

Career Advice

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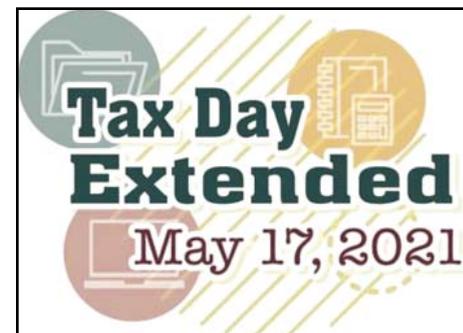
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SIXTIETH YEAR NO. 51
THURSDAY, APRIL 15, 2021

USS BONHOMME RICHARD DECOMMISSIONED CEREMONY HELD WEDNESDAY: OFFICIALLY DECOMMED THURSDAY

(Navy Times) - Amphibious assault ship *Bonhomme Richard*, destroyed by fire in July, was decommissioned this week and is expected to head to Texas afterward for dismantling, according to the Navy.

An end-of-service ceremony for *Bonhomme Richard* was held Wednesday in San Diego for a limited number of invitees due to the COVID-19 pandemic, and the vessel was officially decommissioned today (April 15).

Bonhomme Richard burned for four days, leaving major damage to the flattop's flight deck, island, mast and lower levels.

Rear Adm. Eric Ver Hage, commander of the Navy Regional Maintenance Center, told reporters in November approximately 60 percent of the ship would need to be replaced to get it back in operations and overhauling the ship would cost between \$2.5 billion and \$3.2 billion over the course of five to seven years.

In comparison, Hage esti-



USS *Bonhomme Richard*, shown here on July 13. Courtesy photo

imated that it would only cost around \$30 million to dismantle the ship, which will take between nine months and a year.

Officials said it will cost too much to resurrect the amphib, which burned for more than four days this summer.

Cmdr. Nicole Schwegman, a Naval Surface Forces spokeswoman, told *Navy Times* that most of the crew from the ship

have been informed of their reassignments and have subsequently transferred to their new duty stations.

"A small contingent of crewmembers will stay onboard USS *Bonhomme Richard* until the ship is officially decommissioned," Schwegman said in an e-mail to *Navy Times*.

Bonhomme Richard's fire dealt a blow to the Navy's de-

signs in the Indo-Pacific. The fire aboard an F-35B-capable ship will impact the deployment of the aircraft in the region for years to come, experts said.

The ship will likely be transported to Texas for dismantling, but the Navy is on the precipice of awarding a contract and so the location is not yet confirmed, Schwegman said.

The *San Diego Union-Tri-*

bune was the first to report when the ship would be decommissioned and that it would likely head to Texas.

The Navy announced in February that *Bonhomme Richard* would be dismantled starting in April, along with coastal patrol ships *Zephyr* and *Shamal* in 2021.

At the time of the fire, *Bonhomme Richard* had undergone

\$250 million worth of upgrades over the course of 18 months in order to support integration of the F-35B joint strike fighter. The ship was one of four large-deck amphibians that was updated.

"It was a pretty substantial investment," said Ver Hage. "Clearly a loss."

Diana Stancy Correl, Geoff Ziezulewicz and David B. Larter all contributed to this report.

Morrison takes the helm at Naval Medical Center S.D.

SAN DIEGO - Capt. Bradford Smith turned over command of Naval Medical Center San Diego/Naval Medicine Readiness and Training Command San Diego to Capt. Devin Morrison, presided over by Naval Medical Forces Pacific Commander Rear Adm. Tim Weber April 9. Smith passed command to Morrison in a brief exchange immediately following morning colors where Smith performed 'To the Colors' on his bugle and remarks from Weber. Weber expressed gratitude for being able to preside over the ceremony, not only to mark the complete transfer of authority from Capt. Smith to Capt. Morrison, but to also recognize the NMCS/D/NMRTC team. "I also want to recognize military civilian and Sailors of this command for their commitment to mission, commitment to those they're honored to serve and commitment to each other," said Weber. Morrison highlighted accomplishments of the command which include administering more than 88,000 vaccines, facilitating more than 140,000 COVID-19 tests to date and launching a new electronic health record system in what Morrison considers "world class style."

WHITE HOUSE: U.S. TROOPS TO LEAVE AFGHANISTAN BY SEPT. 11

by J.P. Lawrence,
Stars and Stripes

KABUL, Afghanistan - The Biden administration has decided that all U.S. forces will leave Afghanistan by Sept. 11, the 20th anniversary of the terrorist attack that started America's longest war, a senior administration official said April 13.

The announcement, which was made officially on Wednesday, means the U.S. will leave thousands of troops in the country beyond a May 1 deadline for withdrawal that former President Donald Trump negotiated with the Taliban last year.

The withdrawal of at least 2,500 U.S. troops in Afghanistan

will begin before May 1 and may end prior to September, the senior administration official said on condition of anonymity.

The withdrawal will not be affected by the progress of the troubled peace talks between the Afghan government and the Taliban, the official said.

"The president has judged that a conditions-based approach, which has been the approach for the last two decades, is a recipe to stay in Afghanistan forever," the official said. "So he has reached the conclusion that the United States will complete its drawdown, will remove its forces, before Sept. 11."

The decision, first reported

by The Washington Post, came after a three-month review by the Biden administration of its options.

The review determined that the U.S. can prevent terrorist attacks and protect its homeland without having troops on the ground in Afghanistan, the official said.

Addressing the threats of competition with China, the coronavirus pandemic and decentralized terrorist threats across countries "requires us to close the book on a 20-year conflict in Afghanistan," the official said.

The administration is not considering leaving a counterterrorism force in the country,

an idea that President Joe Biden promoted during last year's election campaign.

The only remaining military presence in Afghanistan will be the troops required to protect U.S. diplomats at the embassy in Kabul.

The U.S. will help the roughly 7,000 NATO troops in Afghanistan pull out of the country under a principle of "in together, out together," the official said.

U.S. and Taliban troops haven't officially clashed since last year's peace deal. But violence may resume during the drawdown.

The Taliban haven't commented yet on Biden's decision

to keep troops in the country, but they've said previously that an extension of the U.S. presence after the May deadline would provoke a response, without elaborating further.

"We have communicated to the Taliban in no uncertain terms, that if they do conduct attacks against U.S. or allied forces as we carry out this drawdown ... that we will hit back hard and we will hold them accountable for that," the official said.

On Capitol Hill, some Democrats expressed concerns with the new withdrawal deadline, while top Republicans slammed the announcement.

Sen. Jim Inhofe of Oklahoma,

the ranking Republican on the Senate Armed Services Committee, called the move "a reckless and dangerous decision" and urged the administration to reconsider.

"Arbitrary deadlines would likely put our troops in danger, jeopardize all the progress we've made, and lead to civil war in Afghanistan - and create a breeding ground for international terrorists," Inhofe said.

Withdrawal should be conditional, said Republican committee member Sen. Joni Ernst.

"I think a random withdrawal just because you're celebrating an anniversary is not the right decision," the Iowa lawmaker said.

Austin says U.S. commitment to Israel remains 'ironclad'

by Jim Garamone,
DOD News

The United States' commitment to Israel's existence and security began moments after Prime Minister David Ben-Gurion proclaimed the establishment of the state of Israel in 1948.

Then-President Harry S. Truman recognized the nation immediately, and the United States has become a strong strategic partner through U.S. administrations of different parties and through many conflicts.

Secretary of Defense Lloyd J. Austin III reiterated American support and commitment during his talks with Israeli Defense Minister Benny Gantz today in Tel Aviv.

The two men covered a wide range of issues, and Austin said

he was pleased with the discussions. "I wanted to convey the Biden-Harris administration's strong commitment to Israel and the Israeli people," he said following the talks. "As a major strategic partner for the United States, our bilateral relationship with Israel, in particular, is central to regional stability and security in the Middle East. And during our meeting, I reaffirmed to Minister Gantz our commitment to Israel is enduring, and it is ironclad. And I pledge to continue close consultations in order to ensure Israel's qualitative military edge and to strengthen Israel's security."

