

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

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SIXTY-SECOND YEAR NO. 24
THURSDAY, SEPTEMBER 29, 2022

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Career
Interpersonal Edge: A flexible personality is the key to success.
See page 8

Veterans News
Miramar Young Marines assist veterans in projects around San Diego
See page 9

Things to do around town
Sake Week, Half Marathon and 5K, Fire Safety Expo, Fur Ball Fundraiser, Oktoberfest
See page 10

TOWARDS THE SOUNDS OF CHAOS

Marine honored for bravery for her actions during 2021 Kabul airport attack

by Lance Cpl. Luis Aguilar

MARINE CORPS AIR GROUND COMBAT CENTER - A massive blast shakes the ground as the Marines arrive at Hamid Karzai International Airport in Kabul, Afghanistan. Chaos erupts before their eyes as they attempt to approach the airport gate. Vehicles shake and people scream and run in terror as Marine Sgt. Leilana Tupua-Rodriguez tries to orient herself to figure out what is going on.

This was the scene criminal investigator TupuaRodriguez walked into on that fateful day, Aug. 26, 2021.

"Right as we get to the interior gate everything goes boom and you hear vehicles shaking and you start seeing people run," said TupuaRodriguez.

How TupuaRodriguez reacted to the situation that day not only saved lives but earned her the Jim Kallstrom Award for bravery, which she received during a ceremony here recently.

Etching her name in history wasn't something she imagined would happen when she started her deployment with the 24th Marine Expeditionary Unit.

TupuaRodriguez deployed as a criminal investigator with the 24th MEU in February 2021 and in July 2021 arrived in Kuwait to standby for operations in Afghanistan. While there, she



Marine Corps Sgt. Leilana TupuaRodriguez poses with a child hours before a suicide bomb explosion at Hamid Karzai International Airport, Kabul, Afghanistan, Aug. 26, 2021. Courtesy Photo

prepared service members to search and assess individuals in support of their evacuation mission. As the only criminal investigator non-commissioned officer she was then tasked with teaching service members how to properly search people and biometrically enroll people.

"Because I had knowledge and training on how to properly search people, detainees or evacuees, I was tasked with teaching males and females how to properly search people," said TupuaRodriguez about her time in Kuwait.

After a month in Kuwait, 24th

MEU deployed to Kabul, Afghanistan to assist in the evacuation operations at the airport, Aug. 15, 2021. TupuaRodriguez continued to train and prepare Marines to search people while they received intelligence briefs about potential threats.

"We were getting a lot of intel briefs about Improvised Explosive Devices [IEDs], but that particular day felt different," recalled TupuaRodriguez.

On Aug. 26, immediately after the blast rang out, TupuaRodriguez knew her mission changed from searching to saving lives.

see Award, page 7

Navy sends destroyer through Taiwan Strait alongside Canadian warship

by Alex Wilson, Stars and Stripes

A Navy guided-missile destroyer and a Canadian patrol frigate steamed through the Taiwan Strait last week, the first combined transit by the two countries in nearly a year.

Destroyer USS *Higgins* and Canadian frigate HMCS Vancouver passed northeast from the South China Sea into the East China Sea over 16 hours, 7th Fleet spokesman Lt. Mark Langford told *Stars and Stripes* by e-mail last Wednesday.

"The ships transited through a corridor in the strait that is beyond the territorial sea of any coastal state," Langford said in a Wednesday news release. "*Higgins*' and Vancouver's transit through the Taiwan Strait demonstrates the commitment of the United States and our allies and partners to a free and open Indo-Pacific."

The transit was not in response to any particular event, according to Langford, who added that the strait has been used by U.S. Navy ships to travel between the two seas "for many years."

However, the two ships moved through the strait just days after President Joe Biden for the second time this year said U.S. troops would help defend Taiwan in case of a Chinese invasion or "unprecedented attack." He made the comments during an interview broadcast Sunday by "60 Minutes."

Beijing considers Taiwan, a self-governing democracy since it split from China in 1949, a breakaway province that must be reunified with the mainland, by force if necessary.

The Navy has sent warships through the 110-mile channel that separates Taiwan from mainland China roughly once a month over the past two years, actions that regularly draw criticism from Beijing.

Chinese naval and air forces monitored "the entire process," according to a news release Tuesday from China's Ministry of Defense.

"The troops in the theater are always on high alert, resolutely counteract all threats and provocations, and resolutely defend national sovereignty and territorial integrity," Col. Shi Yi, spokesman for China's Eastern Theater Command, said in the release.

Langford provided no specifics but, in his e-mail, said U.S. vessels and aircraft "routinely interact with foreign warships" in the region and that all interactions with foreign military forces were "consistent with international standards" and didn't impact the operation.

The trip was the second joint operation between U.S. and Canadian warships since October 2021, when *Dewey* guided-missile destroyer and Canadian frigate HMCS Winnipeg made the transit, Langford told *Stars and Stripes*. It was the first such trip for *Higgins* in "recent history," he said.

The Navy last sent warships - cruisers *Antietam* and *Chancellorsville* - through the strait on Aug. 28.

October's monthlong observances

Nat'l Breast Cancer Awareness Month
Nat'l Dessert Month
Nat'l Cookie Month
Nat'l Pizza Month
Nat'l Domestic Violence Awareness Month
Nat'l Women's Small Business
Nat'l Pork Month
LGBT History Month
Children's Health Month
Nat'l Book Month
Nat'l Bullying Prevention Awareness Month
Nat'l Physical Therapy
Nat'l Campus Sustainability
Nat'l Seafood Month
Nat'l Pasta Month
Country Music Month

Head Start Awareness
Nat'l Crime Prevention
Health Literacy Month
Nat'l Arts and Humanities
Urban October
Farm to School Month
Tackling Hunger Month
World Hunger Awareness
Antidepressant Death Awareness Month
Eye Injury Prevention Month
Fair Trade Month
Nat'l AIDS Awareness Month
Nat'l Animal Safety and Protection Month
Nat'l Cybersecurity Awareness
Nat'l Kitchen and Bath
Nat'l Cookbook Month
Nat'l Caramel Month

Drawloleen
Int'l Dinosaur
Nat'l Chili Month
Diversity Awareness Month
Virginia Wine Month
Texas Wine Month
Vaccine-Injury Awareness
Nat'l Community Planning
Nat'l Dental Hygiene Month
American Pharmacists
Nat'l Disability Employment Awareness Month
Workplace Politics Awareness
Pennsylvania Wine Month
Nat'l Pretzel Month
Nat'l Down Syndrome Awareness Month
Adopt a Shelter Dog Month
see Observances, page 3

'Fat Leonard' saga

Navy bribery fugitive 'Fat Leonard' seeks asylum in Venezuela ...

According to news reports, the fugitive defense contractor nicknamed "Fat Leonard" who orchestrated a huge bribery scheme involving dozens of U.S. Navy officers, has requested asylum in Venezuela, a law enforcement official said Monday, nearly a week after he was captured in the South American country. Leonard Glenn Francis slipped away from house arrest in San Diego on Sept. 4, only weeks before he was to be sentenced. The official, who spoke on condition of anonymity because he wasn't permitted to speak to the press about the closed proceedings, didn't provide any additional details about the Malaysian businessman's moves. By law the Venezuelan government must consider the asylum request.

In a related report, a federal judge last week dismissed all charges against **Rear Adm. (ret.) Bruce Loveless** for his alleged role in the West Pacific web of bribery and graft from the Leonard scandal. The dismissal of all charges against Loveless caps a legal saga that has spanned more than five years since the retired flag officer and several other Navy officers were indicted in 2017.

Navy, Port of San Diego sign agreement to generate millions for electrification projects

To further reduce greenhouse gas emissions and improve air quality and public health on and around the San Diego Bay Working Waterfront, Navy Region Southwest and the Port of San Diego have formed a first-of-its-kind partnership that gives the Navy access to participate in California's Low Carbon Fuel Standard (LCFS) market.

The groundbreaking federal/state initiative will provide millions of dollars for further electrification efforts for both the naval base the port.

Recently, at Cesar Chavez Park in Barrio Logan, Navy and port officials, joined by state and local partners, formalized the collaboration by signing an Intergovernmental Support Agreement and celebrated the partnership and its multiple environmental and public health benefits for local communities, the

region, and the state.

