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SIXTY-FIRST YEAR NO. 33
THURSDAY, DECEMBER 9, 2021

DEPT. OF NAVY, CALIFORNIA'S ENERGY COMMISSION PARTNERS ON ENERGY & WATER INITIATIVES

by Lt. Andrew Bertucci

SAN DIEGO - The Department of the Navy and the California Energy Commission signed a Memorandum of Understanding (MOU) Dec. 1 that will help the Navy and Marine Corps and the state collaborate on energy and water-related projects at DON Installations.

"This partnership is critical to the DON's responsibility to provide assured energy to Sailors and Marines," said Meredith Berger, performing the duties as Under Secretary of the Navy & Assistant Secretary of the Navy for Energy, Installations and Environment. "The Navy and Marine Corps need reliable power ashore to ensure we are able to train, man, equip, then deploy and employ our personnel.

"By signing this MOU with the State of California we can work hand-in-hand to be good stewards of the environment and improve the resiliency, reliability and efficiency of our DON installations throughout the state."

Berger and David Hochschild, chair of CEC, signed the agreement renewing cooperation between parties for another five years that supports Navy and Marine Corps installation efforts to address energy resilience is-



Meredith Berger, performing the duties of the Under Secretary of the Navy, and David Hochschild, chair of the California Energy Commission, sign a Memorandum of Understanding Dec. 1 renewing the Navy's cooperation with the CEC that supports Navy and Marine Corps installation efforts to address energy resilience issues, climate initiatives, fossil fuel reduction, greenhouse gas reductions, water consumption, and others. Photo by Lance Cpl. Jose GuerreroDeleon

sues, climate initiatives, fossil fuel reduction, greenhouse gas reductions, water consumption, and alternative-fuel vehicles.

"The partnership between the California Energy Commission, the Navy and the Marines will help us advance a clean energy future by increasing energy efficiency measures and expanding renewable energy resources on bases and installations," said Hochschild. "This mutual effort

advances readiness, while reducing pollution and protecting our planet from the destructive effects of climate change."

The DON is transforming its energy and water use by developing resilient energy resources to bolster reliable and efficient energy security measures. CEC grant programs, such as the Electric Program Investment Charge (EPIC), have provided more than \$50 million in research and

development funding to projects directly supporting Department of Defense military bases in the state.

"With the CEC the DON is pursuing innovative energy efforts to reduce our vulnerability and keep our installations resilient and secure," said Berger. "This innovative approach is good for our bases by giving them greater energy resilience, good for California as it ramps up

its carbon-free electric initiatives, and good for our Nation as we move toward a net zero goal."

Past and current joint projects between the DON and the CEC include powering critical DON facilities with micro-grids, renewable energy and battery storage that increases electric grid stability for both DON installations and their local communities. The DON is looking to address climate concerns by reducing greenhouse gas emissions by modernizing DON electrification infrastructure.

Earlier in the day, Berger met with U.S. Marine Corps and CEC energy representatives to

discuss MCAS Miramar's microgrid, battery storage, energy resilient projects, and electric vehicle infrastructure expansion. Prior to the MOU signing, DON and CEC leadership held a senior executive meeting to discuss energy challenges facing the state and potential future partnership efforts.

EI&E serves the DON and the nation by enhancing combat capabilities for the warfighter and providing greater energy security for DON installations. EI&E is charged with overseeing partnerships that will increase DON's climate change resiliency and protection of the occupational health of the military and civilian personnel.

Provision requiring women to register for draft removed from defense bill

According to multiple online news sources, a provision of the National Defense Authorization Act (NDAA) that would have added women to the military draft has been dropped, and legislation to this end was filed Tuesday, Dec. 7. The last time the U.S. instituted a military draft was the during Vietnam War. However, all male citizens ages 18 to 25 are still required to register for the Selective Services System. Expanding Selective Services has been under consideration since 2016 when all combat jobs were opened to female service members. Both the Senate and House Armed Services committees voted to include language expanding the draft to their respective chamber's version of the legislation. However, some Republicans blasted the move and successfully negotiated for its removal.



Courtesy photo

SPORTS CAPSULE: 122ND EDITION OF ARMY-NAVY FOOTBALL AT A GLANCE

Opening kickoff

Army and Navy meet for the 122nd time in series history and for the fifth time in New Jersey when the two square off on Saturday afternoon at MetLife Stadium.

The Army-Navy Game presented by USAA is the eighth-most played rivalry in the Football Bowl Subdivision.

Navy leads the all-time series against Army 61-53-7 and is 3-1 against the Black Knights in games played at the Meadowlands Complex. Navy has won the last two games played

in New Jersey by a combined score of 97-19 (58-12 in 2002, 39-7 in 1997).

• *While Navy can't win the Commander-In-Chief's Trophy, the Mids can prevent Army from winning it with a victory over the Black Knights.* The last time the three schools went 1-1 against one another was in 1993 when Navy beat Air Force, Air Force beat Army and Army beat Navy. The last time Air Force beat Navy, Army beat Air Force and Navy beat Army was in 1980. That same scenario also played out in 1974 and 1976.

With nine wins, Navy's Ken Niumatalolo is the winningest coach in the history of the Army-Navy game. College Football Hall of Famer and former Army coach Col. Earl "Red" Blaik is second with eight.

Navy's 12 opponents this year are a combined 89-45 (.664), which is the third-toughest schedule in the country based on opponent winning percentage.

Scouting Army

Army enters the contest on a four-game winning streak, beating Air Force (21-14 OT),

Bucknell (63-10), UMass (33-17) and Liberty (31-16).

Army is led by fifth-year quarterback Christian Anderson, who has rushed for 519 yards and 6 touchdowns while completing 21 of his 44 pass attempts for 545 yards and 5 touchdowns.

Sophomore running back Tyrell Robinson leads Army in rushing with 582 yards and 3 touchdowns on just 59 carries (9.9 yds/carry). Bruising junior fullback Jakobi Buchanan has 11 rushing touchdowns and has 111 carries for 412 yards, while fourth-year junior quarterback

Sat, Dec., 11
12 p.m., Pacific
CBS
Midshipmen (3-8)
vs.
Black Knights (8-3)

Tyhier Tyler has rushed for 470 yards and 7 touchdowns.

Sophomore wide receiver Isaiah Alston is Army's leading receiver with 18 catches for 384 yards and 3 touchdowns, while Robinson has 9 catches for 268 yards and 3 touchdowns.

The Army defense is led by senior linebacker Arik Smith (66 tackles, 9 tackles for loss, 2 sacks), junior outside linebacker Andre Carter (35 tackles, 15 tackles for loss, 13.5 sacks), junior defensive back Marquel Broughton (59 tackles, 3 tackles for loss, 2 interceptions, 5 pass breakups) and third-year sophomore corner Jabari Moore (35 tackles, 2 interceptions, 6 pass breakups). Zach Harding is averaging 44.3 yards per punt, while kicker Cole Talley is 5-7 on field goals and 40-42 on extra points.

Famed actor who voiced 'Star Wars' Darth Vader is Army vet

by David Vergun,
DoD News

James Earl Jones is an actor whose deep bass voice is one of the most recognized in Hollywood. But before he achieved fame as an actor, Jones was an Army officer.

Jones, who is 90, was born in Arkabutla, Miss., on Jan. 17, 1931. He excelled in school and, in 1951, attended the University of Michigan as a pre-med major. He was also a member of the university's Reserve Officer Training Corps.

Jones said he felt comfortable within the structure of the military environment and enjoyed the camaraderie of his fellow cadets in the Pershing Rifles Drill Team and Scabbard and Blade Honor Society.

While at the university, Jones said he lost interest in becoming a physician and, instead, set his sights on becoming



President George H. W. Bush, right, and First Lady Barbara Bush present the Medal of Arts to James Earl Jones in 1992 at a White House ceremony. Photo by: George H.W. Bush Presidential Library and Museum

an actor. He switched majors and attended the University of Michigan School of Music, Theatre and Dance.

In the summer of 1953, Jones was commissioned as a second lieutenant in the Army and reported to Fort Benning,

Georgia, for the Officers Basic Course, followed by Ranger School.

Following training, Jones was assigned to Headquarters and Headquarters Company, 38th Regimental Combat Team. His first and only assignment was to help establish a cold weather training command at the former Camp Hale near Leadville, Colorado.

After that assignment, Jones received an honorable discharge as a first lieutenant. He moved to New York City where he studied at the Ameri-

can Theatre Wing, working as a janitor to support himself.

His Broadway debut was in 1957; he performed in several Shakespeare plays including Othello, Hamlet, Coriolanus and King Lear.