Austin noted that the United States marked Holocaust Remembrance last week. "Minister Gantz, you, as a son of a Holocaust survivor, know better than most the horror and heartache

your family endured," Austin said. "We remember the 6 million Jews and the millions of others who perished during the Holocaust; may their memory be a blessing, and let it be a solemn reminder of our duty to be ever vigilant against mass atrocities."

It's also sobering that Austin's visit coincides with Israel's Remembrance Day, which is similar to America's Memorial Day.

Austin and Gantz agreed the two nations must work closely together to enhance U.S.-Israeli defense cooperation. For example, the two countries already cooperate on ballistic missile defense and Israel flies the F-35 Joint Strike Fighter. The two men want to move toward discussing advanced, shared security interests and priorities.

But the Middle East is still a dangerous neighborhood. "I ... appreciated hearing Minister Gantz's perspectives about the challenges in this region," Austin said. "We addressed a

We addressed ... U.S. support for efforts to normalize relations between Israel and Arab and Muslim-majority nations.

broad range of defense issues, to include Israel's long-term planning for defense acquisitions and

regional security challenges and U.S. support for efforts to normalize relations between Israel and Arab and Muslim-majority nations."

In his remarks, Gantz specifically pointed to the threat from Iran. He said Israel "regards the United States as a full partner across all operational threats, not the least, Iran." The fundamentalist leaders in Tehran pose a strategic threat to international security to the entire Middle East and to the state of Israel, the Israeli leader said.

"We will work closely with our American allies to ensure

that any new agreement with Iran will secure the vital interests of the world, of the United States; prevent dangerous unrest in our region; and protect the state of Israel," he said.

Gantz said the ties between the U.S. and Israeli militaries are so close because the nations share the same values and beliefs in basic human decency. "I find great comfort in the assurance of our people's unbreakable bonds and in the knowledge that both in the United States and in Israel, forces of good act to promote unity, solidarity and diversity," he said.

330 Navy civilian employees transfer to the Air Force

by Master Sgt.
Richard P. Ebensberger

ANDERSEN AIR FORCE BASE, Guam - Approximately 330 full-time civilian employees currently assigned to support Andersen AFB will administratively transfer from the Navy to the Air Force April 11.

On Nov. 9, 2020, former Air Force Vice Chief of Staff Gen. Stephen W. Wilson, Vice CNO Adm. William K. Lescher and Assistant Commandant of the Marine Corps Gen. Gary L. Thomas, signed a new Joint Base Memorandum of Agreement to change the joint region construct returning selected 18 of 44 installation support functions to the Air Force at Andersen AFB.

"This change will improve Andersen (AFB)'s ability to

build multi-capable Airmen now and into the future as we work to further operationalize the base," said Brig. Gen. Jeremy T. Sloane, 36th Wing commander. "The agreement also gives us improved fiscal control and operational flexibility so we can better support operations in the Indo-Pacific in line with the National Defense Strategy."

The agreement further allows the Navy to initiate a resource transfer of approximately \$630 million to the Air Force. The primary functions realigned include; fire and emergency services, installation law enforcement and physical security, contracting, facility management, and logistics and transportation services.

"This is a big win for us; not

only are we getting 330 new Airmen, but this also opens the door to additional manning from the Air Force," Sloane said. "Over the next five years, we're expecting to receive approximately 380 additional personnel, which will allow us to operate more effectively and efficiently. I'd like to give a big thanks to the Joint Region Marianas staff for helping make this a reality."

To prepare for the transfer, Andersen AFB and JRM hosted a series of planning meetings and town-hall meetings to ensure a seamless transition. Employee payroll and human resources activities will change, however, there are no anticipated changes to employee's position title, series, grade and general duties assigned. Full operational capability is expected no later than Oct. 1.



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4th Fleet: 2	5th Fleet: 18
6th Fleet: 20	7th Fleet: 58
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DOD modernization can't happen alone, Defense official says

by C. Todd Lopez,
DOD News

Technology development that's competitive with that of adversaries is something the Defense Department can't accomplish on its own. It must be done in partnership with academia, partner nations and the U.S. private sector technology industry, said the DOD official who's performing the duties of the undersecretary of defense for research and engineering.

"Presenting a credible deterrent to potential adversaries requires us to develop and field emerging technologies," Barbara McQuisto, told a Senate Appropriations subcommittee. "We must innovate at speed and scale. Success requires more than a go-it-alone approach. We must explore more flexible partnerships with the private sector and academia, with small businesses and [historically black colleges and universities]. We must reinvigorate our federal research capabilities, elevate science, promote technology and expand partnerships with our allies."

One area where that effort is happening now, McQuisto said, is at the Defense Innovation Unit. The DIU was designed to

more quickly bring technology being developed within the private sector into the DOD.

"With the activities to date, they have 189 companies now on contract," McQuisto told



As part of the Defense Innovation Unit's Shield AI program, an autonomous tactical airborne drone such as this one transitioned to production in 2019. Photo by DOD

senators. "75 percent are small business, 32 percent are first-time vendors and 10 percent have already transitioned into military use - and that's the key, to be flexible and to work at speed, at commercial speed, in order to integrate the technology rapidly into the service."

Also part of research and engineering is the Defense Advanced Research Projects Agency, which

has been at the very edge of technology development of the Defense Department for more than 60 years, said Stefanie Tompkins, DARPA's director.

Tompkins told senators DARPA has partnered with academia and the private sector to bring to fruition technologies, including stealth, precision-guided weapons, unmanned aerial vehicles, the internet, automated voice recognition, language translation

and GPS receivers. DARPA's role today is equally important, she said.

"At DARPA, we think not just about scientific and engineering innovation, though, but also about the 'innovation ecosystem.' That ecosystem includes many overlapping and adjacent communities from academia, industry and government," she said.

At DARPA, she said, program managers come from outside DARPA, do time within the organization on specific projects, and then return to other places in government, academia or the private sector. In the process of doing that, they enrich both DARPA and the organization from which they came.

A recent example of the value of DARPA, Tompkins said, is with the fight against COVID-19. When she was serving at DARPA about five years ago, she said she often discussed ongoing investments and work DARPA had been involved in regarding messenger RNA vaccines. Messenger RNA, or mRNA, induces the body to produce some harmless spike protein, enough to prime the immune system to react if it later encounters the real virus.

"mRNA vaccines are pretty much a household word today, but at the time, they were much, much more obscure," she said.

The DARPA investments in mRNA vaccines at the time were based on insight from forward-thinking program managers who saw value in mRNA vaccines for both military use and for public health applications, she said.

see **DARPA, page 4**

Army

- Lieutenant sues police for pepper spraying, threatening him during stop
- Army's precision grenadier program is about to face its first real test
- Fort Stewart sending first all-female team to Best Sapper Competition
- Chaplain ponders how Fort Detrick community moves forward after shootings
- AWOL Army Soldier tried to bring gun on flight, claimed to be law enforcement officer, prosecutors say
- Attorney general charged in fatal crash announces promotion in Army Reserves
- Army Corps of Engineers names two new boats for fallen Georgia Soldiers

Navy

- Naval Academy to hold graduation ceremony in person this year
- U.S.S. Johnston sank in 1944. A crew just visited its wreckage.
- Navy punishes author of letter that disparaged enlisted Sailors at base in Japan
- Navy has fired 4 commanding officers so far this year
- Navy fought sleep with Benzedrine and strong coffee. Now it's trying a new approach

Marine Corps

- New Marine Corps maternity uniforms available in April
- How a Marine Corps shift to long ranges may change its strong cannoner tradition
- CNO: Fatal AAV accident revealed gaps between Navy, Marine Corps that need attention

Air Force

- Dyess, Charleston officers latest to go in string of Air Force firings
- Former airman who gunned down Texas church-goers likely planned the attack for months



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U.S. engagement needed to build security, prosperity on African continent

by Jim Garamone,
DOD News

Generalizations on Africa are tough to make except for this: U.S. engagement with the nations of the continent is crucial for peace, democracy and development, said acting Deputy Assistant Secretary of Defense for Africa Affairs Ronald W. Meyers during a recent interview.

