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THURSDAY, MAY 6, 2021

ASIAN-AMERICAN PACIFIC ISLANDER HERITAGE MAY COMMEMORATES 1ST JAPANESE TO THE U.S. IN 1843

by David Vergun,
DOD News

Asian Americans and Pacific Islanders have helped shape the history of the United States, and many of their lives have been dramatically influenced by moments in U.S. history. Every May, the Defense Department joins the rest of the nation in celebrating Asian American Pacific Islander Heritage Month.

The observance originated in a congressional bill in 1977 by U.S. Reps. Frank Horton, R-N.Y., and Norman Y. Mineta, D-Calif. They introduced a House resolution that called on the president to proclaim the first 10 days of May as Asian/Pacific Heritage Week. The following month, U.S. Sens. Daniel Inouye, D-Hawaii, and Spark Matsunaga, D-Hawaii, introduced a similar bill in the Senate. Both were passed in 1978.

In 1990, President George H.W. Bush designated the month of May as Asian American Pacific Islander Heritage Month. May was chosen to commemorate the immigration of the first Japanese



Kurt Chew-Een Lee, then a Marine Corps first lieutenant, poses for a photo during the Korean War. Marine Corps photo

to the U.S. on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of workers on the western portion of the line were Chinese immigrants.

Today, Asian and Pacific Islanders make up around 3 percent of the military's active National Guardsmen and reservists of the military.

Although small in number, their contributions to America's wars have been tremendous. Thousands deployed to Iraq and Afghanistan. Other examples are but a small sampling:

•The 100th Infantry Battalion, composed of Japanese Americans during World War II, achieved noteworthy service in the 1944 Italian campaign.

•Retired Army Gen. Eric K. Shinseki, who was of Japanese

descent, became the Army chief of staff in 1999 and was later secretary of the Department of Veterans Affairs.

•Marine Corps Maj. Kurt Chew-Een Lee, who's of Chinese descent, was awarded the Navy Cross Medal for extraordinary heroism in leading a counterattack against enemy forces during the Korean War. He also served during World War II and the Vietnam War.

•Cpl. Joseph Pierce, a soldier in the Union Army who fought in both the Battles of Antietam and Gettysburg as a member of the 14th Connecticut Infantry, was one of about 50 Chinese Americans who enlisted during the U.S. Civil War.

•Navy Petty Officer 2nd Class Telesforo Trinidad, who was of Filipino descent, became the first Asian American to receive the Medal of Honor after rescuing two shipmates when an explosion occurred aboard armored

cruiser USS San Diego in 1915. Risking his own life, Trinidad entered a smoke-filled fire room and carried sailors to safety before being injured when a boiler exploded.

•In years since then, 31 service members of Asian or Pacific Islander heritage were awarded Medals of Honor.

•Through the Navy's female reserve program during World War II, Asian American women also supported the war effort,

Mercy returns following dynamic interface testing

by Petty Officer 3rd Class Jacob L. Greenberg

SAN DIEGO - Military Sealift Command (MSC) hospital ship USNS *Mercy* (T-AH 19) and its embarked Medical Treatment Facility (MTF) returned from an underway to its homeport in San Diego following a successful testing evolution May 4.

Dynamic Interface Testing's (DI) primary purpose was to evaluate the ship's new flight deck for flight operations with the MV-22B Osprey tiltrotor aircraft, as well as MH-60S Seahawk helicopter.

"*Mercy's* MTF Air Department meshed extremely well with the MSC team, and we all felt that the deck operations during flight operations were crisp, precise and extremely professional," said Capt. Timothy Quast, *Mercy's* MTF commanding officer. "The Naval Air Systems Command (NAVAIR) team from Naval Air Station Patux-

see *Mercy*, page 7

MAY IS A MONTH FULL OF OBSERVANCES: BIKES, BBQ, CHEESE, SALSA, ZOMBIES

ALS Awareness Month
American Cheese Month
American Wetlands Month
Arabian Horse Month
Arthritis Awareness Month
Asian American and Pacific Islander Heritage Month
Better Sleep Month
Better Speech and Language
Bladder Cancer Awareness Month
Breathe Easy Month
Building Safety Month
Celiac Disease Awareness
Clean Air Month

Correct Your Posture Month
Creative Beginnings Month
Date Your Mate Month
Ehlers-Danlos Syndrome Awareness Month
Electromagnetic Radiation Awareness Month
Exercise is Medicine Month
Family Wellness Month
Gardening for Wildlife Month
Global Employee Health And Fitness Month
Haitian Heritage Month
Heal the Children Month

Int'l Doula Month
Int'l Drum Month
Int'l Roller Derby Month
Jewish American Heritage Month
Latino Books Month
Melanoma Awareness Month
Nat'l Asparagus Month
Nat'l Barbecue Month
Nat'l Bike Month
Nat'l Blood Pressure Education
Nat'l Brain Cancer and Brain Tumor Awareness Month
Nat'l Chamber Music Month
Nat'l Chocolate Custard Month

Nat'l Cystic Fibrosis Awareness
Nat'l Dental Care Awareness
Nat'l Drinking Water Month
Nat'l Duckling Month
Nat'l Egg Month
Nat'l Family Month
Nat'l Foster Care Month
Nat'l Get Caught Reading Mo.
Nat'l Hamburger Month
Nat'l Hepatitis Awareness
Nat'l Inventor's Month
Nat'l Loaded Potato Month
Nat'l Lyme Disease Awareness
Nat'l Mediterranean Diet Month

Nat'l Mental Health Awareness
Nat'l Military Appreciation
Nat'l Motorcycle Safety Awareness
Nat'l Moving Month
Nat'l Pet Month
Nat'l Photography Month
Nat'l Preservation Month
Nat'l Recommitment Month
Nat'l Salad Month
Nat'l Salsa Month
Nat'l Small Business Month
Nat'l Strawberry Month
Nat'l Stroke Awareness Month
Nat'l Sweet Vidalia Onion Month

Nat'l Teen Self-Esteem Month
Nat'l Tennis Month
Nat'l Vinegar Month
Nat'l Water Safety Month
Nat'l Wild Fire Awareness Month
Older Americans Month
Oregon Wine Month
Preeclampsia Awareness Month
Skin Cancer Awareness Month
Sturge-Weber Syndrome Awareness
World Trade Month
World Wrestling Month
Young Achievers of Tomorrow Month
Zombie Awareness Month

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HONOR, COURAGE & COMMITMENT

Austin says POW/MIA agency's mission gives confidence to service members in war

by C. Todd Lopez,
DOD News

During an April 30 visit to Joint Base Pearl Harbor-Hickam, Hawaii, the secretary of defense visited the agency charged with attempting to locate, identify and return to families the remains of service members who were lost in combat.

Secretary of Defense Lloyd J. Austin III told the civilian and military personnel at the Defense POW/MIA Accounting Agency that their mission not only brings closure to families whose loved one never came home from conflict, but it also provides confidence to those who're in the fight today.

"You have a more profound impact on the business than you can imagine," said Austin. "I spent a lot of time in combat and told them that, whatever happens, I would never leave them if they went down; I would come to get them. That instills great confidence in them and allows them to fight fiercely. No other country in the world can make that claim."

During his tour of DPAA, Austin was able to see the research areas and labs and meet the professionals who work to return home the U.S. service members who were lost during World War II, the Korean War,



Secretary of Defense Lloyd J. Austin III tours the Defense POW/MIA Accounting Agency's facility at Joint Base Pearl Harbor-Hickam April 30. Photo by Staff Sgt. Jonathan McElderry

the Vietnam War and the Cold War. Today, more than 81,000 Americans remain missing from those conflicts. DPAA aims to locate them and return them to the U.S.

On missions to recover remains, DPAA personnel travel around the globe to locations where service members once fought or where aircraft may have gone down. Many times those locations are still dangerous decades after

Master Sgt. Paul White, assigned to the Defense POW/MIA recovery team, shovels soil during an excavation in Laos, July 13, 2018. Photo by Petty Officer 3rd Class Trey Hutcherson



conflict has ended.

"It's dangerous; it's hard; it's tedious ... but the fact that we have people like you who are committed to do what you're doing is just absolutely terrific, and it sets us apart and it makes us different, so I want to thank you for what you do," Austin said. "I want to encourage you to keep doing it, and I really applaud the teamwork and the camaraderie."

Theodore Roosevelt Carrier Strike Group begins Exercise Northern Edge

GULF OF ALASKA - The *Theodore Roosevelt* Carrier Strike Group (TRCSG) began Exercise Northern Edge 2021 (NE21) in the Gulf of Alaska, May 3.

The exercise includes assets from TRCSG, *Makin Island* Amphibious Readiness Group and embarked 15th Marine Expeditionary Unit, and other U.S. military units in the continental United States and from U.S. installations in the U.S. Indo-Pacific Command area of responsibility.



Two F/A-18 Super Hornets launch from aircraft carrier *Theodore Roosevelt*, April 29. Navy photo by MC3 Erik Melgar

"Carrier Strike Group Nine's collaboration with joint forces demonstrates to our partners that we are sharpening our capabilities to be ready for any mission that should present itself in this increasingly important Arctic region," said Rear Adm. Doug Verissimo, commander, Carrier Strike Group Nine.

"Our commitment to protecting and preserving the arctic environment is unwavering. Participation in Northern Edge 21 aligns with the Navy's Blue Arctic strategy which aims to build a more capable arctic force through integration of American naval power with our joint forces, to maintain maritime security and freedom of the seas in the region."

