

## AutoMatters & More

Sim racing tech - the difference between finishing first & at the back; plus stunt driving.

See page 9

## Classifieds

In this week's section: *Wanted to buy - military gear, VA loans, relaxing massage, landscaping service.*

See page 10

# Your FREE weekly paper

Take one!

Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 619.280.2985

Serving active duty and retired military personnel, veterans and civil service employees

SIXTIETH YEAR NO. 19  
THURSDAY, SEPTEMBER 3, 2020

## ESPER MEETS SAILORS, OBSERVES OPS ABOARD SAN DIEGO-BASED USS ESSEX DURING RIMPAC VISIT

*EDITOR'S NOTE: The international maritime exercise Rim of the Pacific 2020 concluded Aug. 31 following two weeks of at-sea-only training events. This year's RIMPAC included 53 replenishments-at-sea, 101 pallets of cargo distributed, over 16,000 rounds of small arms munitions shot, over 1,000 large caliber weapons fired, 13 missiles expended, and 1,100 pounds of mail delivered.*

by Jim Garamone,  
DOD News

Defense Secretary Dr. Mark T. Esper visited sailors aboard amphibious assault ship *Essex* to experience the Rim of the Pacific exercise - a multinational operation involving 40 nations.

The exercise has been scaled back due to COVID-19, but still had a decent turnout. Australia, Brunei, Canada, France, Japan, New Zealand, Korea, the Philippines, Singapore and the U.S. are participating. The participating nations sent 22 ships, a submarine and about 5,300 personnel.

Dubbed RIMPAC, this year's exercise focuses solely on warfighting in the maritime domain. This includes anti-surface and anti-submarine warfare, maritime interdiction operations and robust live-fire events, officials said.



Defense Secretary Dr. Mark T. Esper, right, and Adm. John C. Aquilino, Pacific Fleet commander, watch live-fire demonstrations aboard USS *Essex* Aug. 26. Photo by Petty Officer 2nd Class John Luke McGovern

The exercise is held every two years and is an opportunity to strengthen relationships, build trust and increase interoperability among the participating nations, officials said. The nations have to be ready to operate together to respond to threats to international commerce and prosperity or a natural disaster that requires a response from the sea. The U.S. 3rd Fleet commands the exercise.

On *Essex*, Esper met with

Adm. John Aquilino, the Pacific Fleet commander. The secretary toured the ship and observed missile and gunfire from the neighboring ships USS *Chung-Hoon* and USS *Lake Erie*. He had a private lunch with sailors from various departments aboard the flat top, and he spoke to a socially-distanced group on the ship's hangar deck.

"This ship has incredible capabilities," Esper told the Sailors. "It's unique. So much

so that the Chinese are trying to mimic its capabilities.

"But they don't have you," he said. "They don't have your commitment to service, your skills, your knowledge. They can't compete with us at that level."

*Essex* and her sister ships are in the Pacific to deter China and Russia in this era of great power competition, the secretary said.

"Your presence out here in the Indo-Pacific is all about making sure we compete with China and ... if necessary, that you can fight and beat them anytime, anywhere," he said.

The nations participating in RIMPAC do so to learn from each other, Esper said. But they look to the U.S. Navy "as the standard bearer of what a great navy looks like, how a great navy acts, and performs and behaves," he said.

The secretary thanked Sailors for their service and for their ability to fight together as a team.

"You come from all parts of the country, or even outside the country," he said. "You come from all walks of life, and [yet] you come together to fight as one team."

The Sailors all raised their right hand to support and defend the Constitution, he said.

"You're part of the 1 percent who has chosen to do that: to risk your welfare and to sacrifice so that all 338 million other Americans can sleep safely and soundly at night," he said. "Thank you for what you do."

## USS *Carl Vinson* arrives in San Diego

SAN DIEGO - Nimitz-class nuclear-powered aircraft carrier USS *Carl Vinson* (CVN 70) arrived at Naval Air Station North Island, Sept. 2, after completing a 17-month docking planned incremental availability (DPIA) at Puget Sound Naval Shipyard and Intermediate Maintenance Facility and changing its homeport from Bremerton, Wash., to San Diego.

The aircraft carrier's arrival in San Diego is a homecoming for members of the crew whose families opted to remain in San Diego during the ship's DPIA.

*Vinson's* DPIA included a complete system retrofit to accommodate F-35C Lightning II mission capabilities, such as upgrades to combat systems and electrical systems. Additional efforts during DPIA involved upgrades to crew living spaces and maintenance on the ship's hull, rudders, and shafts.

USS *Carl Vinson* can carry more than 5,000 people and 65 fixed and rotary-wing aircraft; and has the speed, agility, and maneuverability to travel more than 5,000 nautical miles in less than seven days to arrive where needed, ready to fight.

To learn more about USS *Carl Vinson*, visit [www.carlvinson.navy.mil](http://www.carlvinson.navy.mil) and [www.dvidshub.net/unit/CVN70](http://www.dvidshub.net/unit/CVN70).

## What month is September? Bizarre, crazy, silly, unknown observances

AKC Responsible Dog Ownership  
All American Breakfast  
Attendance Awareness  
Attention Deficit  
Hyperactivity Disorder  
Atrial Fibrillation  
Baby Safety  
Backpack Safety America  
Be Kind To Editors & Writers  
Blood Cancer Awareness  
Bourbon Heritage  
Children's Good Manners  
Childhood Cancer Awareness

Cholesterol Education  
Classical Music  
Co-op Awareness  
College Savings  
Craniofacial Acceptance  
Eat Chicken  
Fall Hat  
Global Pulmonary Fibrosis Awareness  
Go Wild for California Wild Rice  
Great American Low-Cholesterol, Low-fat Pizza Bake  
Gynecology Cancer Awareness  
Happy Healthy Cat

Histiocytosis Awareness  
Hunger Action  
Intergeneration  
Int'l Guide Dogs  
Int'l People Skills  
Int'l Self-Awareness  
Int'l Speak Out  
Int'l Strategic Thinking  
Int'l Square Dancing  
Int'l Women's Friendship  
ITP Awareness  
Library Card Sign-up  
Leukemia and Lymphoma Awareness

Million Minute Family Challenge  
Mold Awareness  
Nat'l Americana  
Nat'l Bake & Decorate  
Nat'l Be A Food Hero  
Nat'l Campus Safety Awareness  
Nat'l Cheese  
Nat'l Chicken  
Nat'l Child Awareness  
Nat'l Childhood Obesity Awareness  
Nat'l Chiari Awareness

Nat'l Coupon  
Nat'l Disease Literacy  
Nat'l DNA, Geonomics & Stem Cell Education  
Nat'l Food Safety Education  
Nat'l Family Meals  
Nat'l Fruit and Veggies  
Nat'l Guide Dog  
Nat'l Head Lice Prevention  
Nat'l Hispanic Heritage  
Nat'l Home Furnishings  
Nat'l Honey  
Nat'l Infant Mortality Awareness

Nat'l Mulled Cider  
Nat'l Mushroom  
Nat'l Organic Harvest  
Nat'l Osteopathic Medicine  
Nat'l Ovarian Cancer Awareness  
Nat'l Passport Awareness  
Nat'l Pet Memorial  
Nat'l Preparedness  
Nat'l Prostate Cancer Awareness  
Nat'l Prime Beef  
Nat'l Prosper Where You Are Planted



## Guided-missile destroyer makes Navy's 11th trip through Taiwan Strait this year

Destroyer *Halsey* steams through the Taiwan Strait Aug. 30. Navy photo by Andrew Langholf

by Caitlin Doornbos,  
Stars and Stripes

YOKOSUKA NAVAL BASE, Japan - The Navy has sent another guided-missile destroyer through the Taiwan Strait, its second transit there in less than two weeks.

USS *Halsey* on Aug. 30 sailed through the strait on a "routine transit" to demonstrate "the U.S. commitment to a free and open Indo-Pacific," 7th Fleet spokesman Lt. Joe Keiley said in an e-mail Tuesday.

"The U.S. Navy will continue to fly, sail and operate anywhere international law allows," Keiley said.

The trip came just 12 days after USS *Mustin* sailed through the 110-mile-wide strait that separates the island of Taiwan from China. *Halsey's* transit marked the 11th time the Navy has sent a ship through the Taiwan Strait this year.

China regularly objects to Navy trips through the strait. Beijing asserts sovereignty over those waters and over Taiwan, a self-governing island with its own elected government.

The U.S. regards the strait as international waters and acknowledges China's claim to Taiwan under its "One China" policy but views the island's status as unsettled. Taiwan split from mainland China in 1949.

In a press conference Aug. 21, Chinese Foreign Ministry spokesman Zhao Lijian called the One China principle "the most important and sensitive issue between China and the US." He did not mention recent Taiwan Strait transits.

The one-China principle is the political foundation of China-US relations and a common

continued, next page

China regularly objects to Navy trips through the strait. Beijing asserts sovereignty over those waters and over Taiwan, a self-governing island with its own elected government.

### Today's Top 5

•Gen. Brown: The Air Force isn't getting bigger; to win wars it must move airmen into under-manned jobs

•Army investigating Soldier who made Holocaust joke on TikTok

•NATO: Russian Su-27 violates Danish airspace while pursuing B-52

•Congressional watchdog to review Army's sexual harassment and assault prevention program

•Navy E-2 Hawkeye crashes in Virginia

### Army

•Committee arrives in Texas for two-week review of command climate at Fort Hood

•200 Soldiers deploy from Joint Base Lewis-McChord to fight wildfires in California

### Navy

•Junior officer facing child pornography charges

•New amphibious landing craft are coming off the lines

### Air Force

•New and old aircraft programs could get axed as top general seeks 'ruthless prioritization' of capabilities

•New commander takes the reins of Air Combat Command

### Marine Corps

•The few, the proud, the white: The Marine Corps balks at promoting generals of color

### National Guard

NG distributes supplies, Fort Polk cleans up post after Hurricane Laura

### Coast Guard

Coast Guard deploys to regions devastated by Hurricane Laura for cleanup



## Car Loan Decisions in Seconds



We can help you save on a new or used car with a Navy Federal car loan.<sup>1</sup>

- Great interest rates
- Fast approval process
- Low monthly payments

Easily apply with our mobile app,<sup>2</sup> online or at your local branch.  
navyfederal.org/auto

**NAVY FEDERAL**  
Credit Union

ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
COAST GUARD  
SPACE FORCE  
VETERANS

Our Members Are the Mission

Insured by NCUA. <sup>1</sup>Credit and collateral subject to approval. <sup>2</sup>Message and data rates may apply. Visit [navyfederal.org](http://navyfederal.org) for more information. © 2020 Navy Federal NFCU 13884 A (8-20)

# China pursues own nuclear triad, doubling of nuclear capability

by C. Todd Lopez,  
DOD News

Over the next 10 years, it's expected China will double the number of nuclear warheads it possesses, while embarking on an effort to expand the ways it can deploy its nuclear capability, Deputy Assistant Secretary of Defense for China Chad L. Sbragia said at the American Enterprise Institute.