The Navy's participation in this program will be the first ever participation by the Department of Defense in this type of carbon reduction effort. The Navy will generate LCFS credits while ships are plugged into shore power, rather than generating power internally using traditional, carbon-intensive fuels, and limiting emissions of greenhouse gasses in the surrounding community. Connecting ships to shore power while in port directly aligns with two Presidential Executive Orders requiring all federal agencies to take steps to reduce carbon emissions and support clean energy activities.

"Today is another example that shows the power of partnership – we are far more impactful together," said Meredith Berger, assistant secretary of the Navy for energy, installations, and environment. "The

Department of the Navy is proud to work with the State of California on energy resilience, and we will continue to find more opportunities for collaboration. As the Navy and Marine Corps continue to take action against the threat of climate change, we work hand-in-hand with partners like California who are focused on the same mission, and as a community build our resilience and reduce the threat."

The agreement aligns with the Port's recently adopted Maritime Clean Air Strategy, a policy document to help the Port identify future projects and initiatives to improve health through cleaner air while also supporting efficient and modern maritime operations. The MCAS and its vision, "Health Equity for All," represent the Port's commitment to environmental justice and is more ambitious than any other clean air policy document of its kind in the

state. In fact, nearly all the MCAS goals and/or objectives go beyond what is currently required by the State of California.

"This is a win-win. We're proud to be working with the Navy on this and look forward to cleaner air and improved public health for all who live, work, and play on and around San Diego Bay," said Dan Malcolm, Port of San Diego board of port commissioners. "When we adopted our Maritime Clean Air Strategy last year, we said it would take a lot of money and strategic partnerships to achieve the ambitious goals we set. The annual revenue this new and innovative partnership generates will be dedicated solely for more electrification of Port and

Navy operations and among those who will benefit the most are our neighbors in the communities of Bar-

rio Logan, Logan Heights, Sherman Heights, and West National City." The LCFS is a cap-and-trade-like program where the producers of fossil fuels must either increase the use of plant-based carbon (e.g., ethanol and soybean oil) or buy credits to meet the requirement. The Navy will generate credits via its current

use of shore power for its fleet. One LCFS credit generated is equivalent to one metric ton of carbon dioxide reduced. Creation of credits can be achieved utilizing alternative low carbon fuels or electrification. The credits are monetized through the services of a qualified and experienced broker. The Port utilizes the brokerage services of Anew EV, LLC (formerly Bluesource).

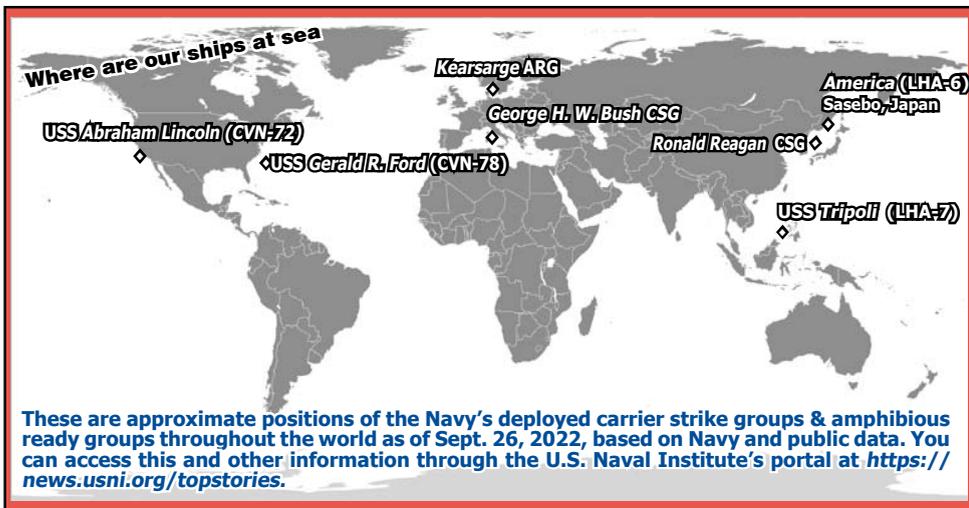
As the local participant in the state's LCFS program managed by the California Air Resources Board (CARB), the Port will register, generate, and sell the credits from Navy shore power, and then utilize the proceeds from the sale to provide Naval Base San Diego with energy and utility improvement projects. In exchange, the Port will keep a specified portion of the Navy's LCFS revenues.

The Port will pay from its share of the revenues for Port personnel who will manage project design and construction of Navy identified projects at NB San Diego and in Port operations. If this partnership – which is being conducted as a pilot program through 2030 – is successful, it could be duplicated between other U.S. ports and naval bases.

"We're excited to be the first in the Navy to participate in this innovative program," said Rear Adm. Brad Rosen, commander, Navy Region Southwest. "Our Sailors and their families live and work throughout San Diego County; we're part of this community, and are proud to do our part towards improving air quality locally, and contributing to a more resilient electric infrastructure."



Aerial view, Naval Base San Diego. Courtesy photo



Ships Underway
Total Battle Force: 300
 (USS 242, USNS 58)
 Deployed ships: 105
 (USS 69, USNS 36)
 Non-deployed ships: 82
 (Deployed 60, Local 22)
Ships Deployed by Fleet
 2nd Fleet, 5: 3rd Fleet, 1:
 4th Fleet, 3: 5th Fleet, 11:
 6th Fleet, 29: 7th Fleet, 58
 Total 107

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National Military

Army

- Two arrested in Fort Bragg paratrooper's killing
- Army stands up its third Multi-Domain Task Force in Hawaii



- US Soldier's Purple Heart award sheds light on intense 2020 ambush in Somalia

Navy

- USS *Ronald Reagan* pulls into Busan, South Korea, after 5 year absence
- Navy prosecutors say circumstantial evidence enough to convict

Sailor in San Diego ship fire

- Navy commander indicted over child sexual abuse videos
- Fat Leonard tried to get to Russia, officials say
- Anzio, Hué City leave the fleet as Navy cruiser decommissionings continue
- Fat Leonard may be Venezuela bargaining chip, experts say

Marine Corps

- Construction uncovers unexploded ordnance at Kaneohe Marine Corps Base

Air Force

- Air Force's new job assignment policies aim for flexibility, stability
- Fighter fleet is strained — and bill is coming due, ACC chief says
- 'Untethered' Air Force general: 'When you kill your enemy, every part of your life is better'
- Acquisition inflation being managed on a case-by-case basis, Hunter says
- After destruction, Florida Air Force base rebuilds to face effects of climate change
- Academy says inclusive language controversy is overblown

Space Force

- Burt: Space Force needs to 'get out of our own way,' enable companies instead
- In major step, Space Force takes over all military satellite communications

Coast Guard

- Coast Guard discharging unvaxxed members, allegedly denying promotions despite religious exemption requests
- Coast Guard works to remove sunken ship from Columbia River
- Coast Guard rescues two people from boat beginning to sink off Florida coast

National Guard

- DeSantis mobilizes national guard ahead of likely hurricane

Your Military

- Winning wars with number crunching | MilTech
- Military rescues over 1,000 after hurricane batters Puerto Rico
- Military recruiter killed by Texas police after fatally shooting wife, wounding NCIS agent
- US troops are volunteering to fly abortion seekers across state lines

DoD announces immediate and long-term actions to help strengthen economic security and stability of service members, families

On Sept. 22, Secretary of Defense Lloyd J. Austin III announced immediate and long-term actions to help strengthen the economic security and stability of service members and their families.

Recognizing the extraordinary pressures that military families face, Secretary Austin has directed the following actions in four key areas:

To help secure affordable basic needs, the Secretary has directed the Department to:

- Review the prospective 2023 Basic Allowance for Housing (BAH) tables to ensure calculations reflect the unusually dynamic fluctuations in the housing market.

- Institute automatic increases in BAH for active duty Service members in the 28 Military Housing Areas (MHAs) that have experienced an average of more than 20 percent spike in rental housing costs this year above this year's BAH rates. These automatic increases will go into effect in October 2022.

- The 28 Military Housing Areas includes California's Twenty Nine Palms MCB.

- Fully fund our commissaries to cut prices at the register, with goal of achieving at least a 25 percent savings on grocery bills compared to the local marketplace.

