

Career Advice

Interpersonal Edge: What to do when your 'get up and go' has gotten up and gone.

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Navy Marine Corps Coast Guard Army Air Force

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SIXTIETH YEAR NO. 52
THURSDAY, APRIL 22, 2021

USNS *MERCY* (T-AH-19) CONDUCTS FIRST EVER FLIGHT DECK LANDING OF V-22 OSPREY ON A NAVY HOSPITAL SHIP

by Sarah Burford,
Military Sealift Command Pacific

PACIFIC OCEAN - Military Sealift Command hospital ship USNS *Mercy* (T-AH 19) is currently conducting dynamic interface testing operations off the coast of Southern California.

The operations are tests for compatibility usage of variants of the V-22 Osprey and MH-60 Seahawk with the ship's new flight deck, and the first time a V-22 has landed on an MSC hospital ship.

The testing takes place following a seven-month maintenance period where the ship's flight deck was expanded and reinforced to accommodate the size, weight and heat of larger aircraft, allowing the ship to receive patients and supplies through a variety of aviation platforms.

Over the course of several days, the ship will exercise with the V-22, practicing take-offs and landings from *Mercy*'s flight deck, followed by operations with the MH-60s. Increased flight operations will allow critical



Aviation Boatswain's Mate 2nd Class Carl Johnson, a flight deck officer aboard *Mercy* hospital ship, poses in front of an MV-22B Osprey on the ship's flight deck. (Right) Osprey hovers over *Mercy*. Photos by MC3 Luke Cunningham

patients a quicker route to the ship for treatment, vice a slower boat ride from one of the ships tender boats.

Because this is the first time the V-22s have conducted flight operations on board *Mercy*, Navy personnel from San Diego, USS *Boxer* (LHD 4), USS *Stethem* (DDG 63), USS *Tripoli* (LHA 7), Helicopter Sea Combat (HSC)

Squadron 3 and Helicopter Maritime Strike Squadron 49, are on board to train and assist the civil service mariner crew.

"This is a historic event in the storied life of USNS *Mercy*, and for MSC," said Capt. Kendall Bridgewater, commander, Military Sealift Command Pacific. "Improving the capability of the ship to support newer aircraft

platforms such as the MV-22, allows greater flexibility and enhances the embarked Medical Treatment team's ability to continue providing the outstanding care they are known for. This investment in new capability is a great example of MSC's continued support to the fleet and plays an important role in keeping the U.S. Navy competitive well into the future."



The dynamic interface operations are one of several training, testing and inspection periods *Mercy* will undergo in preparation for future missions, including the Pacific Partnership humanitarian.

Lloyd announces local flag, general officer assignments

Secretary of Defense Lloyd J. Austin III announced April 14 that the president has made the following nominations: •**Vice Adm. Scott Conn** for reappointment to vice admiral, and assignment as deputy chief of naval operations for warfighting requirements and capabilities, N-9, Office of CNO, Washington, D.C. Conn is currently serving as 3rd Fleet commander, San Diego. •**Rear Adm. Stephen Koehler** for appointment to vice admiral, and assignment as 3rd Fleet commander. Koehler is currently serving as deputy commander, Pacific Fleet, Pearl Harbor. •**Marine Maj. Gen. William Journey** for appointment to lieutenant general, and assignment as II MEF commanding general. Journey currently serves commanding general, Marine Air Ground Task Force Training Command, Twentynine Palms.

Sexual Assault Awareness & Prevention Month: Respect. Protect. Empower.

The Navy's 2021 Sexual Assault Awareness and Prevention Month (SAAPM) theme this April is "Respect. Protect. Empower." Primary prevention continues to be an enduring goal for the Sexual Assault Prevention and Response (SAPR) Program as we focus on approaches to take before sexual violence occurs.

This involves looking at the social norms, values, and climate that create an environment where sexual violence is permissible and then examining what we as individuals can do to challenge them.

Commander, Navy Installations Command (CNIC) is joining other Navy components and services to observe SAAPM with a variety of activities and events at installations

across the enterprise.

Though the Sexual Assault Prevention and Response (SAPR) Program is a year-round effort, SAAPM offers additional opportunities for members of the DoD community to renew our commitment to eliminating sexual assault from our ranks.

Every sailor, civilian and family member plays a part in reducing and eliminating sexual assault. Understanding how to recognize opportunities for intervention is vital to stopping unsafe behavior, to include retaliation. Each day we can take steps to foster a culture of dignity and respect with proper ethical behavior, even when no one is watching.

Respect. Protect. Empower.

Last year we made the commitment to prevent sexual assault, and this year we continue to build on that foundational pledge with actionable steps.

- At all times, we commit to treating others with Respect.
- Protect one another from harm through active intervention.
- Empower those around you to speak up or intervene.

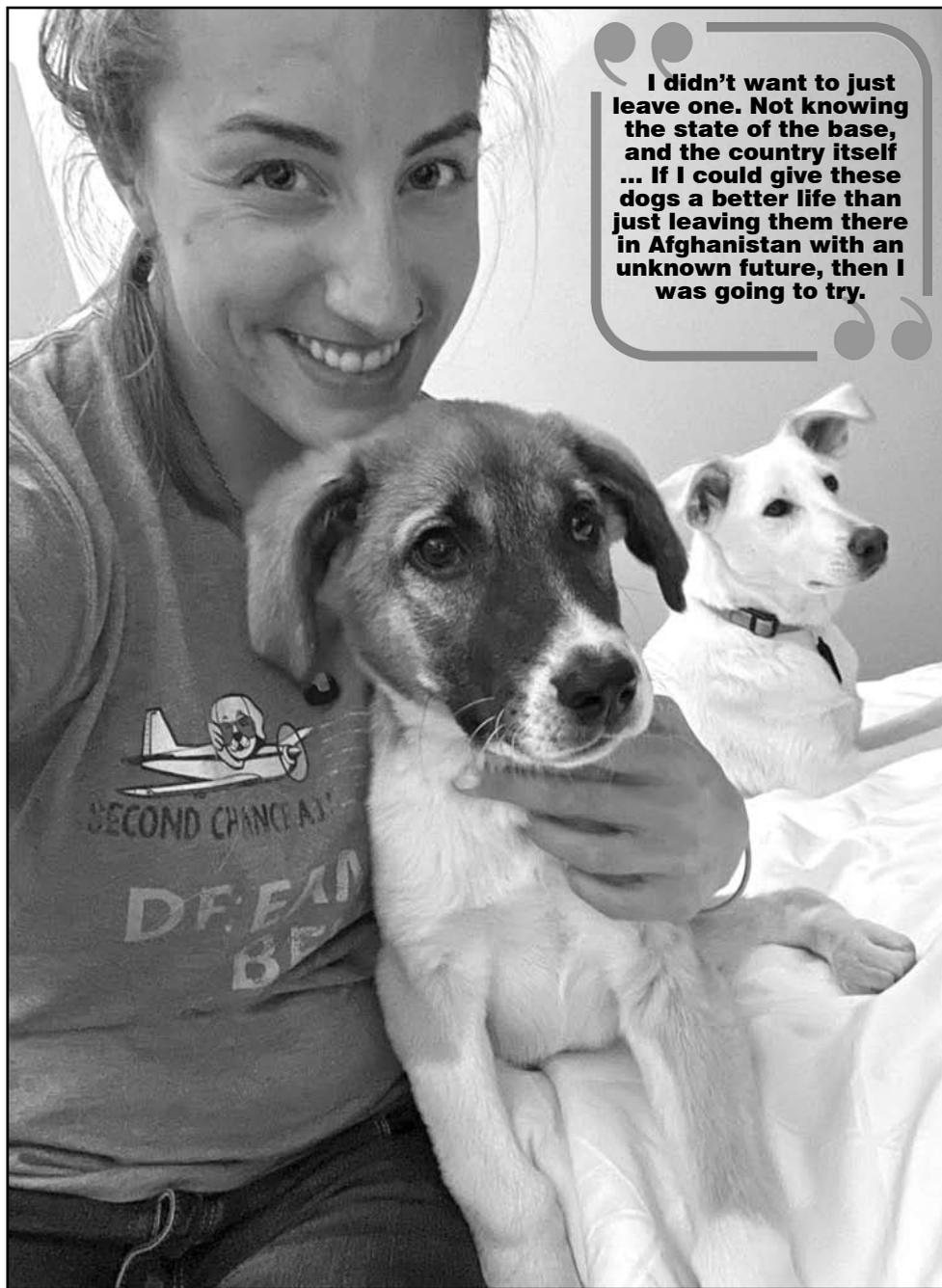
Respect is an integral part of healthy relationships with friends, family, co-workers, and our communities, and some of the best modeling occurs in the spaces where we live, work, and play. When members of our family or communities need help, we feel a great sense of duty to support and help them navigate life's difficulties. So, we call upon Sailors, families, and communities to

protect one another by looking out for signs of unhealthy relationships, whether living on or off base. Protecting one another also includes actively intervening or

enlisting the support of your command or the local Fleet and Family Support Center (FFSC) to prevent harm. Finally, we can all empower one another by providing non-

judgmental support and referrals to those seeking advocacy, mentorship, and other services. As a Navy family, we can generate powerful change that benefits us all.