He discussed findings of a just-released Defense Department report, "Military and Security Developments Involving the People's Republic of China - 2020."

"The report does contend that there are currently an estimated low-200s in terms of warhead stockpiles, and it's projected to at least double in size over the next decade as China expands and modernizes its nuclear forces," Sbragia said.

But equally as important is how China would be able to deliver those warheads. It intends to develop a "nuclear triad" similar to the one the U.S. has and is currently working to modernize.

"The report [also] notes that China is expanding, modernizing and diversifying its nuclear forces across the board," Sbragia said. "Just looking at the number of warheads by itself is not the entire picture, or doesn't paint a holistic understanding of where

**Cont'd** from previous page  
consensus of the international community," Zhao said.

With 11 trips in 2020, the U.S. has nearly met its record of 12 Taiwan Strait transits in a single year. That record was set in 2016, according to data the Pacific Fleet provided earlier this year. [iles/Day](#)

the Chinese are or where they want to go.

A nuclear triad, as it exists in the U.S., allows for land-based missile delivery, sea-based de-

**While China has not defined exactly what 'world-class military' means, it is likely that China will seek to build a military that is equal to or in some cases superior to the U.S. military or the military of any other great power that China perceives as a potential threat.**

- Chad L. Sbragia

livery from submarines and air-based delivery with bombers.

Within the next decade, Sbragia said, China plans to expand its ballistic submarine fleet and field more capable, longer-range, sea-launched ballistic missiles. It also plans to complete the development of its nuclear-capable, air-launched ballistic missiles along with bombers to deliver them. On the ground, he said, China plans to field additional mobile ICBMs and also possibly expand its silo-based ICBM capability.

"As has been noted by others, and then as the report contends ... they're obviously in pursuit of the full suite of capacities ... to include the building out of infrastructure for a more modernized, capable and larger capacity in this area," Sbragia said.

Sbragia said that the report also concludes that, besides its investments in nuclear capability, China aims to transform the People's Liberation Army into a "world-class military" by

around 2050.

"While China has not defined exactly what 'world-class military' means, it is likely that China will seek to build a military that is equal to or in some cases superior to the U.S. military or the military of any other great power that China perceives as a potential threat," Sbragia said.

One aspect of that advancement towards a world-class military, he said, is power projection. The Chinese want their military to be able to operate anywhere on the globe. One step towards that is the establishment of a more robust overseas logistics network.

According to the report, China is "very likely already considering and planning for" the establishment of military logistics facilities outside China that can support naval, air and ground forces.

Some locations that they may now be considering include Myanmar, Thailand, Singapore, Indonesia, Pakistan, Sri Lanka, the United Arab Emirates, Kenya, the Seychelles, Tanzania, Angola and Tajikistan. China already has a military installation in Djibouti.

"The Chinese do have ... an aspiration for great power status by virtually every measure of comprehensive or composite national power that you can measure," Sbragia said. "To achieve that, it means that they have to have ... global convergence at the broadest scale possible. For the PLA, that means that they do have the intent to go out. I think that's certainly one of the aspects of what 'world-class military' means ... the capacity to have influence at distance, at a time and place of their choosing. They certainly aspire to do that.



Chinese sailors stand in formation at the People's Liberation Army headquarters in Beijing, Jan. 14, 2019. Photo Chief Petty Officer Specialist Elliott Fabrizio

## Winners announced for 2020 Commander in Chief's Annual Award for Installation Excellence

Secretary of Defense Dr. Mark T. Esper recently announced the 2020 recipients of the Commander in Chief's Annual Award for Installation Excellence.

The Commander in Chief's Annual Award for Installation Excellence recognizes the outstanding and innovative efforts of the people who operate and maintain U.S. military installations. The five recipients of this highly competitive presidential award were selected for their exemplary support of Department of Defense missions.

Recipients of the 2020 Commander in Chief's Annual Award for Installation Excellence are:

Army Garrison Fort Drum, N.Y.  
Senior Commander: Major Gen. Brian J. Mennes

Garrison Commander: Col. Jeffery P. Lucas

Naval Station Norfolk, Va.  
Commanding Officer: Capt. Bradley N. Rosen

Marine Air Ground Task Force Training Command, Marine Corps Air Ground Combat Center, Calif.

Base Commander: Brigadier Gen. Roger Turner

Joint Base Elmendorf-Richardson, Alaska  
Commanding Officer: Col. Patricia A. Csank

Defense Distribution Depot, San Joaquin, Calif.

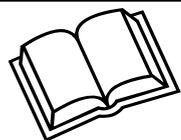
Commanding Officer: Marine Corps Col. Tiffany. N. Harris

Installations compete on how well they achieve the depart-

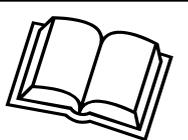
ment's objectives in several areas of installation management, including mission support, energy conservation, quality of life and unit morale, environmental stewardship, real property management, safety, health and security, communications, and public relations.

Excellent installations enable better mission performance and enhance the working and living conditions for military men and women, DOD civilians and their families. Each of the winning installations succeeded at being the best in achieving excellence in performing installation management within their military service and DLA.

Each winning installation will receive a commemorative trophy and flag and a congratulatory letter from the president.



# Places of Worship



**B**ethany Lutheran Church  
Lutheran Church - Missouri Synod  
2051 Sunset Cliffs Blvd, Ocean Beach 92107  
(Parking off the Alley - North of the building)  
Worship 10:30am Sundays  
Bible Class, Wednesdays 10am  
(619)222-7291 LivingWaterSD7@gmail.com

**B**ayview Church  
Attract... Assimilate... Activate  
6134 Pastor Timothy J Winters St., San Diego 92114 (619) 262-8384  
Sunday 6:45am, 8:30am, 11am Worship Service  
Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am  
www.bayviewbc.org info@bayviewbc.org

**C**anyon View Church of Christ  
"Love God, Love People, Serve the World"  
Sunday Bible Classes for all ages 9am  
Sunday Worship 10am, 6pm  
Wednesday nights 6pm Fellowship & Pizza! 6:30pm Bible Classes for all ages  
4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org  
(Near corner of Balboa Ave & Clairemont Dr) (858) 273-5140  
www.canyonview.org @gotochrist facebook.com/cccsd

**C**hrist Community Church  
Helping people love God and each other!  
Saturdays at 6pm & Sundays at 8:45am & 10:30am  
Children's Ministries for All Kids!  
Small Groups for Teens & Adults of All Ages!  
9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15  
www.gotoChrist.com or (858) 549-2479

**F**irst Baptist Church  
"Reach Up, Reach Out, Reach the World"  
Interim Pastor Jim Baize www.fbcoronado.com  
Sunday Bible Study 8:45am, Sunday Worship Service 10 am  
Friday's Women's Bible Study 9:30-11:30am  
445 C Ave., Coronado, CA 92118 (619) 435-6588  
ariel@fbcoronado.com FB: First Baptist Church of Coronado

**L**a Jolla Lutheran Church  
"We Follow Jesus"  
Sunday 9:30am Worship and Sunday School  
Wednesday 6:30pm Bible Study  
7111 La Jolla Blvd., La Jolla, CA 92037  
(858) 454-6459  
LaJollaLutheranChurch.com

**New military families are moving to San Diego every day. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985**

**L**iving Water Lutheran Church  
Meeting at Green Flash Brewery Gathering Room  
6550 Mira Mesa Blvd.  
(Entrance Directly in back - off Sequence Dr.)  
Worship 8:45am  
(858)792-7691 LivingWaterSD7@gmail.com  
Pastor: Rev. Steven Duescher

**M**esa View Baptist Church  
Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant  
CW03, USMC (Ret.)  
Seeking Sinners; Saving Souls, Strengthening Saints  
Sunday Church School at 8:45am • Morning Worship at 10am  
Wednesday Night Bible Study 7pm  
13230 Pomerado Rd., Poway CA 92064  
www.mesaview.org (858) 485-6110

**M**ilitary Outreach International Church  
"Supporting all families, all people, at all times"  
Pastor Dennis Eley, Jr, MBA  
Sunday Worship Service 12:30pm to 2:30pm  
Thirsty Thursday Bible Study 7pm to 8:30pm  
7997 Paradise Valley Rd, San Diego, CA 92139 • 619-773-6023  
www.militaryoutreachministries.org  
Download APP "MoMinistries"

**M**t. Moriah Christian Church  
"Purpose Driven" Gospel Church"  
Multi-Cultural, Non-Denominational  
Services on Sunday at 9am and 11am  
Near Miramar Base  
7055 Carroll Rd., San Diego CA 92121  
(858) 695-9692 www.mtrmoriahcc.org

**S**t. Luke's Lutheran Church  
5150 Wilson Ave., La Mesa, CA 91942  
Phone: (619) 463-6633  
website: www.st-lukes-la-mesa.org  
Worship: 9am  
Pastor: Mark Menacher, PhD.  
We thank you for your service!

## Ask Rusty - About the virtues of claiming benefits early

by Russell Gloor

Dear Rusty: It seems like we are always encouraged to wait until our full retirement age or age 70 to claim our Social Security. For me, benefits at age 62 were a good jump start to my retirement. How about listing the many benefits to early (age 62) retirement? And at what age does it become a liability, if ever? Signed: Happily Retired at age 78

Dear Happily Retired: You're correct that most financial advisors and Social Security Advisors, including me, frequently encourage people to delay claiming Social Security until at least their full retirement age (FRA). And that's because far too many claim their benefits as soon as they are available at age 62 "because it's there," without evaluating whether that's a smart move for them personally. There are many reasons why it's best to wait, but there are also some very good reasons for claiming benefits at age 62. Let's explore those.



Claiming at age 62 is exactly the right move if you are in poor health and don't expect to live a long life. Benefits taken age 62 are 25% less for those with a full retirement age (FRA) of 66, and 30% less if your FRA is 67. But those reductions become insignificant if you don't expect to live a long, healthy life from that point forward. If you wait until your FRA, it takes about 12 years to collect the same amount in total benefits as if you had claimed at age 62.

Even if you are in decent health now, if your family history and your lifestyle suggest less than average longevity, claiming before your FRA, as early as 62, may be a prudent choice. By "lifestyle" I mean, for example, whether you exercise regularly, smoke or drink excessively or drive without a seatbelt. There are several life expectancy calculators available which can assist with predicting your life expectancy by evaluating your family history and lifestyle, including those available at this website: <https://socialsecurityreport.org/tools/life-expectancy-calculator/>. Just remember that no one can accurately forecast how long they will live but making an informed decision on when to claim should consider your estimated longevity, among other things.