- Pay eligible Service members the Basic Needs Allowance (BNA) starting January 2023. The BNA is a supplemental allowance for Service members with dependents who apply and qualify based on their gross household income.

- In addition, the President's budget includes a 4.6 percent pay increase for Service members starting January 1, 2023

To further ease the process of Permanent Change of Station (PCS) moves, the Secretary has directed the Department to:

- Permanently increase standard TLE maximum coverage from 10 to 14 days for CONUS moves and allow up to 60 days of TLE if a Service member is in a specified Military Housing Area with a housing shortage, to take effect in October 2022.

- Increase the Dislocation Allowance (DLA) for E-1 to E-6 Service members, to further help offset personal expenses for PCS moves. DLA payments for all Service members will be paid

automatically one month prior to their move date to pre-empt out-of-pocket expenses. This will take effect in October 2022.

- Continue improvements to Military OneSource online moving and housing tools.

To further strengthen support to families, the Secretary has directed the Department:

- Make significant investments in Child Development Program (CDP) facilities and infrastructure to further expand our capacity to provide quality child care.

- Standardize a minimum 50 percent discount for the first child of CDP direct-care workers, helping to attract more talented staff and to increase capacity. This will take effect in October 2022.

- Improve access to child care programs and resources such as Military Child Care in Your Neighborhood and expand the in-home child care fee-assistance pilot program to additional states to provide more options to military families.

- Military Child Development Centers hours have already extended their hours to better account for Service members' varied schedules. The Department

has also reached out to additional high-quality, community-based child care providers who agree to care for military families using DoD's fee-assistance program.

- The Department has also previously expanded parental leave policies to cover non-chargeable leave following the birth or adoption of a child for active duty and eligible Reserve Component Service members; established a New Parent Support Program; and updated policies to reimburse nursing Service members for shipment of breast milk when on mandated temporary duty travel.

To further enhance employment opportunities for military spouses, the Secretary has directed the Department:

- Accelerate the development of seven additional occupational licensure interstate compacts with organizations representing multiple professions, easing burdens for spouses who must transfer professional licenses or credentials with each move.

- Increase the use of non-competitive, direct hiring authorities for military spouses in the Department of Defense and further expand remote work and telework options to help military spouses build portable careers.

Observances

continued from page 1

- Adopt-A-Dog Month
- Arachtober
- Black Speculative Fiction
- Children's Magazine Month
- Employee Ownership Month
- Fire Prevention Month
- Nat'l Celiac Disease Awareness
- Nat'l Dyslexia Awareness
- American Cheese Month
- Clergy Appreciation Month
- Global ADHD Awareness
- Nat'l High School Activities
- Filipino American History
- Youth Justice Action Month
- Nat'l Audiology Awareness
- Nat'l Sensory Processing Awareness Month

- Nat'l Orthodontic Health
- World MRSA Awareness
- Agent Orange Awareness
- Bat Appreciation Month
- Co-op Awareness Month
- Int'l Strategic Planning
- Mental Illness Awareness
- Nat'l Learning and Development
- TeenTober
- National Bake and Decorate
- Vegetarian Awareness
- Nat'l Sausage Month
- Eat Better, Eat Together
- Spinach Lovers Month
- Nat'l Pickled Peppers
- Nat'l Applejack Month
- Caffeine Addiction Recovery
- Dwarfism Awareness
- Eczema Awareness Month

Armed Forces Dispatch (619) 280-2985

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

Publisher.....Sarah Hagerty

The Dispatch is published weekly on Thursdays, by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. The editorial objective of the Dispatch is to promote support for a strong military presence. Contents of the Armed Forces Dispatch are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the U.S. Navy or U.S. Marine Corps. The Department of Defense, the Department of the Navy, or any other DOD component, does not approve or endorse this company, its products or services. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Department of Defense or any other DOD component, this newspaper, or Western States Weeklies, Inc. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$90 per year to CONUS or FPO address.

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DoD moving ahead on recommendations to combat sexual assault

by Secretary of the Air Force
Public Affairs

ARLINGTON, Va. - Last year, an independent review commission ordered by Secretary of Defense Lloyd J. Austin III put forth an array of recommendations designed to stop sexual assault and harassment in the military. On Sept. 23, the Defense Department is well underway in implementing those recommendations, said the undersecretary of defense for personnel and readiness.

On Capitol Hill last Wednesday, Gilbert R. Cisneros, Jr., told lawmakers at the House Armed Services Committee that the Defense Department now has a framework in place to track the implementation and effectiveness of its efforts and to provide regular progress reviews through senior leadership forums that includes membership from across the Office of the Secretary of Defense and the services.

"The level of oversight is a significant departure from previous reforms efforts in this area, and not only are we making progress, we're building the infrastructure needed to make real, lasting change and rebuild trust with our service members," Cisneros said.

One part of that infrastructure, Cisneros said, is the development of a professional sexual assault and sexual harassment workforce.

"At full operating capacity [it] will include over 2,000 personnel stationed around the world," he said. "The department has worked to create a targeted recruitment plan to support the services in their hiring efforts, and I established a dedicated direct hiring authority, which I signed out last week, to more quickly identify and onboard these prevention workforce professionals."

Co-chairing an ensuing panel, the Under Secretary of the Air Force Gina Ortiz Jones testified on the Department of the Air Force's efforts to ensure Airmen and Guardians live and work in

sionalization of that task means the Defense Department and services would no longer need to rely on military members who may be doing that same work now as a collateral duty in addi-

ment is military justice reform, through the implementation of the Offices of Special Trial Counsel," Cisneros said. "This effort will ensure independent expertise and prosecutorial decisions and is essential to the restoring of trust and to hold perpetrators of sexual assault accountable."

According to Cisneros, the Offices of Special Trial Counsel will ensure independent, specialized expertise in prosecutorial

decisions for the covered offenses of sexual assault, domestic violence and related crimes.

"The department has clearly heard from our service members that action and change are desperately needed, and the department is answering that call," Cisneros said. "Getting this right requires we move as expeditiously as possible to implement change, while also ensuring we do not rush to failure."

"The level of oversight is a significant departure from previous reforms efforts in this area, and not only are we making progress, we're building the infrastructure needed to make real, lasting change and rebuild trust with our service members."

Gilbert R. Cisneros, Jr.

an environment safe from sexual harassment and sexual assault.

"To successfully fulfill our mission to protect and defend our nation, addressing sexual harassment and sexual assault must be a top priority," Jones said. "This is a warfighting issue, a readiness issue and a leadership issue."

The DoD is also working with the military services to professionalize the victim response workforce, Cisneros said. Profes-

sion to their regular military job. Additionally, as part of an effort to regain the trust of victims of sexual assault and harassment, that workforce will be outside the chain of command.

Cisneros also told lawmakers the department would soon reach initial operating capability with its Sexual Assault Prevention and Response Training and Education Center of Excellence.

"Another significant undertaking at the [Defense] Depart-

USS Ronald Reagan arrives in Busan for first time since 2017 ... BUSAN, Republic of Korea - The Navy's only forward-deployed aircraft carrier and the flagship for Carrier Strike Group 5 (CSG 5), USS *Ronald Reagan*, along with cruiser *Chancellorsville* and destroyer *Barry*, arrived in Busan, Republic of Korea (ROK) for a regularly scheduled port visit, Sept. 23.

During the port visit, *Ronald Reagan* hosted several U.S. and ROK dignitaries aboard the ship at a "Big Top" reception and conduct several key leader engagements ashore. Destroyer *Benfold* pulled into Chinhae as part of the strike group's visit.

"The *Ronald Reagan* Strike Group's visit is of strategic importance to the U.S. and Republic of Korea relationship and is a clear and unambiguous demonstration of U.S. commitment to the Alliance," said Rear Adm. Buzz Donnelly, commander, CSG 5. "We're excited to return to Busan. Our presence and commitments to the Republic of Korea and the Indo-Pacific region are not new, and visits like this are part of our routine operations in the region that have helped maintain peace for more than 70 years." This visit is the ship's first to Busan in nearly five years, and first to the ROK in nearly four years.

Navy senior chief recruiter kills wife, dies in shootout, police say

by Geoff Ziezulewicz
Navy Times

A Houston-based Navy senior chief recruiter fatally shot his wife and injured a Naval Criminal Investigative Service agent last Thursday before being killed by sheriff's deputies a few hours later, according to the Navy and local law enforcement.