The Defense Department has a role to play in support of U.S. African policy, but it is very much an enabling role in line with the State Department's overall direction.

The DOD wants to continue building partnerships that will help African nations combat the threats posed by violent extremism. This includes providing humanitarian/disaster assistance, when needed, in areas where the U.S. has played an outsized role in countering pandemics, such as Ebola, and mitigating the harm caused by natural disasters, Meyers said. U.S. Africa Command is the combatant command responsible for military-to-military connections on the continent. The command engages with partners to counter transnational threats and malign actors in order to promote regional security, stability and prosperity.

Africa is not a monolithic entity.

The continent has countless mixtures of languages, religions, races, histories and more. What works in Morocco in North Africa will be of limited use in Angola, for example. Understanding these differences and working with the countries individually on the basis of mutual respect and shared interest, while staying cognizant of their colonial legacy, is key to U.S. outreach to the nations of the continent, Meyers said.

Violent extremist organizations are a problem for governments and people throughout the continent, but even these organizations have differences. These differences can range from extorting funds by use of violence to organizations seeking to gain local or regional control to some with more global ambitions, the acting deputy assistant secretary said.

Al-Shabab in Somalia is a group that once held the capital of Mogadishu and was supported by al-Qaida, DOD officials said. The group has suffered setbacks, especially since African Union peacekeepers went into the country in 2007. The troops were from Uganda, Burundi, Ethiopia, Kenya and Djibouti and received some U.S. support. The U.S. launched airstrikes against al-Shabab forces and U.S. trainers have worked to build capability

and capacity in Somali government forces – with the ultimate goal of enabling these forces to provide security in lieu of U.S. troops.

Boko Haram is a terror group that is centered in Nigeria, Cameroon, Chad and Niger and affiliated itself with ISIS in 2015. The actions of the group – including the kidnapping of more than 300 schoolgirls in 2014 and the killings of tens of thousands of people – have resulted in the “displacement” of more than 25 million people over the past seven years. The United States, France and the United Kingdom are working with Nigeria, Niger, Cameroon, Benin and Chad as part of a multinational joint task force against the group.

The latest terror group is another al-Shabab group that is affiliated with ISIS. The group seized Palma, a city in Mozambique's Cabo Delgado province. Government troops retook the city, but the group is extremely violent with reports from the city detailing beheadings and torture, but information is sketchy.

These groups, and more, grow in ungoverned, or little governed areas, of the continent. The Sahel region – stretching from East to West Africa – is particularly vulnerable with groups proliferating in Sudan, South Sudan, Southern Algeria, Mali and more.

The problems these groups pose are compounded by external factors, Meyers said. Climate change, desertification, inadequate or non-existent infrastructure, disease and more affect national governments throughout the region. The coming boom in the continent's population will tax these governments and, in fact, the migration challenge seen today will become worse unless the governments can build the capabilities and capacity needed to educate, feed and provide economic opportunities for their peoples, he said.

Africa is also an emerging front in global power competition. China and Russia are looking for any advantage on the continent. China has sponsored infrastructure projects in many nations and has used money lending practices that have strings attached that lead right back to Beijing, DOD officials have said.

“We look to position the U.S. to be ‘the partner of choice’ on the continent,” Meyers said. “We look to sustainably build national capabilities. Most of this is in the governance and economic sectors, but we're active in the national security sector as well. We don't undermine the economic, political and security institutions. We build them. The Chinese and Russian aid - often just dumped at a dock for a photo op - often increases instability.”

This week's snapshots



Bath time
NAVAL SUPPORT ACTIVITY SOUDA BAY, Greece (April 12, 2021) - Master-at-Arms 2nd Class Logann Parker, a Naval Support Activity Souda Bay military working dog handler, bathes Astra on base. Parker bathes Astra three times a week based on the nature of each training session. Navy photo by MC3 Jacob Vernier



Homeport hug
NAVAL STATION ROTA, Spain (April 11, 2021) - MA1 Nicholas Murray, a Sailor aboard USS Arleigh Burke, reunites with family after the ship arrived here. Navy photo by MC2 E. Otero



Helo training
FALLON, Nev. (Apr. 8, 2021) - Naval Aircrewman (Helicopter) 2nd Class Aaron White assists with confined area landings, using verbal controls during a mountain flying training event here. Navy photo by Chief Mass Communication Specialist Shannon Renfroe

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DARPA

continued from page 3

“The research that DARPA first initiated more than a decade ago is now playing a leading and catalytic role in today's fight against COVID-19,” she said.

Today, Tompkins said, DAR-

PA is involved in vaccines and diagnostics, defensive and offensive hypersonic technologies, artificial intelligence, quantum systems, microelectronics solutions and more.

“DARPA has forged new paths and continues to deliver on our mission,” she said.

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Medal of Honor Spotlight: Army Pfc. Joe R. Hastings



Army Pfc. Joe R. Hastings, Medal of Honor recipient. Army photo

by Katie Lange,
DOD News

There is little time in war to savor victory - all who have fought in battle know that. Army Pfc. Joe Hastings nearly single-handedly pushed back the Germans from a stronghold in the waning days of World War II, only to die a few days later. While his triumph and life were short-lived, his bravery will forever live thanks to the Medal of Honor.

Hastings was born on April 8, 1925, in Malvern, Ohio, to parents Shirrel and Mary Hastings. He had a younger sister and two brothers, the oldest of whom died at just 16. The family moved to Chicago for several years at some point, but they moved back to nearby Magnolia, Ohio, in time for Joe Hastings to graduate from high school.

World War II was raging by then, so Hastings joined the Army in July 1943 shortly after turning 18; he was with the 386th Infantry Regiment, 97th Infantry Division. The 97th originally trained for amphibious assaults in the Pacific, but after massive losses at the Battle of the Bulge over the winter of 1944 -1945, they were sent to Europe in March 1945 as relief for depleted troops.

VA establishes 120-day task force on inclusion, diversity, equity and access

Editor's note: You can access this story at <https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5657>.

WASHINGTON - Department of Veterans Affairs Secretary Denis McDonough established a 120-day task force April 1 to conduct a whole-of-VA review and to design and implement a holistic and integrated VA mission on inclusion, diversity, equity and access.

VA strives to provide quality care and services to all vets regardless of age, race, ethnicity, gender and sexual identity but a 2019 Government Accountability Office report reveals that veterans from underserved communities continue to face barriers to accessing VA health services.

"Systemic barriers that underserved communities face many times negatively impact veterans," said McDonough. "In order to overcome many of these barriers, VA must tap into its vast diversity and use it as a major source of strength. The implementation of this task force will help the department become the inclusive, diverse, equitable and accessible team our veterans, their families, survivors and caregivers deserve."

The task force is charged with providing concrete and actionable recommendations addressing inclusion, diversity, equity and access to the secretary no later than July 31, and will focus on five objectives to meet that task.

By April, the division had pushed its way about half an hour east of Cologne, Germany, to an enemy stronghold called Drabenderhohe.

On April 12, the Allies attacked the town. As a squad leader with Company C, Hastings was in charge of a light machine gun section that was supporting two platoons pushing into the town's defenses.

As machine guns, mortars and other direct enemy fire rained down on them, Hastings fearlessly ran more than 350 yards through open, rolling fields to reach a position critical to gaining the upper hand. From there, he was able to kill the crews of a 20-mm gun and a machine gun, and he drove several dug-in riflemen out of their hiding spots. His actions allowed one of the platoons he was protecting time to reorganize and move the wounded to safety.

The second platoon wasn't doing so well. Hastings noticed they were being hit hard by heavy 40-mm and machine gun fire. He immediately ran about 150 yards to the leading elements of that unit and killed the 40-mm's crew.

Now in front of the platoon's

attack, Hastings pushed farther into enemy territory, firing his gun from his hip and ignoring the many bullets that whizzed past him. He didn't stop until they had made it to their objective another 175 yards away. His hard work and bravery cleared the path for his company's advance into Drabenderhohe.

Sadly, Hastings was killed four days later during another battle on April 16. The German forces surrendered to the Allies less than a month after that.