I didn't want to just leave one. Not knowing the state of the base, and the country itself ... If I could give these dogs a better life than just leaving them there in Afghanistan with an unknown future, then I was going to try.

As U.S. troops leave Afghanistan, rescued dogs and cats go with them

by J.P. Lawrence,
Stars and Stripes

Mission, which partners with

Bennie and Mollie, and two cats, Playa and Kiaya.

KABUL, Afghanistan - Staff Sgt. Katie Catania found love at Kandahar Airfield, in the form of two puppies.

Charley is the playful one, while Flea is quiet and affectionate. Catania planned to choose one of them to keep, but the looming U.S. troop withdrawal from Afghanistan and the increasing violence in the country weighed heavily on her decision.

"I didn't want to just leave one," Catania said. "Not knowing the state of the base, and the country itself ... If I could give these dogs a better life than just leaving them there in Afghanistan with an unknown future, then I was going to try."

"If they're shutting down camps and bases, we'll see an increase in rescues," Smith said, recalling a surge during the 2014 troop drawdown. "The guys who are shutting down that location don't want to leave the animals behind that they've been feeding and caring for."

Troops are not supposed befriend local animals, which can carry disease, but they often do.

"You're so busy and you just miss regular stuff ... you become miss regular stuff ... you become attached," said Chief Warrant Officer 3 Stephanie Hall, a helicopter pilot, who until February was deployed to the base at Kabul's airport.

Hall brought back two dogs,

Getting them from Afghanistan to America was at times was incredibly difficult and complicated, Hall said, and cost more than \$3,000.

But the process was worth it to ensure the pets she had cared for would get a good life, she said.

"I didn't want to have regrets and not know what happened to them," Hall said.

Catania drove to the airport last week to pick up Charley and Flea. Catania, an avid lover of outdoor sports, wants to bring the dogs to Utah.

"I'd really like to take them out hiking and exploring," Catania said, "and just spoil them."

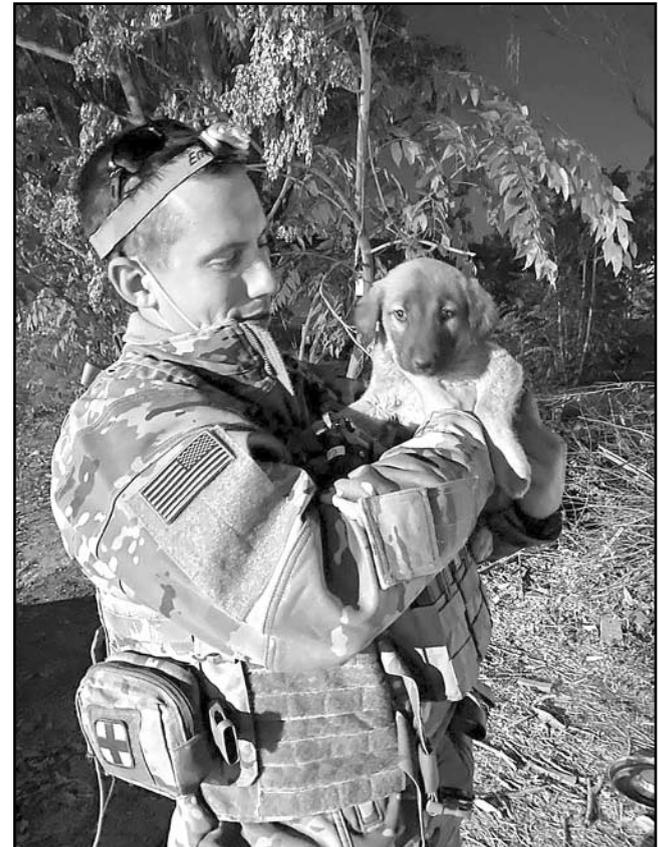
Catania, a logistics specialist who has since left Afghanistan, helped to move gear out of Kandahar over the past year during troop drawdowns. The U.S. is expected to complete its withdrawal of about 2,500 troops by Sept. 11, the White House said last week.

As troops leave, others like Catania are taking the dogs and cats they befriended on base with them.

Charlotte Maxwell-Jones, who runs a veterinary clinic in Kabul, helps prepare animals for the long flight from Afghanistan to the U.S. She's received a number of urgent calls from service members in the past year as troop levels dropped from their peak of about 12,000 last year.

"People are calling from bases and saying, 'can we move these animals out, ASAP?'" she said, adding that of the dogs she shipped to the U.S. last week, two-thirds were for service members.

There is often a rush to move animals out when bases close, said Michelle Smith, executive director of Puppy Rescue



A Soldier hugs a dog later brought from Afghanistan to America by Chief Warrant Officer 3 Stephanie Hall, a helicopter pilot. Hall was deployed to the base at Kabul's airport until February 2021. Photo courtesy of Stephanie Hall

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Staff Sgt. Katie Catania, an Army reservist, brought Charley, left, and Flea, right, back to the U.S. with her from Afghanistan. The U.S. troop withdrawal and violence in the country weighed heavily on her decision to rescue the dogs. Photo courtesy of Katie Catania

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Any terrorist attack on U.S. military drawdown in Afghanistan will be met forcefully, Kirby says

by Terri Moon Cronk,
DOD News

The United States is well aware of Taliban threats to the U.S. military drawdown, which are scheduled to begin May 1 and be completed by Sept. 11, 2021, Pentagon Press Secretary John F. Kirby told the media April 16 at the Pentagon.

“We’ve seen their threats, and it would be imprudent for us not to take those threats seriously,” he said. “It would also be imprudent for the Taliban to not take seriously what [President Joe Biden and Secretary of Defense Lloyd J. Austin III] both made clear: Any attack on our drawdown, on our forces or our allies and partners, ... will be met very forcefully.”

While work remains to be done on the specifics of the drawdown, the previous administration drew up an agreement to leave on May 1, so some preliminary drawdown plans have been completed, the spokesman said. Those plans have to be revised with the president’s direction to begin the drawdown May 1, and military leadership is working on that. “[More]

specific tasking will be coming from Secretary Austin very, very soon,” he added.

Kirby said it is not out of the realm of possibility that for a short time there will be some

“The Resolute Support Mission will be ending, and that includes the training support that we will offer the [Afghan National Security Forces]. Going forward will be largely through a financial perspective,” he said,

but it’s expected to be similar to the bilateral military relationship it has with other countries. “It will not include a U.S. military footprint on the ground in Afghanistan, with the exception of what’s going to be required to support the diplomatic mission there,” he said.

The secretary said we will maintain counterterrorism capabilities to continue to prevent Afghanistan from becoming a launching pad for terrorist attacks on our homeland, Kirby said, adding that the United States has a vast range of capabilities available from the U.S. Central Command.

The president and the secretary both made clear it’s still in U.S. national security interest that terrorist attacks on the homeland don’t emanate from Afghanistan and that the country won’t be a safe haven for groups like al-Qaida and other terrorist groups that would threaten the United States. “They’re serious about that objective,” Kirby said, adding as the secretary said, “we will maintain as robust as possible the counterterrorism capabilities in the region to prevent that from happening.”

see **Drawdown, page 4**



Pentagon Press Secretary John F. Kirby. Photo by Lisa Ferdinando

additional enabling capabilities added to Afghanistan to help bring about a safe, orderly and deliberately planned drawdown. The Defense Department might need logistical, engineering and some force protection capabilities temporarily, he noted.

The spokesman emphasized the drawdown will bring home the 2,500 troops stationed there.

adding Afghanistan has its own air force now, and they are fighting their own missions to defend their people.

“They’re far more competent and capable now than they have ever been before,” Kirby said.