NCIS agents were interviewing the wife, Takara Hightower, 34, at an Atascocita, Texas, residence at 1:30 p.m. Thursday for a domestic violence investigation, according to NCIS and the Harris County Sheriff's Office.

While the precise sequence

of events remains unclear, Hightower's husband, Navy Career Counselor Senior Chief Gregory L. Hightower, 37, arrived and opened fire, fatally shooting the woman and injuring one of the NCIS agents.

Takara Hightower was holding an infant during the incident, according to sheriff's office spokesman Senior Deputy Thomas Gilliland.

A second NCIS agent returned fire at Hightower, who managed to flee.

About three hours later, Hightower was shot and killed after he fired at deputies who approached him near a fam-

ily member's apartment on the northwest side of Houston, according to Gilliland.

An infant and toddler at the Hightower home have been released to family members, he said.

Gilliland said deputies had previously responded to the residence as part of a "domestic prevention call for service for both parties claiming injury to each other."

While he did not provide the date for that call, Gilliland said that a prosecutor declined charges against either party.

Family members of Takara

Hightower did not respond to a request for comment Monday.

The injured NCIS agent was taken to the hospital and is stable, NCIS's Houston said.

He declined to provide further details on the incident but said that NCIS "will provide additional information as more details are confirmed."

An Illinois native, Senior Chief Hightower reported to the Navy Talent Acquisition Group Houston Detachment in August 2019.

He spent the majority of his 19-year career in the recruiting realm, according to his service record.



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Bible Class, Wednesdays 10am
(619)222-7291 LivingWaterSD7@gmail.com

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www.bayviewbc.org info@bayviewbc.org

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Sunday Worship 10am
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www.canyonview.org (858) 273-5140

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Pastor: Rev. Steven Duescher

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'Best in maintenance' winners named

The Department of Defense announced the 2022 winners of the Secretary of Defense Maintenance Awards. Included on the list are the Exercise Support Division, Marine Corps Air Ground Task Force Training Command, Twentynine Palms, and Strike Fighter Squadron 147, Naval Air Station Lemoore.

These awards are presented annually to recognize outstanding



achievements in weapon systems and military equipment maintenance.

The Rear Admiral Grace M. Hopper Award for Software Maintenance Excellence recognizes the top organic software activity that, through its mission accomplishments, provided extraordinary capability for operational units supported. The

award is named after RDML Grace Hopper, a pioneer of computer programming who popularized the idea of machine-independent programming languages. This year's winner is Combat Capabilities Development Command Armaments Center Software Engineering Center at Picatinny Arsenal, New Jersey.

The department also selected the Sustainment Training, Advice, and Assistance of Foreign Military Forces Award. The award recognizes teams or organizations that have excelled at providing training, advice, and assistance to the militaries of developing countries as part of U.S. foreign policy goals. The operational category winner of this year's award is the 551st Inland Cargo Transporter Company, Camp Carroll, South Korea.

The Robert T. Mason Award for Depot Maintenance Excellence recognizes exceptional quality and achievement in Department of Defense depot-level maintenance programs. It is awarded for outstanding mission accomplishment, effective support to warfighters, and

innovative logistics processes. This award commemorates Robert T. Mason, a former Assistant Deputy Under Secretary of Defense for Maintenance Policy, Programs and Resources, who championed the Department's depot-level maintenance program. The 544th Propulsion Maintenance Squadron, F135 Heavy Maintenance Center at Oklahoma City Air Logistics Complex is this year's recipient.

Six field-level award winners were selected in three categories: large, medium, and small. The small category winners are **Exercise Support Division, Marine Corps Air Ground Task Force Training Command, Twentynine Palms; and Strike Fighter Squadron 147, Naval Air Station Lemoore.** Winners from the medium category included USS Winston Churchill, Naval Station Mayport, Florida; and 48th Aircraft Maintenance Squadron, RAF Lakenheath, United Kingdom. Large category winners were 2nd Battalion (Assault), 2nd Aviation Regiment, K16 Airbase, South Korea; and Trident Refit

Facility, Kings Bay, Georgia.

From the six field-level winners, only one will be selected as this year's recipient of the highly coveted Phoenix Award. Phoenix Award winners are considered to be the best of the best and held in very high esteem as the top-performing field-level maintenance unit in the Depart-



ment. The Phoenix Award winner will be announced at the annual Department of Defense Maintenance Awards Banquet in December.

Units will formally be presented their awards at a ceremony Dec. 13, 2022, in Orlando, Fla. The ceremony is held in conjunction with the annual Department of Defense Maintenance Symposium. More information about the awards winners and the Maintenance Symposium can be found at www.sae.org/dod.

Third multi-domain task force activated for Indo-Pacific duty

by Russell K. Shimooka, US Army News Service
FORT SHAFTER, Hawaii - U.S. Army Pacific commander, Gen. Charles A. Flynn, constantly reminds people wherever he goes that the Indo-Pacific region is the most consequential theater for the United States this century. The Army was listening, and they activated its third multi-domain task force, the second such formation to be aligned to the Pacific.

"While they may not have a distinguished and storied history yet, this unit is quite special and unique," said Flynn. "The multi-domain task force is a perfect example of how the Army creates warfighting advantages for the Joint Force."

Multi-Domain Task Forces are the signature formations for the Army's transformation, and are theater-specific units that employ long-range precision effects, including cyber, electronic warfare, intelligence and long-range fires. The concept of the MDTF brings together existing lethal and non-lethal capabilities by integrating and synchronizing them across multi-domains - air, land, water, space, cyber - in order to overcome a specific target.

The first MDTF became operational in 2017 at Joint Base Lewis McChord in Washington state, focusing on the Indo-Pacific. The second MDTF is in Germany aligned with U.S. Army Europe and Africa. This third MDTF will call Fort Shafter home, and becomes the second specialty unit to operate in the Indo-Pacific, or what the Department of Defense has labeled, its "priority theater."

"Our MDTFs are essential to building joint readiness, strengthens interoperability with our allies and partners, and denying adversaries key terrain," said Flynn.

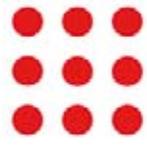
The unit's first commander is Col. David Zinn, an officer with experience in the theater having served in Hawaii and in Korea.

"Our activation in Hawaii reflects the Army's commitment to this theater as our nation's priority. We bring increased capacity, and complementary capability to the joint force in the Pacific. Our formation will provide capability to synchronize long-range precision effects, with long-range precision fires, providing increased freedom of action for the Joint Force," said Zinn.

U.S. Army Pacific has set a goal for the new MDTF to reach full operational capability in fiscal year 2023, and are currently evaluating opportunities for the unit to integrate itself with Theater Army exercises such as Operation Pathways, and to also work with allies and partners in the region.



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Local Military Photo Page



GATE CONSTRUCTION REMINDER

Now through Oct. 28, there's a construction work zone at the Camp Pendleton main gate. The work involves roadway repairs and security improvements at and around the main gate, allowing one lane to always remain open.

The base security team encourages all base personnel to avoid cutting through residential areas in nearby neighborhoods, and recommend accessing base from an alternate gate throughout the duration of the project. Those able to telework during this enhancement project are encouraged to do so.

The work will be completed in phases to best mitigate impact on traffic and an increased law enforcement presence will be on site to ensure traffic is mitigated as much as possible.

"This project ensures the safety and security of our people and we thank you for your patience and understanding as we continue to improve our installation," according to a post on the installation's Facebook page.



MCAS MIRAMAR (Sept. 25, 2022) - Air show spectators during the Miramar Air Show. US Marine Corps photo by Sgt. Rachaelanne Woodward



NAS North Island (Sept. 16, 2022) - Sailors attached to Carl Vinson aircraft carrier race during a Mental Health Wellness Fair here. Vinson is pier-side in its homeport. US Navy photo by MC2 Aaron T. Smith



PHILIPPINE SEA (Sept. 22, 2022) - With USS Tripoli nearby, a Naval air crewman jumps from Sea Hawk helicopter assigned to Helicopter Sea Combat Squadron 23 during a search and rescue swimmer training evolution. US Navy photo by MC1 Peter Burghart



MAKIN ISLAND, at sea (Sept. 15, 2022) - Sea Hawk helicopter assigned to Helicopter Sea Combat Squadron 21 drops off ordnance on the amphibious assault ship. US Navy photo by MC3 Kendra Helmbrecht

6 www.armedforcesdispatch.com THURSDAY, SEPTEMBER 29, 2022

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Princeton junior officer wins Batchelder award



SAN DIEGO - Lt Cmdr. Kyle S. Combs, Jr., (shown in photo) a native of Galveston, Texas, and assigned to cruiser USS *Princeton* as the supply officer, won the Vice Adm. Robert F. Batchelder Award for 2021.