NE21, hosted by Pacific Air Forces, is designed to provided high-end, realistic war fighter

training, develop and improve joint interoperability, and enhance the combat readiness of participating forces. This is done by providing a venue for large force employment training and multi-domain operations; tactical training for the full spectrum of conflict; execute and advance adaptive basing joint tactics, techniques, and procedures; advance live-virtual-constructive capabilities; and support U.S. Indo-Pacific Command's experimental initiatives.

"This crew has shown phenomenal resilience and warfighting excellence this deployment," said Capt. Eric Anduze, USS *Theodore Roosevelt*'s commanding officer. "Northern Edge provides us with yet another opportunity to hone our skills and to practice tactics, techniques, and procedures that will better

prepare us to work jointly. Our team looks forward to this challenge, and to improving our command-and-control capabilities with our sister services."

U.S. Sailors, Airmen, and Marines will conduct training over the Joint Pacific Alaska Range Complexes, Gulf of Alaska, which encompasses more than 60,000 miles of air-space throughout Alaska.

"The air wing is grateful to the citizens of the state of Alaska for their support as we conduct critical joint training operations," said Capt. Michael Langbehn, commander, Carrier Air Wing 11. "Alaska's strategic location is vital to maintaining peace and stability in the Indo-Pacific region, and we are grateful for the opportunity to conduct this realistic training."

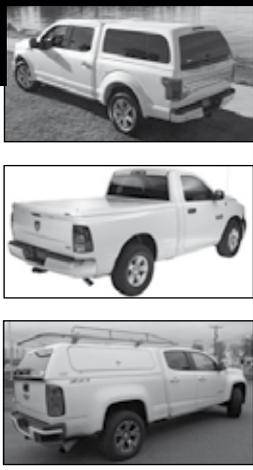
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Department of Defense expands access to military exchanges

The Department of Defense announced today the expansion of access to military exchanges.

Starting May 1, 2021, DOD and Coast Guard appropriated fund and nonappropriated fund civilian employees are authorized to shop at military exchange stores in the United States and the U.S. territories and possessions.

Online exchange access will also be available for active and retired DOD and Coast Guard appropriated fund and nonappropriated fund civilian employees by mid-October. This shopping access does not include the purchase of military uniforms, tobacco products or alcohol.

Previous in-store exchange access for DOD and Coast Guard civilian employees was limited to those on service agreements overseas (i.e., in foreign countries and the U.S. territories and possessions) and access was limited to overseas exchanges. The expansion will allow all DOD and Coast Guard civilian employees to shop in exchange stores in the United States and the U.S. ter-

ritories and possessions.

"Every shopper of the exchange helps improve the military community and the benefit for service members and their families," said Patricia "Patty" Montes Barron, deputy assistant secretary of defense for military community and family policy. "We welcome our DOD and Coast Guard civilian

employees to take advantage of the convenience and familiarity of military exchanges. Shopping at our military exchanges is a quality of life experience that serves the community in ways no other commercial entity does."

Online exchange access will be available later this year for all active and retired DOD and Coast Guard civilian employ-

ees with a U.S. mailing address, including territories and possessions and APO and FPO addresses. Online exchanges are not permitted to ship to local addresses in foreign countries.

To learn more about military exchange access, visit the commissaries and exchanges webpage on the Military OneSource website.

Military Community and Family Policy is directly responsible for establishing and overseeing quality-of-life policies and programs that help our service members, their families and survivors be well and mission-ready. Military OneSource is the gateway to

programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community.

These Department of Defense services can be accessed 24/7/365 around the world.

DOD expands hacker program to all publicly accessible defense information systems

Ethical hackers now have many more targets within the Defense Department, DOD officials announced. The department is expanding its Vulnerability Disclosure Program to include all publicly accessible DOD information systems.

The program grew out of the success of the "Hack the Pentagon" initiative that began in 2016. That initiative enabled the Defense Digital Service to offer a "bug bounty" program and engage with hackers. There really was no way for hackers to interact with DOD even if they spotted a vulnerability before this program. "Because of this, many vulnerabilities went unreported," Brett Goldstein, the director of the Defense Digital Service, said. "The DOD Vulnerability Policy launched in 2016 because we demonstrated the efficacy of working with the hacker community and even hiring hackers to find and fix vulnerabilities in systems."

The original policy was limited to DOD public-facing websites and applications. The expansion announced today allows for research and reporting

of vulnerabilities related to all DOD publicly-accessible networks, frequency-based communication, Internet of Things, industrial control systems, and more, Goldstein said. "This expansion is a testament to transforming the government's approach to security and leapfrogging the current state of technology within DOD," he said.

The DOD Cyber Crime Center oversees the program. The expansion was the next logical step, Kristopher Johnson, center director, said. "The department has always maintained the perspective that DOD websites were only the beginning as they account for a fraction of our overall attack surface," he said.

Since the Vulnerability Disclosure Program's launch, hackers have submitted more than 29,000 vulnerability reports, with more than 70 percent of them determined to be valid, officials said. With the scope expanding, Johnson anticipates the numbers will drastically increase due to the security researcher community discovering vulnerabilities that were previously unreportable.

Army

- Mobile nuclear reactors? Scathing report slams 'disturbing' military program
- Army approves rapid development of Tactical Space Layer
- A new battle campaign: Museum fights to stay at Fort Gordon
- Soldiers who went missing on secret US military mission in 1962 to be honored with Maine memorial
- Army commander of JBLM hospital removed over undisclosed allegations

Navy

- Vice President Harris to give Naval Academy commissioning address
- GAO report: Navy overpays for littoral combat ship maintenance
- Ice camp: Under harsh conditions in northern Greenland, Navy's builder-sailors show their stuff
- A Navy admiral was fired after getting drunk and walking naked through a hotel

Marine Corps

- Marines strap missile to truck and strike target at sea
- Every grunt a swimmer: Behind the Marine Corps' new focus on water skills
- As tank battalions shut down, dozens of Marines are joining the Army

Air Force

- Fighter wings try a fresh approach to combat maintenance
- Air Force PJ earns heroism award for treating 7 teammates after explosion in Afghanistan



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Unsung heroes: 911 dispatchers recognized as first line of assistance

by Thomas Brading,
Army News Service

"911, what's your emergency?" asked the calm voice answering the call.

The question is the same, but for Army emergency dispatchers every call is different - a house could be on fire, a crime is being committed, someone may be injured, or a serious car accident has happened.

Or even earlier this year at Fort Gordon, Ga., when a Soldier voiced suicidal thoughts and shortly after midnight went missing. It was up to two dispatchers, Teronda Taylor and

Sandra Edwards, to safely locate the man and ensure he received medical treatment.

Taylor and Edwards, who often work together on 12-hour shifts, received the call from a building manager concerned a Soldier who left the building was possibly suicidal. The Soldier's wife and father also both received text messages from the Soldier stating he may harm himself.

"We jumped right in," Taylor said about the call. First, they pinged the Soldier's phone to search for his exact location.

A few minutes later, they found the Soldier's phone roughly an hour away in Saluda County, S.C. With the help of local officials, they pinpointed coordinates all the way down to a grassy area between two roads.

The dispatchers then sent a health and welfare request to Saluda County with the updated location, which helped first responders find the Soldier. The distraught Soldier, who had cut himself, was transported to a nearby medical facility.

He survived and was given the medical treatment that possibly

saved his life, Edwards said.

On any given shift, calls like these are answered by dispatchers. With each one, they must remain



Teronda Taylor and Sandra Edwards, pictured from left to right, both 911 dispatchers at Fort Gordon, Ga. Courtesy photos

coolheaded amidst the stressful situations and "help people get through what could be the toughest moment of their life," Taylor said.

April is National 911 Education Month, which recognizes dispatchers across the nation for the work they do on the other end of those emergency calls. "We're effective in getting people to help in the least amount of time," Taylor said.

However, these professionals are "just doing their job and never asking for the thank you," said Edwards, who became a dispatcher in 2010.

Similar jobs are carried out across installations by other 911 dispatchers every day.

For example, earlier this year at Fort Bragg, N.C., the 911 center

received a call from a distraught individual stuck in their vehicle just before it went into a river.

After taking down pertinent information to start a water rescue, Juan Rodriguez, the 911 operator, pinpointed the caller's location and got emergency crews in place. From there, first responders discovered the driver had attempted suicide and tried driving into the water.

Following his training, Rodriguez kept the caller calm until he could be transferred to the hospital and receive treatment.

On the opposite side of the country, Garrett Rink, a dispatcher at Joint Base Lewis-McChord, Washington, received a call in January from an on-base resident whose wife had given birth to an unconscious newborn.

Despite being on the other end of a telephone call, Garrett assessed

the situation and instructed the caller on how to perform resuscitation on the infant.

After a few minutes of following the dispatcher's guidance, the Soldier was able to get his newborn baby breathing again. Shortly after, the mother and newborn were transported to a nearby hospital for further evaluation and went on to make a full recovery.

Dispatchers never know what their 12-hour shift will bring, Taylor said. All she can do is say a prayer at the beginning of each shift and hope for the strength to remain calm no matter what comes her way.

"This is a rewarding career, but it takes a special person to do the dispatching job because you may not get recognized for what you do but the reward is personal," Edwards said. "But, when you get thanked for your work, we always appreciate it."

SECNAV, CNO announce flag officer assignments

The acting secretary of the Navy and chief of naval operations announced April 30 the following assignments:

Rear Adm. William Byrne, Jr., will be assigned as director, warfare development, N72, Office of the Chief of Naval Operations, Washington, D.C. Byrne is currently serving as vice director, Joint Staff, Washington, D.C.