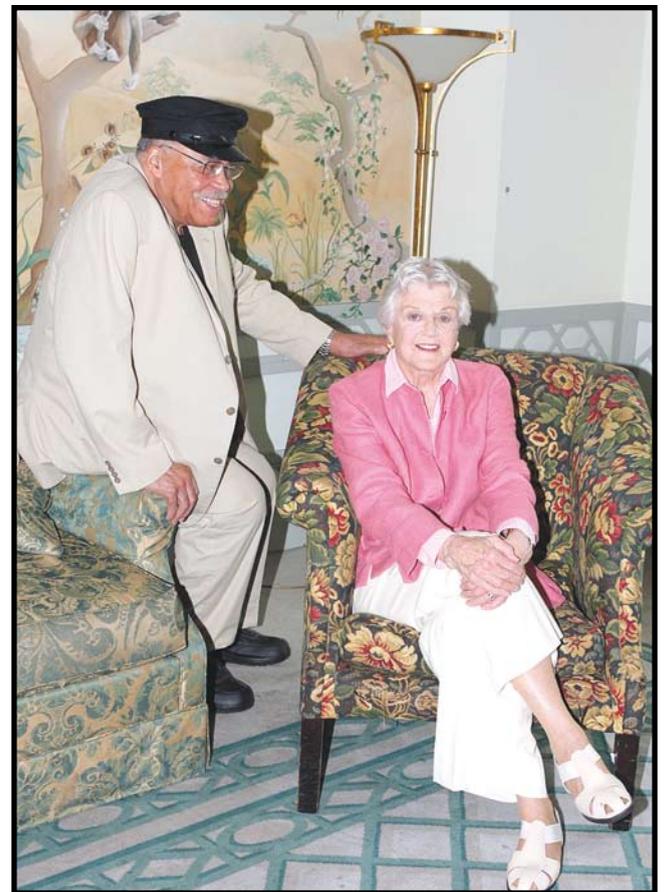
Jones made his screen debut in Stanley Kubrick's 1964 film "Dr. Strangelove." In 1968, he won his first Tony Award for his role in "The Great White Hope."

Jones starred with Diahann Carroll in the acclaimed 1974 romantic comedy-drama film "Claudine," for which he received a Golden Globe nomination.

He won his second Tony Award in 1987 for his role in playwright August Wilson's "Fences." He became well known as the voice of Darth Vader in the original "Star Wars" film trilogy, released between 1977 and 1983.

Throughout the 1980s, 1990s and 2000s, Jones appeared in a number of successful films, including:

- "Conan the Barbarian" (1982)
- "Matewan" (1987)
- "Coming to America" (1988)



Actors James Earl Jones and Angela Lansbury rehearse for the stage production of "Driving Miss Daisy" in Sydney, Australia, in 2013. Photo courtesy of James Earl Jones

- "Field of Dreams" (1989)
- "The Hunt for Red October" (1990)
- "The Sandlot" (1993)
- "The Lion King" (1994)
- "The Best Man" (2012)
- "You Can't Take it With You" (2014)
- "The Gin Game" (2015)

In 1992, President George H.W. Bush presented Jones with the National Medal of the Arts.

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TUNE IN FOR THE 122ND ARMY-NAVY GAME | SATURDAY, 11DEC, 1500 ET ON CBS

Austin tells Reagan Forum how U.S. will take on challenge of China

by Jim Garamone

“CHINA’S MILITARY IS ON PACE TO BECOME A PEER COMPETITOR TO THE UNITED STATES IN ASIA - AND, EVENTUALLY, AROUND THE WORLD,” SAID SECRETARY OF DEFENSE LLOYD J. AUSTIN.

“China is not 10-feet tall,” Secretary of Defense Lloyd J. Austin III said at the Reagan Library in California Dec. 4, and the United States is not a “country that fears competition.”

China is a challenge to the United States and all democracies, but America and its allies will rise to the challenge. “And we’re going to meet this one with confidence and resolve — not panic and pessimism,” Austin said.

Austin noted that President Joe Biden has said the United States is in “stiff competition” with China, and he has said that China is the U.S. military’s “pacing challenge.”

China is using all elements of national power to overturn the international rules-based

architecture that has served the world so well since the end of World War II.

In his speech to the Reagan National Defense Forum, Austin delved into the competition with China, and what the Defense Department is doing to preserve the rules-based construct.

He noted that the world has seen two decades of “breakneck modernization” by the People’s Liberation Army. “China’s military is on pace to become a peer competitor to the United States in Asia — and, eventually, around the world,” he said. “China’s leaders are expanding their ability to project force and to establish a global network of military bases. Meanwhile, the PLA is rapidly improving many of its capabilities, including strike, air, missile-defense and anti-submarine measures. And it’s increasingly focused on integrating its information, cyber and space operations.”

The last is combat domains with few rules and that increase the risk of escalation and miscalculation, he said.

China is financing key technology sectors that have both civilian and military applications.

China’s nuclear posture is advancing as well, and the sec-

retary said that China will possess at least a thousand nuclear warheads by 2030 and they are building a nuclear triad to deliver them.

“Now, we always assess not just capabilities but also intentions and actions,” he said. “The leaders of the Chinese Communist Party have been increasingly vocal about their dissatisfaction with the prevailing order — and about their aim of displacing America from its global leadership role. China’s President, Xi Jinping, regularly talks about ‘great changes unseen in the world in a century.’ And he recently assured his fellow Party members that ‘time and momentum are on China’s side.’”

China has a dismal human rights record and is bullying countries in Asia and Africa. “Beijing is misusing technology to advance its repressive agenda at home and exporting the tools of autocracy abroad,” Austin said.

Given all this, Austin does not see conflict as inevitable. The United States does not want a new Cold War.

“We’re determined to deter aggression, and to prevent conflict, and to establish common sense guardrails,” he said. “And our new initiatives are part of a government-wide approach that

draws on all tools of national power to meet the China challenge.”

The concept undergirding next year’s National Defense Strategy is “integrated deterrence,” Austin said. “It means integrating our efforts across domains and across the spectrum of conflict to ensure that the U.S. military — in close cooperation with the rest of the U.S. government and our allies and partners — makes the folly and costs of aggression very clear,” he said.

He discussed two elements of integrated defense: partnership and innovation.

“First, we’re building on a lesson that I learned over four decades in uniform: In war and in peace, we’re always stronger when we work together with our friends. That defines our approach to the China challenge,” Austin said.

This does not mean the United States will build an Asian NATO or an anti-China coalition like the one that defeated ISIS. “And we’re not asking countries to choose between the United States and China,” he said. “Instead, we’re working to advance an international system that is free, stable and open.”

This means working closely with long-time allies and new

partners around the globe, he said. The secretary noted that he has made three trips in 10 months to the Indo-Pacific. “In every conversation with our partners, I hear the same thing again and again: a call for the United States to continue playing our stabilizing role in the Indo-Pacific,” he said. “And make no mistake: we will.”

This means more exercises with allies and partners, helping partners build security capabilities, and encouraging European allies to contribute to security in the Indo-Pacific, he said.

All this is in support of the status quo. “We remain steadfast to our one-China policy, and our commitments under the Taiwan Relations Act to support Taiwan’s ability to defend itself while also maintaining our capacity to resist any resort to force that would jeopardize the security of the people of Taiwan,” he said.

There are real differences — in interests and values — between China and the United States. “But the way that you manage them counts,” Austin said. “We’re going to be open and candid with China’s leaders.

Continue reading this story at <https://www.pacom.mil/Media/News/News-Article-View/Article/2863178>.

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

Publisher.....Sarah Hagerty

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Destroyer *Daniel Inouye* commissioned in Hawaii

The Navy commissioned USS *Daniel Inouye* (DDG 118) destroyer Dec. 8 at Joint Base Pearl Harbor-Hickham.

USS *Daniel Inouye* honors the late U.S. Sen. Daniel Inouye, who served as a Hawaii representative in the Senate from 1963 until he died in 2012.

Carlos Del Toro, Secretary of the Navy, deliver the keynote address. Also in attendance were David Ige, governor of Hawaii and Ken Inouye, Sen. Inouye's son.

"The late Senator Daniel Inouye spent his entire life in public service, both in uniform and out," said Del Toro. "Senator Inouye's life is one to be emulated and the crew of this warship will not only be inspired by his legacy, but will stand the watch with the honor and dignity deserving of a ship bearing his name."

The ship's sponsor, Irene Hirano Inouye, Sen. Inouye's wife, established a strong bond with the crew before her passing on April 7, 2020. At the keel laying in 2018, she welded her initials into the ship's keel and, in 2019, she broke a bottle of champagne on the bow in a christening ceremony bestowing the name on the ship. During a "mast stepping" ceremony, she placed items special to Sen. Inouye in the ship's mast.