This award is presented by the Navy League to Supply Corps officers who have made significant contributions to the supply readiness of our operating forces

and is a testament to an officer that was significant in shaping the Supply Corps of today.

“The Supply community could not have selected a more deserving officer for this award. Lt. Cmdr. Combs is an exemplary officer whose leadership, professionalism and subject matter expertise contributed greatly to the readiness of USS *Princeton* throughout calendar year ‘21,”

said Capt. Martin Robertson, commanding officer, *Princeton*. “His ability to inspire and lead is recognized across the command and is demonstrated by the success and achievements of his department. The Princeton Team is extremely proud of him and his accomplishments.”

Combs is one of the five Supply officers awarded across the Navy who proved their knowledge and skill sets as the best the

Navy has to offer.

“The Vice Adm. Batchelder Award is a uniquely special award for a Supply officer,” said Combs. “In our community, it’s the rare award that highlights your achievements, better than any single medal or certificate, the Batchelder truly receives community-wide recognition. “I can now say that I’m a proud member of a prestigious group of high-performing Supply officers.”

During 2021, *Princeton* completed an 11-month 5th and 7th Fleet deployment, participated in sustainment operations and numerous other exercises and executed a 7-month Selected Restricted Availability (SRA) maintenance period.

In 2022, the ship and crew executed the training phase known as Basic Phase and is currently readying for future operations.

An exotic retreat for Jackson’s crew

PAPEETE, TAHITI - SAN DIEGO -Littoral combat ship *Jackson* recently arrived in Papeete, Tahiti, for a port visit during its deployment.

Jackson is deployed to the Oceania region with an embarked U.S. Coast Guard Pacific Tactical Law Enforcement Detachment conducting maritime law enforcement operations in support of U.S. and Pacific Island nations’ fisheries laws.

USS JACKSON (LCS 6)

“*Jackson*’s port visit {here} reflects the historic and strong relationship between France and the United States,” said Denise Bauer, U.S. ambassador to France. “This visit will present invaluable opportunities to meet with local communities and to reinforce the critical partnership between our forward deployed naval forces.”

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

“I’m extremely thankful for the hospitality and generosity shown to us by the people of Tahiti and members of the French armed forces in the planning for this port visit,” said Capt. Marc Crawford, commodore of Littoral Combat Ship Squadron ONE. “We look forward to deepening the relationship between the *Jackson* Gold crew and the community during our time in beautiful French Polynesia.”

The *Jackson* Gold crew conducted a port visit in Fiji, Sept. 11-15, and upon departure from Tahiti will continue their OMSI mission through the end of September.

Award

continued from page 1

She knew she had to step up.

“[After the blast] Army medics came out and asked, ‘hey sergeant where do you need me?’ and I just thought, how did I end up in this position?” said Tupua-Rodriguez. “I start separating civilians and Marines and I start controlling civilians because they were going crazy.

“You must adapt and overcome any situation. You are expected to do that.”

TupuaRodriguez’s ability to control the chaos helped her assist other servicemembers there at the time of the bombing. In total, they aided and saved more than 500 dislocated civilians and apprehended and processed 60 people.

Her initiative and cool composure during crises, rare traits

which were crucial during the bombing in Kabul, were noticed by her senior leaders at MCAGCC Criminal Investigation Division, her current duty station.

“Her ability to gauge a situation, to analyze and to act, it’s all one fluid motion to her and she just does it,” said Master Sgt. Samuel Powers, chief investigator with CID, Headquarters Battalion here.

The Kallstrom Awards, one for outstanding leadership and one for bravery, are presented annually in honor of Jim Kallstrom. A Marine Corps captain and Vietnam War veteran, Jim Kallstrom distinguished himself over a twenty-eight-year career with the Federal Bureau of Investigations, culminating in his assignment as the Assistant Director in Charge, New York Division. The Jim Kallstrom Awards recognize those Military Police, who in the performance

of their duties, best exemplify the ethos of protect and serve, and honor, courage and commitment and a genuine concern for the well-being of the Corps, fellow Marines and the community they serve.

“This award speaks to her character as an individual, her desire to help in every way,” said Powers. “She just cares about taking care of people and doing the right thing. Bravery is just second nature.

“So as for who she is as a person, that’s her instinct to help, to fix, to do anything because doing something is better than doing nothing.”

As many Marines, TupuaRodriguez’s bravery was exemplified by her commitment to deploy in service to her country, even as some in her family feared for her safety.

A Bremerton, Wash., native,

TupuaRodriguez’s family were initially against her decision to serve in the armed forces. Despite this, she left for Marine Corps Recruit Depot Parris Island, Feb. 10, 2014, not knowing she would watch history unfold seven years later.

TupuaRodriguez said her family is now her biggest supporters and are extremely proud of the Marine she has become.

“She was part of the largest evacuation operation that we’ve ever seen and her role in that was instrumental, ensuring people made it out alive,” explained Powers. “When you think of a Marine, that is who you think of. You don’t think of a female Marine, you don’t think of a male Marine, that’s what you think of.”

“When you get called to do something, you have to do it,” said TupuaRodriguez.

Previously Deployed Personnel Needed for Study

VA/DoD sponsored research project is looking for Veterans and Service Members who have been deployed to participate in a study on the long-term effects of mild traumatic brain injuries.

We are looking for those both *with* and *without* mTBI exposure.

Participants may be compensated for their time.

To learn more, please contact our study team at: (858)552-8585 ext. 6375, 2608 or 8759.

More information can be found at: www.limbic-cenc.org

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IRB Protocol Number: H200001
IRB Approval Date: 09/02/2022

A flexible personality is the key to success

by Dr. Daneen Skube
Tribune Content Agency

Q: I've always been stubborn. My boss told me she doesn't want to promote me because of my stubbornness. How can I change when it's just the way I am? Isn't tenacity when I'm right a good thing? How can I show my boss that she should promote me?

A: You can show your boss that she should promote you by realizing your interpersonal habit is a habit, which is changeable. You can also realize that tenacity, when used in the service of being right, is self-destructiveness.

Notice how you start your question, stating that you've always been stubborn, as if you are stating your hair color. While it's true there's some biology to character traits, most interpersonal habits are learned. The good news is that if we can learn a trait -- one that keeps us from earning promotions -- then we can unlearn that same trait.

When you talk, pay close attention to how you define your identity. Most of us will say we're jealous, picky, or critical like we're describing our shoe size. These habits are choices that

we've made so often, they're nearly automatic. The more we identify with these traits,

Interpersonal Edge



by
Dr.
Daneen
Skube

the less we can see our habits as a prison we've built for ourselves.

Take a sheet of paper and on the left side write down the interpersonal habits that form your identity -- "stubborn," for example. Now on the right side, write down the opposite habit -- i.e. "flexible." As you contemplate the right side, notice how many options you're losing if you have a rigid identity.

In my work and life, I see how often we get into trouble because of rigid self-definitions.

A peaceful and effective work life requires flexibility in how we solve problems. If we think of ourselves as a hammer, we'll perceive all problems as nails. Read the list of habits you wrote on the right side of your paper and consider developing an identity that includes these capacities.

The truth is there's nothing in the spectrum of human habits that each of us does not possess. If you realize you can be brilliant and stupid within the span of five minutes, your need to defend yourself will decrease. You'll also find freedom in being able to admit ignorance and receive more help and wisdom from others.

Furthermore, the most ineffective place to be stubborn is our insistence we're right. If we are right, then other people need to be wrong, and people made or shown to be wrong become enemies.

We ought never to be more humble than when we're right. Humility generates receptivity in others. A stubborn need to be right alienates listeners.

Lao Zhu, the Chinese philosopher, observed, "When I let go of what I am. I become what I might be." Use a key to your self-imposed prison of identity by discovering all the additional habits that will help your career and life thrive!