If collecting your Social Security benefits early is needed to help pay for life's necessities, such as food, housing, and out-of-pocket medical costs, then claiming as early as age 62, or any other time before your FRA, could be exactly the right choice. In other words, the need for the money now is a driving force in deciding when to claim.

Which brings me to your point that claiming at age 62 was a "jump start" to your retirement, allowing you to begin enjoying your golden years much earlier than you might have otherwise been able to. There's a lot to be said for taking benefits early to fulfill your bucket list while you're still young enough to enjoy it. And, from your signature, it looks like you've been putting that extra Social Security money to good use for many years now. Good for you! Now, at age 78, you've reached your "breakeven point" where, if you had waited until your FRA to claim, your cumulative lifetime benefits would hereafter be more than they will be because you claimed at 62. That may not, however, offset the many years of happy retirement you've been able to enjoy because you took your benefits early.

In the end, deciding when to claim Social Security should be done after carefully evaluating your personal situation. Anyone who claims benefits before their full retirement age must beware of Social Security's "earnings test" which limits how much you can earn before your benefits are affected. But those who can afford to wait and who expect to live to a ripe old age would do well to consider delaying until their full retirement age, or even beyond, to claim their Social Security benefits. If their life expectancy is at least "average" they'll collect much more in cumulative lifetime benefits by doing so.



## During Suicide Prevention Month ...

### 'Be There' for veterans and help connect them with resources

This September, the Department of Veterans Affairs (VA) recognizes Suicide Prevention Month highlighting VA's Be There campaign, reminding veterans and their loved ones that small actions can make a big difference to veterans going through difficult times.

During this and every month, Be There wants veterans, community leaders and veterans' families and friends to know there is no special training needed to give a veteran hope.

"There are simple ways anyone can show support for our nation's veterans like learning about VA's suicide prevention efforts and recognizing the signs that a veteran may need help," said VA Secretary Robert Wilkie. "Take a moment to listen with compassion and let veterans know you're there for them."

Be There suggests several simple actions that can help make a difference for a veteran to include:

- Reaching out to veterans by sending a check-in text, cooking them dinner or simply asking them how they're doing.
- Learning about the warning signs of suicide found on the Veterans Crisis Line website.
- Watching the free S.A.V.E. training video to learn how to respond with care and compassion if someone indicates they are having thoughts of suicide.

- Contacting VA's Coaching Into Care program where a licensed psychologist or social worker will provide loved ones with guidance for motivating Veterans to seek support.
- Sharing stories of hope and recovery from VA's Make the Connection.

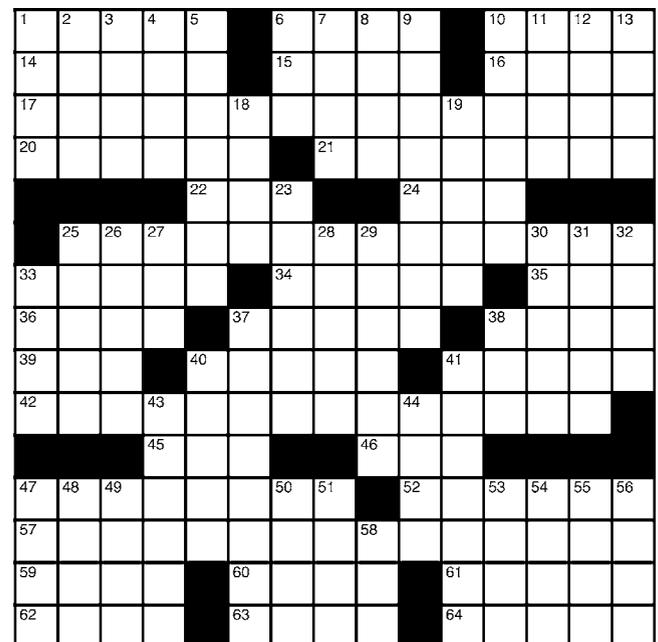
For more information and resources visit [BeThereForVeterans.com](http://BeThereForVeterans.com).

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Call 1-800-273-8255 and Press 1, text to 838255 or chat online at [VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat).



## Crossword Puzzle

- Across**
- 1 Rene of "Ransom" (1996)
  - 6 Not as expensive
  - 10 A bit loopy
  - 14 Part of "the works" on a burger
  - 15 Old man, in German
  - 16 Needle case
  - 17 1950 Gloria Swanson film
  - 20 Peanut butter choice
  - 21 Like wax fruit
  - 22 Note from one who's shy?
  - 24 Laser pointer chaser
  - 25 1979 Jim Henson film
  - 33 Get out of bed
  - 34 Jazz instruments
  - 35 Peruvian singer Sumac
  - 36 Squirrel's hoard
  - 37 Credited in an endnote
  - 38 Place to tie up a boat
  - 39 24-hr. cash source
  - 40 Equestrian
  - 41 "That's \_\_\_!": "Piece of cake!"
  - 42 1988 Demi Moore film
  - 45 News initials
  - 46 \_\_\_ bunt: productive MLB out
  - 47 Looks at closely
  - 52 "John Wick" star Keanu
  - 57 2002 Woody Allen film ... or what each of the last words of 17-, 25- and 42-Across can be
  - 59 "Garfield" dog
  - 60 Baseball family name
  - 61 Dalai Lama's land
  - 62 Have a craving for
  - 63 Appraise
  - 64 Clairvoyants
- Down**
- 1 PBS painter Bob
  - 2 E pluribus \_\_\_
  - 3 Chinese: Pref.
  - 4 Fair-to-middling
  - 5 Previous
  - 6 Chem class
  - 7 Fair-haired Wells race
  - 8 Flabbergast
  - 9 Chose
  - 10 Actor Danny who appears in M&M's commercials
  - 11 Run \_\_\_: drink on credit
  - 12 Roll and bind, as a sail
  - 13 Laundry soap brand
  - 18 Commandment pronoun
  - 19 Red-wrapped cheeses
  - 23 Positive aspect
  - 25 "The \_\_\_ is out there": "The X-Files" catchphrase
  - 26 Blackjack request
  - 27 Handy Scrabble tile
  - 28 Eucharistic plate
  - 29 Applies, as pressure
  - 30 Competing (for)
  - 31 "Know what \_\_\_?"
  - 32 Wyatt of the Old West
  - 33 Future MD's class
  - 37 1860s North-South conflict
  - 38 Letter before omega
  - 40 Settle, as a debt
  - 41 Climbs
  - 43 Rental from a renter
  - 44 Tortoise racer
  - 47 Website with step-by-step instructions
  - 48 "Star Wars" sentence inverter
  - 49 Tiger Woods' ex
  - 50 1970 Kinks hit
  - 51 Chimney residue
  - 53 Actress Falco
  - 54 Vague feeling
  - 55 The "E" in DOE: Abbr.
  - 56 Some NCOs
  - 58 Deserving



THURSDAY, SEPTEMBER 3, 2020 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 5

Here for you<sup>®</sup>

Toll Free

**877-917-7990**

[www.StorageWest.com](http://www.StorageWest.com)

## VA Disability Claim Denied?

Know Your Rights and Don't Take "No" for an Answer!

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

**760-585-4665**

[www.VetDisabilityAid.com](http://www.VetDisabilityAid.com)

## Kitchener: 'The battle will not wait for you to be ready'

Courtesy story

NAVAL BASE SAN DIEGO - Vice Adm. Roy Kitchener, commander, Naval Surface Forces, delivered the keynote address at the Surface Navy Association's (SNA) Waterfront Symposium, Aug. 27.

The symposium was held online and rebranded to a virtual event. This allowed the surface force to continue forward with the event and to open up the opportunity for attendance to a larger audience.

The theme of the professional development event was "Battle-Ready Ships for Today's Fight."

"You need to make it top priority to fix your equipment and train for battle, because the battle will not wait for you to be ready," said Kitchener. "Uncertainty during this time of great power competition means that we'll need to be ready. Despite



**Vice Adm. Roy Kitchener, commander, Naval Surface Force U.S. Pacific Fleet, meets with the chief's mess aboard dock landing ship Rushmore. During his visit, Kitchener evaluated Rushmore's current state of readiness and met with Sailors. Navy photo by MC2 Alex Millar**

challenges we've been tackling on a day-to-day basis, we must keep our eye on the ball. We in the Surface Forces are in the business of being prepared to fight and win at sea."

Kitchener had a message for

commanding officers during his address.

"For our commanding officers, I want you to use that and push your authorities to take advantage of mission command - to have the freedom to act in getting the mission done," Kitchener said. "But, an important part of that is understanding the risk. We need to assess the risks, properly communicate them to our leaders and crews, and then execute."

### Green has new assignment

The secretary of the Navy and chief of naval operations announced Aug. 28 that Rear Adm. Collin P. Green will be assigned as chief of staff, U.S. Special Operations Command, Tampa, Fla. Green is currently serving as commander, Naval Special Warfare Command, San Diego.

Kitchener told the story of the quintessential surface warfare officer, Vice Adm. John Bulkeley, whose actions earned him a Medal of Honor. His attributes underpin the surface force's values.

Kitchener said the traits Bulkeley displayed are in the

Surface Warfare community's DNA, and the Surface Force will continue to strive toward the warrior traits reflected by Bulkeley and toward a culture of excellence.

"For four months and eight days, then-Lt. Cmdr. Bulkeley savaged enemy forces without

repairs, overhaul, or maintenance facilities for his ships," Kitchener said. "He was a forceful and daring leader, willing to take calculated risks, executing offensive actions that demonstrated a resourcefulness and ingenuity which, I believe, makes him an outstanding leader and the epitome of a Surface Warrior."

### USS Manchester change of command

by Petty Officer 1st Class Nathaniel Yarber

SAN DIEGO - Independence-variant littoral combat ship USS Manchester (LCS 14) held a change of command ceremony while pierside at Naval Base San Diego, Aug. 25.

Cmdr. Colin Corridan, a native of Springfield, Mass., assumed command of the ship from Cmdr. Aaron Anderson, a native of Cedar Rapids, Iowa.

Anderson completed a successful command tour with Manchester, which included multiple ship-wide availability events, installation and testing of the LCS mine warfare mission package and tasking in the U.S. 3rd Fleet area of operations.

"I could not have completed such a successful 22-month tour without the support and guidance I received from the crew,

Chief's Mess and wardroom," said Anderson.

Anderson's next assignment is Naval Surface and Mine Warfighting Development Center in San Diego.

Corridan, who recently served as commanding officer of USS Fort Worth (LCS 3), said, "I look forward to working with you all to take us into the future of mine warfare."