The United States is working on its future bilateral security relationship with Afghanistan,

Army

- Army enacts changes on sex assault response, investigations and more after Fort Hood scandal
- Army scouts could be cruising the battlefield in an electric recon vehicle

- The gear SFABs need for a diverse set of missions presents new challenges
- New training doc outlines ways to give soldiers super-human-like sensory perception
- Advocates hope first female Army secretary brings change
- Police mistreatment of Black service members common even before Virginia case
- Soldiers from all over square off in grueling ‘Best Ranger’ competition after pandemic hiatus

Navy

- The completing dual carrier operations with French carrier Charles de Gaulle
- Judge temporarily grants orthodox Jewish sailor’s plea to keep his beard
- Flag officers newly nominated as vice admirals and commanders for three fleets
- ‘We are ready to respond to anything’: At sea, Iwo Jima group’s sailors and Marines have lots of missions
- Photos on UFO websites were shot by Navy personnel, Pentagon says

- Navy, Marines push plans to transform how they fight
- A resurrected First Fleet is the weapon the Navy needs to counter China, former SecNav says
- Former Navy secretary reveals he pushed to rename littoral combat ship

Marine Corps

- General cited for failures in fatal AAV mishap faces scrutiny over his new job as IG
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Official says women's contributions are vital to DOD, allies and partners

by David Vergun,
DOD News

Representatives from ally and partner nations in southeast Europe April 21 spoke at a conference about the important role women play in their armed forces.

Laura K. Cooper, deputy assistant secretary of defense for Russia, Ukraine and Eurasia, represented the Defense Department at the virtual Conference

Drawdown

continued from page 3

The president's withdrawal decision also gives the department an opportunity to refocus its efforts on threats and challenges that are more relevant to our way of life, and those that are threatening our way of life here in the United States, Kirby said, calling Afghanistan threats greatly diminished.

"The secretary considers China our pacing challenge," he said. "We certainly have obvious and deep concerns about where Russia is going, not only in the region but around the world. We've got continued malign activity from Iran and the Middle East. And of course, there's North Korea, where there are a plethora of significant challenges and threats."

of the U.S.-Adriatic Charter on Women's Contribution to Peace and Security: Lessons Learned and Challenges Ahead.

Cooper said the DOD has been making significant strides in working to integrate gender considerations into policies, plans, operations and training to ensure women participate across all ranks within our force since implementing its Women, Peace and Security, or WPS, in 2020.

"We view our own WPS initiative, which is aimed at achieving a more stable world and safety, equality and opportunity for women and girls, as absolutely

critical to U.S. national security," she said, adding that there is still more work to be done.

One WPS priority is to establish gender advisors across the entire department, she said, noting that there are now full-time gender advisors at every geographic combatant command.

The advisors will work to implement the DOD's 2020 WPS strategic framework within their components, advising their commanders or senior staff on how to better integrate gender into a wide swath of defense activities, Cooper said.

Another priority is developing and conducting training on WPS principles across the department, she said.

In addition to U.S.-based training, personnel have been sent to leading partner-country WPS initiatives, such as the Nordic Center for Gender in Military Operations in Sweden, she said.

Also, the Defense Security Cooperation University in the U.S. is working to build partner-country capabilities in support of WPS goals, she said.

"Our security cooperation

activities seek to increase gender diversity across all ranks of partner security sectors and to consider the security needs of women and girls, particularly when faced with conflict or crises," she said.

Cooper said allies and partners in Europe — including the five U.S.- Adriatic Charter nations of Bosnia and Herzegovina, Croatia, Montenegro, North Macedonia and Albania — have made critical contributions to the collective WPS effort. She also mentioned noteworthy progress in Serbia and Slovenia, the latter of which appointed its first woman as chief of its armed forces in 2018.

Croatia is currently advancing through a partnership with the U.S. government-funded project to strengthen gender equality within the Croatian army's peacekeeping missions, she said.

Part of that effort is the first-ever analysis on the status of women in the Croatian armed forces and peacekeeping missions. As a result, Croatian leaders will be equipped with recommendations and measures to improve the status of women in the military and promote a culture of zero tolerance to violence, Cooper said, mentioning

that the U.S.'s WPS efforts will be informed by what is achieved in Croatia.

The U.S. is also working through NATO channels to support WPS efforts, including through the NATO Committee on Gender Perspectives and the integration of gender considerations into joint exercises, she said.

"[WPS] initiatives do not only benefit women, they also benefit the entire population and contribute to the security of our partnerships and, in the case of NATO, to the strength of the NATO alliance. History shows clearly that the inclusion of women is critical to establishing lasting peace and prosperous futures," she said.

On Oct. 31, 2000, the UN Security Council adopted Resolution 1325, the Women, Peace and Security initiatives. The resolution calls for the participation of women in: the prevention, management, and resolution of conflicts; peace negotiations; peace-building; peacekeeping; humanitarian response; and post-conflict reconstruction. It also stresses the importance of their equal participation and full involvement in all efforts to maintain and promote peace and security.



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Total Navy Battle Force: 297
Ships underway

Deployed ships underway: 60
Non-deployed ships underway: 12
Total ships underway: 72

Ships deployed by fleet

Fleet Forces: 0	3rd Fleet: 3
4th Fleet: 2	5th Fleet: 19
6th Fleet: 20	7th Fleet: 57
Total: 101	

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Veterans News

Healing veterans and helping the environment go hand-in-hand

(StatePoint) What does Earth Day have to do with veterans suffering from psychological trauma brought about by their combat experience? A lot, actually.

That is because one organization, Help Heal Veterans (Heal Vets), is busy delivering thousands of arts-and-crafts therapy kits to veterans each month, and most kits are made largely from recycled materials. The kits provide an important therapeutic benefit for veterans and active-duty military recovering from wounds, injuries and the long-term psychological effects of warfare, including post-traumatic stress disorder and traumatic brain injury. Heal Vets kits include leatherwork, models, woodwork, jewelry, painting, needlecrafts, poster art, scrapbooks and more, and are created from materials that would have otherwise ended up in landfills.

Heal Vets has been doing this work for 50 years, and commitment to environmental sustainability has become an important and growing part of its mission.

“Over the last five years, we have recycled almost one million pounds of materials,” says Joe McClain, retired Navy captain



“Earth Day has taken on a new meaning for us because it relates directly to our mission,” says Joe McClain. “To us, sustainability means ensuring both the long-term existence of our natural resources and the well-being of the veterans we serve.” Photo courtesy of Paris Kissel, Help Heal Veterans

and CEO of Heal Vets. “By up-cycling, we responsibly utilize numerous materials, mostly textiles, one of the biggest contributors to landfill waste in the U.S.”

Indeed, since 2017, Heal Vets has worked with partner organizations to repurpose the extraordinary amounts of potential landfill waste, including:

•300,000 pounds of leather from airplane seats. Southwest Airlines and Arise Foundation have donated leather from airplane seats since 2018. These

materials are used to make wallets, footballs, and components for moccasins, such as liners and insoles.

•55,216 pounds of tanned deer skins. The Elks donates tanned deer skins from lodge members around the country that are used to make moccasins, wheelchair gloves, dreamcatchers, pouches and more.

Study of 400K female vets links PTSD to heart disease

by Jim Absher

A recent study in the Journal of the American Medical Association reports that female veterans with Post Traumatic Stress Disorder (PTSD) are more than twice as likely as male veterans to suffer from ischemic heart disease than those without PTSD.

The study examined nearly 400,000 female veterans, of which nearly one-third suffered from PTSD. The results of that study reflected that female veterans suffering from PTSD were 44 percent more likely to have the debilitating heart disease than their fellow veterans who did not have PTSD.

A similar study done in 2017 found that male veterans suffering from PTSD were 18 percent more likely to suffer from heart disease than their fellow veterans who did not have PTSD.

PTSD can affect women and men in different ways. Women with PTSD are more likely to feel depressed and anxious, while men with PTSD are more likely to have problems with alcohol or drugs. However, while both women and men who experience PTSD may develop physical health problems, the severity and preponderance of those symptoms also differ between the sexes.

According to the Department of Veterans Affairs, between 11 percent and 20 percent of modern-day veterans suffer from PTSD.

According to the American Heart Association, ischemic heart disease refers to problems caused by narrowing of the arteries. That results in less blood and oxygen reaching the heart muscle and ultimately can lead to a heart attack.

As with men, the most common symptom of a heart attack in women is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

•454,500 pounds of upholstery. Since 2017, La Z Boy has donated upholstery fabric that Heal Vets uses in kits to make messenger bags, oven mitts, bowl cozies and more.