The last word(s)

Q: Is there any one trait you personally cultivate that helps you have the personal growth mindset you often recommend?

A: Yes, humility in the face of my vast ignorance about so much! I agree with Socrates, the Greek philosopher, who confessed, "I know that I am intelligent because I know that I know nothing."

San Diego Humane Society - Resources for pet families

SOURCE: San Diego Humane Society's The Scoop - Community Support Services

Rehoming your pet

Giving up your pet doesn't have to mean a trip to the shelter. You can select your pet's new family and help the number of animals in the shelter by using our rehoming resources. Create a profile for your pet on Rehome by Adopt-a-Pet (for cats and dogs) or Home To Home (for all pets) to be connected with local animal lovers looking to adopt. Bonus: All pets rehomed through Home To Home are eligible for a complimentary spay/neuter voucher! Checkout <https://www.sdhumane.org/services/give-up-a-pet/>.

Ready for a new pet? Check out these available animals looking to be rehomed. Learn more at https://www.sdhumane.org/adopt/available-pets/pets_being_rehomed.html.

Access to veterinary care

One of the greatest challenges facing pet families in San Diego is access to affordable veterinary care. San Diego Humane Society provides resources to help give pets the medical care they need - keeping them with their families and out of shelters. Check out how we provide assistance with veterinary care, including a Community Veterinary Program that offers low-cost appointments and services, weekly vaccine and microchip clinics, and vouchers for spay/neuter services. Learn more at <https://www.sdhumane.org/services/support-services/vet-assistance.html>.

Community Pet Pantry

- El Cajon, Escondido, Oceanside and San Diego campuses
Tuesday-Sunday, 10 a.m. - 6 p.m.
- Heaven's Windows/New Season's Church
2300 Bancroft Dr., Spring Valley
Fourth Tuesday of every month
(Oct. 25), 9-11 a.m.

Our Community Pet Pantry provides free pet food and other supplies to families in need (more locations are listed on our website). Learn more at <https://www.sdhumane.org/services/support-services/pantry-service.html>.

Finding pet-friendly housing

Renters can face challenges when it comes to finding affordable housing that also accepts pets! That's why we've gathered resources to help renters in their search, including a pet-friendly housing list, frequently asked questions about rights to have assistance (or "support") animals in rental housing, living outside or in a vehicle with a pet and eviction information. Learn more at <https://www.sdhumane.org/services/support-services/housing-support.html>.

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Miramar Young Marines assist veterans in projects around San Diego

The Young Marines of the Marine Corps League is a national youth education and service program for boys and girls, age eight through the completion of high school. The Young Marines promote the mental, moral, and physical development of its members. The program focuses on teaching the values of leadership, teamwork, and self-discipline, so its members can live and promote a healthy, drug-free lifestyle. For more information, visit the website at <https://www.YoungMarines.org>.

The Miramar Young Marines recently supported local veterans with a couple of community service projects: Honor Flight San Diego, Miramar National Cemetery Support Foundation to honor veterans, and Miramar Young Marines at the Miramar National Cemetery.

On Sept. 17, The Miramar Young Marines had the honor of being invited to the Miramar National Cemetery by Honor Flight San Diego to take part in the ceremonial folding of 44 flags. The flags honor 44 members of the Navy Seawolves Helicopter Attack Squadron (Light) 3, the most decorated Huey helicopter squadron of the Vietnam War.

“The Miramar Young Marines proudly and stoically took part in the folding of the American flags while reflecting on the sacrifices of those they honor,” said Bret Righthouse, unit commander, Miramar Young Marines.

Along with MYM, Naval Reserve Officer Training Corps Cadets, Marine Corps Reserve Officer Training Corps Cadets, United, active-duty Navy mem-

bers, and Patriot Guard Riders folded the 44 flags during a ceremony in the cemetery’s Memorial Amphitheater.

Tomorrow (Sept. 30), Honor Flight San Diego will fly their first all-Vietnam Veteran flight to Washington, D.C. They will honor 85 Navy HA(L)-3 Seawolves members for their “service and sacrifice during the war,” said Righthouse.

“The 44 flags folded at the Miramar National Cemetery will be carried on the flight and dis-

played with the photographs of the 44 veterans who were killed in action,” said Righthouse.

The flags will later be presented to members of their families.

Smartphone check-in now at most VA health facilities

Fall is here and with it comes the flu and a lingering threat of a COVID-19 resurgence. VA encourages you to take precaution each time you check in for a health care appointment.

One way to do this is by checking in for your appointments using your smartphone. Smartphone check-in allows you to practice physical distancing more easily, while also offering ease and convenience. If your facility offers smartphone check-in, you’ll see signage with a QR code within your appointment clinic prominently on display. To complete check-in, you have two options: scan the QR code or text check in to 53079. You can check in up to 30 minutes before and 15 minutes after your appointment. If you have more than one appointment in a day, you’ll need to check in for each appointment separately. You have the option to check in with a staff member if you prefer, or if you need to make changes to your insurance carrier, contact information, emergency contact, or next of kin. Verify your personal information with the tap of a finger. To keep our records up to date, we ask that you verify your contact information, emergency contact and next of kin up to seven days before your appointment. You can verify this information after confirming your appointment through a text message appointment reminder. Once you confirm your appointment, a second message with a link will be sent to start pre-check-in. Learn more at <https://news.va.gov/108845/smartphone-check-in-va-health-facilities/>.

VA extends caregiver benefits

The Department of Veterans Affairs (VA) announced it will extend caregiver benefits until October 1, 2025. This extension will ensure that thousands of families will continue to receive stipends for the next three years.

The caregiver program provides health care and benefits, including a stipend, to individuals who devote their time providing oversight of veterans who need assistance and supervision and cannot live independently. The stipends vary based on location, but range from approximately \$1,800 to \$3,000 a month, depending on the level of care required. About 33,000 vets who are currently enrolled in the program. Nearly 20,000 of those are Post-9/11 veterans who applied to the program before October 2020 (“Legacy Families”).

The FRA expressed concern that the VA family caregiver program’s expansion was not being properly implemented in its testimony before a joint hearing of the House and Senate Veterans affairs Committees in March. Despite objections from FRA and other VSO organizations, the VA’s revised regulation tightened the eligibility criteria substantially beyond what is required by law. As the VA’s regulation substantially changes the program’s eligibility criteria, the process to determine a veteran’s “need” for assistance, and the entire methodology and basis for the stipend paid to the caregiver. FRA is concerned that many caregivers will be unable to obtain assistance which was the intent of the 2018 Act.

House passes five veteran’s bills

The House recently passed five vets bills intended to improve the Veterans Benefit Administration and to ensure that disabled veterans, student veterans and their families and survivors get their earned benefits quickly. This includes the Veterans Compensation Cost-of-Living Adjustment Act to help families who are grappling with skyrocketing inflation.

The “VA Home Loan Benefit Act” that also passed the House will ease the homebuying process for veterans by letting them use the same modern purchasing tools that non-veteran homebuyers already use. This will help them get into their new homes faster.

The following bills were passed out of the House:

- H.R. 7735: Improving Access to the VA Home Loan Benefit Act
- H.R. 7939: The Student Veteran Emergency Relief Act
- H.R. 7846: Veterans’ Compensation Cost of Living Adjustment Act of 2022
- H.R. 5916: Wounded Warrior Access Act, as amended; and
- H.R. 8260: Faster Payments to Veterans Survivors’ Act..

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Two decades of ignoring the warning lights on our used vehicles finally caught up with us this week while driving to New York City on I-95 at night in a torrential down-pour. Halfway through our four-hour trip, a long beep emitted from our German-engineered vehicle, and a yellow-lighted icon in the shape of an exclamation point inside a witch’s cauldron appeared on the digital dashboard display.

To say that my husband, Francis, is not mechanically inclined would be a gross understatement. Despite having served on active duty in the Navy for 28 years, machinery, weaponry, boats, cars, carpentry, plumbing, light fixtures, electronics, smoke detectors, appliances, and television clickers are a complete mystery to him. While Francis has, out of necessity, learned to drive a car, operate a lawn mower, and plunge a toilet, he avoids most “handy-man” tasks and refers to hardware stores as “haunted houses.” He claims that the most useful tool is a handy man’s phone number.