Rear Adm. Ronald Copley will be assigned as director, National Maritime Intelligence Integration Office; and commander, Office of Naval Intelligence. Copley is currently serving as deputy director of operations, National Security Agency, Fort Meade, Md.

Rear Adm. Douglas Perry will be assigned as director, Undersea Warfare Division, N97, Office of the CNO. Perry is currently serving as commander, Submarine Group Nine, Silverdale, Wash.

Rear Adm. (lower half) Christopher French, selected to rear admiral, will be assigned as deputy judge advocate general of the Navy, Washington, D.C. French is currently serving as legal counsel to the Chairman of the Joint Chiefs of Staff.

Rear Adm. (lower half) George Wikoff, selected for rear admiral, will be assigned as vice director, Joint Staff, Washington, D.C. Wikoff is currently serving as special assistant to the deputy chief of naval operations for operations, plans and strategy, N3/N5, Office of the CNO.

Rear Adm. (lower half) Craig Clapperton will be assigned as commander, Combined Joint Task Force, Cyber, U.S. 10th Fleet, Fort Meade, Md. Clapperton is currently serving as commander, Carrier Strike Group Twelve, Norfolk, Va.

Capt. Maria Aguayo, selected to rear admiral (lower half), will be assigned as commander, Naval Facilities Engineering Systems Command Atlantic, with additional duties as fleet civil engineer, U.S. Fleet Forces Command, Norfolk. Aguayo is currently serving as chief of staff, Naval Facilities Engineering Systems Command.

Capt. Erik Eslich, selected to rear admiral (lower half), will be assigned as deputy commander, 7th Fleet, Yokosuka, Japan. Eslich is currently serving as executive assistant, U.S. Fleet Forces Command, Norfolk.

Capt. Joseph Hornbuckle, selected to rear admiral (lower half), will be assigned as commander, Fleet Readiness Centers, Naval Air Systems Command, Patuxent River, Md. Hornbuckle is now chief of staff, Naval Air Warfare Center Aircraft Division, Patuxent River.

Capt. Christopher Kijek, selected to rear admiral (lower half), will be assigned as director, operations and plans, N3, Office of the CNO. Kijek is currently serving as executive assistant, U.S. Indo-Pacific Command, Camp H. M. Smith, Hawaii.

Capt. Stuart Satterwhite, selected to rear admiral (lower half), will be assigned as director, My Navy Career Center, Millington, Tenn. Satterwhite is currently serving as deputy director, enterprise support, Office of the Chief of Naval Personnel, Arlington, Va.

Capt. Ralph Smith III, selected to rear admiral (lower half), will be assigned as vice director for intelligence, J-2, Joint Staff, Washington, D.C. Smith is currently serving as director, Maritime Operations Center, U.S. 10th/U.S. Fleet Cyber Command, Fort Meade, Md.

Total Navy Battle Force: 296
Ships underway
 Deployed ships underway: 53
 Non-deployed ships underway: 18
Total ships underway: 71
Ships deployed by fleet
 Fleet Forces: 1 3rd Fleet: 9
 4th Fleet: 2 5th Fleet: 18
 6th Fleet: 19 7th Fleet: 50
Total: 102

Where are our ships at sea

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of May 3, 2021, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

Places of Worship

<p>Bethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd, Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 10:30am Sundays Bible Class, Wednesdays 10am (619)222-7291 LivingWaterSD7@gmail.com</p>	<p>Christ Community Church Helping people love God and each other! Services Onsite or Online Sundays 8:30 & 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</p>	<p>Living 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</p>
<p>Bayview 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</p>	<p>First Baptist Church of Coronado "Reach Up, Reach Out, Reach Our World" Jim W. Baize, Pastor www.fbc Coronado.com Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am Meeting in person and online on YouTube or Facebook FB: First Baptist Church of Coronado email: secretary@fbc Coronado.com 445 C Ave., Coronado, CA 92118 (619) 435-6588</p>	<p>Military Outreach Ministries Int'l Church "Transforming the World, One Person at a Time" Dr. Dennis Eley, Jr. Th.D., MBA dennis@militaryoutreachministries.org Sunday Worship Service (in-person) 12pm to 2pm 7997 Paradise Valley Rd, S.D., CA 92139 619-773-6032 Live Stream: 12:30pm-1:30pm on "Moministries" free church app Or www.militaryoutreachministries.org click on 'live stream' blue button</p>
<p>Canyon View Church of Christ "Love God, Love People, Serve the World" Sunday Bible Classes for all ages 9am Sunday Worship 10am 4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org (Near corner of Balboa Ave & Clairemont Dr) www.canyonview.org (858) 273-5140</p>	<p>La 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</p>	<p>St. 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!</p>

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Turf replacement underway at Miramar National Cemetery

Miramar National Cemetery is replacing turf throughout the cemetery to improve irrigation and appearance. All grass surfaces will be impacted. The project is expected to be complete by August 2021.

"Please pardon the appearance," said Greta Hamilton, the cemetery director of Miramar and Fort Rosecrans National Cemeteries. "The cemetery will not be up to our National Shrine Standards while we're going through the turf replacement process."

Replacing turf involves treating the existing turf and then removing it, tilling the soil, re-grading the gravesites, and sodding with new grass. The result will be a much healthier, thicker turf that needs less water to maintain once it is established.

You will notice signs and work

indicating Miramar National Cemetery is in the process of renovating the turf. Once initial re-sodding is complete, it needs



a couple of weeks to establish. During this time period, please limit walking in these areas as much as possible, but do not

hesitate to visit or place flowers at a gravesite.

Miramar National Cemetery

is located about 15 miles north of downtown San Diego at the northwest corner of Marine Corps Air Station Miramar. The

main entrance to the cemetery is on Nobel Drive between Miramar Road and Interstate 805.

Officially dedicated in Jan. 2010, Miramar National Cemetery includes both gravesite and columbarium facilities, providing a full range of burial alternatives to the approximately 235,000 vets in San Diego County. Nearby Fort Rosecrans National Cemetery closed to first interments in 1966, though it continues to provide subsequent interments of family members of those currently interred there.

Burial in a VA national cemetery is open to all members of the armed forces and Veterans who have met minimum active duty service requirements, as applicable, and were discharged under conditions other than dishonorable. Members of the reserve components of the armed

forces who die while on active duty or who die while on training duty under certain circumstances are also eligible for burial, as are servicemembers and former servicemembers who were eligible for retired pay at the time of their death.

A veteran's spouse, widow or widower, minor children, and, under certain conditions, unmarried adult children with disabilities, may also be eligible for burial. Eligible spouses and children may be buried even if they predecease the Veteran.

VA provides the gravesite, grave liner, opening and closing of the grave, government headstone or marker, U.S. burial flag, Presidential Memorial Certificate and perpetual care of the gravesite at no cost to the family.

VA operates 155 national

cemeteries and 33 Soldiers' lots and monument sites in 40 states and Puerto Rico. More than 4 million Americans, including veterans of every war and conflict, are buried in VA's national cemeteries. VA also provides funding to establish, expand, improve, and maintain 114 veterans cemeteries in 47 states and territories including tribal trust lands, Guam, and Saipan. For veterans not buried in a VA national cemetery, VA provides headstones, markers or medallions to commemorate their service.

Information on VA burial benefits is available from local VA national cemetery offices, online at www.cem.va.gov, or by calling VA regional offices at 800-827-1000. To make burial arrangements at any open VA national cemetery at the time of need, call the National Cemetery Scheduling Office at 800-535-1117.

Sports Heroes Who Served: Rodeo and film star Slim Pickens served in the Army during World War II

by Dave Vergun,
DOD News

Sports Heroes Who Served is a series that highlights the accomplishments of athletes who served in the U.S. military.

Louis Burton Lindley Jr., born June 29, 1919, in Kingsburg, Calif., is better known by his stage name Slim Pickens.

He grew up on a dairy farm where there were a lot of daily chores. Pickens grew restless with farm life, and as a teenager, he enjoyed going to the rodeo to ride broncos and rope steers.

His father didn't approve of his rodeo gig and wanted him to concentrate on farming instead.

As a result, Pickens sneaked off to the rodeo, going by the nickname Slim Pickens, to ensure his father wouldn't be able to track his whereabouts.

After high school, Pickens continued in the rodeo as a clown, a bullfighter and as a member of the Cowboy's Turtle Association, the forerunner of the Rodeo Cowboys Association and today's Professional Rodeo Cowboys Association. According to the ProRodeo Hall of Fame, the organization was named the Cowboys Turtle Association because they were slow to organize, but eventually "stuck their neck out." The organization wanted to ensure fair prize money, equality in judging and honest advertising of the sport.

As a rodeo clown and bullfighter, he appeared in top venues like The Cow Palace, The Calgary Stampede and the Pendleton Round-up.

During World War II, he enlisted in the Army. When the recruiter asked him his profession, he told him "rodeo." The recruiter, being hard of hearing, thought he said "radio," and assigned him to an Army radio station in the Midwest, where he remained for the duration of the war.

The 1950s and 1960s were the heyday of cowboy and western films and TV series. Nearly all the actors who played these parts had never been cowboys or even knew how to ride horses, and stuntmen usually doubled for them in difficult riding scenes. But Pickens was different.

Pickens got noticed in Hollywood for his rodeo skills, riding ability, rugged looks and natural cowboy way of speaking and soon got parts in films such as the "Western Rocky Mountain" (1950) starring Errol Flynn; "One-Eyed Jacks" (1961) with Marlon Brando; "The Cowboys" (1972) with John Wayne; "The Getaway" (1972) with Steve McQueen; and "Blazing Saddles" (1974).