Hastings' body was returned to Ohio, and he was buried in Magnolia Cemetery.

The 20-year-old's nomination for the Medal of Honor was pushed through quickly. On Nov. 8, 1945, Hastings' mother, Mary, accepted it on his behalf from Army Col. F.R. Ostrander, the commanding officer at Fletcher General Hospital, an Ohio medical center where many war vets went for treatment and rehabilitation.

While Hastings' life was cut short, his memory has lived on. In 1947, the Army transport ship Coastal Crusader was renamed the Pvt. Joe R. Hastings in his honor. A now-closed Army Reserve center built in the 1950s in Canton, Ohio, also bore his name.

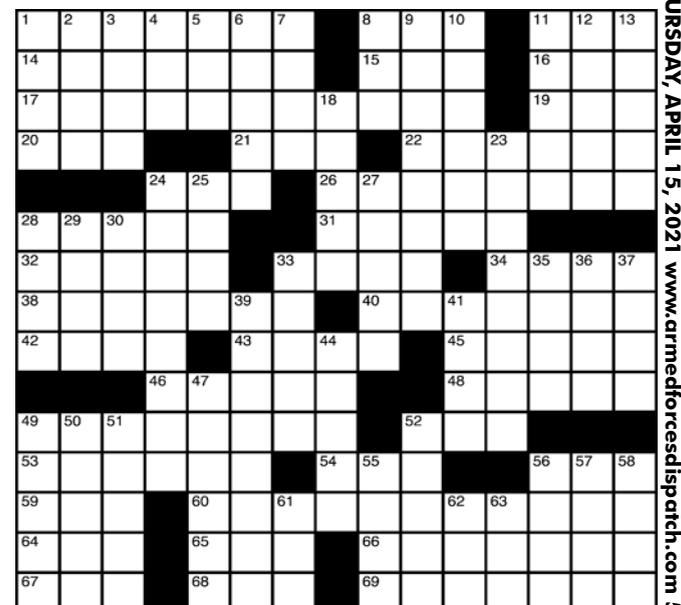
Crossword Puzzle

Across

- 1 *Ready to set sail, say
- 8 Diplomatic rep.
- 11 Machines with Windows, briefly
- 14 More tired
- 15 Foe of Chiang
- 16 Swing, jazz or rock 'n' roll
- 17 *1950s sitcom co-star
- 19 Early internet company
- 20 Investor's purchase: Abbr.
- 21 Amazement
- 22 German cameras
- 24 Bashful
- 26 *Hester Prynne's mark of shame
- 28 No-no
- 31 Continental coins
- 32 *Inside the NBA* analyst Shaq
- 33 Returning GI's diagnosis
- 34 Capitol Hill helper
- 38 Musically monotonous
- 40 Collection of sacred songs
- 42 Geeky type
- 43 19-Across et al.
- 45 Lazy __: revolving tray
- 46 December mall figure
- 48 Foolish
- 49 **Which side of the debate will you argue?*
- 52 June honoree
- 53 Really bothers
- 54 Fair-hiring inits.
- 56 Wood for bats
- 59 Home security co.
- 60 *Culpable one
- 64 Fairway position
- 65 Bruins legend
- 66 Answered
- 67 Title for Elton
- 68 Once called
- 69 Chess match climax, and what the last word of each answer to a starred clue can have

Down

- 1 Hooting birds
- 2 Not masc. or fem.
- 3 Begin to parallel park, with "in"
- 4 "... __ quit!"
- 5 Feel crummy
- 6 Race with batons
- 7 Sketched
- 8 Org. with a Health Care Advocacy web page
- 9 Ducks whose males have green heads
- 10 Slow-tempo Spanish dance
- 11 Quiet partner
- 12 Zagreb native
- 13 Taco topper
- 18 Harass
- 23 "Casablanca" heroine
- 24 Stinkers
- 25 Prefix with gram
- 27 Zodiac borders
- 28 Bugs Bunny or Bullwinkle
- 29 Lestat creator Rice
- 30 Bar pint contents
- 33 Sauce with basil
- 35 "__ miracle!"
- 36 College faculty head
- 37 Shore bird
- 39 __ of iodine: antiseptic
- 41 China's continent
- 44 Group of jurors
- 47 Ferdinand II's realm
- 49 Rings, as a bell
- 50 Bike spokes, geometrically
- 51 Furry aquatic mammal
- 52 Elder statesman
- 55 To be, in Tours
- 56 Puccini piece
- 57 Pipe part
- 58 Stevenson's villainous Mr.
- 61 Wrath
- 62 Scoreboard abbr. for a rainout
- 63 High school subj.



THURSDAY, APRIL 15, 2021 www.armedforcesdispatch.com 5

New law will make it easier to get disabled veteran license plates, placards in 2021

Since Jan. 1, 2021, qualifying disabled veterans have had an easier process to follow when requesting special Disabled Veteran license plates or distinguishing placards from the California Department of Motor Vehicles (DMV).

Last year, a disabled veteran in California could obtain the plates by securing a disability certification from a medical professional or from the U.S. Department of Veterans Affairs (USDVA), and then provide it to the DMV, which issues the plates.

To improve and expedite this process, Governor Gavin Newsom signed a law requiring the DMV to also accept disability certificates issued by a County Veterans Service Officer (CVSO) and the California Department of Veterans Affairs. This provides qualifying disabled veterans more convenient options to obtaining their disability certificates for Disabled Veterans plates or

placards from the DMV.

"As always, CalVet is here to help California's veterans, and we're glad to see a more convenient process for obtaining this important benefit," said Keith Boylan, CalVet's deputy secretary for Veterans Services. "Our mission and passion is to serve veterans and their families and we will work closely with the CVSOs to make sure that, come January, the process will be simple and accessible."

Disabled veterans can obtain the plates free of charge for one of the following: A passenger vehicle, a motorcycle or a commercial vehicle with an unladen weight of 8,000 pounds or less not used for transportation, hire or profit, according to the DMV.

Visit the CalVet license plate page for more information: <https://www.calvet.ca.gov/Vet-Services/Pages/License-Plates.aspx>.

Veterans

- VA to see another big spending boost under Biden's first budget plan
- VA staffer used medical records to stalk and harass

female vet, lawmakers demand reforms

- How the pandemic spurred Congress to rewrite GI Bill rules for the National Guard

- Survey: Nearly half of U.S. veterans cite personal growth during pandemic
- Ray Lambert, D-Day survivor, WWII torch bearer, dies at 100



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INTERPERSONAL EDGE: A vaccine against conflict?

by Dr. Daneen Skube,
Tribune Content Agency

Q: My organization is planning for a return to our offices. I've noticed remote work creates less interpersonal conflict. I'm getting nervous about the way returning to my office will mean returning to a lot more in-person conflict. Is there any proactive interpersonal skills I could learn to reduce conflict before we return fully to my office?

A: Yes, you are correct. A return to our offices will create more opportunities for interpersonal conflict. You are also smart to want to be proactive about reducing the conflict you can see coming and learning better tools for the predictable issues you'll encounter.

Before you return to your office notice the small tensions you can spot between yourself and others in your remote meetings and phone calls. Watch for sarcasm tinged with hostility, edgy silences and closed off body language.

If you see consistent signs that someone in your office has issues with you talk to him or her at the earliest moment. Make sure your conversation

is private not in a group. Start by telling your co-worker your behavioral observations. Ask if there is something he or she needs from you that he or she is not getting. Strip any judgmental interpretations out of your language. Say, "I notice you arrive 20 minutes after the start of the meeting," and not, "You are tardy and disrespectful."

Remember criticisms are actually an attempt to make a request. People find it easier to complain than to be vulnerable. Realize also that when co-workers are upset with us it has nothing to do with our intentions. Everyone processes our communications through their own lens. Most people struggle with more self-loathing than you'd imagine. When we talk to anyone they are probably listening for whether we think they are stupid, inadequate or bad.

If co-workers believe you are insulting them your best reaction is to listen. In great detail paraphrase or repeat back the experience of your co-worker even if you think they are dead wrong. Never defend or explain in the beginning. If you cannot verbally acknowledge the experience of your co-worker you'll

never be in a position to change their view.