The commissioning ceremony coincides with the 80th anniversary of Pearl Harbor Remembrance Commemoration events. On Dec. 7, 1941, Daniel Inouye was a 17-year-old senior at Honolulu's McKinley High School and rushed to a Red Cross aid station to help civilians and Sailors wounded in the attack.

On April 21, 1945, while

serving with the 442nd Infantry Regiment Combat Team in Italy during World War II, an exploding grenade shattered his right arm during an assault. Despite the intense pain, he refused evacuation. He remained at the head of his platoon until they broke the enemy resistance and his troops deployed in defensive positions, continuing to fight until the regiment's position was secured. Later in life, he received the Medal of Honor for his extraordinary heroism during the assault.

Cmdr. DonAnn Gilmore, of Anniston, Ala., is the ship's commanding officer and leads a crew of 329 officers and enlisted Sailors.

New Air Force rules allow hands in pockets, slew of uniform and appearance changes

by Chad Garland, Stars and Stripes

Loosened Air Force dress and appearance standards have taken effect, giving airmen license to put their hands in their pockets and talk on cell-phones while walking, among other changes.

The rules, which were implemented last Friday, also allow men an extra half-inch bulk of hair or cosmetic scalp tattoos "to create a natural hair appearance" to compensate for thinning hair.

Women are now permitted to have eyelash extensions of their natural hair color, and they can wear headbands or scrunchies up to 2 inches wide. Hosiery is optional for their dress uniforms.

In all, more than 30 recommended changes were put in place based on testing and feedback from airmen and reviews by the 2020 Air Force Uniform Board, the service said in August, though not all were revealed at the time.

Hair dye is authorized for both women and men, so long as it is a naturally occurring hair col-

or. It doesn't necessarily have to be the airman's own natural hair color. A mix of colors, such as a salt-and-pepper look, is also OK if it maintains a natural appearance, the rules state.

Male airmen still need a medical or religious waiver to wear beards, but the new regulations allow medical officials to authorize waivers for the former reason, whereas previous language left it to a commander's discretion based on medical advice.

Another change to facial hair standards lets airmen with shaving waivers, known as profiles, shave or trim their hair as necessary "to present a neat, clean, professional image."

The new standards also remove a line requiring commanders and supervisors to "monitor progress in treatment to control these waivers."

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How to negotiate a raise like a pro

by Dr. Daneen Skube,
Tribune Content Agency

Q: As inflation hits my budget I'd like to figure out how to negotiate for more money. I don't know if it's good timing or not during a pandemic. Are there tips you provide your executive coaching clients on negotiating raises?

A: Yes, realize your manager and organization will pay you according to your value to them. However, if you do not work at maintaining an awareness of your value then you may not be receiving the paycheck you could negotiate.

The easiest way to discover the market value for your job is to apply for similar or better positions. You'll discover what the demand for your job is, what types of offers you can get, and current benefits associated with these jobs.

Once you have this knowledge take the following steps:

- 1) Ask your manager if you could meet to do career planning.
- 2) Let your manager know you like your job and are discovering from companies that have approached you your potential salary is higher than your current rate.

3) Make it clear to your boss that you do not know what's possible for your current employer to do and would like to find out what's possible before considering career moves.

Wait and see what your com-

Interpersonal Edge



by
Dr.
Daneen
Skube

pany will offer you. If they offer you nothing you have learned you're not valuable to your current organization. You may think this is bad news but the truth is this is useful news which means a job hunt is necessary.

Most of my clients discover when they use this approach that their company values them and their manager sweetens their current job offer. My clients then evaluate their employer's offer against what they can make elsewhere.

Realize money is not just something we use to buy groceries.

Money has layers of psychological meaning. People believe it buys happiness (it won't). People believe they should get paid what they're worth (they get paid what they negotiate). People confuse money and personal value.

If you separate your self-esteem from negotiations about money you'll make financial negotiation easier. Our salary depends on what the market will bear. If we fail to stay current on our market value then our salary will stagnate.

Be aware of ways to increase your value if you want to make more money. How can you help your company be more productive or be more profitable? Are there certificates, degrees, or projects you can add to your resume that raise your market value?

Also be aware that there are negotiating tactics and reasons for asking for more money that don't hold weight with employers. Factors that don't influence employers include: we had more children, we just bought a house, or we feel we deserve more money. Negotiating on our personal needs is ineffective.

There is never a bad time to discuss money as long as you come to the negotiation looking

at your job value through the eyes of your employer. When you negotiate on your current value and not your self-esteem you create persuasive reasons for increasing your salary.

Realize your employer is only one of many ways you can increase your paycheck. If your current employer will not or cannot provide you with a higher income you're free to keep your current job while negotiating with new employers.

One of my hottest tips to make more money is to like your job well enough that you keep learning and growing. Becoming a lifetime student of our industries means we keep increasing our contribution. Money tends to follow contribution. When you go to work on Monday be on the lookout for ways to make yourself more valuable, negotiate and watch your potential income rise.

The last word(s)

Q: Some days it seems like I bounce from one unexpected challenge to the next. Is there any way for me to feel like I can get some control back? A: Yes, realize that your circumstances do not shape your life. Your choices shape your life.

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Wednesday, Dec. 15 | 11-3 p.m. | NBPL (IP)

Winning Interview Techniques ___
Make your dream job a reality! Gain information and resources to develop expert interviewing skills.

Tuesday, Dec. 14 | 9-11 a.m. | NBSD (IP)

Wednesday, Dec. 22 | 1-3 p.m. | NBPL (IP)

Special Interests ___
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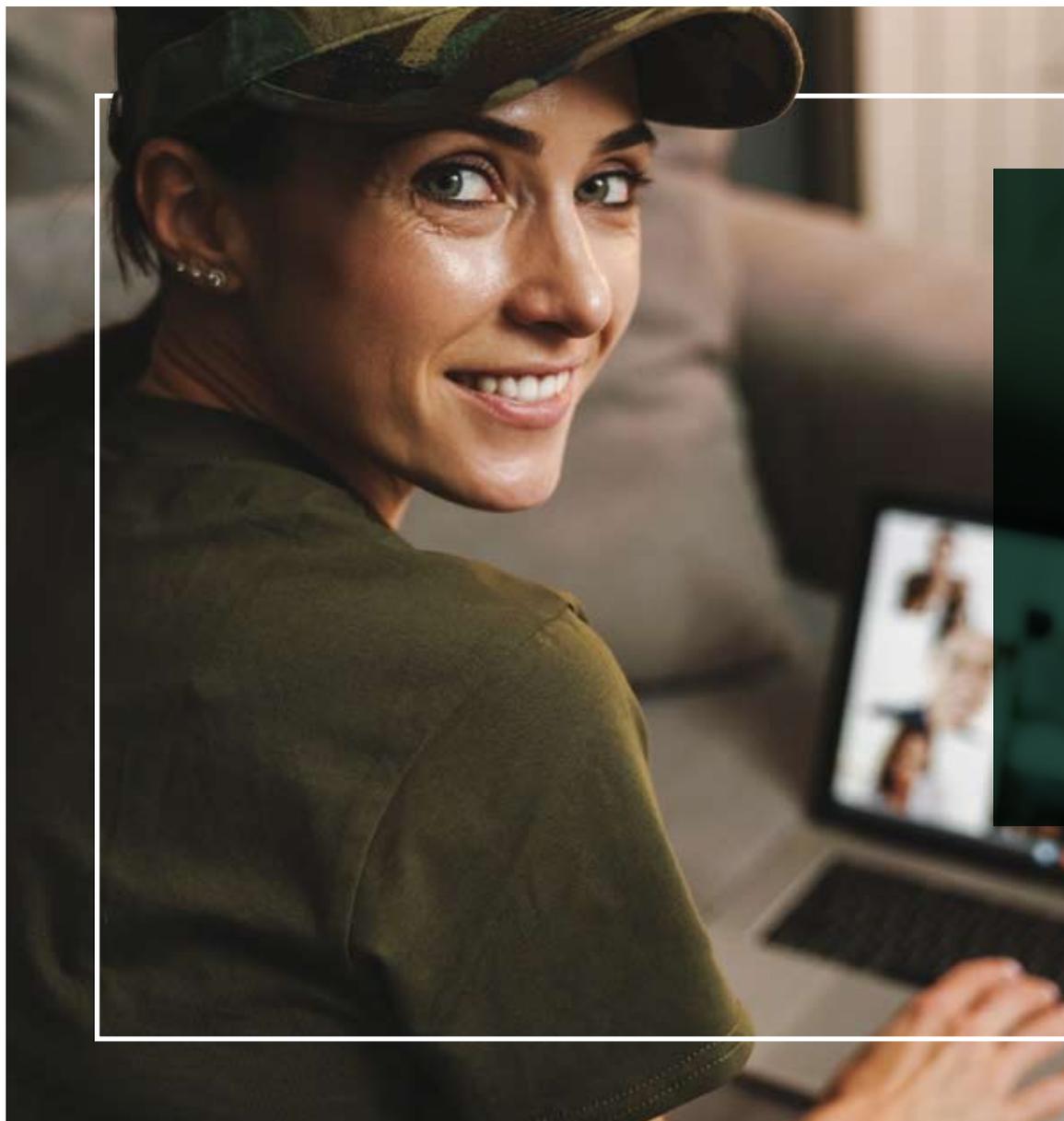
Wednesday, Dec. 15 | 9-11 a.m. | NBSD (IP)

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Are you ready for the challenges of life after the military? Whether your spouse is retiring or separating, these tools and resources will help you effectively navigate the process and prepare the whole family for its next adventure.