The most memorable role for Pickens was in the 1964 dark comedy, "Dr. Strangelove," in which he played a B-52 bomber pilot who rides rodeo-style

astride a hydrogen bomb, that's dropped on a Soviet city, starting World War III.

Pickens also appeared in many TV series, including:



Actors (from left) Air Force Capt. "Ace" Owens (Shane Rimmer), Air Force 1st Lt. Dietrich (Frank Berry) and Air Force Maj. T. J. "King" Kong (Slim Pickens) about to open Wing Attack Plan R in Stanley Kubrick's 1964 film, Dr. Strangelove. Photo courtesy of Slim Pickens

"The Man From U.N.C.L.E.," "Gunsmoke," "Bonanza," "Hee Haw," "The Virginian," "The Lone Ranger," "Maverick," and "Kung Fu."

Pickens lived with his wife in Columbia, Calif., not more than 150 miles from where he was born. He died on Dec. 8, 1983, after surgery for a brain tumor. He was 64.

Pickens' universal appeal and enduring renown in a uniquely American profession - the American cowboy - manifests in the accolades he has received from the many institutions that pay tribute to that heritage.

In 1982, Pickens was inducted into the Western Performers Hall of Fame at the National Cowboy & Western Heritage Museum in Oklahoma City, and in 1986, Pickens was further honored by posthumous induction into the Rodeo Historical Society's Rodeo Hall of Fame.

Perhaps one of the greatest tributes of all is the lifelong honor that only a younger brother can provide an older sibling: Samuel, Pickens' younger brother, was also an actor and went by the stage name Easy Pickens.

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Crossword Puzzle

Across

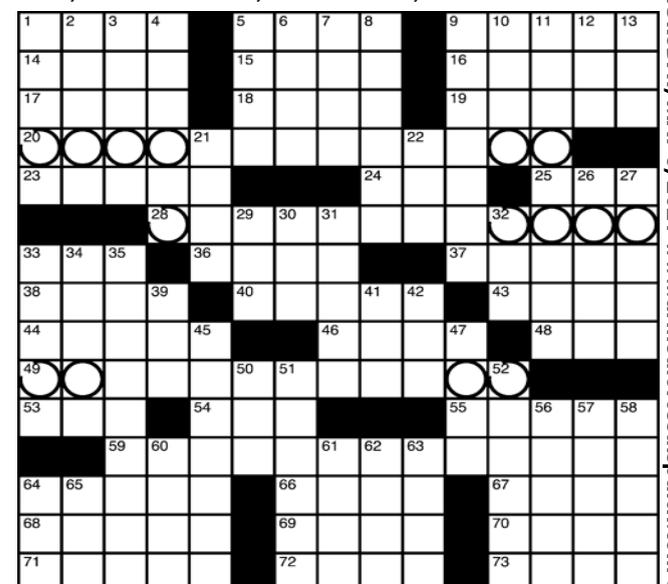
- 1 Potentially insensitive, briefly
- 5 Police
- 9 ABBA's "___ Mia!"
- 14 Vidal's Breckinridge
- 15 Pequod captain
- 16 Native Nebraskans
- 17 Plenty
- 18 Islamic branch
- 19 Transports by truck
- 20 Winding, hilly thoroughfares
- 23 Gandhi's land
- 24 Like oysters on the half shell
- 25 French water
- 28 Not kid around
- 33 IV amounts
- 36 List-shortening abbr.
- 37 Italics feature
- 38 Walter White shaved his off
- 40 In contention (for)
- 43 On the house
- 44 AimZe of "La Dolce Vita"
- 46 Dmitri's dissent
- 48 In low spirits
- 49 Traitorous spies
- 53 Driver's license info
- 54 Wayside stop
- 55 One-up
- 59 Halloween discards, and what the three sets of circles represent?
- 64 "Dallas" surname
- 66 Solid precipitation
- 67 Backside in a fall?
- 68 Long-shot rags-to-riches enabler
- 69 Ices, mob-style
- 70 Girl in a Salinger story
- 71 Enter on a laptop
- 72 Italian eight
- 73 Sweetheart

Down

- 1 Savory taste first identified in Tokyo

2 Carpet synthetic

- 3 ___ as a peacock
- 4 Tabby stimulant
- 5 JosZ's house
- 6 "Fancy meeting you here!"
- 7 "No __, no gain"
- 8 Mall pizza chain
- 9 Goth hairstyles
- 10 Opposite of 17-Across
- 11 Headpiece for kids in Mickey's TV club
- 12 Filmmaker Brooks
- 13 Biblical beast of burden
- 21 Yarn
- 22 Boating blade
- 26 Sleep concern
- 27 "AC—mo estj ___?"
- 29 Dune buggy, briefly
- 30 "We did it!"
- 31 Throw wildly
- 32 North Pole toymaker
- 33 "Hanging" problems in the 2000 election
- 34 Algonquin transport
- 35 Iowa port on the Lewis and Clark Trail
- 39 Coax (out), as a genie
- 41 "Science Guy" Bill
- 42 Title for DDE
- 45 Fictional language spoken by Sheldon and Leonard on "The Big Bang Theory"
- 47 Sporty car roof
- 50 Wind up
- 51 Slangy "Movin' right along ..."
- 52 Had a late meal
- 56 Not long-winded
- 57 Daytime soap, e.g.
- 58 Big name in blenders
- 60 Opposed to
- 61 Float like a feather in the breeze
- 62 Breakup
- 63 "Let me add ..."
- 64 Yellowstone grazers
- 65 Misery



Having it all, just not all at once

by Dr. Daneen Skube,
Tribune Content Agency

Q: I keep reading stories about people who have it all. They parent, have solid educations and are launching successful careers. Especially with COVID, I've been lucky to take a shower, not yell at my remote learning kids and put on pants! You always seem realistic so can you tell me how these people seem to have it all?

A: Yes, a lot of people build a "brand" that depends on misleading descriptions of their ap-

parently perfect lives. Well-paid influencers on YouTube are a good example of what sells. Influencers are not selling truth but an appealing fantasy about their lives. Whenever a popular influencer's

INTERPERSONAL EDGE:

human flaws come out, his or her sponsors and followers flee.

We can have it all, but not at the same time. We also need to work to define what "all" is specifically for us. When we have children, for instance, we cannot be workahol-

ics without losing time that we never get back. We only get about 12 years where kids want to hang out with us, but we have the rest of our lives to pour into our careers.

Even the most productive of us can only spread ourselves so thin. If you want to have it all, consider your current circumstances. If you could only pick one priority, what would it be?

In my doctoral program, as I was simultaneously working on my dissertation and running a full-time business, people nagged me about work/life balance. I felt inadequate because I had no work/life balance. Then I realized I had no kids, was unmarried and had burning professional goals. Every choice involves trade-offs, and a good life means being at peace with the ones you choose.

Now my career chugs along nicely without too much effort, I have three kids, am married and do have work/life balance. The period of my life where I certainly did not have it all was worth it! Today I know that juggling kids, marriage, my health and my work a work/life balance means choosing what gets less of me that day rather than doing everything well.

If you want to be at peace, throw out all your perceived limits. Ask yourself, what is your current burning priority? If it is having kids, do that. If it is climbing a corporate ladder, do that. If it is getting well married, do that. Be willing to devote the majority of your time to the thing you most long for at this specific moment.

As you throw most of your time into your dominant goal, you will succeed more effectively and quickly. Then when you arrive at one goal, you set a new priority that gets the majority of your time.

Having it all is a lot like playing with blocks when you were a kid -- you must start by putting your attention into building the foundation before adding a second, third and fourth level to your creation.

You are the architect of your own happiness. But you also need patience to ride on the back of a turtle while you slowly create a life that for you is rich, connected and meaningful -- after all, nothing really valuable happens in a microwave.

The last word(s)

Results of Navy annual PPV Tenant Satisfaction Surveys released

by Kyle Hendrix

This year's privatized housing survey was conducted between December 2020 and January 2021. The survey provides each household with a voluntary and confidential opportunity to share open and honest feedback on their housing experience.

Results from the 2020 Navy Public-Private Venture (PPV) housing Tenant Satisfaction Survey (TSS) show an overall score of 77.0 for family housing, representing a slight 3.2 point decline from the previous survey. Tenant comments indicate impacts of the COVID-19 pandemic contributed to the decline. Detailed survey results by the installation are being used to guide where the Navy and our PPV partners can continue to make improvements and take corrective actions.

"Quality, affordable housing continues to be a significant factor for our Sailor's and their family's quality of life," said Vice Adm. Yancy Lindsey, commander of CNIC. "I greatly appreciate those who took the survey and provided us valuable feedback on their housing experience. Your voice and input help us and our partners ensure we can continue to provide a quality housing product and service."

The annual TSS is funded by the Department of the Navy and distributed to residents of privatized family and unaccompanied housing through a third-party survey company. The survey provides each household with a voluntary and confidential opportunity to share open and honest feedback on their housing experience.

This year's privatized housing survey was conducted between December 2020 and January 2021 with residents at 47 installations consisting of 248 family housing neighborhoods, as well as residents in unaccompanied housing at two additional installations.

The TSS focused on three satisfaction indexes - overall satisfaction, property satisfaction and service satisfaction. For a breakdown of the results, refer to the Navy newsroom at <https://www.navy.mil/Press-Office/News-Stories/Article/2590247/results-of-navy-annual-ppv-tenant-satisfaction-surveys-released/>.