USS Manchester is one of four mine warfare littoral combat ships assigned to Mine

Division Twelve, including USS Tulsa (LCS 16), USS Charleston (LCS 18), and USS Cincinnati (LCS 20).

LCS vessels are highly versatile, mission-focused surface combatants designed to operate in the littorals, as well as on the open ocean. The ship platform is designed to respond to evolving threats through integration with innovative surface engagement, mine hunting, and sonar technology. The LCS satisfies a vital need for the United States Navy to operate in shallow water as well as the high seas.

### Stockdale Leadership award recipients

by MC1 Mark D. Faram

The Navy announced Cmdr. William H. Wiley from Fleet Forces Command and Cmdr. Bradley D. Geary from Pacific Fleet as the recipients of the 2020 James Bond Stockdale Award for inspirational leadership. The annual award recognizes commanding officers who demonstrate inspirational leadership both professionally and personally while also contributing to the improvement of leadership in the Navy. It is peer-driven, as only those who are eligible for the award themselves are allowed to nominate others

for consideration. Both officers graduated from the Naval Academy and were commissioned on the same day, May 24, 2000. Wiley is currently in command of the Norfolk-based USS John Warner (SSN 785). Geary is former CO of Seal Delivery Vehicle Team One (SVDT 1), which he led until July 24, 2020. Geary is currently assigned to Naval Special Warfare Training Command in Coronado. First awarded in 1980, the award is named for the late Vice Adm. James Bond Stockdale, a Naval Academy graduate and naval aviator.

### Severe Traumatic Brain Injury Research Study

UC San Diego is conducting a research study to find the best way to deliver high dose oxygen under pressure so that patients with severe traumatic brain injury (TBI) may recover with less disability. Because TBI is a life threatening condition requiring immediate treatment, some patients will be enrolled without consent if a family member is not rapidly available. For more information or to decline participation please visit: [hobittrial.org](http://hobittrial.org) or contact our study staff at (619) 543-7218.

We invite you to complete a brief survey [https://umich.qualtrics.com/jfe/form/SV\\_eMbgRQh0vko8w3r](https://umich.qualtrics.com/jfe/form/SV_eMbgRQh0vko8w3r)

**I'M YOUR LOCAL VA HOME LOAN SPECIALIST!**

**VETERANS LENDING GROUP**

**STEPHEN MYERS**  
Loan Officer  
U.S. Navy Veteran  
NMLS 1612654  
[smyers@vnlending.com](mailto:smyers@vnlending.com)  
C: 714.883.6630

**CALL TODAY!**

**VETERANS LENDING GROUP**  
2400 East Katella  
Suite 800, Office 865  
Anaheim, CA 92806  
O: 888.685.8654

Veterans Lending Group is a registered trademark of CrossCountry Mortgage, LLC. NMLS 3029, NMLS 1924227 ([www.remliscrosscountry.com](http://www.remliscrosscountry.com)). All loans subject to underwriting approval. Certain restrictions apply. Call for details. Certificate of Eligibility required for VA Loans. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act.

#### VA HOME LOAN PROGRAM BENEFITS

- CAN HAVE MULTIPLE VA HOME LOANS AT ONE TIME—0% DOWN
- SELLER PAID CLOSING COSTS & DEBT PAYOFF OPTIONS
- NO MINIMUM CREDIT SCORE REQUIREMENT FOR VA LOANS
- FOUND A HOME THAT NEEDS A LITTLE WORK? USE OUR VA RENOVATION LOAN
- BUILD YOUR DREAM HOME WITH OUR VA CUSTOM CONSTRUCTION LOAN
- LOWER YOUR INTEREST RATE WITH OUR VA INTEREST RATE REDUCTION REFINANCE LOAN

**VISIT US AT:**  
[WWW.VETERANSLENDINGGROUP.COM](http://WWW.VETERANSLENDINGGROUP.COM)

## Need Legal Counsel?

San Diego Criminal Defense Attorney & Former U.S. JAG Corps Attorney

**25 Years of Successfully Defending:**

**FREE CONFIDENTIAL CASE EVALUATION**

- Sex Crimes Defense & All Court-Martial Crimes
- Domestic Violence Crimes
- Admin OTH Discharge Boards/Officer Boards of Inquiry
- Upgrading OTH to Honorable Discharges
- NCIS, Command, EO, Sex Harassment Investigations
- Security Clearances

Affordable Fees, Payment Plans • Se Habla Espanol • Open 24/7

**SPECIAL MILITARY DISCOUNTS!**

**DON'T PROCRASTINATE! CALL TODAY TO PROTECT YOUR LEGAL RIGHTS!**

**San Diego • 619-231-2151**

**Riverside • 951-477-9990**



**CAMP PENDLETON (Aug. 28, 2020)** - March Field Fire Emergency Services Engineer Brandon Dubois re-supplies an Oceanside Type III engine on the Sheep Fire, part of the North Complex, near Susanville, Calif. March Field Fire Emergency Services is part of an all DoD Task Force which also includes resources and personnel from Navy Federal Fire San Diego, Marine Corps Air Station Miramar, and Camp Pendleton. This DoD Task Force is assigned to the Sheep Fire, part of the North Complex, near Susanville, Calif. March's deployed assets include one water tender with two personnel and a safety officer. Courtesy photo by Fire Capt. Marco Sola



**PACIFIC OCEAN (Aug. 27, 2020)** - Personnel Specialist 3rd Class Carina Covarrubias, from Downey, Calif., paints a knee knocker aboard amphibious dock landing ship *Comstock*. *Comstock* is deployed in the southern Pacific Ocean. Navy photo by MC3 Jeffery L. Southerland



**SAN DIEGO (Aug. 25, 2020)** - Cmdr. Colin Corridan (second from the right) relieves Cmdr. Aaron Anderson (second from the left), as commanding officer of *USS Manchester* (LCS 14). Navy photo by Lt.j.g. Corinna Vega



**CAMP PENDLETON (Aug. 27, 2020)** - Marines with 1st Combat Engineer Battalion speak to Brian Dick, a technologist with Naval Information Warfare Center Pacific about the Battle Ready Autonomous Vehicle Enhancements (BRAVE) during the Technology Concept Experiment 20.3. Marine Corps photo by Cpl. Alexa M. Hernandez



**ATLANTIC OCEAN (Aug. 26, 2020)** - Sailors raise the battle ensign for the first time on the main mast of amphibious assault ship *Tripoli*. *Tripoli* commissioned administratively July 15 and is en route to her homeport in San Diego. Navy photo by MC1 Peter Burghart



BREEZELINEHOMES.COM



**BREEZELINE**  
1166 HOLLY

Tour one of 15 homes in Imperial Beach's newest community.



**WEST COAST**  
INVESTMENTS

CODY MICHAELIS REALTOR  
(619)972-0007  
codymichaelis@gmail.com

DRE#01873403  
Broker DRE#01725531

All information shown is approximate only, and may be subject to errors and omissions. No representation of a guarantee, warranty, or certification is intended, expressly or implied to the accuracy of this concept.



THURSDAY, SEPTEMBER 3, 2020 www.armeforcesdispatch.com 7

# **SPECIAL REPORT: Discipline, innovation, attention to detail: Training combat medics**

by MC2

**Matthew C. Duncker**

CORONADO - The Navy SEAL ethos states that it demands discipline and expects innovation; a teammate's life, as well as the success of the mission depends on technical skill, tactical proficiency and attention to detail. Training is never complete. This is especially true for combat medics.

The Navy SEAL ethos states that it demands discipline and expects innovation; a teammate's life, as well as the success of the mission depends on technical skill, tactical proficiency and attention to detail. Training is never complete. This is especially true for combat medics.

A combat medic's skills must be continuously practiced and maintained at the highest level. High-intensity training promotes and nurtures opportunities for skill advancement and sustainment which translates to lives saved on the battlefield.

Answering the call from deck-plate leadership for more medical training, Naval Special Warfare Group (NSWG) 1's newly established Tactical Medical Cell (TMC) developed an advanced combat medicine course of instruction. The course covers Tactical Combat Casualty Care (TCCC) and Prolonged Field Care (PFC) and provides training to an integrated team of SEAL medics and augmented independent duty corpsmen (IDC).

TMC Training Director Cmdr. Levi Kitchen believes that this course will help to ensure SEAL medics and IDCs are proficient in the latest combat medical concepts aimed to limit preventable combat trauma death.

## **TF Ellis deploys to strengthen relationships in Indo-Pacific**

CAMP PENDLETON - Task Force Ellis, comprised of U.S. Marines and Sailors from I Marine Expeditionary Force, is deployed aboard the USS Comstock (LSD 45) to the Indo-Pacific to conduct theater security cooperation activities through November 2020.

Task Force Ellis is designed to provide a forward-deployed capability to respond to a variety of crises and contingencies throughout the region, to include supporting Humanitarian Assistance and Disaster Relief (HA/DR) operations. The Task Force also stands ready to conduct military-to-military training, subject matter expert exchanges, and key leader engagements.

The Task Force is comprised of approximately 120 U.S. Marines and Sailors from 1st Marine Division, 3rd Marine

“To my knowledge, there is no training like this within NSW that is organically sourced amongst Department of Defense (DoD) components,” said Kitchen. “There are courses similar to this, but they are generally contracted out with a heavy price tag. Though labor intensive for the NSWG-1 TMC, we provide advanced training for a fraction of the cost.”

Kitchen added that the TMC is uniquely positioned to provide this excellent training because the unit has the support of its leaders in addition to the use of one of the largest military medical centers in the world.

The weeklong training, held at Naval Medical Center San Diego (NMCS) BioSkills & Simulation Training Center focuses on TCCC which was initially developed by Dr. Frank Butler, a former Navy SEAL officer, in 1996. Hoping to reduce preventable combat trauma deaths, Butler developed research protocols and examined combat trauma experiences to find where medicine had fallen short in saving lives on the battlefield.

After identifying areas for improvement, a curriculum was developed and utilized by Special Operations Forces (SOF) personnel beginning in 1997. It has since grown into a DoD-wide training curriculum.

PFC is an extension of TCCC concepts and designed to care for combat casualties in austere locations without available medical evacuation resources – a scenario not uncommon to SOF.

Special Warfare Operator 1st Class Noel Sons is the TMC tactical medical lead. Sons states

Aircraft Wing, 1st Marine Logistics Group, I MEF Information Group, and 1st Reconnaissance Battalion.

Task Force Ellis has diligently planned and adhered to strict COVID-19 mitigation measures to include pre-deployment quarantine, screening and testing of all Marines and Sailors assigned to the Task Force.

Additionally, the Task Force is implementing strict measures during the deployment and will continuously monitor the health of all assigned service members.