•112,416 pounds of cabinets. Since 2019, American Woodmark has donated cabinets, which have been repurposed for wood kits to make items like boxes and birdhouses.

•40,000 pounds of automobile seats. Since 2019, Magna has donated auto seats used to make purse kits.

Heal Vets is seeking new partners for its dual mission of helping veterans heal and contributing to a sustainable economy. Businesses can donate materials that reduce their environmental impact and support the recovery of veterans who have served their country and need to recover fully from the visible and invisible wounds of war.

To learn more about the power of craft therapy and the sustainability efforts of Heal Vets, visit healvets.org.

Multiple VA medical centers may be rebuilt under Biden's infrastructure plan

by Leo Shane III

FLEET RESERVE ASSOCIATION - White House officials say the president's new infrastructure plan includes enough funding to replace “10 to 15” aging Veterans Affairs hospitals across the country with new medical centers, but department officials haven't determined yet which communities might benefit from the money. Administration staff have been touting the \$2 trillion infrastructure improvement plan in recent days as they try to build support among skeptical members of Congress - largely Republicans - and the public for the massive spending package. Included in the total is about \$18 billion for Veterans Affairs projects, with most of that total going to upgrading current department facilities and replacing others. “This funding will also help accelerate ongoing major construction projects to ... replace outdated medical centers with state-of-the-art facilities to provide our veterans the care they deserve,” said Terri Tanielian, special assistant to President Joe Biden for Veterans Affairs. VA Secretary Denis McDonough called the money a “down payment” on plans to modernize the department's medical facilities, saying as many as 30 may need to be replaced in coming years. “The median age of a private hospital in the U.S. on a national basis is roughly 11 years old,” he said. “The VA portfolio has a median age of 58 years old, and 69 percent of VA facilities are older than 50 years.”

Crossword Puzzle

Across

- 1 On a peg, as a golf ball
- 5 Panda Express kitchen items
- 9 Aerospace giant ___ & Whitney
- 14 Pre-deal payment
- 15 Rapper/actor with a cool name?
- 16 Talk show host in the National Women's Hall of Fame
- 17 Keyboard chamber work
- 19 Pending state
- 20 Go off-script
- 21 Indian royal
- 23 Very long time
- 24 Shih Tzu or Chihuahua
- 28 Wet just a bit
- 31 Aired of old films
- 32 Kindle download
- 33 Norse royal name
- 36 Was shown on TV
- 40 Authorize someone to represent you at the shareholder meeting
- 44 Tea biscuit
- 45 Sank, with “down”
- 46 Fellows
- 47 Pontiac muscle car
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- 8 Brown ermine
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- 28 Magazines with Alfred E. Neuman
- 29 Intl. oil group
- 30 ___ facto
- 34 Had lunch
- 35 Snake's poison
- 37 Capital of Italia
- 38 They aren't together anymore
- 39 Unit of force
- 41 “Picnic” dramatist
- 42 Prepare (for)
- 43 ___ extra cost
- 48 Tense NBA periods
- 50 Taylor of “Mystic Pizza”
- 51 Largest living antelopes
- 52 Muslim religion
- 53 Hardly worldly
- 54 They're forbidden
- 55 Unexpected win
- 56 “Today” weather anchor
- 60 Crock-Pot dinner
- 61 Hogwarts librarian ___ Pince



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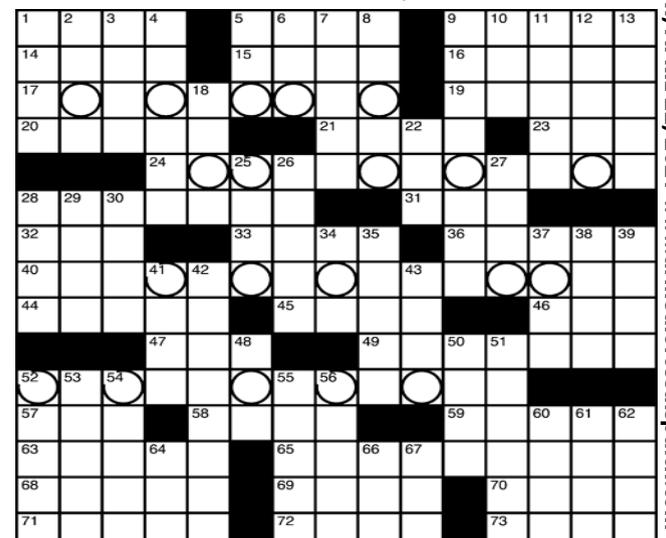
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What to do when your 'get up and go' has gotten up and gone

by Dr. Daneen Skube,
Tribune Content Agency

Q: I'm bone weary with stress in my job, being short staffed, scared of COVID-19, and feeling stressed about trying to find a vaccine. This is the shortlist! Just getting up and finding energy to go through my day is exhausting. Am I a wimp? Are there any psychological strategies for getting up when your get up and go is gone, gone, gone?

A: No you aren't a wimp. Everyone is exhausted right now. Yes, there are psychological strategies for getting up when your get up and go is gone! There are two steps to working with your fatigue 1) Understand the reasons 2) Set realistic goals.

The reasons you and most people are so tired is it's not only darkest before the dawn but also when you can see the end of a crisis a wave of exhaustion hits you. The reason people feel weary when they see the end of trauma is the adrenaline fueling their activities goes away. In the middle of a crisis, adrenaline floods our bodies. At the end of a crisis we collapse because we can't run on adrena-

line forever and the threat is coming to an end.

We then experience something called "adrenal fatigue" which is because we've been running off fight or flight chemicals never meant to be long-term responses. Being able to fight or flight helps mammals stay alive. But, when people

INTERPERSONAL EDGE:

use it in response to a long-term crisis the body collapses into exhaustion at some point.

The good news is now your healing can begin. You have to shift from a crisis mode to a reparative mode. Sleep as much as you can or want. Eat foods that restore your health. Get outdoor and engage in gentle exercise. If you meditate do that. If you don't meditate consider starting. Work each week at increasing the number of activities that are not goal-oriented.

During a crisis we all become drill sergeants with ourselves barking internal orders. To heal adrenal fatigue we need

to transition into being loving mothers to ourselves. If you do research there are also supplements and herbs that research demonstrates support healing adrenal fatigue that may be helpful.

The good news is we're finally seeing light at the end of the COVID-19 tunnel. As of the

writing of this column at least a quarter of the US population has had at least one shot. We are rapidly moving toward the magic of herd immunity.

The goal setting part of staying productive means you have to set your sights lower. Now is not the time for ambitious personal or professional goals. Our workplaces are still more complex and challenging due to a mostly remote environment.

If you're employed or looking for a job consistently or eating breakfast or participating in your team congratulations because you're a COVID-19 rock star! Adrenal fatigue means we're easily overwhelmed,

small problems flood us, and simple tasks seem like climbing mountains. Treat yourself like a cranky tired child right now and you'll be fine.

In the 12-step programs they have an acronym for what you need to do in recovery and it is "H-A-L-T." The letters stand for the wise advice that if you don't want to go back to your addiction don't get too Hungry, Angry, Lonely, or Tired. The

point is when we're vulnerable we have to protect our well-being like stubborn guard dogs or we risk falling apart.

Once you heal the adrenal fatigue we all have from running scared from COVID-19 you'll have plenty of time to set the world on fire with your ambition and brilliance. Right now just plan to get out bed, do the simple things that keep your work and life going, and

pat yourself on the back every night for a day well done.

The last word(s)

Q: I find online meetings are so hard to get a word in edge wise! I end up nearly yelling just to get my point across. Is there a better approach?

A: Yes, as Rumi the 13th-century Persian poet recommended, "Raise your words, not your voice. It is rain that grows flowers, not thunder." Work to increase your skill with persuasion in the words you chose rather than increasing your volume

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" (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies. (C)2021 Interpersonal Edge. Distributed by Tribune Content Agency, LLC.

Biden wants Congress, not courts, to decide on adding women to military draft

The Biden administration has asked the Supreme Court to let Congress resolve the potential constitutional problem of a male-only draft. President Biden's Acting Solicitor General Elizabeth Prelogar filed a legal brief recently in a case that is challenging whether the current male-only Selective Service System, which requires only that men ages 18 to 25 register for a potential military draft, is unconstitutional.