Most people know that if you're really up to no good then you certainly would not listen to them with patience and compassion. Learning to sit calmly while co-workers tell you what a jerk they believe you are is very, very difficult. You'll have to practice the impulse control to not defend or explain.

Once your co-worker has acknowledged that your paraphrasing and questions prove you understand their perceptions they'll finally be curious about what you intended to do. No co-worker will actually listen to anything you have to say before you have done a solid job paraphrasing their experience and interpretation of your behavior.

As we get our COVID-19 vaccines before we return to our offices we can immunize ourselves against predictable conflicts already brewing in our remote environment. The earlier we seek to understand others rather than demanding understanding from others the less likely conflict will break out when we return to our workplaces.

The last word(s)

Q: I've made good progress in my career unexpectedly during COVID-19. I would like to rest on my victories but I'm concerned I'll miss upcoming opportunities. It's hard to keep risking failure and rejection. Is there advice you give clients to help them persevere?

A: Yes, I tell clients any road to success has many parking spaces which look alluring especially when we are tired of failure and rejection. Most of the best opportunities come because we stayed on the road not because we were tempted by the parking spaces.

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 or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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DOD announces new Discharge Appeal Review Board option

The Department of Defense recently announced a new board of appeals for Service members with separation dates on or after December 20, 2019. The Discharge Appeal Review Board (DARB) will provide final review of discharge or dismissal characterization upgrade requests when petitioners have exhausted all available administrative remedies.

Any service member separated on or after Dec. 20, 2019, who has exhausted all available appeals with the appropriate Service Discharge Review Board and Board for Correction of Military/Naval Records, may apply to the DARB. If a current or former Service member is deceased or incapacitated, the surviving spouse, next of kin, or legal representative may apply on their behalf. The DARB is a document review board with no provision for personal appearances. Only records from the Service BCM/NR case file will be reviewed. Any petitioner wishing to present new evidence must first submit a reconsideration request to, and receive a decision from, their Service BCM/NR before that new evidence may be considered. If the DARB recommends that the petitioner's service characterization be upgraded, this recommendation will be transmitted to the Secretary of the Military Department concerned for final action.

The DARB was created by Congress in the Fiscal Year 2020 National Defense Authorization Act, and is the final level of administrative review provided by the Department. There are no provisions for further administrative appeal or reconsideration of recommendations by the DARB, or of the Secretaries' final action. The DOD has designated the Air Force as lead agent to execute and operate the DARB process.

The DOD has sent information about the DARB, including guidance for members who wish to apply for reconsideration, to Veterans Service Organizations and Military Service Organizations in order to reach as many potential applicants as possible. Individuals who believe their discharge or dismissal was unjust, erroneous, or warrants an upgrade, are encouraged to apply for review. To learn more about the DARB and how to apply for review, visit the Air Force Review Board Agency Portal at <https://afrba-portal.cce.af.mil>.

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National World War I Memorial opens with First Colors ceremony on April 16

This Saturday, April 17, the new National World War I Memorial in Washington, D.C., will formally open to the public to remind Americans for the next century about one of our country's greatest triumphs.

The World War I Centennial Commission will raise its inaugural American flag tomorrow, April 16, at 7 a.m., Pacific, during the First Colors broadcast, a 90-minute ceremony that will be streamed online globally. The program, hosted by actor Gary Sinise, will commemorate those who served in the trenches and on the home front, celebrating a nation forever changed by the sacrifices they made and the

ideals they demonstrated.

"As our nation's flag is raised for the first time over this hallowed ground that honors those who served in the Great War, we can take pride in the legacy of service and sacrifice by those who wear the uniform of our great country," said Terry Hamby, chairman of the World War I Centennial Commission.

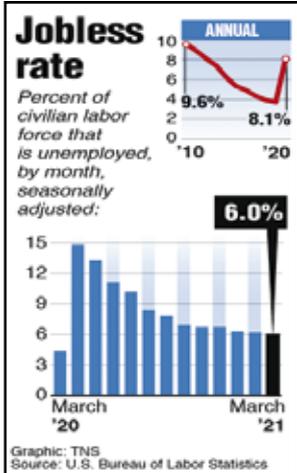
The American flag that will be raised during First Colors first flew over the U.S. Capitol in 2017 and then, by the American Battle Monuments Commission (ABMC), over World War I cemeteries in France, Belgium, and the United Kingdom. The flag returned to the

U.S. to fly at the World War I Museum and Memorial in Kansas City, Mo., before coming to Washington.

The live flag-raising ceremony will include a flyover by the 94th Fighter Squadron, formerly the 94th Aero Squadron, which began its prestigious history as the most victorious air warfare unit of World War I on March 6, 1918.

First Colors is presented in cooperation with the Doughboy Foundation, the National Park Service, and the American Battle Monuments Commission.

For more information and to watch the broadcast, visit www.wwlcc.org/firstcolors.



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Virtual trainers ready Sailors for high-end fight

SAN DIEGO – The Program Executive Office Integrated Warfare Systems 5.0 (PEO IWS 5.0) and Center for Surface Combat Systems (CSCS) are bringing four new Virtual Operator Trainers (VOTs) online.

The AN/SQQ-89A(V)15 VOTs were funded by Director, Surface Warfare's (OPNAV N96) program of record, Surface Training Advanced Virtual Environment-Combat Systems (STAVE-CS), which was introduced in 2015 as a means to provide better quality training for Navy Officers and Sailors.

"This VOT is just one of many tools being developed, funded and delivered under the STAVE umbrella," remarked Capt. Dave Stoner, commanding officer, CSCS. "By replacing actual shipboard equipment with a virtual based system using real tactical code, we are providing highly effective tactical employment training. Moreover, we are doing so at a cost that enables us to put this trainer in our schoolhouses and at all of our fleet concentration areas. Ship commanding officers will also be able to use the VOT family of trainers to build proficiency in real world scenarios."

By Fiscal Year 23, AN/SQQ-89A(V)15 VOTs will be installed in seven fleet concentration areas in support of a new training model for STGs, providing a building block learning approach throughout a Sailor's career. This aligns to the Na-

vy's Ready, Relevant Learning (RRL) pillar under Sailor 2025, a program created to improve and modernize personnel management and training systems. Future VOTs are planned for the Aegis Weapon System and Ship Self Defense System utilizing a similar hardware architecture.

The VOT hosts fielded AN/

"This innovative technical solution increases the amount of 'reps and sets' Sailors perform on tactical AN/SQQ-89A(V)15 software, significantly improving the quality of sonar training and maximizing knowledge retention. It is designed to provide surface sonar techs [STGs] the opportunity to train in realistic underwater environments against high-fidelity peer and near-peer threats," said PEO IWS 5.0 Major Program Manager Capt. Jill Cesari.

SQQ-89A(V)15 software baselines aboard Arleigh Burke-class guided missile destroyers and Ticonderoga-class guided-missile cruisers. It features 12 dual-eye student workstations that model the design of sonar consoles, as well as a dual display station mock-up that supports training for the sonar element in the combat information center. The VOT uses realistic, simulated acoustic targets in high-fidelity ocean environments and element level acoustic sensor data recorded from real world and/or exercise events.

Capt. Brandon Bryan, commanding officer, FASW, stresses the importance of the relationship between CSCS and PEO IWS 5.0 in making these labs a reality.

"PEO IWS 5.0 started this

journey with us in 2017 and our relationship has only strengthened over the years as we worked together to bring the VOTs online," he explained. "By working as a team, we have brought a training system that serves to enhance the skills and knowledge that help shape our Sailors into successful warfighters. Every shipboard Sailor needs to be

confident and competent to fight and win against any adversary, and this training system provides that confidence."

The newly installed VOTs expand upon the previously virtual classroom design, formerly known as Applied Classrooms, six of which were installed by PEO IWS 5.0 in 2017. It increases the capacity to host more sonar operator courses and opens up the aperture to support surface ship acoustic analysis training at STG "A" School. The VOTs double the capacity of previous training systems at a fraction of the cost and footprint.