Navy Spouse 101 Learn the basics of Navy life and how to thrive as a military spouse. Register on MyNavyFamily.com.

Tuesday, Dec. 14 | 1-3 p.m. | NBC (IP)

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Navy supports movement of top military leadership at Point Mugu

by Ensign Drew Verbis,
Naval Base Ventura County

POINT MUGU - Naval Base Ventura County supported logistic movement for Lloyd J. Austin III, Secretary of Defense, Adm. Michael M. Gilday, Chief of Naval Operations, and other senior military leadership as they attended the 2021 Reagan National Defense Forum Dec. 3-4

Lt. Cmdr. David Reynolds, air operations officer for NBVC, said the optics of these operations from an outsider's perspective may resemble scenes from a Hollywood movie - with convoys of black SUV's transporting dignitaries, secret security details and police escorts.

"However, the reality is that we remain professional and mission-focused to provide critical shore readiness and logistic support while executing with precise and coordinated details," said Reynolds. "Team NBVC trains like we fight and has planned and prepared for every contingency as we strive to provide top echelon service."

According to NBVC's airfield manager, James Conley, the base also received Gen. Laura J. Richardson, commander, Southern Command; Gen. David Berger, commandant, Marine Corps; Gen. Charles Q. Brown Jr., chief of staff, Air Force; members of Congress and their staff.

"This operation highlights the diverse capability of NBVC,"

said Capt. Robert Kimmach III, commanding officer, NBVC. "Whether we're engaging the community in direct support of reducing port congestion and the national supply-chain shortage, or growing operations to support unmanned Fleet assets in the maritime domain, NBVC is demonstrating the critical services provided by Navy shore commands."

RNDF brings together leaders from across the political spectrum and key stakeholders in the defense community, including members of Congress, current and former Administration officials, senior military leadership, industry executives, technology innovators, and thought leaders.

Austin delivered the keynote address at the RNDF Saturday.

"After decades of service in the military, Secretary Austin is leading the Pentagon through a pivotal new-era for U.S. national

security," said Roger Zakheim, Ronald Reagan Presidential Foundation and Institute. "We were privileged to have him speak at the RNDF."

"We are honored to have the SECDEF, the CNO and other key military members on-board," said Kimmach. "NBVC has a strong relationship with the Ronald Reagan Presidential Foundation and supporting their effort to discuss policies that strengthen American's national defense is in everyone's best interest."

Additionally, the NBVC color guard participating in the RNDF.

NBVC is comprised of three distinct operational facilities: Point Mugu, Port Hueneme and San Nicolas Island. It is Ventura County's largest employer and protects Southern California's largest coastal wetlands through its award-winning environmental program.

Air Force E-4B National Airborne Operations Center is staged aboard Point Mugu in support of movement for Lloyd J. Austin III, Secretary of Defense. Navy photo by Ensign Drew Verbis



“ Team NBVC trains like we fight and has planned and prepared for every contingency as we strive to provide top echelon service. ”

Lt. Cmdr. David Reynolds



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THIS WEEK'S SNAPSHOTS



USS HARPERS FERRY
Dec. 3, 2021

Marines from 3rd Battalion, 1st Marines disembark a utility landing craft in support of exercise Steel Knight 22. SK22 is a 1stMD led annual training exercise which enables the Navy-Marine Corps team to operate in a realistic, combined-arms environment to enhance naval warfighting tactics, techniques and procedures. Photo by Ensign Jon Saadey

Sailors provide medical assistance to a simulated patient during a mass casualty drill. The *Carl Vinson* Carrier Strike Group is on deployment in the 7th Fleet area of operations. Navy photo by MCSN Megan Alexander



USS CARL VINSON, at sea
Dec. 4, 2021



OKINAWA, JAPAN
Dec. 3, 2021

Navy Seabees with Ventura County-based Naval Mobile Construction Battalion 5 and Marines with Marine Aircraft Group 12 and 9th Engineer Support Battalion complete the Basic Jungle Skills Course at the Jungle Warfare Training Center. NMCB-5 is deployed to the 7th Fleet. Navy photo by MC1 Stephane Belcher

Sailors handle line aboard amphibious assault ship *USS Essex* during sea-and-anchor. *Essex* and the 11th Marine Expeditionary Unit are deployed to the Mediterranean and the Pacific region. Navy photo by MC3 Isaak Martinez



USS ESSEX, at sea
Dec. 3, 2021



USS ABRAHAM LINCOLN, at sea
Dec. 2, 2021

Aviation Machinist's Mate Airman Cave Luke Fontes inspects the fuel level on a fuel tank in the hangar bay. *Abraham Lincoln* is underway conducting routine operations

Navy photo by
MCSA Jett Morgan



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Making Camp Pendleton's roads safer

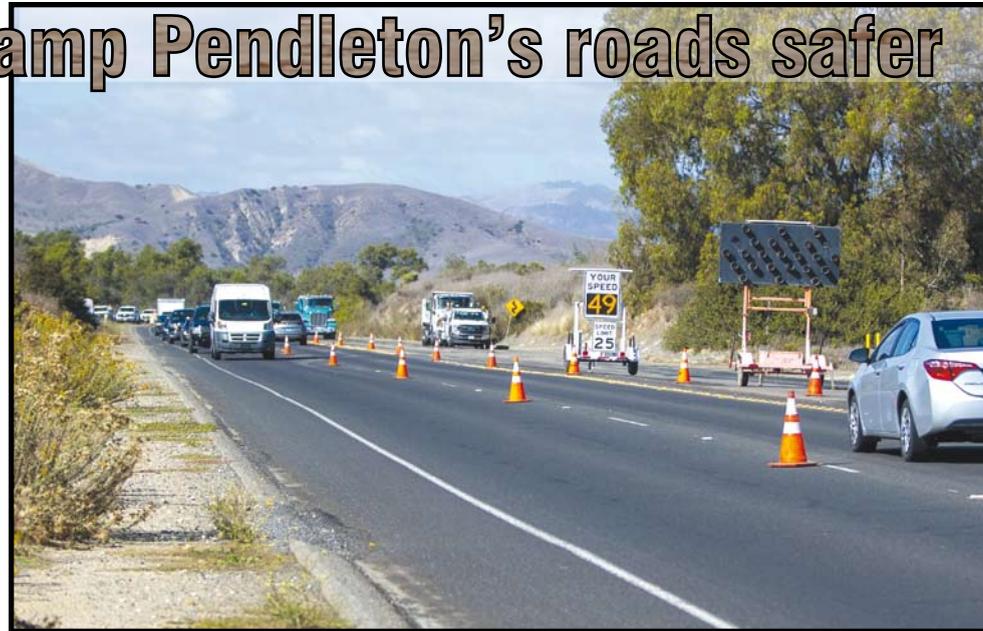
Operation Slow Down

by Cpl. Alison Dostie

So far in 2021, there have been just over 1,100 speeding infractions and five reckless driving citations on Camp Pendleton. Vehicle accidents and speeding are dangerous to drivers aboard the installation as well as off-base. The risks and effects do not change when coming through the gates of any installation.

To combat speeding and reckless driving on base, the commanding general of Marine Corps Installations West, MCB Camp Pendleton, signed a policy letter Nov. 19 on traffic enforcement, and put into motion a new campaign, known as Operation Slow Down.

"We did a survey on the number of traffic violations for each installation in the MCI-West area of responsibility," said Gordon Broussard, the law enforcement program manager for MCI-West. "The results showed that Camp Pendleton had a problem with speeders, not due to any inaction of (the Provost Marshal's Office), but due to Camp Pendleton having long stretches of roads between the different areas, and having a greater daily population. The other installations are



much more compressed, which doesn't allow an individual to obtain high rates of speed compared to stretches of road such as Vandergrift or Basilone roads."