Task Force Ellis is forward-deployed with a wide range of capabilities to highlight the U.S. commitment to a free and open Indo-Pacific. The health and safety of all participating service members is our top priority.

that from his experience in SOF medicine, the best possible outcome in SOF medicine is a result of dedicated and diverse teams of medical professionals working in close partnership with SEAL medics and IDCs.

“Cmdr. Kitchen and I developed the TMC program to be an example of the proud NSW tradition of persistence, perseverance, and excellence under challenging conditions,” said Sons.

According to Chief Special Warfare Operator Dave Dillehay, the TMC leading chief petty officer, SEAL medics are often cross-trained in different specialties such as sniper or breacher. The time available for specific medical training is limited or difficult to obtain due to the cost and logistics involved.

“This week is protected time specifically focused on combat trauma without the distractions of other roles and responsibilities,” said Dillehay. “The training via NSWG-1 puts the combat medics and IDCs in direct contact with a subject matter expert (SME) in combat trauma medicine by utilizing the extensive resources of NMCS.”

The course is strategically placed at the end of the Inter-Deployment Training Cycle to provide a high-fidelity combat medical refresher prior to a SEAL team's deployment.

The first three days of training employ the didactic method of learning and build upon the strong foundational knowledge of the combat medics and IDCs. Lectures are facilitated by SMEs from trauma surgery, orthopedic surgery, emergency medicine, otolaryngology, anesthesia, and general surgery. Additionally, time is spent in simulation and cadaver labs practicing TCCC and PFC techniques.

Kitchen notes that this training allows for the integration of IDCs into medical treatment teams with medics.

“IDCs and SEAL medics have completely separate training pipelines, rarely do they interact in a training environment which can lead to confusion with roles,

responsibilities and capabilities in the operational environment,” said Kitchen. “By focusing this course on a SEAL team's medics and IDCs, they are able to train together and become a fully integrated medical treatment team.”

The fourth day is the capstone of the week's training. SEALs and IDCs are involved in realistic scenario training at Strategic Operations, a combat medical training facility in San Diego.

“The capstone event provides simulated environments in order to fully immerse the students and allow them to use the skills and training received throughout the course,” said Sons. “Environments range from naval vessels and a crashed helicopter to a medical trauma center. Realism is added with explosions, sounds of gun fire, and role-players that utilize prosthetics and fake blood to simulate realistic combat injuries.”

The fifth and final day is conducted in small groups and covers controlled substance inventory, authorized medical allowance list refresher, advanced ultrasound.

Kitchen believes that in the current medical climate, developing in-house training for NSW combat medics and IDCs is crucial. The course is the first step of a training program which includes special operations diving medicine, whole blood transfusion, and high fidelity combat casualty scenarios interspersed throughout the training cycle.

“At a time when training is being cancelled or becoming untenable due to restriction of movement (ROM) requirements, we are able to produce an extremely high quality, locally sourced product thereby reducing the risk of COVID-19 and the associated ROM requirements for course attendees,” said Kitchen.

In providing regular local training classes and simulated environments, NSWG-1's TMC has created a program that, despite constrained timelines and a global pandemic, allows for combat medics and IDCs to remain fully prepared to care

## **Emergency responders at Barstow Marine Corps base adopt Lexipol**

by Keith Hayes

A time consuming, oftentimes tedious, but absolutely vital task necessary to keep Marine Corps Fire and Emergency Services operating aboard Marine Corps Logistics Base Barstow is now being pushed into the computer age by a new type of knowledge management system specific to the emergency services community.

“Lexipol knowledge management system allows members of fire and police departments to stay on top of new state and federal legislation, case law and evolving best practices affecting their agencies,” said Ryan Tworek, the deputy fire chief at FES.

Tworek spearheaded the drive to adopt the Lexipol policy and procedures program for the MCLBB Fire and Emergency Services, making it the first fire agency in the Marine Corps to use the innovative program.

“We started the training process for the LexiPol about 18 months

## **Galley grabs top gravitas**

Naval Base Coronado Galley was announced as the 2020 Captain Edward F. Ney Memorial Award winner for large ashore mess category.

On Aug. 28, Rear Adm. Bette Bolivar, Navy Region Southwest boss, along with NBC skipper Capt. John DePree, and the NBC leadership, met with the team at the NAB galley to congratulate them on their tremendous accomplishment.

“This is the A-Team,” Bolivar said. “The level of expertise, the level of food service, whether it's putting awesome meals out on the line there, to customer service, you have a history of that.”

She thanked the culinary specialists (CS) for not only representing Naval Base Coronado, but for also representing Navy Region Southwest.

The NEY Award is given annually to Navy galleys of each category of ship and shore commands that earn a five-star rating in a week long inspection for food service excellence.

“Naval Base Coronado's superb performance of outstanding food service teams earned the NAB galley the title of the 'Best of the Best in the West' in food service excellence,” said Ed Labao, food service director with Navy Region Southwest.

Extensive coordination is required to operate six galleys to ensure Naval Base Coronado dining facilities receive the required food sustainment. A 100 percent inventory of \$6 million worth of provisions must be maintained to support 142 tenant commands, to include Naval Special Warfare (NSW), Basic Underwater Demolition School (BUDS), Training Detachment (TRADET), and visiting units. The Food Service Division's mission is to sustain a high readiness and provide the highest quality base operating support and quality of life services to both assigned and visiting personnel.

“The key ingredient to a successful food service operation is to follow daily upkeep of sanitation, safety, financial management, constant training, and administration. Top it off with passion and dedication of each Food Service team. That is what it takes to be a Ney winner. It's a huge milestone for Naval Base Coronado to win the Ney,” said CWO3 Teschelle Tiongco, NBC food service officer.

“It was really a group effort. Support from everyone from the command and tenant commands was pouring in as we prepared for the big day. It is truly an honor to be part of this award winning group,” said Chief Culinary Specialist Richard Martel, food production chief.

Naval Base Coronado galley underwent a thorough inspection of their food service division on Oct. 31, where they were evaluated against multiple criteria for the award, to include cleanliness, food quality, organization, inventory, galley presentation and culinary specialist level of knowledge.

“It took a tremendous amount of hard work and dedication from both our military and civilian personnel. We have a great pool of talented culinary specialists and food service attendants, and I feel blessed and extremely proud of our team,” said Chief Culinary Specialist Marife Aborde, Food Service Division leading culinary specialist. Aborde went on to say that all of the team's hard work paid off and it showed.

The Ney award for food service excellence was established by the Secretary of the Navy in 1958, to honor Capt. Edward F. Ney, who served as the head of the Subsistence Division of the Bureau of Supplies and Account during World War II.

for combat casualties. With program that will measure its continued support, TMC will continued success in lives saved further develop a robust training on the battlefield.

ago,” he said. “I first heard about Lexipol from Gordon Graham during a risk management training session a few years ago.”

Cofounded by Graham, a former California Highway Patrol motorcycle officer, the Lexipol team researches and recommends updates to policies, along with notes to explain what is changing about that policy and why.

“Updates are presented in mark-up form, just like a Word document,” said Tworek. “The platform allows side-by-side comparison against our existing policy. We can then accept, reject or customize each update - it's as easy as one click for each update.”

Other features that makes the Lexipol knowledge management system desirable are the daily training bulletins it pushes to members and the training scenarios it provides to test each policy specific to the fire or police department using it.

Learn more about Lexipol at <https://www.lexipol.com/>.

## Navy's first Reserve cyber defense unit brings reinforcements to newest fight

by Lt. Robby Mook

The Navy's first Reserve cyber unit brings information warfare experts from a variety of backgrounds to help fight the nation's newest adversary.

When Justin Eitel joined the Navy Reserve in 2015, he came with years of Navy experience as a contractor working on the Navy Marine Corps Intranet initiative. In his new role as a cryptologic technician, Eitel found a new way to put his skills in managing the implementation of hardware to work - as a warfighter.

"I wanted to do the 'cyber effects' stuff," said Eitel, now a cryptologic technician 1st class. "That's when I looked into Reserve opportunities and saw it could get me right back where I wanted to be."

Since graduating from CT "A" school, Eitel has witnessed the information warfare community's rapid growth as others like him have stepped up to meet an ever-increasing demand for Reserve capacity in cyberspace.

"When I first enlisted there were about 200 CTNs (Sailors in the cryptologic technician networks rating) in the Reserve," he said. "Now it's doubled to more than 400."

Eitel recently witnessed another important evolution in the Navy's Reserve cyber community, when he and 50 of his shipmates became the inaugural members of the Navy's first Reserve cyber defense unit. The Cyber Defense Activity 64 Detachment 1 was commissioned with orders to defend Navy networks and improve overall network security by implementing preventative measures, as well as to respond to suspected cyber incidents.

Information Warfare community leaders inaugurated the new unit during a ceremony at Navy Operational Support Center Baltimore in March. "More than ever, we as a Navy need to leverage our Reservists' skill sets to defend against advanced adversary cyber, cryptologic and electronic warfare capabilities," said Rear Adm. James Butler,

deputy commander of U.S. Fleet Cyber Command, who presided over the inauguration ceremony. "As the first Reserve detachment for CDA-64, you are on the front lines of that mission."

*The Reserve [cyber] team is unique with its mixture of active duty, Reserve and civilian experience. The knowledge you learn from one is directly applicable to the other.*

Cryptologic Technician 1st Class Alicia

Fleet Cyber Command/U.S. 10th Fleet, the Navy component of U.S. Cyber Command, mans, trains and equips 40 cyber teams supporting the Cyber Mission Force, the action arm of US-CYBERCOM. These teams defend against cyber attacks, conduct military cyber operations, defend DoD information networks, and provide analytic and planning support to combat missions.

The new Reserve unit sup-

ports the active duty CDA-64 command, which is one of six subordinate commands under Cryptologic Warfare Group SIX (CWG-6). Sailors in the Reserve unit like Eitel are assigned to specific teams, but are also trained to fill any active component manning gaps.

One of the first tasks given to Capt. Christopher Isakson, commanding officer of the Reserve CWG-6 unit, was to establish the manning levels of his workforce. The staff currently includes three officers and 48 enlisted Sailors, but Isakson says there is more work to be done.

"We're executing national leadership's strategy by establishing the first Reserve unit dedicated to a truly unified information warfare mission for CTN, IT (Information Systems Technician, and IS (Intelligence Specialist) ratings," he said. "We anticipate additional Reserve units will be created in the near future around the country."

Two of the primary responsibilities of the unit is to assess the

security of networks and recommend changes, and to investigate and assess breaches of security when they occur.

"We don't fix or change anything about the network," said CT1 Alicia Sutliff, one of the Reserve Sailors on Isakson's team. "Our job is to write up packages of recommendations to protect the network. If an intrusion has already happened we investigate who, what, when, where and how to further protect from future occurrences."