"The VOTs will improve combat readiness by providing better trained, better-qualified Sailors to the high-end fight," Stoner said. "CSCS is now more ca-

pable of providing modernized training by combining the labs' full tactical capabilities with virtual environments. Our instructors can recreate a complex and dynamic simulated environment to build tactical proficiency for the newest sonar operator to major commander. The combined effect is a lethal surface force manned by warfighters ready to fight and win."

The Program Executive Office Integrated Warfare Systems (PEO IWS) 5.0 develops, delivers and sustains ASW capabilities to dominate the undersea domain through exploitation of technology and streamlined acquisition. PEO IWS 5.0 is responsible for the development, delivery, and sustainment of Undersea Warfare capabilities to dominate the undersea domain, while exploiting the latest in technology.

Their portfolio not only touches the surface ship community, but extends to submarines, big deck platforms and Command and Control (C2). Their business processes reflect the latest efforts in streamlined acquisition, which has allowed accelerated delivery of warfighting capability to the Fleet.

CSCS is a global organization that consists of 14 learning sites / detachments located throughout the continental United States, Hawaii, Japan, and Spain. Approximately 1,500 instructors train 36,000 Sailors a year. CSCS is the only training command that trains every individual surface navy warfighter in the maintenance, operations, and tactical employment of surface combat systems. CSCS' mission is to train the fleet so that our Navy can fight and win!

For information on the Center for Surface Combat System, visit <https://www.netc.navy.mil/CSCS/>.

Visit CSCS on Facebook <https://www.facebook.com/pages/Center-for-Surface-Combat-Systems/148036686885239>.



USS Freedom littoral combat ship, with embarked UCoast Guard Law Enforcement Detachment 107, seized an estimated 1,575 kilograms of suspected cocaine April 7. Photo by Coast Guard Law Enforcement Det. 107

Coast Guard, Navy seize illicit drugs in 3rd Fleet waters

from Third Fleet Public Affairs

SAN DIEGO - The joint Coast Guard and Navy team seized over 1,500 kilograms of cocaine while operating in U.S. Third Fleet waters, April 7.

Littoral combat ship USS Freedom (LCS 1), with embarked Coast Guard Law Enforcement Detachment 107, conducted the seizure off the coast of Mexico in support of Joint Interagency Task Force South's counter-illicit drug trafficking mission.

"The Navy-Coast Guard team on Freedom executed flawlessly," said Vice Adm. Scott D. Conn, U.S. Third Fleet commander. "This mission, performed on short notice with exacting precision, demonstrates the strength of our flexible, mobile, integrated and trained team."

Freedom and embarked Helicopter Sea Combat squadron 23 detachment identified and approached the illicit drug transport boat. The Coast Guard LEDET then conducted a boarding, search, and seizure of the vessel.

"I want to thank Cmdr.

Larry Repass, Freedom's commanding officer, the crew of USS Freedom and embarked Law Enforcement Detachment 107 for a successful interdiction yesterday," said Rear Adm. Brian Penoyer, Eleventh Coast Guard District commander. "This is yet another example of how important the relationship is between the Coast Guard and Navy. That relationship allows us to be an effective team, and because of that team effort we have removed an additional 3,450 pounds of illicit drugs from reaching the streets, and saving countless lives in the process."

Freedom and embarked Sailors have been conducting counternarcotics missions in 4th Fleet since their departure from San Diego, Jan. 11. The counternarcotics interdiction efforts are aimed at thwarting transnational criminal organizations, which are fueled by drug trafficking money.

U.S. 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute the Navy's timeless roles of sea control and power projection.

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HONOR, COURAGE & COMMITMENT

Welcome aboard to new skippers for USS *Lake Champlain* and USS *Manchester*

PORT HUENEME - Capt. Steven M. Foley relieved Capt. Allen P. Johnson as the commanding officer of guided missile cruiser USS *Lake Champlain* (CG 57) during a change of command ceremony here April 9.

Johnson assumed command of *Lake Champlain* in June 2019.

Under Johnson's leadership, *Lake Champlain* conducted several exercises, ship-wide certification events, and a 10-month selected restricted availability.

"I'm very proud because I am turning over a ship and a crew



Rear Adm. Timothy Kott, commander, Carrier Strike Group One, addresses Lake Champlain Sailors. Photo by Lt. i-g. Marilu Veloria

that has achieved all the goals I set when I first took command back in 2019. We overcame significant obstacles and we are

continuing to press forward with excellence," said Johnson. "I have full confidence that you will all continue to do fantastic things. Capt. Foley and I share the same vision for the ship, which is to be the beacon of combat readiness in the Strike Group. I wish him well."

New skipper Foley addressed the crew as captain for the first time. "*Lake Champlain* is a great ship with a wide-ranging deployment history and a fine crew that is ready to meet the challenges of our upcoming comprehensive exercises and deployment certifications with Carrier Strike Group One."

Cmdr. Edison Rush III relieved Cmdr. Jedediah Kloppel as commanding officer of USS *Manchester* (LCS 14) Blue Crew during a pierside change of command ceremony at Naval Base San Diego, April 9.

Kloppel, a native of Spearfish, S.D., served as executive officer and commanding officer of both *Manchester* and USS *Cincinnati* (LCS 20), leading the crews through two ship commissionings during an extended on hull time of more than 18 months.

"It has been my distinct honor and privilege to serve alongside the best group of men

and women the Navy has among its ranks for the last three years," said Kloppel. "I am so proud of the many achievements, under trying circumstances, they consistently and masterfully were able to obtain. A two-time plank owning Battle 'E' crew that rose to every occasion, never letting hurdles or challenges stop them from meeting the mission, exceeding expectations and performing as professional Sailors. I'm humbled to have had the pleasure to serve as their commanding officer."

Kloppel's next assignment is Naval Surface and Mine Warfighting Development Center in

San Diego.

Rush, a native of Southern New Jersey, recently served as the crew's executive officer before assuming command.

"It my highest honor to take the helm of such a seasoned crew and the mighty *Manchester*," said Rush. "Over the past three years, this crew has risen to the task, commissioning USS *Manchester* and USS *Cincinnati* in back-to-back years."

LCS vessels are highly versatile, mission-focused surface combatant ships designed to operate in the littoral regions.

This week's snapshots



SAN DIEGO
April 5, 2021

Aviation Ordnanceman 2nd Class Teven Reed (left) from Cottonport, La., and Aviation Maintenance Administrationman 3rd Class Makayla Cabel from Smithville, Mo., shift colors on the flight deck of aircraft carrier USS *Abraham Lincoln*. *Abraham Lincoln* is underway for routine operations. Navy photo by MC3 Michael Singley



PHILIPPINE SEA
April 4, 2021

Sailors inspect fuel samples destroyer USS *Rafael Peralta* during a replenishment at sea with fleet replenishment oiler USNS *Pecos* (T-AO 197). Navy photo by MC3 Aron Montano



USS MAKIN ISLAND, at sea
April 6, 2021

Cpl. Albert Stengel prepares onions in the wardroom aboard USS *Makin Island* amphibious assault ship. The *Makin Island* Amphibious Ready Group and 15th MEU are on deployment. Navy photo by MC2 Kristopher S. Haley



CHOCOLATE MOUNTAIN
April 3, 2021

Lance Cpl. Mauricio Tinoco, right, and Lance Cpl. Isabel Rodriguez, left, prepare to rig an M777A2 155mm Howitzer onto a CH-53E Super Stallion, assigned to Marine Aviation Weapons and Tactics Squadron One (MAWTS-1) during a Weapons and Tactics Instructor (WTI) course. Marine Corps photo by Cpl. KarlHendrix Aliten



PORT HUENEME
April 8, 2021

Construction Mechanic Constructionman Dylan Purcell with Naval Mobile Construction Battalion (NMCB) 3 performs a routine maintenance check on a skid steer. Navy photo by MC1 Michael Lopez



SAN DIEGO
April 10, 2021

Capt. William Scouten, hospital ship USNS *Mercy's* (T-AH 19) Medical Treatment Facility's outgoing executive officer, waves farewell as he departs the ship. Scouten was relieved by Capt. Karla Lepore. Navy photo by MC3 Luke Cunningham

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Social Security Matters

Can I still suspend my Social Security benefits?