As part of Operation Slow Down, military law enforcement and safety officials united with base leadership to develop a long-term campaign to address the safety of Camp Pendleton's roads. In addition to more enforcement, the base will invest in traffic control measures and technology, to include the purchase of additional radar devices for base law enforcement. Extended speed bumps, known as speed tables, will also be installed strategically throughout the base. Safety officials will

also survey Pendleton roads to determine where changes can be made to speed zones, hazard markings and lane structure to curb speeding more effectively. While the changes and improvements will roll out over time, the intent is to have an enduring impact and decrease speeding on base.

"By purchasing and using new equipment and increasing consequences for speeding, we want Operation Slow Down to protect people, save lives, and improve operational readiness and the good order and discipline aboard the base," said Col. John Black, the commanding officer of the base's Security and Emergency Services Battalion.

To combat speeding and reckless driving on base, a policy letter was signed on traffic enforcement Nov. 19, and put into motion campaign Operation Slow Down. Camp Pendleton will increase enforcement and help reduce the consequences of reckless driving. Marine Corps photo by Cpl. Alison Dostie

The most immediate impact of Operation Slow Down is the increased consequences of traffic infractions. Once drivers cross a certain threshold, any speeding citation will result in the suspension of on-base driving privileges. The length of suspension varies depending on the speed and the location of the incident. All moving violations of 16+ mph over the posted speed limit will result in six points on your driving record and will also require remedial driving training.

Speeding 16-20 mph over the posted speed limit is a three-month suspension of on-base driving privileges. Speeding 21-30 mph over the posted speed limit is a six-month suspension. Going 31 mph or more over the posted speed limit, as well as street racing, is a 12-month suspension.

<https://www.dvidshub.net/news/410681/operation-slow-down-making-camp-pendletons-roads-safer>

3rd Fleet hosts RIMPAC mid-planning conference

SAN DIEGO (Dec. 3, 2021) - This week, commander, 3rd Fleet is hosting the mid-planning conference for Exercise Rim of the Pacific (RIMPAC) 2022 at Naval Base Point Loma.

Participants from all countries scheduled for RIMPAC 2022 are in attendance at the weeklong conference that affords attendees the opportunity to share information and integrate planning efforts. Through strong international coordination of COVID mitigation measures, this in-person meeting will enable participants to review and coordinate a detailed plan for the exercise and meet face-to-face with their other-nation counterparts.

"This conference is a much-needed touchpoint during a RIMPAC year that allows us to continue to develop strong relationships with both longstanding partners and newly participating nations," said 3rd Fleet Commander Vice Adm. Steve Koehler. "The MPC provides an ideal forum for all of us to facilitate and support the tactical level planning process."

MCAS Miramar: The 'Black Knights' have returned

by 1st Lt. Charles Allen, 3rd Marine Aircraft Wing

MCAS MIRAMAR (Dec. 3, 2021) - Marine Fighter Attack Squadron (VMFA) 314 of 3rd Marine Aircraft Wing returned last Friday from conducting their final integrated training cycle with Carrier Strike Group Three aboard *Abraham Lincoln* aircraft carrier, making preparations to lead the Marine Corps into the next step in naval aviation as the first USMC squadron to deploy the F-35C on an aircraft carrier.

The at-sea period with CSG-3 evaluated the mission readiness of a Navy battle group and its ability to perform as an integrated unit. The exercise ensures squadrons such as VMFA-314 are fully prepared to work alongside other elements aboard USS *Abraham Lincoln* as a cohesive fighting force.

"Our squadron is proud to have pioneered the F-35C program through the stand-up and transition to the DoD's newest fighter aircraft," said Maj. Zachary P. Hartnett, executive officer of VMFA-314

USS Charleston concludes sea phase of CARAT Timor-Leste

by Ryan Breeden, Command Destroyer Squadron 7

PORT HERA, Timor-Leste (Dec. 6, 2021) - USS *Charleston* littoral combat ship and Timor-Leste Defense Force partnered in the Cooperation Afloat Readiness and Training maritime exercise in territorial waters here Dec. 6-7.

The CARAT exercise series, celebrating its 27th anniversary, is designed to address shared maritime security concerns and strengthens partnerships between region navies. The sea phase of the engagement focused on naval force capabilities and featured cooperative evolutions that highlighted the ability of the U.S. and Timor-Leste to work together toward the common goal of ensuring a free and open Indo-Pacific.

"We're proud to be part of the 27th annual CARAT exercise and to represent the U.S., showcasing the capabilities of its Navy," said Cmdr. Clayton Beas, commanding officer, *Charleston*. "With this training we can further our shared interests in maritime security."

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FRA NewsBytes - Consideration of NDAA, IG report on DoD screening for suicide

Senate consideration of NDAA

FLEET RESERVE ASSOCIATION - Negotiations in the Senate on passage of the National Defense Authorization Act (NDAA H.R.4350) have come to an impasse after behind-the-scenes negotiations failed to reach an agreement on what amendments should be considered on the Senate floor.

Several of these Senate floor amendments are supported by the FRA and include:

- Sen. Jon Tester's (Mont.) amendment with the provisions of the "Major Richard Star Act" (S.344) that would expand concurrent receipt to include Combat Related Special Compensation (CRSC) beneficiaries who are medically retired with less than 20 years of service;

- Sen. Rob Portman's (Ohio) amendment with provisions of the "Military Retiree Survivor Comfort Act" (S.1669) that would authorize the retention of the full final month's retired pay by the surviving spouse for the month in which the member was alive for at least 24 hours;

- Sen. Lankford's (Okla.) amendment that would repeal the 180-day delay for retirees applying for DoD civilian positions GS-13 and below;

- Sen. Richard Blumenthal's (Conn.) amendment that would require a joint report from the DoD and the VA to designate the next national cemetery that affords full military honors as Arlington National Cemetery reaches capacity and directs DoD to not change ANC eligibility until after the report is submitted; and

- Sen. Richard Blumenthal's (Conn.) amendment that would prohibit forced arbitration provisions in financial contracts for service members and re-employment disputes for reserve component members.

Fleet Reserve Association members are strongly urged to use the FRA Action Center to ask their Senators to support these important amendments.

Add a veteran designation to your driver's license

Eligible veterans have the opportunity to add the word "VETERAN" to the front of their driver license or ID card to indicate that they have served in the U.S. military.



It can also play a critical role in enabling access to certain privileges, and benefits associated with being a veteran without having to carry and produce a Certificate of Release or Discharge from Active Duty. Interested veterans need to present a valid DD Form 214 to a local county veteran service office, or CVSO, to receive a Veteran Status Verification form. Then, the veteran takes the CVSO verification form to a DMV field office for processing. DMV charges an additional \$5, plus the standard cost of a new, renewal, or duplicate license fee for this enhancement.

The House recently passed its version of the FY2022 National Defense Authorization Act (NDAA). Once the Senate passes its version of the NDAA, a conference committee will be appointed to resolve the differences between the two bills. That final bill will be submitted to the House and Senate for a vote. If approved by both chambers the bill will go to the president to be signed into law or be vetoed.

IG report on DoD screening for suicide

A recently released Inspector General (IG) report indicates that the Department of Defense (DoD) screened only about one-third — 34 percent in 2020 and 30 percent in 2019 — of troops transitioning to civilian life, who face an overall risk of suicide three times higher than active-

duty service members.

DoD was supposed to screen 100 percent beginning in 2018. The lack of transition screenings for those at higher risk of taking their lives may have impaired DoD and Veterans Affairs ability to predict health care needs and provide benefits at discharge, and may have jeopardized the safety of veterans, according to the IG report.

Vet suicide rates have been rising for two decades, and since 2005 have climbed faster than non-veteran suicide rates in the U.S., according to the Rand Corp.

Many more veterans and active-duty troops have committed suicide over the past 20 years (30,177) than were killed in Post-9/11 wars (7,057), according to research by Brown University's Costs of War Project.

NewsBytes is FRA's weekly legislative update. If you received this through a forward and would like to subscribe, please e-mail us at newsbytes@fra.org and include your name and contact information in the body of e-mail. If you are a member of FRA or LA FRA, please include your member number.



HONOLULU Dec. 4, 2021
A World War II veteran shows his French Legion of Honor medal during an 80th Anniversary Pearl Harbor Remembrance event. The military and National Park Service are hosting remembrance events throughout the week to honor the courage and sacrifices of those who served throughout the Pacific Theater. Photo by MC2 Aja Bleu Jackson

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AutoMatters™ & More



by Jan Wagner

Like most of us, I use a computer. That's how I write all of my columns and edit my photos. I also use a printer — a lot! For example, the best way that I've found to proofread my work is to print it and then read it from the printed page. I don't know why, but I miss things when I try to proofread on my computer's monitor. I need my printer to print, copy and scan — reliably and quickly.