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• 521st AMOW awarded Best in the Air Force Commander's Inspection Program

Recent survey results show housing satisfaction on the rise



DOD hosts Virtual Military Spouse Symposium

The Department of Defense Spouse Education and Career Opportunities program will host the fifth annual Virtual Military Spouse Symposium on April 27-29.

The symposium connects military spouses to a professional community, resources and skills for career development. The multiday, online event is designed to educate new and experienced military spouses about specific resources and best practices for maximizing their unique potential.

There will be two days of online sessions dedicated to career development and a final day focused around relationships and work-life balance.

For more information, call Military OneSource at 800-342-9647 to speak with a SECO career coach, start a live chat and visit <https://myseco.militaryonesource.mil/portal/spousesymposium> to register for the event.



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INAUGURAL UNMANNED BATTLE PROBLEM 21 UNDERWAY

SAN DIEGO (April 15, 2021) - The Navy begins its inaugural multi-domain manned and unmanned capabilities exercise April 19. The exercise will feature unmanned capabilities “Above the Sea, On the Sea and Below the Sea.”

Led by U.S. Pacific Fleet and executed by U.S. 3rd Fleet, Unmanned Integrated Battle Problem 21 will generate warfighting advantages by integrating multi-domain manned and unmanned capabilities into the most challenging operational scenarios.

The exercise will feature operational, unmanned systems such as the MQ-9 Sea Guardian Unmanned Aerial Vehicle, the Medium Displacement Unmanned Surface Vessels Sea Hunter and Sea Hawk, and small and medium Unmanned Undersea Vehicles with modular payloads.

“Building off advances achieved over the past decade in unmanned aviation, Pacific Fleet is answering the Chief of Naval Operations’ drive to put the Navy’s Unmanned Campaign Plan into action,” says Rear Adm. Robert M. Gaucher, director of

maritime headquarters at U.S. Pacific Fleet. “Furthermore, by exercising our full range of unmanned capabilities in a Pacific warfighting scenario, UxS IBP21 directly supports U.S. Indo-Pacific Command’s warfighting imperative of driving lethality through experimentation.”

Unmanned systems alongside the traditional, manned naval force will give the U.S. Navy the advantage needed to fight,

win and deter potential aggressors. This exercise will directly inform warfighters, warfare centers and developers to further incorporate unmanned capabilities in day-to-day Fleet operations and battle plans.

“The overall goal is to integrate our unmanned capabilities across all domains to demonstrate how they solve CNO and Fleet Commander Key Operational Problems,” says Gaucher. “To get after these problems,

UxS IBP21 will include maneuvering in contested space across all domains; targeting and fires; and intelligence, reconnaissance and surveillance.”

A Distinguished Visitor Day aboard NB San Diego April 1, will enabled Navy officials and Fleet commanders to view the unmanned capabilities prior to their operational use in the exercise.

3rd Fleet leads naval forces

in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute our Navy’s timeless roles of sea control and power projection. 3rd Fleet works in close coordination with other numbered Fleets to provide commanders with capable, ready assets to deploy forward and win in day-to-day competition, in crisis, and in conflict.

For more information on UxS IBP21, please visit <https://www.dvidshub.net/feature/IBP21>.

(top) Vice Adm. Michael Moran, principal military deputy assistant Secretary of the Navy, speaks with representatives from General Atomics Aeronautical about the Sea Guardian unmanned aircraft on Naval Base San Diego. (below) Chief of Naval Research, Rear Adm. Lorin Selby, observes a Vanilla Ultra Endurance UAV. Navy photos by MC2 Natalie M. Byers



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MUSE technicians deploy to Coronado in support of USS *Abraham Lincoln*

by Sarah MacMillan

Naval Facilities Engineering and Expeditionary Warfare Center (NAVFAC EXWC) Mobile Utilities Support Equipment (MUSE) technicians deployed to Naval Base Coronado to inspect and terminate seven substations that supported a year-long maintenance cycle of nuclear aircraft

carrier USS *Abraham Lincoln* (CVN-72).

USS *Abraham Lincoln* arrived in San Diego in January 2020, following a record-breaking 295 days at sea - the longest post-Cold War era deployment for a U.S. carrier - breaking her own record in the process.

The carrier's most recent deployment involved joint-carrier operations with USS *John C. Stennis* (CVN-74) in the Mediterranean Sea. The two carrier strike groups' operations included more than 130 aircrafts, 10 ships and over 9,000 Sailors and Marines.

After an arduous deployment, the ABE needed scheduled maintenance to the pre-deployment

enhancements - originally supported by MUSE. The enhancements included five 2500kVA and two 3750kVA substations - a major power transformation that allowed ABE to connect to shore power safely and securely without interruption.

The successful termination of the enhancements and final inspection completed by MUSE and lead by construction electrician Petty Officer 1st Class Jeremy Tatlock, oversaw the redeployment of one 2500kVA substation to support the Fleet Readiness Center Southwest Maintenance Facility that supports the F-35 Maintenance Program.

The power transformation provided by MUSE is a classic

demonstration of the flexibility and technical expertise MUSE technicians routinely provide to Navy and Marine Corps activities.

NAVFAC EXWC is a command of more than 1,300 dedicated federal employees, contractors, and military personnel.

They provide science, research, development, test, and evaluation, specialized engineering, and mobile logistics capabilities to deliver sustainable facility and expeditionary solutions to the warfighter.

For more news from NAVFAC EXWC please visit <https://www.navfac.navy.mil/> or on Facebook @NAVFACEXWC



CM1 Jeremy Tatlock of NAVFAC EXWC MUSE reconnects lightning arrestors after electrical tests inside a MUSE substation aboard USS *Abraham Lincoln* at NAS North Island. Photo by Sarah MacMillan

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This week's snapshots



SAN DIEGO
April 6, 2021

Sailors simulate the navigation of a littoral combat ship inside Integrated Tactical Team Trainer 2 at the Center for Surface Combat Systems LCS Training Facility. LTF became the first surface warfare training facility to provide integrated bridge and combat systems tactical-scenario training. Photo by MC2 Kevin C. Leitner



BRIDGEPORT
April 17, 2021

Marines and Sailors with 5th Marine Regiment carry a casualty towards a Blackhawk helicopter with the Oregon Army NG during Mountain Warfare Training Exercise. at Mountain Warfare Training Command. Marine Corps photo by Lance Cpl. Andrew Bray



USS MAKIN ISLAND, at sea
April 12, 2021

Marines with 15th Marine Expeditionary Unit participate in a fast-rope training exercise aboard *Makin Island* amphibious assault ship. Sailors and Marines are operating in the 7th Fleet AOR. Navy photo by MC3 Ethan Jaymes Morrow



USS MAKIN ISLAND, at sea
April 15, 2021

Mural artists BM3 Jesse Moore, left, Lance Cpl. Hannah Wolf, center, and IT2 Rothenberg-Roman stand in front of a mural aboard *Makin Island*. The *Makin Island* Amphibious Ready Group and the 15th MEU are operating in the 7th Fleet area of operations. Navy photo by MC2 Jeremy Laramore



USS ESSEX, at sea
April 12, 2021

A landing craft, air cushion attached to Assault Craft Unit (ACU) 5 prepares to enter the well deck of USS *Essex* (LHD 2). *Essex* is underway conducting routine operations. Navy photo by MC3 Brett McMinoway



PORT HUENEME
April 15, 2021

Builder Constructionman Jose Iniesta and Builder 3rd Class Matthew Gurrera, both from Naval Mobile Construction Battalion (NMCB) 3, shovel gravel into a container to be mixed into concrete to place a slab as part of a Seabee Technical Training Module. Navy photo by MC1 Michael Lopez

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HONOR, COURAGE & COMMITMENT

USS Oakland joins the Fleet

OAKLAND, Calif. - The Navy commissioned Independence-variant littoral combat ship USS *Oakland* (LCS 24) during a ceremony, April 17.

Navy leaders, Oakland city officials and a socially distanced audience attended the ceremony for the third ship in naval service to be named in honor of the city of Oakland. The first USS *Oakland* was a transport cargo ship commissioned in 1918. The second Oakland was a light cruiser that served in World War II, earning nine battle stars.

Acting Secretary of the Navy Thomas W. Harker delivered the ceremony's principal address. "We now have a finished warship behind us that is ready to be placed into commission," said Harker. "This ship is a marvel of engineering, which will extend our capabilities for any mission across the blue water, from shoreline to shoreline."

Guest speakers for the event also included Naval Academy Superintendent Vice Adm. Sean Buck, Program Execu-

tive Office Rear Adm. Casey Moton, Austal USA Vice President Larry Ryder and Mayor of Oakland Libby Schaaf.