Sutliff, who brings seven years of active duty cyber experience to the team, describes her units work as "parachuting experts in." She explains that

the Reserve team is unique with its mixture of active duty, Reserve and civilian experience. "The knowledge you learn from one is directly applicable to the other," she said. "Based on the Navy and private sector experience the Sailors in this unit have, we can take on a new set of challenges as they come in. Maybe the active duty will have something they're not familiar with, we might have the skills to solve the problem. They don't have to outsource the issue."

Sailors interested in learning more about joining the Reserve cyber warfare mission should contact Craig at [trulea.m.craig@navy.mil](mailto:trulea.m.craig@navy.mil).

### AutoMatters™ & More



by Jan Wagner

Logitech G G29 versus G27 force feedback racing wheel and pedal sets for Xbox One, PlayStation and PC:

As race fans and drivers know, the difference between coming in first and bringing up the rear of the pack can be measured in seconds. Even 'slow' Formula One race cars are blindingly quick, but not in comparison to the cars that win consistently. Often it is the fine details that make the difference.

It is also that way with sim racing tech. At first glance the Logitech G29 Driving Force racing wheel and pedals appear to be very similar to their G27 predecessors, and in many ways they are. The plastic shell that houses the steering wheel and buttons looks identical, as do the pedals—with the exception of a red plastic shaft supporting each of the G27's pedals, versus black plastic shafts on the G29. However, upon closer examination there is a difference, and that difference can lead to more successful racing.

The G27's brake pedal provides equal, linear resistance throughout its travel. As I used it in GRAN TURISMO 6 (PlayStation 3), to race laps at Willow Springs International Raceway in California (a track that I have driven), and at the Circuit de Spa-Francorchamps in Stavelot, Belgium (site of last weekend's Formula One race), I continually messed up my braking and pushed off of the tight turns because of the serious lack of brake pedal feel and resistance.

## Sim racing tech - the difference between finishing first & at the back; plus stunt driving

In a real car, I have to push progressively harder on the brake pedal to increase the stopping power, but the G27's brake pedal quickly moves all the way to the end of its travel. As a result, I was rarely able to apply just the right amount of braking. In my two-lap races, I finished at the back of the pack.

Then I uninstalled my G27 and unboxed the G29 Driving Force that Logitech G sent me to review. I installed everything, including the optional Driving Force shifter, in the exact same rig. About an hour later I was racing again.

This time I could feel increasing resistance in the brake pedal as I pushed it harder - much like I experience in real driving. I hardly ever overshot the sharp turns. Instead, I was able to slow down just enough (usually) to maintain whatever lead I was building up.

The difference appears to be a rubber stop in the brake pedal mechanism. Increasing pressure on the brake pedal causes the rubber stop to progressively compress. Furthermore, the force feedback seemed less intrusive.

My two laps were still a little messy, but shortly before the end of my second lap around Spa I took the lead and crossed the finish line in first place! I was so excited as I reached for my camera to take a picture of the results scoreboard that I literally fell out of my racing seat!

For more information, and to learn about the G923 with next-gen force feedback, visit <https://www.logitech.com/en-us/products/driving.html>.

A Great Driving Video on YouTube:

Yesterday I watched a great driving video on YouTube that I'd like to share with you. Before the land was cleared to make way for the construction of "STAR WARS: Galaxy's Edge," Disney's Hollywood Studios at Walt Disney World in Florida had daily stunt driving shows. Living on the West Coast, I've only been to Walt Disney World once, and I'd not seen that show - until yesterday, when the Disneyland Fan Club Meetup Group that I belong to screened a YouTube video of the final performance (on April 2, 2016) of the "Lights, Motors, Action! Extreme Stunt Show."

This incredible show, filled with surprises, demonstrates how chase scenes are filmed for the movies and T.V. Numerous stunts - several with pyrotechnics - are performed by professional international stunt drivers driving specially modified cars, riding motorcycles and even riding jet skis. Just when you think it could not get any more incredible, it does.

Be sure to watch this video right up to its breathtaking finale - and then stay for the tear-inducing cast and crew farewell. Here's a link: <https://youtu.be/FzpsyGMZAs>.

I understand that there is a version of this show at Disneyland Paris. Have you seen it? How does it compare to the Florida version? I want to see it live!

To view photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #657" in the search bar. Copyright © 2020 by Jan Wagner - AutoMatters & More #657

## The Meat & Potatoes of Life



by Lisa Smith Molinari

Recently, I decided to change my "lurker" status, and post something in a popular military spouse Facebook group to which I belong. In my first post to the group, I asked how military families had been affected by COVID-19 restrictions.

Most of the 50+ comments described what I'd expected—delays, disappointments, and uncertainty. Marine wife Christine said, "My husband was in Korea for a year. He missed our oldest's high school graduation due to the travel ban, among other things. I lost my job. Had to do virtual school with my 3 kids. No academic/school support. Solo parenting through it all."

And Air Force spouse Julie, whose family got orders to Belgium: "I quit my job on February 28th, at 30 weeks pregnant. We shipped out stuff, we moved out of our house, and sold one of our two cars. We had our luggage packed and were staying with my parents for a week. March 13th came around and the travel ban went into effect. I am currently in therapy for PPD/anxiety and we have no real answer on when we are leaving or if they are shipping our stuff back."

Brittany and her Navy family moved into a house 40 minutes from base in Italy, two days before the lockdown. "I was terrified

## Sound Off: What milspouses are saying about COVID-19

for my husband to drive to work ...Police checkpoints and fines if you didn't have a valid reason to be outside. My one saving grace is that we rented a house with about two acres so we could go on walks. People were only allowed on their balconies and some were stuck in the lodge for six months."

Air Force spouse Tanya lamented not being able to travel outside of Japan. "I feel sad that my daughter will almost be two by the time she gets to meet her grandparents, Aunts, Uncle and cousins, extended family members. They will be strangers to her and that breaks my heart."

There were other predictable themes — mothers giving birth without husbands, couples losing childcare, military spouses facing unemployment, spouses handling remote learning alone, etc.

But some comments took me by surprise. I hadn't realized how travel bans affected divorced military parents stationed overseas. Spouses told sad stories of being unable to see children with whom they share custody.

Also, the affect of COVID-19 restrictions on new trainees was an eye-opener.

New Army wife Kelsey said, "My husband joined the Army and shipped to basic in February, right before COVID-19 made its way to America. We had no idea what we were in for. My husband's basic was extended... By the time he is done, we will have been unable to see my husband for eight months when it was supposed to

be just two...I expect the army will have a huge retention problem for these unfortunate COVID-19 new soldiers."

I also had no idea that families were paying thousands to transport pets due to cancellations. During a recent PCS, Marine wife Courtney couldn't fly her pet from Hawaii to Georgia as planned. Instead, she paid a pet carrier \$2400 to fly the dog to California, then had to drive him across the US. Air force spouse Alexis who is PCSing to Japan said, "We have two very large dogs and most airlines aren't shipping pets... just think about taking out a small loan just to bring your fur babies with you to your next home."

But the real surprise was the light that some spouses found among the darkness. Jessica, Navy spouse and reservist was grateful that virtual drills have allowed her to spend more time with her new baby. Coast Guard wife Myst stated, "We've taken more opportunities to go outdoors for hikes, picnics and other activities instead of spending time and money in shops and restaurants.

We've been able to make better connections with friends, family, strangers, shipmates and coworkers. This is a challenge that can bring people together."

Extended separation gave Army wife Laura new appreciation: "I think this whole experience with COVID-19 should really put people in perspective with how blessed we truly are, to have homes, jobs, our health, and each other."

# CLASSIFIEDS

## ARMED FORCES DISPATCH CLASSIFIEDS

To place your ad, please call the Classified Advertising Department at (619) 280-2985.

Deadline to place an ad is Tuesday at noon. See your ads in print, and on the web, on Thursday!

### ATTORNEYS

## LOW COST DIVORCE

Recordon & Recordon, Attorneys

- SUPPORT •
- CUSTODY •
- VISITATION •
- MEDIATION •
- ADOPTION •

### PAYMENT PLANS

Free Consultation

(619) 232-1717

Mission Valley ... 283-7777  
El Cajon ..... 442-6999  
Chula Vista ..... 427-3404

## LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys

### STOP

Creditor Calls  
Home Foreclosure  
Repossessions

### PAYMENT PLANS

Free Consultation

(619) 232-1717

Mission Valley ... 283-7777  
El Cajon ..... 442-6999  
Chula Vista ..... 427-3404

### AUTO FOR SALE

1966 FORD F-100 CUSTOM CAB PICKUP TRUCK "Old Blue." 3 on the tree. Runs but needs lots of TLC on interior and body. Project truck. It runs and has non-op filed this year. We're downsizing. Call for info. 619-246-2461 leave message.

Advertise to the assured-income military community.

To place your ad please call our Classified Advertising Department at (619) 280-2985.

### HELP WANTED

## ACTIVE DUTY MILITARY

Now hiring part-time.

\$12-\$15/hour

Call now!!

**760-990-9148**

Customer Service Rep. Part time, M-F, 9-1. Near trolley stop. La Mesa. Must have clear speaking voice for telephone. Hours could be flexible for military spouse. Call Brenda 619-280-2985. Computer experience with Microsoft Access is a plus.

TFN

### FURNITURE

ANTIQUE CHILD-SIZE ROLLTOP DESK \$100. In good shape. Belonged to my 80-year-old brother as a child. Desk with cubbies and two small drawers above the roll top. 3 big drawers underneath. We're downsizing. Call for info. 619-246-2461 leave message.

### HORSE BOARDING

## HORSE BOARDING CARLSBAD

\$400/month

Western casual, family-oriented ranch. We have roomy 12x48 or 12x24 corrals and provide a veterinarian recommended diet twice daily.

760.840.0187

### LANDSCAPING

Landscaping/Tree Service  
Free estimates, 25 years experience.  
Any day. 760-685-7585.

### MASSAGE

## New Energy Massage

3817 University Ave. • SD, Ca. 92105  
1 Block West of I-15

619.795.0955

\$10 Discount on any Massage

Open 7 Days a Week • 9am-10pm  
NO APPOINTMENT NECESSARY

### MORTGAGE LOANS

100% VA Loans to \$1.5 million

FHA & VA Streamline & Cash Out  
Apply Online, Paperless, Fast Close  
Rick Tobin CA DRE Bkr 00964253,  
NMLS 1934868 & 1883108  
Call (760) 485-2422

www.realloans.com email: info@realloans.com

### RENTALS APARTMENTS

AVAILABLE NOW!!!

1, 2 or 3 BR's Apartments,  
Townhouse & Houses

MOVE-IN SPECIAL!