Q: In an effort to bring equality into our workplaces, it seems like there's a fair amount of "woke" culture encouraging hatred and judgment of people. I don't see how this creates change. Am I being unfair to the "woke" movement?

A: Nope, hating and judging all the "right" people and things still just creates more hatred and judgment. As Martin Luther King Jr. said, "I have decided to stick with love. Hate is too great a burden to bear."

Daneen Skube is an executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru." She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything." You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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NPS student invents, patents durable uniform nametags

by Javier Chagoya

Using his own time and resources, Naval Postgraduate School (NPS) Space Systems Engineering student Lt. Mitchell Kempisty ventured into uncharted waters to bring an invention of his making through the patent process, an invention which he hopes will improve Navy uniform fabric nametag durability.

Kempisty is something of an overachiever. As an NPS student, he is fully engaged in his thesis, titled "Attitude Optimization of NASA's Lunar Reconnaissance Orbiter in Sun-safe Mode in Order to Minimize Star-Tracker Obstructions from Local Orbiting Bodies."

But that's not enough for the Naval Surface Forces' 2020 Shiphandler of the Year, who says he saw an opportunity for improvement while serving on two ships where he noticed a lot of wear and tear with the name tag patches on shipboard working uniforms, especially those that use hook and loop to stick to coveralls and work shirts. Coincidentally, Kempisty's former ships were both used as Navy testbeds for the newest of flame-retardant shipboard clothing in 2019, the two-piece Type III Navy Working Uniform.

"An issue that all Navy Sailors



Lt. Mitchell Kempisty, shown here with his invention - fire-retardant material backing for nametags and other patches worn on military clothing that hold up to the rigors of daily work. Navy photo by Javier Chagoya

deal with are their nametags on their coveralls, and now on the new NWU, quickly becoming disheveled and unprofessional looking," noted Kempisty. "I came up with a patentable idea that provides industrial reinforcement of the hook and loop on the patches to protect it and keep it looking professional."

The patent title is "Industrial Reinforcement for a Wearable Identification," said Kempisty, but he calls his patch backing invention uGuard.

Kempisty says his research in uniform patches follows accepted standards for creating flame retardant materials and

meets or exceeds Navy requirements for accessories that attach to shipboard clothing.

The backing material for the patches are a fire-retardant carbon fiber and nylon blend with appropriate flexural rigidity that offers both wearable comfort and resilience. The backing Kempisty invented protects the soft wearable patch during extensive manual labor.

While Kempisty is a master's candidate in aeronautical engineering, he realized the best way to prototype his invention was to dive into the field of additive manufacturing. He purchased an inexpensive 3D printer and

learned to use it.

"Once comfortable with 3D printer operation, I then modified almost all the components to fit my exact needs," said Kempisty. "I also learned Computer Assisted Design (CAD), using my own AutoCAD license. Once exact specifications were determined and designed from CAD and 3D printing, I created my first set of real-life products."

Now that he had a product in hand, his next step to getting into the hands of the warfighter was a patent. For this, Kempisty turned

to an attorney friend in San Francisco, who worked out a meeting with his firm's patent lawyers, who saw promise in the product and helped draft his patent application for the U.S. Patent and Trademark Office (USPTO). The move proved fortuitous for Kempisty, saving him time and money in what could have been a lengthy and expensive process to receive a patent.

With a patent number for his product in hand, Kempisty pushed ahead into another unfamiliar realm of the process: mass production and manufac-

turing. Luckily, Kempisty not only found a manufacturer for his durable and fire-retardant patches, he found one willing to guide him through the mass production process.

"The president of the company was very understanding of the fact that I have never done anything like this before and guided me in the negotiation and setup of producing a full manufacturing line for the product," said Kempisty. "I am also proud to say that this product is fully designed and manufactured in the USA." **see next page**

Mercy continued from page 1

ent River, Md., that worked with us during MV-22B Osprey and MH-60S Seahawk operations gave the crew high praise for our execution. I couldn't be more pleased with how DI allowed us to come together as a team, in addition to getting excellent results. I'm confident we're ready for operational tasking, and because of our success during DI, we are an incredibly-enhanced platform when it comes to air evacuation and casualty receiving. This is a big win for Navy Medicine and MSC."

During DI, both pilots and flight deck personnel trained both day and night, and in a va-

riety of sea and wind conditions, to prepare for any upcoming mission's requirements.

"The expansion of the flight deck to accommodate the Osprey, as well as the Seahawk, aboard *Mercy* increases the flexibility and capacity for patient reception and accommodation," said Capt. Peter Nolan, *Mercy*'s MSC ship's master. "We'll be able to further practice flight deck to casualty receiving area transit evolutions to optimize our procedures during upcoming underways."

With the exception of a transit to and from Portland, Ore., to undergo a regular overhaul and receive upgrades to its flight deck, *Mercy* has not been

underway since supporting the Federal Emergency Management Agency's mission, under the DoD's Defense Support of Civil Authorities, to provide COVID-19 relief to citizens of Los Angeles in 2020.

Mercy was underway for 23 days during DI to support the Navy Surgeon General Rear Adm. Bruce Gillingham's "four Ps" of people, platforms, performance and power. The ship can steam to assist anywhere to provide relief as a symbol of Navy Medicine's abilities around the world, and must be in a five-day-activation status in order to support missions over the horizon, and be ready, reliable and resilient to support mission commanders.



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1st Marine Logistics Group commanding general change of command ceremony

by 1st Lt. Anthony Reyes,
1st Marine Logistics Group

The change of command ceremony is a military tradition that represents a formal transfer of authority and responsibility for a unit from one officer to another.

“This is 1st MLG’s day. This isn’t about one person, this is about the unit. This unit which is storied,” said Lt. Gen. Karsten S.

from previous page

“My ultimate goal right now is to gain an audience with the Navy Exchange Command to get the [name tags] stocked in the uniform store,” he continued.

If things go well, Kempisty wants to look into expanding the product line to include protection of circular patches for pilots.

“Doing everything by myself at my home computer has forced me to learn quite a few skills and have taken up a lot of my free time, but if I can get to the finish line, it will all be worth it. It also opens the door for many more

Heckl, Commanding General of I Marine Expeditionary Force.

Brig. Gen. Shea took command of 1st MLG July 19, 2019 and since then has led the Group through various exercises as well as real world operations. She will go on to serve as Legislative Assistant to the Commandant of the Marine Corps, leaving a lasting legacy of growth and innovation.

opportunities to come,” added Kempisty.

As a budding entrepreneur, he started the project knowing little about additive manufacturing, the patent process, and mass production and distribution. Yet, he figured it out in his spare time as a student in the Space Systems Engineering program. In case you are wondering what Kempisty is doing during his working hours, he’s fully engaged on his thesis titled “Attitude Optimization of NASA’s Lunar Reconnaissance Orbiter in Sun-safe Mode in Order to Minimize Star-Tracker Obstructions from Local Orbiting Bodies.”

“From the high altitudes of MWTC to the sub-surface operations with our EOD Marines, from the heat of the UAE, upwards of 110 degrees, to the frigid cold of Alaska, I have just been so privileged to bear witness to these Marines, writing this chapter in 1st MLG’s history,” said Shea.

Brig. Gen. Frieze recently served as the commander for U.S. Marine Corps Forces Southern Command. Frieze has served in various command positions but is no stranger to the 1st MLG, as he served as both the commanding officer of 7th Engineer Support Battalion and

Headquarters Regiment (now known as Combat Logistics Regiment 17).

“It’s really great to be back home it truly is,” said Frieze. “Kathay and I are very humbled and excited to be back as part of the 1st Marine Expeditionary Force team as well as the 1st MLG family. We look forward to moving the needle forward for Force 2030.” He stated, making note of his previous time with the MLG family as well as I MEF.

Frieze will take command of an MLG whose mission is to provide direct support to the



Brig. Gen. Bobbi Shea, outgoing commanding general, 1st Marine Logistics Group, and incoming Commanding General Brig. Gen. Phillip Frieze, exchange the group colors Apr. 29. Photo by Lance Cpl. Aldo Sessareg

1st Marine Expeditionary Force ground combat element, general support, and sustained tactical-level logistics support above the organic capabilities of supported elements of I MEF.

Over the last few years, 1st

MLG has participated in real world missions and exercises afloat and ashore in U.S. CENTCOM and U.S. INDOPACOM and provided Defense Support to Civil Authorities wildfire fire-fighting in Northern California and through COVID-19 vaccine distribution efforts nationwide.

No matter the challenge, 1st MLG will remain ready, trained, and capable with some of the best Sailors and Marines the Navy and Marine Corps has to offer.

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Flag officer assignments

The acting secretary of the Navy and chief of naval operations announced April 30 that **Rear Adm. (lower half) Douglas C. Verissimo** will be assigned as director, Assessment Division, N81, Office of the Chief of Naval Operations, Washington, D.C. Verissimo is currently serving as commander, Carrier Strike Group Nine, San Diego.

Secretary of Defense Lloyd J. Austin III announced April 29 that the president has nominated **Capt. Scott W. Ruston** for appointment to the rank of rear admiral (lower half). Ruston is currently serving as deputy commander, Navy Region Southwest Reserve Component Command, San Diego.