Kate Brandt, Google's sustainability officer and the ship's sponsor, delivered the time-honored Navy order to *Oakland's* crew to "Man our ship and bring her to life!"

Oakland's commanding officer, Cmdr. Francisco X. Garza, reported the ship ready.

"I'm incredibly proud of this crew for their dedication to shipmate and ship as we worked toward the commissioning of USS *Oakland*, said Garza. "We are honored to carry the name 'Oakland' into the fleet."

Oakland will be homeported in San Diego with littoral combat ships USS *Independence* (LCS 2), USS *Coronado* (LCS 4),

USS *Jackson* (LCS 6), USS *Montgomery* (LCS 8), USS *Gabrielle Giffords* (LCS 10), USS *Omaha* (LCS 12), USS



The crew of USS *Oakland* mans the ship during commissioning ceremony in Oakland. Navy photo by MCC John Pearl

Manchester (LCS 14), USS *Tulsa* (LCS 16), USS *Charleston* (LCS 18), USS *Cincinnati* (LCS 20), and USS *Kansas City* (LCS 22).

The littoral combat ship is a fast, agile, mission-focused platform designed to operate in near-shore environments, while capable of open-ocean tasking. LCS can support forward presence, maritime security, sea control, and deterrence. The underlying strength of LCS lies in its innovative design approach, applying modularity for operational flexibility.

Future USS Mobile commissioning May 22

MOBILE, Ala. - Future USS Mobile (LCS 26), the Navy's newest Independence-variant littoral combat ship, will be commissioned here May 22.

Due to ongoing public health and safety concerns related to the Novel Coronavirus (COVID-19) pandemic, the ceremony will take place in compliance with Department of Defense, Center for Disease Control, state public health, state, and local government guidelines and restrictions. The event will be livestreamed to offer maximum viewing by the general public.

"The Mobile crew worked hard to prepare their ship for this moment, and they will continue to see the fruits of their labor as they train and operate at sea," said Vice Adm. Roy Kitchener, commander, Naval Surface Force, U.S. Pacific Fleet. "We are refining the LCS class lethality and global sustainment infrastructure to better harness the versatility these ships bring to the Surface Force; Mobile is entering the fleet at a prime time in the LCS progression, as we implement lessons learned from other LCS deployers."

Rebecca Byrne, the President and Chief Executive Officer of The Community Foundation of South Alabama and wife of former U.S. Representative from Alabama Bradley Byrne is the ship's sponsor. As a former Chairman of the Downtown Mobile Alliance and former Executive Director of United Way of Baldwin County, Rebecca has long served her community through civic, cultural, and church leadership roles.

Highlighting the commissioning is a time-honored Navy tradition where Rebecca will

give the first order to, "man our ship and bring her to life."

Mobile's Commanding Officer, Cmdr. Christopher W. Wolff, a graduate of Carnegie Mellon University, the University of Oklahoma, and the U.S. Naval War College, has deployed five times on five different ships. The third-generation naval officer leads a crew of 70 officers and enlisted Sailors.

USS Mobile was built in Mobile, Alabama, by Austal USA and was launched on January 11, 2020.

The future USS Mobile is the fifth Navy ship to honor the city of Mobile, which has a rich historical relationship with the Navy.

The first Mobile was a Confederate, government-operated, side-wheel steamer operating as a blockade runner and captured in New Orleans in April 1862 by U.S. forces. Commissioned as USS *Tennessee*, the ship was later renamed Mobile. Commissioned in March 1919, the second Mobile, a Hamburg Amerika Lines passenger liner operating between Germany and the U.S. until the outbreak of World War I, was taken over by the Allied Maritime Council and assigned to the United States after the Armistice.

Mobile (CL 63) participated in numerous Pacific Theater campaigns during World War II. Commissioned on March 24, 1943, the cruiser received 11 battle stars for the ship's time in service and was decommissioned in May 1947. The fourth Mobile (LKA 115) was an amphibious cargo ship serving from September 1969 until decommissioning in February 1994.

MaPoL: My kids are total brats!

From the time I toddled around in droopy diapers, to the day I drove off to college in my VW Beetle, I lived in one, small Pennsylvania town. The kids who picked their noses next to me in Mrs. Rowley's kindergarten class were the same ones who walked across the stage with me at our high school graduation. I had one hometown, one high school, one brick house, one yellow bedroom, and one best friend who I gabbed with each night on one rotary phone while draped across one mock brass twin bed.

By contrast, as a military child, our oldest went to three high schools. He grew up in ten homes, in four states and two foreign countries. He said goodbye to seven best friends, six piano teachers, and four Boy Scout troops. He played on three varsity football teams, and his academic transcripts are almost as complicated as the tax code.

Essentially, my son, and his two younger sisters for that matter, are total brats.

No, not that kind of brat. Although our kids have definitely displayed their fair share of unruly behavior, infuriating teen arrogance and near juvenile delinquency; I'm calling my kids "military brats," which has an entirely different connotation.

The colloquial term "military brat" has been used for many years in the United States, Australia, New Zealand, Canada, Pakistan and India to refer to the children of active duty service personnel, and similar phrases have been used in other countries around the world. However, because "brat" is commonly known as a pejorative word to describe spoiled or unruly children, there is often confusion as to whether "military brat" has negative undertones.

A few years ago, I posted a comment in a military spouse group on social media, where I used the term "military brats." A young Navy spouse quickly admonished me for using such language. "Our children are not brats," she replied.

Was she right to correct me? Does "military brat" denigrate our children? Why else would an otherwise derogatory word be used in this context? Should the antiquated

phrase be rebranded to better reflect this distinct American subculture?

Although researchers have been unable to pinpoint the exact origin of this term "military brat," credible sources indicate that it may be a centuries-old acronym for "British Regiment Attached Traveler," used to describe dependents accompanying British Army members being stationed abroad, or perhaps a contraction for "barracks rats."

Over the years, the term expanded and evolved to become a universal descriptor for kids who move with their military parents and thereby develop unique personality characteristics and cultural identity. Regardless of the hazy historical origins, the theories, research, and usage of "military brat" in literature, films, documentaries, songs, and on the internet, indicate that it is most certainly a compliment, not an insult. In fact, less than 6% of ex-military children object to the term.

I must admit, there were moments during my husband's 28 years of active duty service when the acronym might as well have stood for our constant worries that our three kids would be bullied, ridiculed, and taunted after each of their multiple moves to new schools. wracked with guilt, we felt blameworthy, remorseful, and downright terrible. We had to remind ourselves that our children were brave, resourceful, and tolerant. Eventually, they made new buddies, formed new routines, found acceptance, and felt triumphant.

But kids will be kids, even the military ones, and ours milked our parental guilt for all it was worth. They belted, refuted, and shed tears. They said their new schools were full of buffoons, rednecks, and Tramps; and claimed they needed bonuses, riches, and toys to cope. The stress threatened to cause us balding, reflux, and tension, requiring botox, Rogaine, and Tequila, but somehow, we all survived.

No matter what the term "military brat" conjures in one's mind, I think we can all agree that military children are worthy of recognition. So on April 30, National Military Brats Day, I'll be beaming with pride that I'm the mother of three children that are admittedly, completely and unapologetically, military brats.

The Meat & Potatoes of Life



by Lisa Smith Molinari

AutoMatters™ & More



by Jan Wagner

2021 Formula One Emilia Romagna Grand Prix: In recent years, Formula One racing had often been a boring, predictable procession. Going into each race weekend, the same team - the Mercedes-AMG Petronas Formula One Team - was likely to emerge victorious.

In motorsports it's difficult to attract a large, enthusiastic audience - live or in-person - when one participant consistently overwhelms all others, yet that's precisely what Formula One racing had become. Barring some unlikely problem, Lewis Hamilton would probably win each weekend. Lewis and his Mercedes were dominant.

Late last year, however, Red Bull Racing Honda's Max Verstappen was coming on strong to challenge Mercedes' dominance.

For 2021 Red Bull's engine supplier, Honda, would be entering their last year in Formula One. They were determined to produce an engine that could challenge and even beat the mighty Mercedes.

In the first race of the 2021 season, in Bahrain, it looked like Verstappen could have, perhaps should have won that race. But was that a one-off? Would Verstappen, his Red Bull car and the new Honda Formula One engine be truly competitive with the Mercedes at other race tracks too? The anticipation for the second race was intense.