“What’s that beep?” Francis blurted, jabbing the break. “Oh ... it’s just tire pressure or something,” he said dismissively after seeing the yellow-lighted icon. To be fair, I wasn’t alarmed either, but I was a bit worried. About a month prior, I had mentioned to Francis that

The life lessons we never learn

my car was warning me, “Service Due,” and that my tires might need to be balance or aligned or whatever because the steering wheel was shimmying.

But after many years of driving used vehicles with dashboards lit up like Christmas trees, we were desensitized to our cars’ programmed warning lights. We knew there were certain warnings that were to be taken seriously, such as the little drippy genie bottle (low oil pressure) and the little thermometer in the river (high engine temperature), but we had come to believe that all other lights were a part of a vast car industry conspiracy to manipulate consumers into paying for unnecessary maintenance.

The drumming of the rain showers against the car died down, and we settled back into our road trip. I allowed Instagram Reels to lure me into a vortex of thrift shopping videos, and Francis resumed exceeding the speed limits on I-95.

But half an hour later, I heard a low grumbling noise that sounded vaguely familiar. In my day, I’d been known to pop a tire or two, hitting curbs and running over nails. “Francis, it sounds like the tire is flat,” I concluded like a master of the obvious. T

hankfully, we were only a mile from a service plaza, so we put on our hazard lights and limped into the tractor trailer parking lot.

We stood outside the car, staring down at the collapsed right rear tire.

“Wow,” Francis said.

“We must’ve run over something,” I said, both of us pretending to be surprised that this catastrophic failure had occurred.

While waiting for a mechanic to arrive to put on our spare, we played the part of responsible drivers. Francis booked a nearby hotel room and read the car’s manual to find out where the spare was located, while I researched tire service centers that could supply us with new tires in the morning.

Three hours later, a mechanic with a thick New York accent diagnosed the problem that we had secretly known all along. He didn’t say we’d neglected our car’s service warnings so long that the tire basically fell apart, but we knew the embarrassing truth. What he did say was, “Ywor ti-yahs ah bald. This one heeyah’s so bad, it split. You gotta get all new ti-yahs tah-mahrow.”

The next day after paying \$1500 for new tires, we finished the drive to New York City, where I parked the car twenty feet from a sign that warned “No Standing.”

“I’ll only be a minute or two,” I thought. Twenty minutes later, I returned to my car to find a \$115 parking ticket under the wiper.

I now understand that the dashboard light with the exclamation point in a witch’s cauldron means I have a flat tire, but if this week’s experiences taught me anything, it’s that there are some life lessons I’ll never learn.

Time to snap out of it (and evaluate life insurance)

by Jill Schlesinger

As we slowly emerge from the haze of summer, I’ve been thinking about Cher’s classic line from the 1987 movie Moonstruck: “Snap out of it!” Without slapping you, it’s time to address some of your not-yet-completed, New Year’s money to-dos.

If you’re like many, the broad category of dealing with unpleasant issues got pushed to the back burner right around Independence Day weekend. Because September is Life Insurance Awareness month, I’m pulling that simmering pot from the back to the front of the stove-and turning up the heat.

According to research conducted for the insurance industry by LIMRA, 31% of Americans say they are more likely to buy life insurance because of the pandemic and a whopping 44% of families would face financial hardship within six months if the household’s primary wage earner were to die suddenly.

You might think that these two statistics would prompt urgent action, but the hurdle with life insurance is that it requires you to contemplate the worst possible of all bad things, death. Even if you scale that first hurdle, others await: aggressive insurance sales pitches; lengthy policy agreements; and complex fee structures.

Before you throw in the towel, know that the process of buying life insurance is easier than ever and it all starts with a simple

question: “If I were to die now, would anyone endure financial hardship?”

If the answer is yes, you will need to purchase enough coverage to help pay for living expenses and ongoing care, as well as provide a lump sum to fund future needs like college or retirement. There



are online calculators that can help you figure that out, but I like the free one that was developed by The American Institute of Certified Public Accountants’ 360 Degrees of Financial Literacy web site.

Once you determine the amount, it’s time to figure out the type that works for you. Most people have a specific insurance need for a defined period, which is why term life insurance is the go-to coverage.

Here’s how it works: during the stated term of a policy (a certain number of years), if the insured dies, the insurance company pays the face amount to the named beneficiary. The cost is reasonable for those in good health up to about age 50. After 50, term gets more

expensive, but hopefully, at that time, your insurance need will be reduced (i.e., kids will be grown and on their way) and/or your savings and investments will be sufficient to cover your needs.

To shop for term, start with your employer’s benefits. Many companies offer term that is equal to a multiple of salary, with an opportunity to purchase additional coverage beyond the base amount. If that extra coverage is portable (meaning you can take it with you if you were to get another job), it is worth considering buying for you and/or your spouse. Otherwise, hop online to find competing quotes.

On the other end of the spectrum from term is permanent life insurance (whole, adjustable, and universal life policies fall under the umbrella).

Permanent coverage is more expensive because the death benefit remains in place for your entire life, which is why it’s most often used for estate planning purposes or to facilitate small business buy-sell agreements.

Permanent policies also have savings or investment components. If you are getting a hard sale for permanent coverage, consult a fee-only financial adviser, who can evaluate your needs, determine the right type of policy, and refer you to a reputable agent, if the more expensive coverage is warranted.

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THINGS TO DO AROUND TOWN

San Diego Restaurant Week Thru Oct 2. sandiegorestaurantweek.com

Museum Month - Kids Free Oct 1-31, in many San Diego museums and attractions www.sandiegomuseum-council.org

Haunted Hotel, Scream Zone, Haunted Trail, Thru Oct 31. www.SanDiegoHaunts.com

Guided Nature Walk, Sat, Oct 1, 9:30-11am. Free. mtrp.org

Blessing of the Animals, Sat, Oct 1, 10-11am. Free. Mission Hills United Church of Christ, 4070 Jackdaw St, SD, 92103

Mira Mesa Street Fair, Sat, Oct 1, 10am-5pm. Free. Family event, live entertainment, vendors.

San Diego Sake Day at Japanese Friendship Garden, Sat, Oct 1, 4:30-8:30pm. www.niwa.org

Kids Pottery Workshop, Sat, Oct 1, 12-2pm. Free. SD Archaeological Center, 16666 San Pasqual Valley Rd, Escondido.

Hispanic Heritage Month Celebration, Sat, Oct 1, 1-5pm. Free. Chula Vista Center, 555 Broadway, Chula Vista.

Pacific Beach Half Marathon and 5K, Sat, Oct 1.

Fire Safety Expo at Bates Nut Farm, Sat, Oct 1, 10am-4pm. www.bates-nutfarm.biz

Pacific Beachfest, Along the Boardwalk from Felspar to Thomas St. Sat, Oct 1, 11am-7pm. Fun for all. www.pacificbeachfest.org

40th Annual Oktoberfest Family Fall Festival at Carlsbad Strawberry Company, Sat, Oct 1, 12-8pm. www.rotaryoktoberfest.org

36th Annual Fur Ball Fundraiser at San Diego Humane Society, Sat, Oct 1, 6-11pm. www.sdhumane.org/

Gaslight Steampunk Expo, Thru Oct 2. Mission Valley Marriott Hotel. \$70. www.gaslightexpo.org

San Diego Restaurant Week Thru Oct 2. sandiegorestaurantweek.com

SD Padres vs Chicago Whitesox, Sept 30-Oct 2. Petco Park. mlb.com

La Mesa Oktoberfest. Sept 30-Oct 2. Live music, Biergarten games, craft fair, dachshund races, kinder karnival! www.lamesaoktoberfest.org

Oktoberfest in El Cajon. Sept 30, Oct 1&2, Oct 7-9. Biergarten, oompah band, German food, kids zone! www.OktoberfestElCajon.com

Goodguys 20th Meguiar's Car Show at Del Mar Fairgrounds Sat-Sun, Oct 1-2. www.good-guys.com

Ain't Misbehavin' at California Center for the Arts, Escondido. Sat-Sun, Oct 1-2. www.artcenter.org

Broadway San Diego presents: Cats at San Diego Civic Theatre. Sat-Sun, Oct 1-2. www.sandiego-theatres.org

Ohana Music Festival. Sept 30-Oct 2. Dana Point, Doheny State Beach www.viagogo.com

Stockzilla, Santee Lakes, Mega Catfish Stock Event, Oct 1 & 2. www.santeeelakes.com/fishing-events/

San Diego Sake Week at Japanese Friendship Garden, Oct 1-8. Balboa Park

Sinister Trails in Encinitas, Oct 1-31, tickets atsinistertrails.com

Big Horse Corn Maze and Pumpkin Patch at Big Horse Feed and Mercantile Temecula, Oct 1-30. www.bighorsecornmaze.com

Haunted Harvest at Fort Cross Old Timey Adventures, Oct 1-29, 8pm and 8:30pm. fortcross.com

Chargers vs Texans Sun, Oct 2, 10am

MOVIES AT THE BASES

Movies & times subject to change. * Indicates last showing
Visit navydispatch.com/entertainment_03movies.htm to find your base theatre information

Naval Base Theater - NBSD, 619-556-5568, Bldg. 71 3465 Senn Rd. ★

FREE entry to the first 300 customers (per showing), no outside food, concessions will be available.