This week’s snapshots



SAN DIEGO April 29, 2021

Vice Chief of Naval Operations William K. Lescher discusses mindfulness and stress management training with the Director of Human Performance for Naval Special Warfare Group 1 while touring the Human Performance Training Center at the Silver Strand Training Complex. Lescher visited NSW to see firsthand how the command is assessing and developing character, cognitive, and leadership traits throughout the Force as an asymmetric advantage in strategic competition. NSW is the nation’s premier maritime special operations force that extends the Fleet and Joint Force’s reach for collection and lethality, delivers all domain options to undermine our enemies’ confidence, and strengthens diplomatic leverage. Navy photo by MC1 Sean Weir



USS TRIPOLI, at sea May 1, 2021

Culinary Specialist 1st Class Andreanov Castillo, polishes brass aboard *USS Tripoli* amphibious assault ship. *Tripoli* is underway conducting routine operations in 3rd Fleet. Navy photo by MCSA Chris Syper



USS MAKIN ISLAND, at sea April 24, 2021

Sailors oversee the movement of an MV-22 Osprey, assigned to Marine Medium Tiltrotor Squadron 164 (Reinforced), 15th Marine Expeditionary Unit, aboard *Makin Island* amphibious assault ship. The *Makin Island* Amphibious Ready Group and the 15th MEU are operating in the U.S. 7th Fleet area of operations as part of a deployment to the region. As the Navy’s largest forward-deployed fleet, 7th Fleet routinely operates and interacts with 35 maritime nations while conducting missions to preserve and protect a free and open Indo-Pacific Region. Navy photo by MC3 Aaron Sperle

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8 www.armedforcesdispatch.com THURSDAY, MAY 6, 2021

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Oceania Maritime Security Initiative patrol conducts enforcement boardings



Members from U.S. Coast Guard Law Enforcement Detachment 106 embarked littoral combat ship USS Tulsa make their approach on an 11-meter rigid-hull inflatable boat to a foreign vessel during an Oceania Maritime Security Initiative boarding. Navy photo by Naval Aircrewman (Helicopter) 2nd Class Jake D. Sampson

by Third Fleet Public Affairs
SAN DIEGO - A Coast Guard law enforcement detachment embarked aboard a Navy littoral combat ship conducted maritime law enforcement boardings in the Western Pacific, April 29 and May 3.

The Coast Guard law enforcement detachment from the Pacific Tactical Law Enforcement Team, embarked aboard Independence-variant littoral combat ship USS Tulsa (LCS 16), utilized an 11-meter Rigid

Hull Inflatable Boat to conduct multiple high seas boardings and inspections in accordance with the Western and Central Pacific Fisheries Convention's (WCPFC) standard operating procedures.

Violations of the WCPFC Conservation and Management Measures are appropriately documented and reported.

"One of the greatest challenges when operating in the Pacific is the vast distances in-

involved," said Lt. Cmdr. Jessica Conway, a current operations officer with the U.S. Coast Guard 14th District. "The ability to integrate with the Navy allows us to cover a much larger area with our enforcement operations combating illegal fishing and transnational crime while also promoting interoperability between the services."

The joint mission conducts maritime law enforcement operations through the enforcement of international law in order to protect United States and Pacific Island Nations' resource security and sovereignty.

The Oceania Maritime Security Initiative (OMSI) program is a Secretary of Defense program that leverages assets transiting the region to improve maritime security and maritime domain awareness, ultimately supporting regional stability and partnerships in Oceania.

The joint OMSI mission improves maritime security and maritime domain awareness by enabling U.S. Coast Guard law enforcement personnel to con-

duct maritime law enforcement operations from U.S. Navy assets in coordination with the Western and Central Pacific Fisheries Commission.

3rd Fleet leads naval forces

USS Miguel Keith (ESB 5) commissioning set for May 8 in San Diego; Private event due to COVID-19

USS Miguel Keith (ESB 5), will be commissioned, Saturday, May 8, at 10 a.m. at Naval Station North Island in San Diego.

The commissioning will be a private event with a very limited audience due to public health and safety concerns related to the COVID-19 pandemic. The event will be livestreamed to offer viewing by the general

public, at <https://allhands.navy.mil/Media/Live-Stream/>.

Adm. Craig S. Faller, commander, U.S. Southern Command, will deliver the ceremony's principal address.

Miguel Keith was built in San Diego by General Dynamics/NASSCO and was delivered to the Navy on Nov. 15, 2019.

Miguel Keith was built in San Diego by General Dynamics/NASSCO and was delivered to the Navy on Nov. 15, 2019.

disaster relief. U.S. 3rd Fleet works together with our allies and partners to advance freedom of navigation, the rule of law, and other principles that underpin security for the Indo-Pacific region.

USS Miguel Keith is the third Expeditionary Sea Base variant of the Expeditionary Transfer Dock platform providing logistics movement from sea to shore supporting a broad range of military operations.

The ESB variant is designed around four core capabilities: aviation, berthing, equipment staging area, and command and control.

The value proposition of motherhood

After eight hours of labor, a sort of delirium set in. My conscious brain was no longer in control. I fell into a sleep-like stupor between contractions, as if my body insisted on resting up for what was ahead. When each contraction began, I regained minimal consciousness, just enough to grip the hospital bed rail and attempt to breathe through the pain.

I refused pain meds, not out of bravery, but of fear. It was the mid-90s, and we were stationed in Monterey, California, where the "crunchy" nurses who taught our prenatal classes said that natural childbirth decreased my chances of having a C-section. (During my third pregnancy, I decided those nurses were as nutty as their banana muffins, because epidurals are magical.)

A few hours later, my body had taken complete control, and ordered me to push. In my delirium, I thought birth was imminent, but it took three more hours before the last excruciating push produced our nine-pound baby boy, a severe perennial tear, ruptured vessels turning my eyes' whites blood red, and a lifetime of parental responsibilities.

Mine is not a unique story. Childbirth has happened over 100 billion times since homo sapiens first walked the Earth 50,000 years ago. Anyone who's been to a baby shower knows how the storytelling gets started. "When I was in labor," sparks the conversation, and before you've had a chance to finish your cake, you've heard about Karen's 22-hour labor, Bonnie's mucus plug, and Janelle's episiotomy.

Billions of awful childbirth stories begs the question, "Why?"

A few days after the birth of my son, my extended family came to our Fort Ord house to see the baby. "What?" I said to my brother, who was staring at me with a grimaced face.

The Meat & Potatoes of Life



by Lisa Smith Molinari

After a few minutes of thought, he pondered, "Men talk about how much weight they can lift or whatever, but I've never know any man who would volunteer to do something physical that he knew could cause him to burst all the blood vessels in his eyes or tear his own flesh."

He was right — the fact that women voluntarily subject their bodies to the physical pain and bodily injuries of childbirth is mind-boggling, which again, begs the question — Why do we do it?

Despite all the horror stories about labor, childbirth, postpartum depression, stretch marks, sleepless nights, diaper blow-outs, tantrums, infuriating defiance, back talking teenagers, college bills, and other negatives of parenting, motherhood is, without a doubt, a winning value proposition.

Mothers may enjoy telling dramatic labor and delivery stories, but they often leave out the most important part: the moment they held

their babies for the first time.

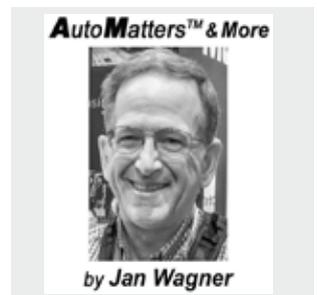
Twenty-six years later, I can still feel him, smell him, see him, like it was yesterday.

After that final push, my eyes followed him from the hands of the doctor to the nurse and to my chest. I didn't feel any pain — although the doctor was still prodding and poking to deliver the placenta and stitch me up — only the warm softness of my baby's skin on mine, the sweet smell of him, and a gush of primal emotion that could only be described as human love.

That night in the hospital, after baths, eyedrops, and Apgar tests were complete, I didn't sleep. Despite my exhausted delirium during labor, I lay awake in my room's dim light, with my nose and lips pressed gently on my baby boy's petal-soft head, feeling his warm body snuggled into mine, looking down at his perfectly formed eyelashes, pink lips, fingers and toes, listening intently to his contented newborn squeaks.

Despite my actual physical condition, that moment, along with the post-birth hours after each of my daughters were born, was the best I've ever felt in my entire life. Each instance bonded me inextricably to my children and my role as their mother, forever. Women are instilled with a powerful natural tendency that transcends pain, inconvenience, and self-preservation, and makes women's role in society supremely important — the instinct to nurture and grow other living beings.

Happy Mother's Day to all the women who've known the bliss of nurturing those you love.



"Ladies on the Left" run. Such a deceptively simple title. What could it possibly mean?

A run for political office by a group of liberal-leaning ladies? Perhaps, but this is not election season, so no.

A fund-raising running event, with the ladies on the left and the men on the right? Perhaps, but not likely. The logistics of dividing the track's width in half would hardly be worth the effort.

Could it be that in this case, "run" describes what car clubs do when they get together to go driving? Yes, of course, that's it!

The "Ladies on the Left" run was for Miatas (and Fiatas - part Fiat, part Miata), organized by the S.D. Miata Club.

Traditionally, not just in our car club but in driving in general, if guys and gals get together in a car to go for a drive, the guy tends to be the driver. This tradition has served guys well, since it is much more fun to drive than to be driven, especially on spirited drives.