Multiple F1 teams challenging for wins + BeHear Proxy wearable speaker

The site for the second F1 race of the 2021 season on April 18 was the challenging and picturesque Autodromo Internazionale Enzo e Dino Ferrari racing circuit - Imola, in Italy. Steeped in decades of F1 tradition and history, it's nestled between the Tuscan hills, Adriatic beaches and Ferrari's HQ in nearby Maranello.

Shortly before the race, it started to rain. That threw the teams' carefully planned strategies right out the window.

We were treated to a tremendous race. At the start, Verstappen rocketed from third place on the grid to take the lead. As the rain subsided, a dry racing line soon developed. When drivers dared to venture off of it, the price some paid was a premature end to their day.

In one particularly frightening moment, two drivers whose cars - the Mercedes of Valtteri Bottas and the Mercedes-powered Williams of rising F1 star George Russell - collided at high speed at Tamburello as Russell tried to lap struggling Valtteri Bottas. Two following cars narrowly avoided the wreck, as the crashing cars slid across the track, ending up in the grass. Scattered in their wake were razor-sharp shards of carbon fiber, mangled car parts and destroyed bits of advertising signs, causing the race to be red flagged for the cleanup.

Just before that, Russell and Lewis Hamilton had nearly gotten together. Hamilton, making a rare mistake, ended up stopped by a trackside barricade with front wing damage. Nevertheless, he deftly backed his way through the gravel trap, visited his pit for a new wing and, when the race resumed, fought his way back

up through the field, edging past the fading McLaren Mercedes of Lando Norris in the closing laps and finishing second to Max Verstappen - who had checked out, scoring an impressive 22-second lead over Hamilton. The Ferraris were fourth and fifth.

Hamilton leads Verstappen by a single point in the 2021 Formula One World Championship battle. At long last, we're in for a very exciting season of Formula One racing.

BeHear Proxy Wearable Bluetooth Neck Speaker & Personal Hearing Amplifier: Standing in my kitchen, I was listening to tunes playing from my iPhone, via Bluetooth through the BeHear Proxy's integrated, high fidelity stereo speakers (stereo enhancement turned on). The music sounded awesome, but because it's worn on the shoulders, close to my ears, it was certainly not loud enough to bother my next-door neighbors, unlike my TV used to do. The sound fidelity of the BeHear is crystal clear, the tonal qualities are just right and I can hear fine nuances in the music. It's comfortable to wear and easy to use. Finally, I can listen to my music at a volume that is loud enough for me to enjoy it, but without bothering anyone. The BeHear Proxy, by Wear & Hear, is also ideal for and answering cellphone calls, at home or on the go, with the wireless convenience of Bluetooth, and extractable earphones for privacy and personal hearing amplification.

To see photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #688" in their search bar. Please send your comments to AutoMatters@gmail.com. Copyright © 2021 by Jan Wagner - AutoMatters & More #688

CLASSIFIEDS

Social Security Matters

When can I get benefits from my ex-spouse?

Dear Rusty: I know that I am able to get Social Security from my ex-husband. We were married for 16 years and I have not remarried. I will be 60 soon and he is 63. I do not know if he is retired yet, as we do not speak. Please advise when I can collect and how to go about the process.

Signed: Divorced Lady

Dear Divorced Lady: Since you were married to your ex for more than 10 years and haven't remarried, you may be able to collect a spousal benefit from your ex-husband when you are 62 years old. Your eligibility will depend upon the amount of your own personal Social Security (SS) benefit compared to your ex's benefit amount, but you cannot collect an ex-spouse benefit before age 62. To be eligible for a benefit from your ex-spouse, you must also claim your personal SS (from your own lifetime work record), and when you claim your own benefit an ex-spouse benefit will be given, if you are entitled to one.

To be eligible for a benefit from your ex-spouse, your personal Social Security retirement benefit at your own full retirement age (FRA) must be less than 50% of the benefit your ex-husband would get at his FRA (note that FRA amounts are used for this determination, regardless of the age at which either of you claim SS). If your FRA benefit amount is less than half of his FRA benefit amount, then you will be entitled to a "spousal boost" to bring your total payment up to your spousal entitlement. But taken at age 62, both of those amounts will be reduced.

Your full retirement age is 67, and if you claim any SS benefit before that it will be reduced. At 62, your personal SS retirement benefit will be cut by 30% and your spousal boost will also be reduced. So, at age 62, the total amount of benefit you could get (your own benefit plus your spousal boost) would be about 32.5% of your ex-husband's FRA benefit amount. Nonetheless, if you are comfortable with these benefit reductions, you can claim at age 62 (or any age thereafter) by contacting Social Security or, when the time comes, apply online at www.ssa.gov/applyforbenefits. You will need to provide SS with a copy of your marriage certificate and your final divorce decree, and you will need to know your ex-husband's Social Security number (SSN). If you do not know his SSN, you'll need to provide his parents' names and his date and place of birth.

If you wish to find out in advance whether you're entitled to an ex-spouse benefit and how much it is estimated to be, you can contact Social Security at 1.800-772-1213, or call your local SS office (find the local office number at www.ssa.gov/locator). Please note that all Social Security offices are temporarily closed to public access due to the pandemic, so calling them is your best current option to get an estimate of your spousal benefit.

One final caution: if you claim SS before your full retirement age and you are working, you'll be subject to Social Security's "earnings test" which limits how much you can earn before they take back some of your benefits.

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

Roy's Sudoku

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

Friends don't make friends wait in hot cars!

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



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

Get your tickets now for GI Film Festival San Diego coming in May

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

This year, the number of films selected is the highest to be included in the San Diego military film festival. More than half of the lineup includes films made by or starring active duty military or veterans, 11 were made by female directors, eight were directed by first-time filmmakers, and another eight are student films. Four international films also made the official selection. Tickets are available online at GIFilmFestivalSD.org. Attendees can tune-in from anywhere around the world.

Tree lovers invited to free webinars to learn proper tree care

While spring may not be the best time to plant shade trees, many people are inspired to plant trees as part of Earth Day and Arbor Day celebrations. Millions of trees are planted every year in America and many of them perish after planting, according to James Downer, University of California Cooperative Extension horticulture and plant pathology advisor.

"Tree planting campaigns, while well intentioned, may not consider all the realities of bringing young trees into landscapes and caring for them over decades," Downer said. "Increasingly, city budgets for tree care are being cut back and planting budgets are non-existent in many cities. Tree planting is left to volunteer groups, homeowners, schools and other organizations that may want trees in their communities."

To teach members of the public how to select and care for trees, Downer will host a series of free webinars. The five one-hour sessions will cover tree selection, where and how to plant a tree, how to prune trees, how to feed and water them, and pest management. Downer, who is based in Ventura County, welcomes all tree enthusiasts.

When

- Thursdays beginning April 22 • 12:30-1:30pm
- April 22: Selection of Trees (benefits of trees)
- April 29: Planting Trees
- May 6: Pruning Trees
- May 13: Caring for Trees (mulch, water, fertilizer)
- May 20: Managing tree pests and diseases

Registration and details

<https://ucanr.acemlma.com/lt.php?s=6825c1e8ce92a7cc9ed2425a5749faa5&i=674A713A1A6966>

Museum of Photographic Arts reopens to public

The Museum of Photographic Arts has reopened to the public with two exhibitions. The museum welcomes a new exhibition that celebrates the creative nature of young talent. Based on the collections of the Kiyosato Museum of Photographic Arts "Beginnings, Forever" presents works by historic and emerging artists made before they were the age of 35 and explores talent through images by influential classic artists, postwar Japanese photographers, and contemporary image makers.

The exhibition "Illusion: The Magic of Motion" will also return to MOPA with a variety of artistic depictions that made images come to life. Visitors will explore how eyes perceive motion through pieces that explore the invention of cinema, works created through perspective and anamorphosis, and the magic of shadow puppets.

Spring/summer hours: 11am-4pm on Friday, Saturday and Sunday. The Museum is located in Balboa Park at 1649 El Prado. <https://mopa.org/>

Earth Month special at Water Conservation Garden

With Earth Day upon us, there's never been a better time to become a member at The Water Conservation Garden. Your membership supports environmental conservation efforts in San Diego. In honor of Earth Day, we are offering a membership promotion throughout April that includes 15% off your membership and 15% off items in our gift shop, like reusable straws, reusable bags, and other local eco-friendly items. Use the membership discount code: EARTH21. You'll also receive these valuable members-only benefits: Free Garden admission, Guest passes, free admission to 300+ botanic gardens nationwide, and more! The Water Conservation Garden is located at 12122 Cuyamaca College Dr. West, El Cajon. | 619-660-0614 | www.thegarden.org

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4/22

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7/22

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4/22

RENTALS ROOMS

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5/13

RAMONA - 270 sq ft. room with fireplace. Pvt full bath. Access to Indry & kitchen. No smoking, no pets, no kids. Quiet. \$975/mo. plus util. Furnished is an option. Avail Immediately. Military preferred. Text 858-449-6825.