## LEADINGHAM REALTY

1062 Palm Ave., Imperial Beach  
619-424-8600

## SEA BREEZE

LARGE ONE & TWO  
BEDROOMS

One block from the beach

Most utilities included

CONTACT US FOR  
MOVE-IN SPECIAL

619-424-8153

KINDNESS

is a gift  
everyone can  
afford to give.

### ROOM FOR RENT

NATIONAL CITY - Fully furnished room, shared bath, very clean, \$550/mo. Credit check. 619-709-7389.

9/17

SOUTH EAST SAN DIEGO - Large furnished room, shared bath, kitchen priviledges. \$800/mo. util included. 619-646-2857.

9/10

Advertise in our classifieds.

Call today!

619-280-2985.

### CROSSWORD ANSWERS

RUSSO LESS DAFT  
ONION ALTE ETUI  
SUNSETBOULEVARD  
SMOOTH INEDIBLE  
LOU CAT  
THEMUPPETMOVIE  
ARISE SAXES YMA  
NUTS CITED PIER  
ATM RIDER ASNAP  
THESEVENTH SIGN  
UPTI SAC  
EYEBALLS REEVES  
HOLLYWOODENDING  
ODIE ALOU TIBET  
WANT RATE SEERS

### WANTED TO BUY

## WANTED TO BUY

GI Military Uniforms and Gear.

Must be legitimate. Do not bring anything that will cause trouble.

SUNDAYS ONLY 10am-3pm

Call Jerry 760-525-0053

GI Joe's Army-Navy Surplus

799 El Cajon Blvd., El Cajon, CA 92020

### SUDOKU SOLUTION

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

## NAVAL HOSPITAL CAMP PENDLETON NEWS

### New electronic medical records system, MHS GENESIS, coming Oct. 31

Did you know the new MHS GENESIS system combines your medical and dental records into one place? Here are some amazing benefits of the new electronic medical records system (MHS GENESIS) that we are launching on the 31st of October:

- View your health information
- Exchange secure messages with your care team
- Request prescription renewals
- View notes from your clinical visits and certain lab/test results, such as blood tests
- Schedule medical and active duty dental appointments
- Complete a pre-visit active duty dental health questionnaire online
- Access information related to your health concerns and medications

You will be able to continue to have access to the information on TRICARE Online for all information previously obtained prior to our Live Start date for GENESIS.

For the ability to book, cancel update appointments, access to new lab/rad results and to securely message your primary care provider, you will need to access the new MHS GENESIS Patient Portal.

Once the switch is made to Genesis, messages sent via TOLSecureMessaging you will no longer be received by your PCM.

Starting on October 31st, our new system will launch, stay tuned for more information as we get closer to that date. Thank you for growing with us!

### Walk-In Covid/Flu tent for suspected cases

If you are feeling sick with suspected COVID-19 symptoms, help limit potential exposure of the COVID-19 virus by coming to NHCP's Walk-In COVID/Flu tent. This area will accommodate those who are experiencing COVID-19 symptoms. You will find the tent on the south side of the hospital by the Emergency Department.

### Optimize your wellness success with NCHP

Today is always a good day to take care of yourself! Making your wellness goals a priority is easier than ever with virtual wellness classes from the Health Promotion and Wellness team. Contact (760) 719-4137 for info and to get started! Virtual ShipShape Wellness, Tobacco Cessation, and Chronic Condition Health Education classes available.

### Roy's Sudoku

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

## Superheroes unite to honor 500 active duty military families

On Saturday, August 22, 500 active duty military families attended the 2nd Annual Military Heroes Festival hosted by the USO, Liberty Station Community Association and the Rock Church.

The festival-style event was transformed this year to a safe, drive-through style event which kept families in their cars throughout the experience and allowed pre-screened, masked volunteers to engage with families while maintaining social distancing. Entertainment included live superheroes and popular characters placed throughout the route as well as FM transmitted messages from Rock Church, USO San Diego, and Commanding Officer Kenneth R. Franklin of Naval Base Point Loma. Families pre-registered via USO San Diego and were given a time slot at which to arrive.

"It was truly an amazing drive-thru experience! They were most excited to see Captain America, Spider-Man, the Hulk, and Bumblebee Transformer! It was in the 90s yesterday and these amazing volunteers were fully dressed and smiling (through masks) and waving and the kids had the time of their lives! I wish I had it on video when Zachary saw Captain America by the car... his eyes got so big and he was the happiest little boy on the planet! Not a single thing could have been changed to make it any better... I don't think that's possible. We love the USO! And we are beyond thankful for everything you do for the military community! Thank you!" shared the Clark family.

The 500 active duty military families consisting of 1728 individuals received backpacks stuffed with school supplies, groceries and clothing. Over 23,962 pounds of groceries were distributed throughout the day. Attendees were also able to select gently-used clothing items donated by the Rock Thrift Store. Over 260 bags of clothing were given away filled with an estimated 10,400 articles of clothing (average of 40 items per bag).

Laurie Albrecht, Director of Liberty Station Community Association shares, "This event is important for us because with the background of Liberty Station being a former Naval Training Center (NTC). NTC would send out hundreds of thousands of men and women into the world for our safety and protection. It means so much for us to be able to give back and honor those historical roots by giving back to the active duty military. We are thrilled to partner with the Rock Church and USO for this event."

*Volunteers Make the Midway Magic*

## Live the historic legacy as a USS Midway Museum volunteer

The USS Midway Museum is looking for enthusiastic volunteers to share the historic legacy of the country's finest aircraft carrier museum with guests from all over the world. From welcoming visitors to helping them safely exploring this massive naval ship, volunteers are the foundation of the guest experience aboard the Midway.

"My greatest reward continues to be my interactions with our guests," said one of the museum's volunteers. "What a privilege it is to educate and entertain the public, presenting the Midway and her vast collection of technology and the sailor and airman's life at sea. Magic indeed!"

Applicants must be at least 18 years old and able to volunteer for at least six months. Military experience is not required. Comprehensive training and mentoring will be provided in guest relations, shipboard communications, CPR/first aid and other areas necessary to ensure a safe and enjoyable visit to the Midway.

If you're a people person, this is a great opportunity to share in the passion of having fun, while building a greater sense of community through an enriching and engaging volunteer experience. More information about becoming a volunteer along with the volunteer application can be found at <https://www.midway.org/give-join/volunteers/volunteer-opportunities> <<https://www.midway.org/give-join/volunteers/volunteer-opportunities/>>.

"It is an honor to serve as a volunteer with this group of individuals," said another Midway volunteer. "Working with the Midway crew has been a life-changing experience."

If you have questions, contact the USS Midway Museum volunteer coordinator at (619) 398-8289 or email [volunteering@midway.org](mailto:volunteering@midway.org)

## Get outside and visit SD Botanic Garden

San Diego Botanic Garden in Encinitas is pleased to announce that it will be open on Labor Day, Monday, Sept. 7 from 10am-5pm.

Visitors and SDBG members are encouraged to take advantage of experiencing the tranquil beauty of this 37-acre urban oasis during the forthcoming holiday weekend by making online reservations at [SDBGarden.org](http://SDBGarden.org)

Please note that when making reservations, all visitors are registering for their arrival time at the Garden - that is available during 1/2 hour increments. Once visitors are at the Garden, they are welcome to stay as long as they would like, while maintaining proper social distancing and face covering guidelines.

Per the San Diego County Department of Health, everyone age 2+ should have face coverings with them at all times at the Garden and MUST put them on when within 6 feet of individuals not in their immediate family.

San Diego Botanic Garden is fortunate to have remained open since June 1 for visitors and members to enjoy its 29 uniquely themed gardens. Regular Garden hours are Wednesday-Sunday from 10am-5pm. For more information and to make reservations, please visit [SDBGarden.org](http://SDBGarden.org)

## Friends don't make friends wait in hot cars!

When the outside temp is 85° your car heats up to 104° in 15 minutes and 119° in 30 minutes.

@cocotheadventurepup



## NMCS D's urologists lead in comprehensive training

by PO3 Jacob L Greenberg

SAN DIEGO – The training of surgical subspecialties is a unique endeavor that requires both didactic knowledge and the ability to diagnose a surgical problem to treat a patient.

Urologists assigned to Naval Medical Center San Diego's (NMCS D) Urology department excel when it comes to training their replacements.

"We understand that our military career is finite," said Capt. Sean Stroup, NMCS D's Urology department head. "It's important that we train our replacements. Our collegial atmosphere fosters care and the fluid exchange of information."

Stroup and the senior urologists' training model focuses around the many urological subspecialties. Microvascular, endoscopic, open and robotic surgeries are all disciplines that require extensive knowledge and hands-on expertise. Their training model develops through graded experiences, by increasing the difficulty of procedures for residents.

"We determine where they're at, their baseline knowledge, then teach until they develop a mastery," said Stroup. "Urology department residents are here for five years. Their first year is spent

as an intern, then four years of urological training. More junior residents can work under the instruction of a senior resident, who is being guided by the attending surgeon. As a resident progresses [in their training and abilities], they're allowed to do larger parts of more complex cases."

NMCS D's urology training program is one-of-a-kind. It is the only fully-military program in the Navy.

"Operations are a team approach, with lots of hand-offs," said Stroup. "There is constant mentorship and guidance from senior urologists to learning residents. We're shoulder-to-shoulder in many cases, and with only about 41 urologists in the entire Navy, many have trained here."

Stroup said the team atmosphere contributes to the department's collective talent.

"We have fellowship-trained faculty members within all of urology's subspecialties," said Stroup. "Their extensive expertise and diverse experiences contribute to our success."

Many of NMCS D's Urology department's residents have attended military service academies, then served as interns. Life experience, such as being a shipboard general medical officer, flight

surgeon attached to a squadron or deployed with a Marine expeditionary unit, are factors that separate these residents from their civilian counterparts.

"[The residents'] early, career experience in terms of leadership, making medical decisions and interacting with superiors helps bring a level of maturity to the program," said Stroup. "Our residents are being trained to be a 'one of one' urologist, meaning they will need to function as the only urologist wherever they're deployed. They're trained to be confident that they'll deliver top notch urological care in an environment where they may be the only specialist available."

Through graded experiences, residents gain independence. On humanitarian missions, like Pacific Partnership, residents will understand how the military can deliver care in austere environments. At NMCS D, a mix of cases with varying complexity gives residents a unique experience that other programs may not have. Cancer care, urologic reconstruction and infertility treatments expose residents to a wide array of procedures they'll encounter upon completion of their residency.

"Our faculty are extremely talented, work well together and have a significant amount of achievements," said Stroup. "Three Urology department faculty members are associate professors at the Uniformed Services University of the Health Sciences, more than any other department [at NMCS D]."

Approximately 20-25% of all cancer diagnoses at NMCS D are urological, whether it is prostate, kidney, bladder or testicular-related. NMCS D's Urology department is the referral center for the entire Pacific Rim for testicular cancer care.