It has been years since I last got a new printer. It is a heavy, large beast of a machine. Unfortunately, it has been acting up lately. Nothing lasts forever, and that is especially true with regards to computer hardware. I often had to restart it to get it to print. Almost every time I added paper to the paper tray, the first page that I tried to print jammed, requiring me to open up the printer and remove the accordeoned piece of mangled paper.

Then there is the matter of the ink. I spend a lot of money on ink, and need to replace the ink cartridges every few months.

For several years I've been hearing about Epson's EcoTank printers. Instead of small, expensive ink cartridges that have to be replaced, Epson's EcoTank printers use refillable ink reservoirs. In the case of the new EcoTank ET-4850 printer that they sent me to review, Epson claims that people can "save up to 90 percent

It's time for a new printer - the Epson EcoTank ET-4850



with replacement ink bottles vs. ink cartridges, enough to print up to 7,500 pages black/6,000 color, equivalent to about 90 individual ink cartridges" and that it "includes up to 2 years of ink in the box — and with every replacement ink set." Also, there are no small ink cartridges that frequently need to be disposed of, along with the implications that has to our landfills. I have a bag full of them.

I admit I've been skeptical about trying an EcoTank printer, but with all the problems that I've been having with my old printer, I was ready for a new and hopefully better one. If I can save money on the ink, so much the better.

It took me about an hour to set up my new Epson EcoTank ET-4850. The first thing that I noticed is that it is way lighter and smaller than my old printer, which I could barely lift! All of a sudden I have a significant amount of extra space at my computer workstation. I like that.

Setup was truly easy and trouble-free. The well-written instructions gave me two options: either use those printed instructions or be guided through the setup process by installing

and using the "Epson Smart Panel" app from the App Store, which I did. When I was done, I was able to wirelessly print from my Mac, the very first time that I tried.

I then connected my USB and Ethernet cables from my iMac, went to the Epson website and downloaded their "Drivers and Utilities Combo Package Installer." That includes, among other things, what is needed to scan — which I then did, again without a problem. The software even let me attach the scan to an email and place it in a folder of my choosing on my computer.

The print quality is excellent. What surprised me is that the reproduction quality of the copies is excellent too. I had grown used to my old printer's copies looking very washed-out compared to the originals. Not so with the Epson's. I can hardly see any difference. Something else that I did not like about my old printer is that it took forever to make even one copy. The Epson ET-4850 makes copies quickly.

To learn more about Epson EcoTank printers, including voice-activated, hands-free printing using Amazon Alexa, Siri and Google Assistant, visit Epson.com and click the "Shop Now" button under "EcoTank Printers for Home & Office."

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters.com at AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2021 by Jan Wagner - AutoMatters & More #720

The Meat & Potatoes of Life



by Lisa Smith Molinari

When we were stationed in Mayport, Florida, my "me time" was spent walking the long, wide stretch of Atlantic Ocean beach that flanked our base housing neighborhood. On days when the kids were in school, I mostly power-walked with fellow military spouses for exercise, but when I was alone and needed to de-stress, I'd slow my pace and scan the trails of flotsam and jetsam for fossilized sharks' teeth, millions of years old.

I've never been one to meditate, but the search for these tiny relics helped to clear my mind of modern day distractions and worries. My focus became singular, allowing my senses to feel the warm sun, smell the sea breeze, and hear the bubbling surf.

I guess that's called "being present in the moment." However, I experienced more than mindfulness on those walks. When I was lucky enough to spot a shark's tooth washed up among bits of shells, driftwood, seaweed and bottle caps, I'd feel a rush like I'd won something. Inspecting my small prize, I'd wonder at its glossy dark surface and tiny, sharp serrations.

How was it possible that something millions of years old unearthed itself and landed, perfectly-preserved, at my feet? At first, I thought

Dredging your mind for treasures

I was specially-chosen to take care of each minute nugget of ancient history. I later learned that my collection of fossilized sharks teeth came from periodic dredging done to allow Navy and merchant ships to pass from the Atlantic Ocean into the St. John's River. Although this fact made me feel a little less special, it taught me something important.

Life passes by too quickly. I feel dragged along, wanting to slow down, grasping at moments but being carried on, looking back, searching for what has already passed. Time, fast and fleeting, proceeds without pause, and I fear my life experiences might be lost, forgotten.

This is probably why I have hoarding tendencies. To me, everything from the plastic umbilical cord clamp from my 26-year-old son's birth to my sparkly dress from from the Navy Ball gets saved, scurried away lest I forget.

But memories aren't stored in boxes in the attic. Year by year, minute by minute, they deposit themselves in our minds. Layer upon layer of information sifts slowly down, settling like sediment. Memories, faces, phrases, short cuts, names, scenes, times tables, practical skills, scents, music, trauma, book chapters, feelings, trivia, thoughts, quotes, jokes, flavors, movie lines, shame, crochet stitches, cookie recipes, dance steps.

Without a reason to reconstitute them, those layers of life moments might lay undisturbed and forgotten forever. So, we all subconsciously

mine for old bits of data, using them to tell a military spouse friend about that awful deployment years ago, or remembering that mom always added an extra teaspoon of salt to her chocolate chip cookie recipe, or jumping up to do the Cupid Shuffle at a cousins' wedding.

Fortunately for me (maybe not so much for my friends and family), I dredge my mind's shipping lanes often, keeping a free-flow of vivid recollections at the ready. An avid storyteller, I love to relay tales of my childhood, or a conversation I had yesterday at the commissary deli, or how I embarrassed myself at a command holiday party years ago. Much to some listeners' dismay, I feel stories are best told in great detail, with exaggerated expression and a story arc that slopes steeply toward a dramatic finish. Or, at least, a funny punchline.

If you are a storyteller like me, you've probably been told that you have "the gift of gab," or noticed that others roll their eyes when you begin to spin a yarn. Don't be deterred, because truth be told, the enjoyment of stories is mostly in the telling. It's a way to slow down the pace of life, grasp moments that are precious or humorous, and make them come alive again for yourself and for others.

Like finding a fossilized shark's tooth swaddled in the sandy swale, a storyteller's real gift is delighting in digging for buried treasures, perfectly preserved in time, and bringing them back into the light to re-experience with wistful wonder.

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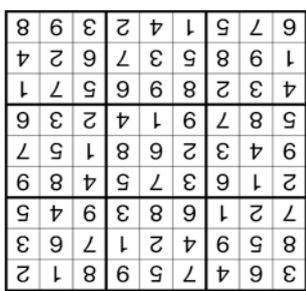
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6pm Antlers (R)
Friday, Dec 10
6pm Eternals (PG-13)
Saturday, Dec 11
3:10pm Clifford Big Red Dog (PG)
6pm American Underdog Advance Screening
Sunday, Dec 12
1pm Clifford Big Red Dog (PG)
3:30pm Eternals (PG-13)

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Saturday, Dec 11
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"American Underdog: The Kurt Warner Story"

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, Dec 10
6pm The Eternals (PG-13)
9pm The French Dispatch (R)
Saturday, Dec 11
3pm Clifford Big Red Dog (PG)
6pm Eternals (PG-13)

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Bldg. 650

Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.