5/13

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

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Reminder to be proactive in looking for early signs of testicular cancer

Testicular Cancer Awareness Month is an important time to remind service members to be proactive in their health.

According to Navy Lt. Cmdr. (Dr.) Dorota Hawksworth, a urologist at Walter Reed National Military Medical Center, testicular cancer is very rare, but is most common amongst males between 15 and 34 years of age, the age bracket of many military members.

Testicular cancer is a disease in which malignant cells form in the tissues of one or both testicles. While the diagnosis of cancer can be frightening, testicular cancer can usually be cured.

“Many men have no known risk factors,” said Hawksworth, “the known risk factors [for testicular cancer] can’t be changed.”

These risk factors include a personal history of undescended testicle or prior testicular cancer, family history of testicular cancer, HIV infection, diagnosis of Klinefelter’s disease, age, race, and ethnicity, Hawksworth noted. White males develop testicular cancer at a rate four times higher than that of Black males, according to cancer.gov.

Testicular cancer can be detected early through screenings

both at home and by a doctor.

“Screening means looking for cancer before person has any symptoms. This process is performed differently, depending on the type of cancer,” said Hawksworth.

Testicular cancer however has no standard routine or screening. According to Hawksworth, most testicular cancers are found by a man or his partner, either by chance or by a self-screening.

Self-exams should be performed monthly and in a warm environment such as a bath or shower to allow the scrotum to be more “relaxed,” Hawksworth noted. Then each testis should be felt separately, using both hands to ensure that the contour is even and smooth with an egg-like shape with both testes about the same size.

If during a self-exam a patient finds a nodule or hard mass on or around the testicle, a size change, or difference in one or both testes, pain, or if the patient “thinks” he feels something and is unsure, he should seek medical attention urgently.

According to Hawksworth, most tumors present with a painless mass or swelling in one or sometimes both testes. Testicular

pain only occurs in about 10% of men with testicular cancer. Men may have systemic, as opposed to localized, pain, “they may complain about breast swelling, back pain, or an abnormal pain or

mass,” said Hawksworth.

If caught early enough, many testicular cancers can be removed through surgery. According to cancer.gov, testicular cancer has a 95% five-year survival rate.



Air Force 2nd Lt. Kylee Bolinder (left), 60th Inpatient Squadron nurse, cleans a power port on Nicholas Pilch, 60th Air Mobility Wing. Pilch underwent chemotherapy for testicular cancer in 2020. It is important for servicemen to do monthly self-exams to screen for early signs of testicular cancer. While rare, testicular cancer is most prevalent among men between the ages of 15-34. Photo by Nicholas Pilch, 60th Air Mobility Wing Public Affairs.

Military/Veterans Crisis Line

1-800-273-8255

Confidential chat at MilitaryCrisisLine.net or text 838255



National Prescription Drug Take Back Day is Saturday, April 24, 2021

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

With robust public participation over the course of prior events, the National Prescription Drug Take Back Day Initiative continues to remove ever-higher amounts of opioids and other medicines from the nation’s homes, where they are vulnerable to misuse, theft or abuse by family members and visitors, including children and teens. In continuation of this effort, DEA and its national and community partners will hold the its National Prescription Drug Take Back Day across the country on Saturday, April 24. The service is free and anonymous. There are many drop off locations around San Diego. Below are participating military sites but there may be neighborhood sites closer to you. See below!

Participating military locations include:

- MCAS Miramar: Marine Corps Exchange, Bldg #2660 Elrod Ave.
- NAS North Island: Navy Exchange, Bldg # 2017
- NMCS (Balboa): Military (active, retired and beneficiaries) and staff only. 34800 Bob Wilson Dr. - Baxter Circle (Subway Circle) between Bldg 2 & 3.
- Naval Station 32nd St.: Navy Exchange. Military (active, retired and beneficiaries) and staff only. 2260 Callagan Hwy - located in the NEX parking lot next to Callagan Hwy Gate.

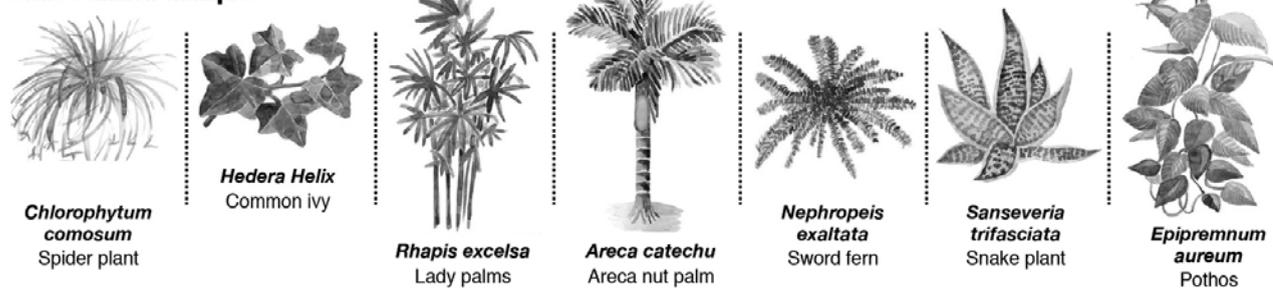
Locate a community collection site near you

To locate a drop off site near you visit https://www.deadiversion.usdoj.gov/drug_disposal/takeback/ and follow the links.

Plants help clean indoor air

Too many pollutants in homes and offices can trigger allergies, headaches and fatigue; the right plants can help to clean the air around you.

Some common examples



What plants can do

- Lower level of harmful substances
- Increase oxygen level
- Act as dust filter

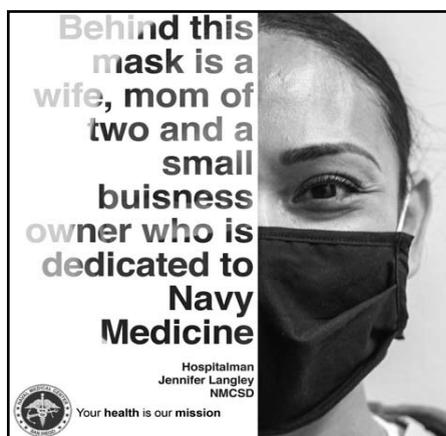
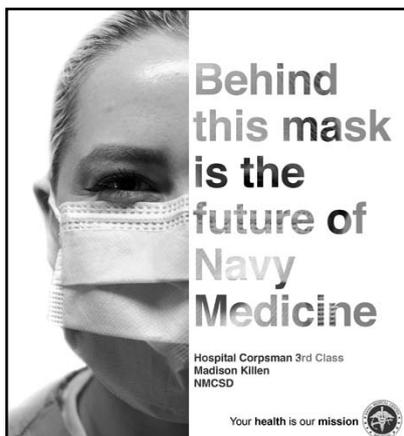
How

- Air is cleaned when plants absorb and neutralize the toxins in the air through their leaves, converting the CO2 content of the air into oxygen (photosynthesis or absorption of pollutants, such as benzene, formaldehyde and trichloroethylene)
- Leaf composition allows them to photosynthesize efficiently under relatively low light conditions, which in turn allows them to efficiently process gases in the air

Conditions

- Ideal temperature: 66-71 F (19-22 C)
- Ideal humidity: 40-65%

Source: Lifeline.de, University of Minnesota, NASA report Interior Landscape Plants for Indoor Air Pollution Abatement Graphic: Staff, TNS



Healthy Living A beneficial bean

Studies show that drinking coffee may reduce the risk of developing type 2, or adult onset, diabetes, which affects about 315 million people worldwide.

Health in four cups

- **Drinking coffee** increases blood levels of SHBG, a protein that regulates the hormones testosterone and estrogen, believed to play a part in the development of type 2 diabetes
- **Women who drank four cups of caffeinated coffee daily** had higher levels of SHBG and were less than half as likely as nondrinkers to develop the disease



Source: UCLA News, World Health Organization, TNS Photo Service

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