Dear Rusty: Is it still possible to suspend Social Security benefits for a time? And, if so, how often?

Signed: Curious Senior

Dear Curious Senior: If you have already reached your full retirement age and are receiving Social Security benefits which you claimed earlier, you can voluntarily suspend your benefits to earn Delayed Retirement Credits (DRCs) and get a higher benefit amount when your payments are resumed. While your benefit payments are suspended, you will earn an additional .67% for each full month of suspension (8% per full year of suspension). If you wish to do so, you can suspend until you are 70 years old, after which you will no longer receive Delayed Retirement Credits, and your benefit will have reached maximum.

At age 70, Social Security will automatically restart your benefit at the higher amount, as appropriate for the number of DRCs you earned while suspended. If you prefer or need the money sooner, you can request that your benefit be restarted earlier than age 70.

You can voluntarily suspend and restart benefits more than once if that is necessary, but the process requires some lead time to stop/restart benefits and there are other important factors to consider. If you suspend your personal SS retirement benefit now to gain a higher payment amount later, while you are suspended no other benefits based on your record (such as a spousal or other dependent benefits) will be paid.

And, if you currently have your Medicare premium deducted from your Social Security benefit, suspending your SS benefits will require you to make alternate arrangements for direct payment of your Medicare premium(s). You would need to pay your Medicare premium via mail or by direct withdrawal from your bank account, or by charging a credit/debit card. If you decide to suspend your Social Security payments, you will need to contact Social Security directly at 1.800.772.1213 (or call your local SS office) to do so. When requesting your benefit suspension, you can also make arrangements through Social Security to pay your Medicare premium separately.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Navy Exchange and Marine Corps Exchange now offering NMCRS Spring Benefit Ticket

NEX and Marine Corps Exchange (MCX) customers can support the Navy-Marine Corps Relief Society (NMCRS) through May 9, by purchasing a \$5 benefit ticket at select NEX and MCX locations and online at myNavyExchange.com. The Navy Exchange Service Command (NEXCOM) is comprised of 14,000 personnel worldwide facilitating six business lines, NEX retail stores, the Navy Lodge Program, Telecommunications Program, Navy Clothing and Textile Research Facility, Ships Store Program and the Uniform Program Management Office.

Roy's Sudoku

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

Friends don't make friends wait in hot cars!

When the outside temp is 90° your car heats up to 109° in 15 minutes and 124° in 30 minutes.
@coccotheadventurepup



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

San Diego Restaurant Week offers spring harvest of flavors through April 18

A blossom of foodie adventures await San Diegans as San Diego Restaurant Week (SDRW) bundles the yields of Spring into an 8-day edible extravaganza expanded to provide more dining than ever before alongside much needed industry aid!

The beloved foodie event brings new life to the restaurant community from Sunday, April 11-Sunday, April 18, and features restaurants all over San Diego County offering variations of prix fixe menus at affordable prices. Spanning across San Diego County, participating restaurants will offer three-course prix-fixe dinner menus for \$20, \$30, \$40, \$50 or \$60 per person and/or two-course prix-fixe lunch menus for \$10, \$15, \$20 or \$25 per person.

Restaurants sprouting with innovation will showcase their menus through traditional in-house dining, expanded outdoor spaces as well as to go accommodations. Tickets are not necessary for this mouthwatering month of dining, but reservations are recommended! Visit SanDiegoRestaurantWeek.com for more information, a complete list of restaurants, or to make reservations in advance!

GI Film Festival San Diego coming in May; Tickets are available on line now

The GI Film Festival San Diego, a multi-day military-themed event, returns virtually from May 18-23. Festival organizers are proud to announce a diverse lineup of 38 films representing an array of documentaries, narratives, feature-length, and shorts, focusing on themes such as women in service, the Black military experience, the lasting impacts of the Normandy liberation, post traumatic growth, caregiver experiences, a pandemic story, and so much more!

This year, the number of films selected is the highest to be included in the San Diego military film festival. More than half of the lineup includes films made by or starring active duty military or veterans, 11 were made by female directors, eight were directed by first-time filmmakers, and another eight are student films. Festival organizers also saw a significant number of international film submissions this year, with four making the official selection.

Tickets are available online at GIFilmFestivalSD.org. Attendees can tune-in from anywhere around the world.

Bike Coalition to help first-time riders get more comfortable riding on the road

The San Diego County Bike Coalition is offering a free class on city cycling, designed to help riders become more comfortable sharing the road. Class topics include general bike safety, legal rights and responsibilities, and emergency maneuver skills.

As San Diego continues to become a more bike-friendly city, the Bike Coalition hopes to equip new and beginner bike riders with the skills they need to safely commute and recreationally ride throughout the city. The Bike Coalition provides free and frequent trainings for people of all ages and abilities to teach bicyclists to take proper precautions anytime they pedal.

The next virtual class will be held on April 15 from 6-8pm. Additional classes will be held on:

- o May 20
- o June 17
- o July 15
- o August 19

RSVP REQUIRED: *<https://sdbikecoalition.org/civircrm/event/register/?reset=1&id=301>

For additional information on Bike Coalition and its education and volunteer opportunities, please visit www.sdbikecoalition.org.

San Diego County Bicycle Coalition is a nonprofit organization that advocates for and protects the rights of all people who ride bicycles. For more information, please visit www.sdbikecoalition.org.

Sign up today! Rattlesnake Avoidance & Your Dog

Friday April 23, 4-5pm. This webinar welcomes back Lynn Webb from The Proficient Pup! Lynn conducted one of our most popular webinars in 2020 and she returns to speak about humane rattlesnake avoidance for your dog. When educating people about Rattlesnake Avoidance, Lynn shows people that there is a way to teach dogs to avoid something without teaching them to fear it. In addition, she feels that we humans can respect wildlife and protect our dogs at the same time. In training and in life, Lynn believes that making good choices leads to creating a positive impact. Free to attend! RSVP now at face4pets.org/events

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Children's well-being contributes immeasurably to force readiness

Military service members are not the only ones serving their country. Their families – especially their children – do so as well, showing resilience, support, and strength.

In April, the Department of Defense celebrates military children for their essential role in the force's readiness – and the Defense Health Agency joins in that celebration with its "Celebrating the Mighty" campaign.

"Military kids are the cornerstone of military families worldwide," said Kelly Blasko, who has a doctorate in counseling psychology and is the DHA's Connected Health Branch lead for mobile health clinical integration. "Helping ensure their health and mental well-being enables military parents to focus on serving the country."

Patti Johnson has a doctorate in clinical psychology, specializing in pediatrics, and supports the DHA's Behavioral Health Clinical Management Team.

"Military children and youth show their resilience each day by making sacrifices small and large in support of the mission success of their service member parent," she said. "Their health and well-

being contribute immeasurably to the readiness of the force."

Challenges: Glass half full

Military children face unique challenges, including psychological challenges related to military life, explained Blasko.

However, Johnson said, they also experience relatively unique events in comparison to their non-military peers that can positively impact their development and functioning.

"Military kids are more likely to move multiple times during their grade-school years and have a parent absent for long periods of time in potentially dangerous locations," said Blasko. "Unfortunately, they also may learn about difficult topics like injury or death at an early age, but they tend to also learn how to function well in stressful situations."

Though these factors may greatly stress military kids' mental health, their resiliency depends on the support they receive. Preparing for deployment as a family can help families handle the stress and changes of separation, noted Blasko.

Still, separations are not new for military kids. Because of



continuous permanent changes of station or parental deployments, they know how to keep connected through letters, video chat, and other means, she added.

Additionally, living in geographically diverse locations – whether in the United States or other countries – exposes them to people who have different world views, perspectives, histories, and knowledge sets, added Johnson.

"This widens their opportunities to learn about different backgrounds, cultures, experiences, languages, and so on," she said. And "while moving frequently can provide some challenges, research suggests that as a result of military relocations, many military-connected children develop

advantageous social skills needed to readily connect and engage with peers as well as adults."

