

"His vital signs were so abnormal. His blood pressure was low," Pye said. "His heart rate was markedly elevated. He was lying down with his eyes closed, not spontaneously talking or moving a lot."

Enoch's mom credits this early intervention and the BMACH staff for saving her child's life.

"Within a few hours, his vital signs just started dropping," Abisoeye said. "It was bad. He got everybody scared. He was in so much pain; he was crying and yelling. Luckily we had wonderful people on shift that day. They had ten people attending to him to make sure he was okay."

Now began the process to find out exactly what was wrong.

"They had to send his blood to the lab for examination. They did an MRI. The first one that came back was his COVID-19, and he tested positive."

Turns out Enoch had developed a rare but serious complication associ-

ated with COVID-19. According to the Centers for Disease Control and Prevention, Multisystem Inflammatory Syndrome in Children (MIS-C) is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes or gastrointestinal organs. The CDC does not know what causes the rare complication, but since mid-May 2020 has reported a spike of 2617 cases. What they do know

is more than half the reported cases of MIS-C, 59%, are in males and most are in children and teenagers between the ages of one and 14. The CDC said MIS-C has also disproportionately affected children who are Hispanic, Latino or Black.

"The doctors discovered he had inflammation in different organs. I was really scared," Abisoeye said. "He was having difficulty breathing, so they gave oxygen and epinephrine to him to help him... because at that time, he couldn't really breathe."

BMACH reached out to children's hospitals in both Atlanta and Auburn, only to be told their beds were full and couldn't take any critical COVID-19 patients. Fortunately, Children's of Alabama in Birmingham had beds and were already treating patients with MIS-C.

"Because of the urgency of the situation, they had to bring the helicopter to take him over there," Abisoeye said. "They took him to the pediatric ICU in Birmingham around 11 p.m."

With her son medevaced to Bir-

mingham, Abisoeye took off on the solitary three hour drive.

"The drive was not the problem for me. The problem for me was I was so anxious to see him," shared Abisoeye. "I'm not a medical person. I don't know what to expect. I don't know what's the worst that can happen. So that feeling of uncertainty of things scared me."

Abisoeye said she prayed all through that night, and the following nights.

"I didn't get to see him until two or three in the morning. When I got to his room, as soon as I opened the door, he was half asleep. He opened his eyes, and he squeezed my hands."

Tami Story, BMACH nurse care manager, said two infusions of immunoglobulin finally stopped Enoch's body from attacking itself. Enoch was so sick, he wasn't even able to get out of bed until Thursday. The nurses were afraid of him falling.

"At least I wasn't as shaky," Enoch said. "So I could go to the bathroom and walk back and forth. I wasn't scared. I remember seeing all the beautiful lights during the helicopter ride."

"My greatest fear was the side effects. When this year started, God didn't tell me I was going to lose my child. I knew he was going to make it, but I didn't know what MIS-C was. Because COVID-19 is so new, the doctors can't really say this is what happened 20 years ago, and this is how we deal with it. And this is what we should do. So that 'IF' was the big problem for me as a mom."

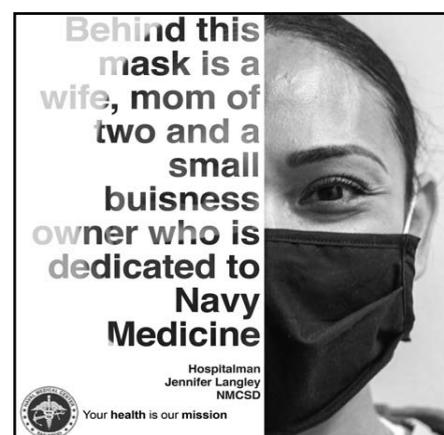
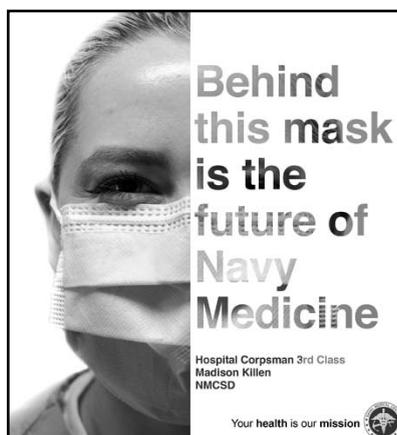
Enoch was discharged from Children's of Alabama on Saturday, Feb. 20. He is on the mend, but must have more blood work done and see a rheumatologist in Birmingham to watch for inflammation and any long-term damage.

### How long did you think it would last?

How long do you think the level of disruption occurring to travel, school, work and public events in the U.S. will continue?

	% A few more weeks	% A few more months	% Through the first half of 2021	% Longer than that
Feb. 14-21, 2021	2	8	38	52
Jan. 25-31, 2021	2	8	37	53
Dec. 15, 2020-Jan. 3, 2021	2	11	55	33
Nov. 16-29, 2020	2	11	56	31
Oct. 19-Nov. 1, 2020	9	13	51	28
Sept. 14-27, 2020	5	23	46	26

Source: Gallup  
Graphic: Staff, TNS



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Elevation Package**

**\$285** PER MO.  
+ TAX



\$1995 Drive off. 36 months @ \$285 mo. + tax. 10,000 miles per year. Rebate of \$3000. Plus this includes \$1000 Conquest Rebate (Must have a non GM Lease). Stk #3210128, Vin #MZ147605.

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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. Offer expires 3/31/21.