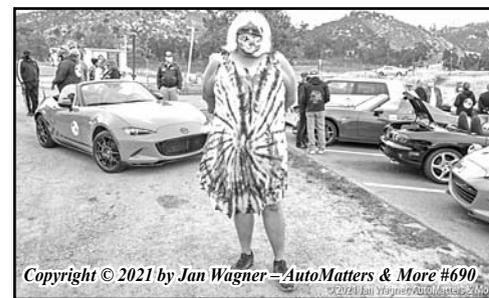
Finally, the ladies in our car club said enough is enough. They want to drive too. They decided to organize a fun run where the ladies are encouraged to do the driving, and the guys - well, they can enjoy the run from the passenger seat for a change!

And so it was that the "Ladies on the Left" run came to be, as in the ladies would sit on the left side of our trusty Mazda MX-5 Miatas. Not only that, but to encourage lots of ladies to drive, it was also decided that this would not be yet another

'Ladies on the Left' run

opportunity for aggressive driving — something that the guys seem to love to do, possibly to impress their companions in a chest-thumping sort of way!

The "Ladies on the Left" run was organized by and especially for the



Copyright © 2021 by Jan Wagner - AutoMatters & More #690
One of the ladies - I think not. Photo by Jan Wagner

ladies. The guys were welcome to come along too, but preferably in the right-hand seat of our two-seat sports cars.

Of course, the run would not take the freeway. It would seek out more appropriate sportscar roads for our nimble roadsters, along the picturesque back-county roads of North San Diego County. The roads had quaint, evocative names that included Lilac, Sleeping Indian, Old River and Little Gopher Canyon.

The description of the run was straightforward. "This leisurely run will be a 2-hour run through some of the best North County roads and twisties, but at a Sunday afternoon pace. At the conclusion of the run, we'll be enjoying a brunch at the private Vista Valley Country Club." Since this run would be taking place during the coronavirus pandemic, they added "You are welcome to come on the run and not stay for lunch, should you choose."

"The intent of the run is for the 'usual passenger' to have a chance to sit behind the wheel as a driver, and

for those who like to drive at a slower pace, to feel comfortable driving in an event. All members are welcome to attend and it does not mean a lady has to drive your car, however, there will be no complaining about a slow driving pace. If you define a fun run

by the maximum speed at which you can take turns, this may not be the run for you!"

"We look forward to seeing all of you on this unique run!"

So, how was the attendance at this unique, norm-smashing run? What do

you think? We had a huge turnout, including a couple of guys wearing dresses and wigs. No doubt they were hoping to sit on the left too.

A good time was had by all on the run, followed by what looked like a delicious lunch at the beautiful, exclusive Vista Valley Country Club. I say it looked like a delicious lunch because, as irrational as I know I am being, I have not dared to even eat restaurant takeout food since March of 2020, even though I'm fully vaccinated against COVID-19. Baby steps. I wasn't ready to share a sit-down lunch with a large group of people outside my bubble (which, in my case, means everyone, since I live alone). Baby steps. My first goal is to return to Panda Express and order takeout. Then, when I survive that, I'll take another baby step.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #690" in their search bar. Please send your comments to AutoMatters@gmail.com.

CLASSIFIEDS

Social Security Matters

Will 401K distributions affect my SS benefit?

Dear Rusty: I'm 63 and retired from work, but not drawing Social Security. I have accumulated just over \$300,000 in my rollover 401K IRA. My wife is still working full time, so we have medical, dental and vision coverage. I have a few questions:

- 1) When I take IRA distributions throughout the year, do those dollar amounts get reported to Social Security as income?
- 2) If not, will my SS benefit change (will I be penalized?) for not working and having zero income as I continue to withdraw investments and show no income?
- 3) If my benefit will drop because of the last few years of no income, would it be advisable to start drawing Social Security now?

Signed: Planning Ahead

Dear Planning Ahead: Whenever you decide to claim Social Security, they will compute your benefit amount from your lifetime earnings history. They will adjust your earnings for inflation in all years prior to the year you turned 60, find the 35 years in which you had the highest (inflation-adjusted) earnings, and use that "average indexed monthly earnings" (AIME) amount to determine your Primary Insurance Amount (PIA), which is your benefit entitlement at your full retirement age (FRA). From there, your age when you claim determines your final Social Security payment amount. Born in 1958 your FRA is 66 plus 8 months, and that is the age at which you will get 100% of your PIA. If you claim benefits before your FRA, your payment will be reduced; and if you wait until after your FRA to claim your benefit will be increased. If you wait until you are 70 to claim, your SS payment will reach maximum (about 27% more than your FRA benefit amount). Now, to your specific questions:

- 1) Distributions taken from your 401k or IRA are not reported to Social Security as "earnings" and do not count toward your Social Security benefit entitlement.
- 2) If you have already retired from working, having zero earnings now won't further affect your final SS payment amount because your benefit will be based upon your 35 highest-earning years. However, if you have a recent benefit estimate from Social Security, that estimate assumed that you would continue to earn at the same level you most recently reported to the IRS until you reached your FRA. So, if you got the estimate while you were still working (or shortly thereafter), the estimate is higher than your actual benefit will be. If you received the estimate a year or more after you stopped working, the estimate is more accurate. In any case, your 401K withdrawals will not count as SS earnings.
- 3) Claiming now would result in a permanently reduced SS benefit amount because you haven't yet reached your full retirement age. But claiming now wouldn't be a hedge against your current lack of earnings, because your benefit will be based upon the highest earning 35 years over your lifetime.

If you don't already have a full 35 years of SS-covered earnings they will still use 35 years in the benefit calculation, adding \$0 earnings for enough years to make it 35. If that is the case, you could offset some of those zero years in your lifetime history by returning to work now, thus increasing your benefit when you claim. If you already have at least 35 years of earnings, enjoy your retirement!

One last thing to consider: if you predecease your wife, at her FRA she will be entitled to 100% of the benefit you were receiving at your death (if that is more than her own). In other words, when you claim your benefit will affect the amount your wife can get as your widow. The longer you wait to claim, the higher your wife's survivor benefit from you will be.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Roy's Sudoku

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

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

UNPC	COPS	MAMMA
MYRA	AHAB	OTOES
ALOT	SHIA	HAULS
MOON	TAINR	ROAUL
INDIA	RAW	EAU
CCS	ETAL	SLANT
HAIR	VYING	FREE
ANOUK	NYET	SAD
SEX	INN	OUTDO
CANDY	WRAPPERS	
EWING	HAIL	PRAT
LOTTO	OFFS	ESME
KEYIN	OTTO	DEAR

SANDAG presents a free biking webinar

Join in on Thursday, May 20 at 11am to hear the latest updates about current and planned regional bike infrastructure projects, our regional bike network, and all the places you can go by bike during 'Bike Anywhere Week.' Learn how you can participate in Bike Anywhere Week, May 16-22, through self-guided and virtual activities and all your opportunities to win! Where: <https://attendee.gotowebinar.com/register/9195463547679687440>

Learn more about Bike Anywhere Week and take the pledge at iCommuterSD.com/BikeAnywhere. Additional resources about biking in the San Diego region are available at iCommuterSD.com/bike. If you have any questions, please contact iCommuter@sandag.org or call 511 and say "iCommuter."

March Field Bob Hope USO celebrates anniversary

On May 6, 1941, comedy and entertainment legend Bob Hope made history by performing his first USO show in front of military personnel at March Field in Riverside County. Hope aired the performance on his popular NBC radio show by broadcasting nationally from the on-site gymnasium, marking the first of many USO performances and creating a legacy that lives on to this day. Eighty years later, the March Field gym where Hope's first performance took place still stands with a dedication plaque honoring the beloved superstar. The gym is currently undergoing renovations and will be open in the coming months for troops to utilize as a fitness center in their free time. A recording of Bob Hope's first USO show at March Field can be found on the Bob Hope USO website <https://bobhope.uso.org/about/bob-hope>.

The Bob Hope USO at March ARB opened March 2018. Each year, up to 90,000 individual troops transit the base as units deploy, redeploy and travel for training. Dozens of volunteers serve snacks, refreshments, as it keeps military members connected via Wi-Fi while waiting several hours at the terminal for their flights.

RSVP now to celebrate Army's 246th birthday with AUSA at Miramar June 16

The Association of the United States Army (AUSA) San Diego Chapter is honored to invite you to their annual celebration of the Army's Birthday on Wednesday, June 16.

They will be hosting a sit-down lunch at MCAS Miramar Officers Club, 4472 Anderson, Ave. Bldg. 4472, from 11am-2:30pm. Cost is \$10 per person. Free to E-6 & below, cadets and military in uniform. Meal choices are: Roast Beef, Fish, Vegan, Vegetarian. Please select one and let POC know of your meal selection when you RSVP.

Please RSVP no later than June 7 but sooner would be appreciated. Point of contact (POC) is CSM(R) Robie Roberson (619) 971-7753, robiejr1@gmail.com

DoD ID required to enter base. Guests with no DoD ID must be listed on the guest list provided to the gate guards. Information for the guest list includes name(s), vehicle make & model, license plate number, and must have proof of insurance and vehicle registration card. Main Gate/East Gate on Miramar Way off I-15 for civilians. Please provide the information when you RSVP to the POC.

We are always very grateful for your continued support for our Soldiers and their families in particular, and for our military community in general. Your tremendous support for AUSA and for our AUSA San Diego Chapter further bolster our overall support for our America's Army.

Please RSVP early, if you can. For any additional information or questions, please contact our POC CSM(R) Robie Roberson.

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Skin Cancer Awareness Month: Are you at risk?

Understand your likelihood of developing the world's most common cancer

More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined. It shouldn't come as a surprise, then, that people of every age, race and gender are affected by the disease. Simply put, if you have skin, you can get skin cancer.