Their experiences encourage many military-connected children to embrace positive military values such as patriotism, honesty, selflessness, and honor, said Johnson. "The adoption of positive core values likely contributes to enhanced self-worth and promotes healthy social and emotional development in many military youths."

This can result in kids with strong resilience skills that help them adjust and cope with military-related stressors, explained Johnson.

"These resilient kids adapt to new environments, put themselves out there to make new friends, and

sometimes pick up more responsibilities at home," added Blasko.

Said Johnson: "Overall, the military lifestyle can be a very positive experience for many military-connected children. Military lifestyle experiences can instill a sense of responsibility, independence, tolerance, and maturity."

However, both experts agree that for some, it can prove stressful, and parents and other important adults should be aware of this possibility and provide support as needed to help all children adjust to this lifestyle.

The whole family must adjust to many new experiences, so planning, communicating openly, creating new routines, and having a plan for keeping connected to the deployed parent are important, explained Blasko.

These can include letter writing, preparing care packages, and connecting via technology when possible, added Johnson.

Other ways families can assist children adjust to deployment and other military-related stressors include:

- Developing and maintaining healthy family routines and traditions.

- Maintaining boundaries and limits for children; they need to know that parents and other adults are in charge and can provide for their social and emotional needs.

- Helping children and youths sustain friendships and other social supports.

- Helping children and youths sustain normal activities such as church, clubs, sports, etc.

- If possible, keeping children in the same school during deployments. If the family moves during deployment, preparing the child and ensuring a smooth transition by requesting school record transfers, researching the new school online, visiting the new school, principal, and teachers ahead of time.

"Parents and other caregivers also need to find ways to take good care of themselves so that they are physically and emotionally available to support their children," said Johnson.

Installation-based recreational resources, sports teams, psycho-educational or support groups, child and youth services, and family support services are available to help them connect to the military community.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Bad recipes and why I keep them

me. I'd deal with them later. I was more interested in the musty archives, purging all those old recipes I never used anymore.

The metal rings creaked open like the doors of a Pharaoh's tomb. Although I'd never part with the dog-eared Betty Crocker Cook Book I'd received as a bridal shower gift, the first thing in the binder was a 50-page supplement which was a non-essential bore. I threw the whole lot into the trash bag with a satisfying "thunk."

"Ah," I breathed, and went in for Round 2. But soon my momentum slowed, as memories crept into my consciousness.

"Turkey Divan" on lined notebook paper brought me back to the early years of our marriage, when I was trying so hard. I'd stopped making this dish a long time ago, but the warm feeling of nostalgia prompted me to turn the page.

"A classic!" I thought, spying "Karen's Chicken Stew." Stationed together in the 90s, Karen was my first close Navy wife friend. She had married a few years before me, so she was my role model in those early years. She'd made her stew recipe for me when my newborn son was hospitalized with meningitis. It required only condensed soups and basic ingredients thrown into a Crock Pot, but to me it epitomized comfort. For many tours of duty afterward, I made Karen's recipe for military spouses or friends in need. Hell would freeze over before I'd throw out Karen's Chicken Stew Recipe.

I got lost in succeeding pages, unable to part with the recollections they inspired. Pepperoni Cheese Bread from my Virginia Beach neighbor conjured afternoons when the kids played in our cul-de-sac. Summer Squash Tart — the fun night I hosted buncos. Oriental Snack Mix - that hilarious military wives' Polish pottery-shopping road trip. Pumpkin Soup with Maultaschen — my military spouse writers' group in Stuttgart. Hot Crab Dip — a staple when my best friend since ninth grade and I get together. Kalua Pig — my son's Webelos Troop crossover ceremony.

Those recipes were definitely worth revisiting, but others would never be referenced again. "Erin's Beef Dish" produced a bland glop of tough meat and mushy vegetables swimming in grayish gravy. But it was given to me by a Marine wife who was one of the funniest people I'd ever known. "Spinach Rolls" were too labor intensive to ever attempt again, but the dish reminded me of an ego boost that came at a much-needed moment in my life. I'd never made "Sue's Brownie Recipe" but, strangely, it was written on the back of a copy my deceased father-in-law's will.

Bent over the heavy book in my lap, I turned the pages, one after the other. I realized that these scraps and scribbles were moments frozen in time, blended with my psyche, baked into my subconsciousness. This was no recipe book — it was a treasured scrapbook.

And it's a keeper.

Vintage Campers, Trailers & Teardrops

A nostalgic alternative to hotels and car camping

by Jan Wagner

For all of recorded history, people have felt the urge to get away from it all, to travel, have adventures and see the sights, but to do so, we need to sleep somewhere. We either find lodging along the way, or bring our accommodations with us.

A beautifully illustrated, new hardcover book, *Vintage Campers, Trailers & Teardrops* by American automotive historian Pat Foster, takes an unapologetically nostalgic look at the vintage campers, trailers and teardrops that many people are using today to meet their leisure travel accommodation needs, instead of staying in a hotel or just parking somewhere and sleeping in their vehicles.

While I'll likely explore the subject of car-camping more fully another day, I can personally confirm that the last alternative - sleeping in a car, can be very uncomfortable. Resting in a vintage camper, trailer or teardrop is a much better alternative.

The introduction to the book's first chapter, *Vintage Camping*, captures the sentiment of this book: "On vacation. Unavailable. Away for the week. Gone. Are there any sweeter words in the English language? It's a fact: everybody needs to get away from it all now and then, to clear the brain, recharge the batteries, to just feel free for a change. And for millions of people around the world, the best way to do that is to hook a camper or trailer to the back of the family vehicle and head out. To freedom and the great outdoors. To live!"

Inside Chapter Two you'll find photos of beautiful wooden teardrop trailers, as well as vintage steel-

shelled trailers that were fondly nicknamed "canned hams."

My first close-up look at a teardrop trailer was in 2006. As I reported then in a series of columns, I was midway through what would become my most memorable and enjoyable road trip across the U.S.

At first, I led a group of people on a promotional tour for a company called Zap! that was publicizing its



Airstream trailer at a campsite.

newly federalized, used and now for sale, SMART cars. Back then these tiny cars were not for sale in America. Mine was a 2002 model – perhaps from Canada. They were a curiosity and an unfamiliar sight on American roads.

While I was with the group, we stayed in hotels booked for us by Zap! After a few days our tour was so popular with the people that we met along the way, that we had fallen behind schedule. So, in order for me to meet my objective of getting to New York in time for the press days of their annual auto show, I had to split away from our group and continue to head east, on my own.

Some nights, to make up time, I slept in my fully loaded SMART car — but it was packed full of my belongings. I could barely recline my seat, so to compensate I slid the seat

way forward, lifting my legs up over the gearshift lever and placing my feet in the passenger-side footwell.

Along the way I managed to make brief stops to check out the sights and take pictures. Since I am a fan of motorsports, including NASCAR racing, I stopped to check out Bristol Motor Speedway, in Tennessee. There, in its parking lot, I spotted a tiny teardrop trailer — hooked up to a decidedly un-tiny SUV. I approached its owners and, with their enthusiastic cooperation, we moved their teardrop trailer, positioning it behind my SMART car for a photo op.

Chapter Three of *Vintage Campers, Trailers & Teardrops* takes a nostalgic look back at the earliest days of trailer camping, beginning with the American Indians of the Plains tribes. They sometimes dragged a triangular sort of trailer, called a travois, behind a horse, campsite to campsite. Consisting of two long, joined poles, it held sleeping necessities and food.

Subsequent chapters of the book examine pickup shells and slide-in campers, vintage European camping, the VW phenomenon, vintage camper life, the Airstream history and pop-up trailers.

Vintage Campers, Trailers & Teardrops is a thoroughly enjoyable read, filled with color and black & white photography. It's available from Amazon and other booksellers. For more information, visit <https://www.quartoknows.com/books/9780760366813/Vintage-Campers-Trailers-Teardrops.html>.

See additional photos at www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #687" in their search bar.

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