Debit and credit cards accepted only
Friday, Dec 10
6pm Clifford Big Red Dog (PG)
Saturday, Dec 11
6pm American Underdog Advance Screening
Sunday, Dec 12
1pm Clifford Big Red Dog (PG)
4pm Eternals (PG-13)
Updates: sandiego.navylifefsw.com

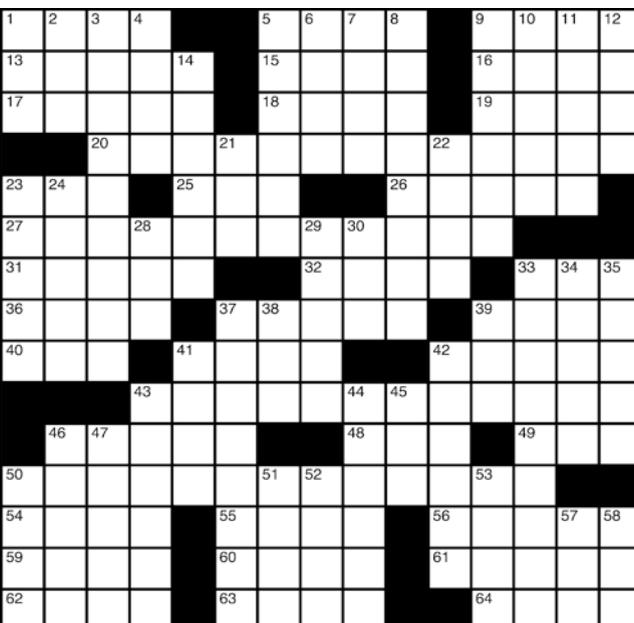
CROSSWORD PUZZLE

Across

- Guthrie's "Today" co-host
- Apple tablet
- Easily bruised Cajun veggie
- Collectively
- Possessive shout
- Currency with Khomeini's picture
- "Same here!"
- Greek salad ingredient
- Out of sight
- It takes getting used to
- Raging YouTube posts
- Large tea dispenser
- Geese cries
- Native American leaders
- Put a cap on
- One of its first customers was a collector of broken laser pointers
- IRS forms expert
- Just slightly
- Brown ermine
- Born and ___
- Theater backdrop
- High time?
- "Shrek" princess
- Exuberant compliment
- Some blue jeans
- Sea-___ Airport
- Observe
- Morning news deliverers ... or based on a hidden word in each, what 20-, 27- and 43-Across are?
- Late notice?
- "The ___ Report": 1976 bestseller
- Bangkok natives
- Ticket stub abbr.
- Meadow mamas
- Fires off
- Programmer's alternative to "if"
- Yom Kippur ritual
- Heavy homework amount

Down

- Most common surname in Korea
- Half of snake eyes
- Ryokan floor cover
- Political alliance
- "Everything's OK"
- Berth place
- Initial poker payment
- Tie on a track
- Instruments with stops
- Key-cutting site
- Raging YouTube posts
- Sheltered from the wind
- Plumlike Asian fruit
- GoDaddy purchase
- Put a cap on
- Book with insets
- Cliché@d
- Auction action
- Africa's Sierra ___
- Trade name letters
- Flaky bakery product
- Tubular pasta
- "Opposites attract," e.g.
- Kitchen bigwig-in-waiting
- A.L.'s Blue Jays
- Show ___
- Black, in Biarritz
- Rhinestone surfaces
- ___ Nicole Brown of "Community"
- Taking a breather
- Monet's May
- Record company imprint
- Heroic tales
- Sit for a portrait
- Bygone audio brand
- 66 and others: Abbr.
- Flightless bird of the pampas
- Yom Kippur ritual
- Phishing target, briefly



EVENTS AROUND TOWN

Dec 9-12: **Jingle Bell Horse Show** at Del Mar Fairgrounds. www.jinglebellhorseshow.com
Dec 10-11: **Holiday Lights** at Antique Gas & Steam Engine Museum. www.agsem.com
Dec 10-11: **Carols by Candlelight** at California Center for the Arts Escondido, 8pm. www.artcenter.org
Dec 10-11: SD Civic Youth Ballet presents: **The Nutcracker** at Casa del Prado Theatre. www.sdcyb.org
Dec 10-11, 17-18: 5 & 7pm. **North Pole Limited train ride** to visit Santa. www.psmr.org
Dec 10-Jan 2: **Jungle Bells** at San Diego Zoo, 9am-8pm. No celebration on 12/24, as the park closes at 5pm. www.sandiegozoo.org/junglebells
Dec 11: 8-9:30am, **Geology Hike to the waterfall rock formations.** Trailhead at end of Park Village Rd., Rancho Peñasquitos
Dec 11: 5:30-7pm, Free, **Spreckles Organ Society Christmas Concerts,** Spreckles Organ Pavilion, Balboa Park
Dec 11: **Free Guided nature walk** 8:30-10am. Mission Trails Regional Park. Start at Kumeyaay Lake Campground. Rain cancels. mtrp.org/
Dec 11: **Free Guided nature walk** 9:30-11am. Mission Trails Regional Park. Start at Visitors Center. Rain cancels. <https://mtrp.org/>
Dec 11: **Uncorked San Diego** at Embarcadero Marina Park North, 12-4pm. www.uncorkedwinefestivals.com
Dec 11: **Christmas in the Park** at Old Poway Park, 3:30-8:30pm. www.poway.org
Dec 11: **Parade of Lights at Oceanside Harbor,** 7pm.
Dec 11: **John Mayall** at Poway Center for Performing Arts www.poway-onstage.org
Dec 11: **Ales 'n' Rails** at San Diego

Model Railroad Museum, 6-9:30pm. www.sdmrm.org
Dec 11-12: **Coaster Holiday Express** train rides at Oceanside Transit Center www.gonctd.com
Dec 11-12: **Wild Holidays** at San Diego Zoo Safari Park, 4-8pm. www.sdzsafari.org/wildholidays
Dec 11-12: **Jingle** presented by San Diego Gay Men's Chorus at Balboa Theatre. www.sandiegotheatres.org
Dec 12: **57th Annual Toyland Parade** on University Ave between Utah & Iowa Streets in North Park, 11am-1pm. www.explorenorthpark.com
Dec 12: **LA Chargers vs. NY Giants** at SoFi Stadium, 1:05pm. www.chargers.com
Dec 12: **50th Annual San Diego Bay Parade of Lights,** 5pm. www.sdpardaeoflights.org
Dec 13: **LA Clippers vs. Phoenix Suns** at Staples Center, 7:30pm. www.nba.com/clippers
Dec 16: **LA Chargers vs. Kansas City Chiefs** at SoFi Stadium, 5:20pm. www.chargers.com
Dec 16-23: Golden State Ballet Presents: **The Nutcracker** at San Diego Civic Theatre. sandiegotheatres.org
Thru Dec 24: **The Holiday Market,** 4-10pm, \$10-\$14, Petco Park
Thru Jan 2: **Snow N Glow Holiday Festival.** Select nights at Del Mar Fairgrounds. www.snownglow.com
Thru Jan 2: **Skating by the Sea** at Hotel Del Coronado. www.hoteldel.com/activities/skating
Thru Jan 5: **Christmas Celebration at SeaWorld** San Diego.
Thru Dec 23: **Photos with Santa** at Seaport Village. seaportvillage.com
Thru Dec 31: **Dr. Seuss's How the Grinch Stole Christmas** at The Old Globe. www.theoldglobe.org
Thru Dec 31: **Seas 'n' Greetings at Birch Aquarium**

Poway: Christmas in the Park - Dec. 11, 3:30-8:30pm

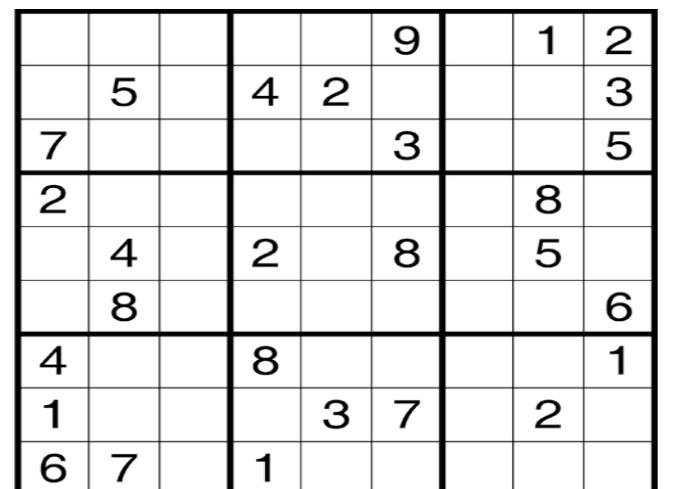
The City of Poway invites you to step back in time and celebrate the old-fashioned traditions of Christmas in the Park. This free event features unique holiday festivities, such as caroling and horse-drawn hayrides, live musical performances, tasty seasonal treats, children's crafts, pony rides, and model trains on display. The Poway Midland Railroad offers rides around the park after dark as well. At 5:15pm, twinkling lights illuminate the park at the annual Christmas tree lighting. Children can visit with Santa after the ceremony. Train and pony rides are available for a nominal fee. Free shuttles are available from Poway City Hall and Poway Adult School. Poway Park is located at 14134 Midland Road, Poway. For more information, call

MWR EVENTS



Chat With Santa
NMCSDBalboa | Bldg 26, Floor 1B | Dec. 17 | 6pm | \$5
Want to meet old Jolly Santa, eat decorative cookies, and watch festive movies? Here's your chance without having to go to the crowded malls.
Must register online: <https://runsignup.com/chatwithsantabr>

ROY'S SUDOKU



Vets Portal

- Indispensable mobile APP for Veterans and their families
- Practical information to help streamline the VA process
- Connection with physicians and certified VA attorneys
- Connection with other veterans
- Corporate hiring events
- Free tips on resume building

Dec. 9: Family-friendly Holiday Joy Ride to take cyclists through Balboa Park and Uptown neighborhoods

Bring your bikes, your tinsel and your ugliest holiday sweater for the eleventh annual Holiday Joy Ride. Hosted by the San Diego County Bicycle Coalition and sponsored by Lyft, riders of all ages are welcome to ride through Balboa Park on Dec. 9 (rain date Dec. 10).