However, some people are at higher risk for the disease than others. Understanding the factors contributing to your chances of developing skin cancer can help you prevent the disease.

"There is a clear connection between ultraviolet (UV) rays from the sun and a higher risk of skin cancer," says Deborah S. Sarnoff, MD, president of The Skin Cancer Foundation. "Everyone should be taking steps to protect themselves, but those with additional risk factors need to be particularly vigilant with their sun protection routine."

Your Skin Type

The first major factor affecting your risk for skin cancer is your skin type. According to the scientific classification known as Fitzpatrick skin typing, there are six types of skin ranging from very fair (type 1) to very dark (type 6). The system classifies skin based on the amount of melanin (skin pigment) a person has, and their skin's reaction to sun exposure.

People with skin types 1 and 2 face the highest risk of developing skin cancer, while those with skin types 5 and 6 are at the lowest risk. You can visit SkinCancer.org/quiz to find out your skin type.

Other physical attributes associated with a lack of melanin can contribute to your risk of skin cancer as well — those with red hair, light eyes and freckles also face higher chances of developing the disease.

Your History of Sun Exposure

Unprotected exposure to UV rays, whether outside or in a tanning bed, is a key risk factor for skin cancer as well. Sunburns are especially harmful (just five

sunburns can double your risk of developing melanoma) but even if you tan rather than burn, you're sustaining sun damage that can lead to DNA mutations. Indoor tanning specifically causes your risk to skyrocket, as one study found that those who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent.

Genetics and Family History

If you have close relatives who have been diagnosed with skin cancer, this is a sign you're also at higher risk. This is especially true when it comes to melanoma: one in every 10 patients has a family member who has also had the disease. Having many moles is another risk factor for melanoma, especially if they are large (bigger than a pencil eraser) or atypical. Having lots of moles and a family history of skin cancer makes a person's risk even higher. This combination is often referred to as Familial Atypical Multiple Mole Melanoma (FAMMM) syndrome.

What Can You Do?

No matter your risk factors, The Skin Cancer Foundation recommends a complete sun protection routine including covering up with clothing, hats and UV-blocking sunglasses, seeking shade and avoiding peak sunlight hours (10am to 4pm). Apply a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day, and for extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher.

Be sure to reapply sunscreen throughout the day: at least every two hours or more often if you are swimming or excessively sweating. Those with many risk factors may want to use sunscreen products with a higher SPF and be extra vigilant about avoiding incidental sun exposure.

The Foundation also recommends you see a physician at least once yearly for a professional skin exam (though if you're at higher risk, you may be instructed to go more frequently). You should also examine your own skin head to toe every month.

ALS Association Greater San Diego Chapter to host 'virtual' 2021 ALS Fiesta fundraiser

The ALS Association Greater San Diego Chapter will host its sixth annual ALS Fiesta, presented by Ionis Pharmaceuticals, as a virtual online event from 7 to 8 p.m., Wednesday, May 19. Attendance to the 2021 ALS Fiesta, the chapter's major annual fundraiser, will be free and open to the public.

Several fundraising opportunities will be available during Fiesta week May 17 to 21, including an online auction and fund-the-mission paddle raise.

In addition, supporters can purchase for \$171 a Fiesta VIP package, which will include premium refreshments and gifts. The VIP package includes complimentary home delivery prior to the event on May 19. The \$171 donation amount is symbolic and representative of the 171 active research projects worldwide currently funded by The ALS Association.

The 2021 ALS Fiesta will highlight research and drug development. Proceeds will provide services to ALS families, including medical equipment loans, referral services, support groups, education, advocacy for access to care and research toward slowing the progression of ALS and finding

a cure.

Last year in August, the 2020 ALS Fiesta was held also as a virtual event and the ALS Association's \$80,000 donation goal was achieved, according to Steve Becvar, executive director, ALS Association Greater San Diego Chapter.

"We're hopeful to beat last year's level of support for our 2021 Fiesta because ALS doesn't stop during a virus pandemic," said Becvar.

"We're asking the community to support the people, families, and caregivers affected by this progressive and terminal disease, which takes away the ability to walk, dress, write, speak, eat and breathe. Every 90 minutes someone is diagnosed with ALS, and every 90 minutes someone loses their battle to this fatal disease. Together and by teaming up, we're going to create a world without ALS."

For more event information, visit www.alsfiesta.com. To participate as a sponsor or to donate to the chapter, contact Melissa McElvain, Associate Director of Donor Engagement, at mmcelvain@alsasd.org or 858-271-5547.

ALS, or amyotrophic lateral

sclerosis, often called Lou Gehrig's disease, is a progressive neurodegenerative disease that affects neurons, or nerve cells, in the brain and the spinal cord. The progressive degeneration of the motor neurons in people living with ALS weakens muscles and impacts physical function. Eventually, people with ALS lose the ability to initiate and control muscle movement, which usually leads to total paralysis. Life expectancy for a person with ALS is within two to five years of diagnosis of initial symptoms. There is no cure, cause

or no life-prolonging treatments for the disease.

The Greater San Diego Chapter, chartered in February 2013, is one of 39 chapters nationwide. The San Diego chapter works closely with the ALS San Diego Clinic at the University of California San Diego, which has been certified as a Center of Excellence by the national ALS organization. For more information about the ALS Association Greater San Diego Chapter, visit www.alsasd.org.

Drop in routine childhood vaccinations during COVID-19 pandemic troubling to CDC officials

by José A. Álvarez, County of San Diego Communications

The ongoing COVID-19 pandemic has yielded another troubling result: a drop in routine childhood vaccinations.

A Centers for Disease Control and Prevention report published nearly a year ago revealed the number of children receiving routine vaccines dropped immediately after the United States declared a national emergency due to the coronavirus. The trend continued during the pandemic because of families staying at home.

The CDC recommends that children get vaccinated against 16 diseases.

Vaccine-preventable diseases are not that common in the United States thanks to vaccinations. However, these diseases continue to sicken people around the world, and cases of diseases like mumps, measles and pertussis, also called whooping cough, can and do happen in San Diego County.

Seasonal influenza is more common and requires a new vaccine each year and is recommended for all children 6 months and older.

Keep your family safe; Take action before fire strikes

The Southern Fire that forced evacuations in the Anza Borrego Desert over the weekend came at the start of "Wildfire Preparedness Week" and underscores the messages of the San Diego County Office of Emergency Services and CAL Fire/San Diego County Fire to take hands-on action to be ready for wildfires.

The 2020 fire season broke numerous records, and California experienced six of the largest and most destructive wildfires in state history. More than 4 million acres burned across the state, which was double the previous record set in 2008.

With continued dry conditions and temperatures above normal for this time of year, the upcoming 2021 wildfire season could be even more catastrophic and devastating than last year. San Diego County residents can play

an important role in preparing for and preventing wildfires, and now is the time to ensure there is adequate defensible space around homes and buildings, to make homes more fire-resistant and to have a personal disaster plan.

This is especially important since many county residents live in high-risk fire zones. Fire prevention tools such as protective fuel breaks, fire-resistant landscaping, and home hardening for their safety and survival. These tools work together to build more fire-resilient communities.

To protect their home during a fire, the single most important thing a person can do is to create defensible space around their home; 100 feet is required by state law. It is important to remember that any clearance work involving any type of mower or power equipment should only be done during

non-critical fire conditions because it can actually spark a fire.

Residents who are physically and financially unable to create and maintain defensible space around their home may be able to receive assistance through the County's Defensible Space Assistance Program.

Individuals and families are also urged to have an emergency plan and practice it regularly so it's not unfamiliar in a high-stress situation like a fast-approaching wildfire. This plan should include identified evacuation routes and designated meeting locations outside of your home and neighborhood, and a list

of local and out-of-area emergency contacts. Owners of large animals such as horses or livestock should also have an evacuation plan and know when to leave in an emergency.

It's also important to prepare an emergency kit in advance with important supplies, including copies of important documents, photos, non-perishable foods, water, extra clothes, medications and medical equipment, phone chargers, extra batteries, and supplies for pets.

Lastly, residents also encouraged to register their cell phones on AlertSanDiego, the county's emergency notification system and

download the SD Emergency App at no cost. An emergency plan template is available in English, Spanish, Tagalog, Vietnamese, Japanese, Arabic, traditional and simplified Chinese, Farsi, French, Korean, Somali, and in English and Spanish an audio versions.

To learn more about how to prepare before a fire and what to do during a fire situation, visit: ReadySanDiego.org and ReadyforWildfire.org

Behind this mask is the future of Navy Medicine

Hospital Corpsman 3rd Class
Madison Killen
NMCS

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Behind this mask is a wife, mom of two and a small business owner who is dedicated to Navy Medicine

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2021 Buick Encore GX

\$227 PER MO. + TAX



Satin Steel Metallic. \$1995 Drive off. 36 months @ \$227 mo. + tax. 10,000 miles per year. This includes \$2000 Conquest Rebate (Must have a non GM Lease). Stk #3210033, Vin #MB051383.

**2020 Buick
Encore GX**



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Plus tax & fees.



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**2021 GMC
TERRAIN SLE
Elevation Package**

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\$223 PER MO. + TAX



\$1995 Drive off. 36 months @ \$223 mo. + tax. 10,000 miles per year. Rebate of \$1350. Plus this includes \$1500 Conquest Rebate (Must have a non GM Lease). Stk #3210113, Vin #ML332250.

**2021 GMC
ACADIA SLE
Elevation Package**

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\$285 PER MO. + TAX



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

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