From an innovation standpoint,

NMCS D has always been on the cutting-edge of robotic surgery. After getting its first robotic surgical system in 2008, NMCS D's urologists developed a novel approach to retroperitoneal lymph node dissection, a procedure related to testicular cancer, and were the first to publish that technique.

Both Stroup and a colleague, Cmdr. Michael Santomauro, have been invited to speak as American Urological Association (AUA) exchange scholars, speaking in both Europe and Brazil, respectively. Currently, two Urology department staff members are chairpersons for AUA's Young Urologists Committee, and have significant involvement in their professional society.

Additionally, all NMCS D urology residents are mandated to be Green Belt-certified in ASQ's Lean Six Sigma course, which is a requirement unique to this department.

"It's vital for our residents to have that training because of the direction healthcare is going," said Stroup. "The Navy is a high-reliability organization, and understanding those robust, process improvement methodologies will make them better urologists."

Patients being treated by NMCS D's urologists can be assured that they will continue to receive the high level of care they've come to expect.

NMCS D's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMCS D employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere.

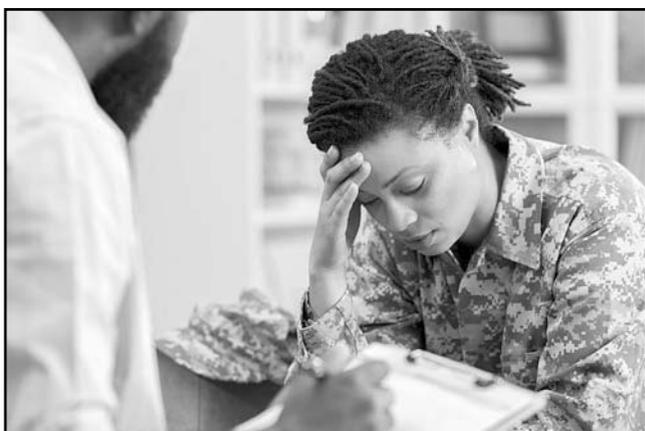


SAN DIEGO (Aug. 10, 2020) Lt. Cmdr. Christine Herforth, a urology resident assigned to Naval Medical Center San Diego (NMCS D) (left), Capt. Sean Stroup (center) and Cmdr. Michael Santomauro (right), both urologists assigned to NMCS D, perform a retroperitoneal lymph node dissection surgery Aug. 10. NMCS D's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMCS D employs more than 6,000 active duty military personnel, civilians, and contractors in Southern California to provide patients with world-class care anytime, anywhere. U.S. Navy video by MC3 Jake Greenberg.

From NMCS D Facebook page

### Beneficiaries: Asymptomatic COVID-19 testing not covered by TRICARE for some events

TRICARE does not cover asymptomatic beneficiaries seeking testing for personal travel, school admittance, wedding ceremonies, extracurricular or similar activities. For additional information on COVID-19 testing covered under each TRICARE benefit plan, please visit TRICARE.mil or call 1-800-444-5445.



SDI Productions / E+ / Getty Images

### Tracking symptoms after brain injury

A fall, car accident, or sports injury can cause a mild traumatic brain injury, or concussion. Most people will recover in a few weeks to months. But some people's symptoms continue long afterward.

Researchers want to better understand why some people's brains don't heal after a concussion. This condition is called post-concussive syndrome. It may involve headaches, fatigue, or dizziness. You can also have problems with concentration. Some develop mental health conditions, like depression or post-traumatic stress disorder (PTSD).

A research team looked for ways to predict who will have long-term problems after a brain injury. They examined blood samples for signs of concussions. Such compounds are called biomarkers. The study included almost 200

military veterans. Their blood was tested for a protein called NfL (for neurofilament light chain). NfL is known to be released by damaged brain cells.

Researchers compared veterans who never had a brain injury, those who had one or two, and those with three or more. People who had three or more brain injuries were more likely to have higher levels of NfL. The veterans with more symptoms of post-concussive syndrome, PTSD, or depression were also more likely to have higher levels of NfL.

"This study brings us closer to identifying biomarkers to predict risk for PTSD, depression, and similar conditions in military personnel and others who have experienced a traumatic brain injury," says Dr. Jessica Gill, an NIH expert on brain injury who led the study.

### Traumatic brain injury: Symptoms, treatment

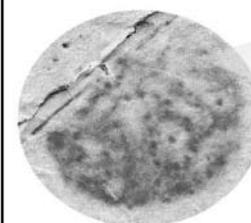
Traumatic brain injury (TBI), a form of acquired brain injury, occurs when a sudden trauma causes damage to the brain. TBI can result when the head suddenly and violently hits an object, or when an object pierces the skull and enters brain tissue. Symptoms of a TBI can be mild, moderate, or severe, depending on the extent of the damage to the brain. A person with a mild TBI may remain conscious or may experience a loss of consciousness for a few seconds or minutes. Other symptoms of mild TBI include headache, confusion, lightheadedness, dizziness, blurred vision or tired eyes, ringing in the ears, bad taste in the mouth, fatigue or lethargy, a change in sleep patterns, behavioral or mood changes, and trouble with memory, concentration, attention, or thinking. A person with a moderate or severe TBI may show these same symptoms, but may also have a headache that gets worse or does not go away, repeated vomiting or nausea, convulsions or seizures, an inability to awaken from sleep, dilation of one or both pupils of the eyes, slurred speech, weakness or numbness in the extremities, loss of coordination, and increased confusion, restlessness, or agitation.

Anyone with signs of moderate or severe TBI should receive medical attention as soon as possible. Because little can be done to reverse the initial brain damage caused by trauma, medical personnel try to stabilize an individual with TBI and focus on preventing further injury. Primary concerns include insuring proper oxygen supply to the brain and the rest of the body, maintaining adequate blood flow, and controlling blood pressure. Imaging tests help in determining the diagnosis and prognosis of a TBI patient. A blood test to evaluate mild traumatic brain injury in adults was approved by the U.S. FDA in February 2018. People with mild to moderate injuries may receive skull and neck X-rays to check for bone fractures or spinal instability. For moderate to severe cases, the imaging test is a computed tomography (CT) scan. Moderately to severely injured patients receive rehabilitation that involves individually tailored treatment programs in the areas of physical therapy, occupational therapy, speech/language therapy, psychiatry (physical medicine), psychology/psychiatry, and social support.

### Healthy Living

## What's in the breadbox

Nutritional content in 3.5 oz. (100 g) of some popular breads:



**Two medium pitas**  
270 calories  
2.6 grams of fat  
10 grams of protein



**One and a half medium bagels**  
275 calories  
1.6 grams of fat  
10.5 grams of protein



**One and a half large croissants**  
410 calories  
21 grams of fat  
8.2 grams of protein

Source: U.S. Department of Agriculture, TNS Photo Service

# FRANK TOYOTA

2400 NATIONAL CITY BLVD.  
866.217.1866  
www.franktoyota.com

## 2021 Toyota Corolla LE

Lease for 4 Cyl. Auto.

**\$224**  
PER MONTH PLUS TAX  
36 MONTHS



1 at this payment. Stk# 59906, VIN# MJ133821, Model# 1852. Net capitalized cost \$19,818.28. \$224 plus tax monthly for 36 months with \$3,300 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 9/30/2020.

## 2020 Toyota Camry LE

Lease for 4 Cyl. Auto.

**\$258**  
PER MONTH PLUS TAX  
36 MONTHS



1 at this payment. Stk# 59583, VIN# LU964173, Model# 2532. Net capitalized cost \$23,216.13. \$258 plus tax monthly for 36 months with \$3,550 due at lease signing. Includes \$1225 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 9/30/2020.

## 2020 Toyota Prius LE

Lease for 4 Cyl. Auto, Hybrid.

**\$265**  
PER MONTH PLUS TAX  
36 MONTHS



1 at this payment. Stk# 59320, VIN# L3118257, Model# 1223. Net capitalized cost \$24,804.19. \$265 plus tax monthly for 36 months with \$3,999 due at lease signing. Includes \$145 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 9/30/2020.

# FRANK HYUNDAI

3150 NATIONAL CITY BLVD.  
866.542.8238  
www.frankhyundai.com

## 2020 HYUNDAI ACCENT SE

**\$12,277 FRANK'S PRICE**  
-\$1000 RETAIL BONUS CASH  
-\$500 MILITARY

**NET PRICE**  
**\$10,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/7/20. 1 at this price. #120907.

## 2020 HYUNDAI ELANTRA SE

**\$15,277 FRANK'S PRICE**  
-\$2000 RETAIL BONUS CASH  
-\$500 MILITARY

**NET PRICE**  
**\$12,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/7/20. 2 at this price #603313 & #604965.

## 2020 HYUNDAI VENUE SE AUTOMATIC

**\$15,277 FRANK'S PRICE**  
-\$1500 RETAIL BONUS CASH  
-\$500 MILITARY

**NET PRICE**  
**\$13,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/7/20. 1 at this price #026753.

# FRANK SUBARU

2829 NATIONAL CITY BLVD.  
888.207.1891  
www.franksubaru.com



## 2020 SUBARU IMPREZA 5 Door MANUAL TRANSMISSION

LEASE FOR **\$209** PER MONTH PLUS TAX  
36 MONTHS

**ZERO DOWN!**



\*1 at this payment, STK# 23756, VIN# L1727774, Model # LLA 01. \$209 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 9/30/20.

## 2020 SUBARU FORESTER

LEASE FOR **\$279** PER MONTH PLUS TAX  
36 MONTHS

**ZERO DOWN!**



\*1 at this payment, STK# 23217, VIN# LH533753, Model # LFB 01. \$279 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 9/30/20.

## 4-WHEEL ALIGNMENT

**\$89<sup>95</sup>** + tax

**WAS \$119<sup>85</sup>**



- Precision computerized wheel alignment
- Adjust caster, camber & toe
- Inspect suspension for wear
- Center steering wheel • Inspect tires

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 9/30/20.

### ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

Frank Motors is now hiring part-time & full time employees. Apply on-line [www.FrankToyota.com](http://www.FrankToyota.com)

### Military Special Only

## OIL & FILTER CHANGE

**\$39<sup>95</sup>** + tax

**WAS \$49<sup>95</sup>**

- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE Check & set tire pressure to vehicle specifications
- FREE Multipoint inspection
- FREE Car Wash
- FREE Battery Test

Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 9/30/20.

## FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL  
**\$50 OFF**

- Inspect and Resurface Rotors
- Inspect Brake Hardware
- Replace Front Brake Pads

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 9/30/20.

**plus 10% OFF**

Any recommended Services or Repairs. May not be combined with any other special.

**WE HONOR OUR MILITARY!!**