Starting and ending at Panama 66, cyclists are invited to explore Balboa Park and Uptown by bike on a 4-mile route.

Participants who join in will each receive a set of bike lights, courtesy of Lyft, and will have a chance to participate in a raffle for

a chance to win prizes including riding jerseys, a New Belgium water bottle, a Fat Tire bike bag and more.

Each year, the Joy Ride is a chance to celebrate both cycling and the tremendous progress made in 2021 to make biking more accessible and safer across San Diego County so decorate your bike (or not) and wear your favorite holiday gear and join us for an evening of fun.

Along with celebrating the joy of the holidays, the Joy Ride is also an opportunity for those joining in

on the fun to learn, firsthand, how to safely ride through city streets, a necessary skill for cyclists of all skill levels. Group events hosted by the San Diego County Bicycle Coalition like Joy Ride additionally highlights how safe cycling infrastructure makes cycling more enjoyable and accessible.

Additional information:

Organization: San Diego County Bike Coalition
Date/ time: Thursday, Dec. 9, 5-9pm
Rain date: Dec 10, 5-9pm
Wheel Light Installation at Light-MeUp Safety Lights: 5pm

Registration: 5:30pm
Ride starts: 6:15pm
Bike Gear Raffle Begins: 7:15pm
Location: Bike ride begins and ends at Panama 66 (1450 El Prado, San Diego, CA 92101)
Registration: Register and buy raffle tickets at Holiday Joy Ride 2021 starting at \$1

San Diego Bike Coalition is a nonprofit organization that advocates for and protects the rights of all people who ride bicycles. They promote bicycling as a mainstream, safe and enjoyable form of transportation and recreation. For more information, please visit www.sdbikecoalition.org.



Semper Fitmas Santa & Elf Run Dec. 11 • Camp Pendleton

Ho Ho Ho! Get festive and celebrate the holidays Dec. 11 at ACU-5 on Camp Pendleton for the Semper Fitmas Santa and Elf Run! Join us for our 4K Santa Run and get a Santa suit to wear during your run. All 1K Elf Run participants get an elf hat! The run will highlight the Navy's iconic LCACs (Landing Craft Air Cushion) along the course and in the venue. Open to all authorized base patrons; ID check on event day.

FEES

4K Santa Run (Ages 9+) Active Duty \$10
Dependent/Retirees \$20
Eligible Base Patrons \$30
1K Elf Run (Ages 4-12) \$10

REGISTRATION

Day-of will be available.

SCHEDULE

9:15am - Check-In, Venue Opens
10am - Elf Run Start
10:30am - Santa Run Start
11:30am - Course cut-off time
noon - Venue Closes

RULES

- Masks are required where social distancing is not possible, regardless of vaccination status.
 - Masks and Santa beards are optional on the course (please social distance).
 - Minimum age limit for Santa Run: 9 years.
 - Age limit for Elf Run: 4-12 years.
 - No headphones/earbuds.
 - Event is held rain or shine (unless deemed unsafe).
 - Pendleton Races has the right to modify the course if necessary for safety or training exercises.
 - This is a non-timed event with no awards -run for fun!
- Stay connected and share your Semper Fitmas Santa & Elf Run with us.
@hcrscp | @semperfitcp

Red Cross: Donors needed now to address historically low blood supply

Nearly two years into the pandemic, everyone has earned a holiday break with their family and friends. But as the nation gathers again for celebrations this season, the American Red Cross, which provides 40% of the country's blood, is facing historically low blood supply levels.

Busy holiday schedules, breaks from school and winter weather all contribute to a drop in blood and platelet donations this time of year. Those factors, combined with the ongoing challenges of COVID-19, make it vital for donors to make an appointment to give as soon as possible. If more donors don't come forward to give blood, some patients requiring a transfusion may potentially face delays in care.

Donors are urged to schedule an appointment now by using the Red Cross Blood Donor App, visiting RedCrossBlood.org [2] or calling 1-800-RED CROSS (1-800-733-2767). There is no blood donation waiting period for those who have received a flu shot or a Moderna, Pfizer or Johnson & Johnson COVID-19 vaccine or booster, so long as they are symptom-free.

To encourage donors to help address the historically low blood supply this holiday season, all who come to give Dec. 17-Jan. 2 will receive an exclusive Red Cross long-sleeved T-shirt, while supplies last.

Blood drive safety

Each Red Cross blood drive and

donation center follows the highest standards of safety and infection control, and additional precautions [3]— including face masks for donors and staff, regardless of vaccination status — have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

Upcoming blood donation opportunities Dec. 17-Jan. 2. For more sites near you visit RedCrossBlood.org

- Chula Vista 12/20/2021: 11:30 a.m. - 5:30 p.m., Chula Vista Center, 555 Broadway, Suite 138
- 12/27/2021: 1 p.m.-7 p.m., Chula Vista Elks Lodge, 901 Elks Lane
- Coronado 12/28/2021: 9:30 a.m. - 4 p.m., City of Coronado Community Ctr, 1845 Strand Way
- El Cajon 12/27/2021: 11 a.m. - 5 p.m., Parkway Plaza, 415 Parkway Plaza
- Encinitas 12/21/2021: 9:30 a.m. - 4 p.m., Encinitas Library, 540 Cornish Drive
- Escondido 12/26/2021: 10 a.m. - 4 p.m., Westfield North County, 272 E. Via Rancho Pkwy
- Fallbrook 12/21/2021: 9:30 a.m. - 3:30 p.m., Fallbrook Library, 124 South Mission Rd
- La Mesa 12/18/2021: 9 a.m. - 3 p.m., La Mesa Adult Enrichment Center, 8450 La Mesa Blvd
- Lakeside 12/30/2021: 9 a.m. - 4 p.m., Hill Country Community Church, 8950 Lakeview Rd
- Oceanside 12/22/2021: 1 p.m. - 7 p.m., Oceanside Masonic Center, 511 Eucalyptus
- 12/23/2021: 10 a.m. - 4 p.m., Oceanside First Presbyterian Church, 2001 El Camino Real
- Poway 12/20/2021: 9 a.m. - 3:30 p.m., Mossy Nissan Poway, 14100 Poway Rd



'North Pole Limited' train ride returns to Campo next two weekends taking families to visit Santa

The famous North Pole Limited returns to celebrate the holiday season. This special holiday production is offered with the help of the Pacific Southwest Railway Museum Association's volunteers in cooperation with Mountain Empire and Bonita Vista Valley High Schools.

The fun begins at the lighted Campo Depot. Pick up your tickets from the Ticket Agent in our restored passenger waiting room. We recommend you plan on arriving at the Campo Depot at least 45 minutes before your train departs to allow ample time to park, get your tickets, and pass through our gift shop. Don't forget to stop by the Hobo Camp next to the Depot

to hear tales from railroading's past.

Once onboard the North Pole Limited, enjoy your favorite Christmas carols and listen to a popular Christmas story. Due to the impacts of COVID19, we will not be serving hot chocolate on board. Instead, passengers will receive a Hot Chocolate Kit which includes a packet of hot chocolate, a bag of mini marshmallows, and a freshly baked cookie to enjoy at home. The North Pole Limited will stop at Santa's Workshop to pick up Santa and Mrs. Claus who will visit with all passengers on the train on our way back to the Campo Depot.

The train ride lasts for approxi-

mately 90 minutes depending on the number of passengers Santa needs to visit with.

Experiences offered Friday and Saturday, December 10th & 11th and the following Friday and Saturday, December 17th & 18th. Trains depart the Campo Depot at 5pm and 7pm on all four nights.

Tickets can be purchased online but are also (currently) available as walkups - if you try to purchase tickets online, it should tell you how many are left available for purchase. Online sales cut off twelve hours BEFORE the actual event. Visit <https://www.psrsm.org/> for additional information and to purchase tickets.

ROLLER SKATING

SATURDAY, DECEMBER 18, 5PM-7PM, \$19

Join us for an evening of outdoor roller skating! Price includes 2 hours of skating and skate or blade rental! Light snacks provided. All patrons attending must register and pay. This is not a drop off event, all children must be accompanied by adults.

Derby United, 6060 Federal Blvd
www.navylifew.com/nbsdcr



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