Thursday, September 29 5:50pm Three Thousand Years of Longing r

Friday, September 30 6pm The Woman King pg13

Saturday, October 1 2:30pm The Woman King pg13

5:30pm The Woman King pg13

Sunday, October 2 1pm Three Thousand Years of Longing r

3:30pm The Woman King pg13

Thursday, October 6 6pm The Woman King pg13

Friday, October 7 6pm Barbarian r

Q-Zone - NAB Bldg. 337 • 619-437-3190 ★

Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDS

Friday, September 30 5pm Top Gun: Maverick pg13

Saturday, October 1 11am Raya and the Last Dragon pg

Monday, October 3 5pm The Northman r

Tuesday, October 4 11am Sing 2 pg

5pm Old pg13

Lowry Theater - NASNI, 619-545-8479 Bldg. 650 ★

Outside food and beverage are NOT permitted. Debit/credit cards only.

Friday, September 30 6pm The Woman King pg13

Saturday, October 1 1pm The Woman King pg13

4pm Beast r

6pm The Woman King pg13

Sunday, October 2 1pm The Woman King pg13

4pm Three Thousand Years of Longing r

Updates: sandiego.navylifefsw.com

Pendleton Theater and Training Center Bldg 1330 Mainside (Across from Mainside Center) ★

Saturday, October 1 1:30pm The Invitation (pg13)

Saturday, October 8 1:30pm Beast 9 (r)

Saturday, October 15 1:30pm Three Thousand Years of Longing (r)

Bob Hope Theater 577-4143 MCAS Miramar Bldg 2242 ★

No movies posted as of press time. Check <http://www.mccs-miramar.com/theater/>

CROSSWORD PUZZLE

Across

1 Heard but not seen, as sound effects

10 Disconcerts

14 In a fog

15 Shore seen on TV

16 Tests

17 Film composer Morricone

18 ___Caps

19 Stand up

20 ___ Waters, most senior Black woman in Congress

21 Reached the nadir, with "out"

23 Waffle center?

24 ___ spot

26 Court figures

27 Bluffer's objective

28 Casual Fridays attire, perhaps

30 Account

31 ___ Valley: Tucson suburb

32 Begrudges

34 Breville product

36 "___ luck?"

37 Five carats

39 Tswana for "fly"

40 Bridge action

41 Sights seen by seers, maybe

43 Throw

44 Doce meses

45 Valiant

47 Abstract

49 Plant with corns

50 Greek letter used in the Schrödinger equation

53 Put forward

54 Black Sabbath devotee, say

56 Hirsch of "Once Upon a Time in Hollywood"

57 Fair-haired

58 Estonian neighbor

59 Reels

Down

1 Decides

2 Flowerless plant

3 Texas river named for its chilly waters

4 Busy pro around this time

5 "Seriously ..."

6 Distinction

7 Celebrates big-time

8 Let

9 They're seen in some wars

10 Spell

11 She plays Sheldon's grandma (Meemaw) on "Young Sheldon"

12 Much of Vancouver Island

13 Skechers milieu

15 The Israel Museum display

20 Wine denigrated in "Sideways"

21 Make madeleines, e.g.

22 Heart

24 Conformist's phrase

25 "

Safety tips for riding your motorcycle this fall

by Rebecca Hill,
MHS Communications

A study of motorcycle fatalities among soldiers conducted by the U.S. Army Combat Readiness Center earlier this year revealed the number one cause of fatal accidents between 2016 and 2019: mistakes made by riders. Findings from the study has fueled USACRC's ongoing rider education and training to prevent motorcycle crashes.

For all service members who ride motorcycles, knowing how to be safe while on the road is key to stopping accidents.

Lucia Sanchez, director of media strategy at the National Highway Traffic Safety Administration, and David Newman, the safety and occupational health manager at Bayne-Jones Army Community Hospital at Fort Polk, Louisiana, shared advice for new and seasoned riders.

Invest in Proper Gear for Protection and Visibility

• Wearing a helmet is the most effective way to protect yourself from a head injury. Use a motorcycle helmet for every ride, and ensure your passengers also have one. "Checking the fit of your helmet ensures optimal protection," Sanchez shared. Your helmet should also have a valid U.S. Department of Transportation label (<https://www.nhtsa.gov/motorcycle-safety/choose-right-motorcycle-helmet>)

Beyond attending the required motorcycle training courses, active-duty riders are required to wear proper personal protective equipment whether riding on or off-base. Riders must wear long pants, long-sleeved shirt or jacket, a Department of Transportation-approved helmet, protective eye wear, full-fingered gloves and above-ankle shoes, preferably, steel-toed boots.

It means that your helmet meets the Federal Motor Vehicle Safety Standards. Novelty helmets without this label may not meet the same standard and will not provide the best protection needed if you are in a crash.

• Make sure you have a sturdy jacket, pants, boots, and gloves. You should be comfortable in your gear. "Don't go for the cheapest option. This gear will protect you during falls or crashes when you most need it," Newman stated.

• "Wearing high-visibility colors and retro-reflective materials will maximize the ability of drivers to see you," Sanchez said. Each vehicle has blind spots, so avoid staying in those areas and decreasing the chances of being hit. Staying in your lane also ensures other drivers will see you. Weaving in and out of cars can be dangerous and increases the chances of being hit. The Department of Defense has specific guidance for attire while operating a motorcycle, with variances on each installation, so reach out

to the safety office if you plan to ride on base.

Enjoy the Ride Safely

For many, motorcycles may have been a part of your life for years. Riding can become second nature, but you should not forget these routine checks and balances. Newman suggested finding an experienced rider to share the road with, allowing you to gain additional knowledge on keeping your motorcycle in top condition.

Understanding the motorcycle you ride and how it handles is important. "Each bike rides differently, which riders should be aware of before hitting the road. A safety course taught by a seasoned professional is also a great idea, as riders can learn to operate their machine more efficiently," Newman said.

"Know and respect your riding abilities, instead of pushing the boundaries and causing unnecessary injuries," Sanchez shared. When you want to practice riding,

do so in a controlled environment, where you can keep yourself and others safe. Having a friend present is also a good idea, in case assistance is needed.

Newman also suggested planning your route if taking a longer ride. This can help with arranging your trip around construction areas, weather conditions, rest stops, and speed limits. Plan carefully for items you will need to pack in your bags, such as tool kits and

patches. Different temperatures and elevations can affect tire pressure, so be mindful as you prepare to hit the road.

Tires, controls, lights, electrical, oil and fluids, chassis, and the side stand are areas to check before each ride, according to Newman. This can help alleviate any issues that might arise and avoid an accident. It is also a great idea to check your tire pressure when stopping to fill up on gas.

At the end of the day, being safe allows you to better enjoy the ride.

For additional motorcycle safety information, check out the National Highway Traffic Safety Administration's motorcycle safety website -- <https://www.nhtsa.gov/road-safety/motorcycles>.

Contact your base safety office for more information on motorcycle safety, training, registration, and requirements.

Fit for fall

A sound immune system makes it easier to fight infections during transition from summer to fall.

How to strengthen your body's defenses

 <p>Outdoor exercise Hiking, running or cardio workout stimulates immune system, blood circulation, lungs and improves mental balance</p>	 <p>Relax Stress damages the immune system; relax by reading, listening to music</p>	 <p>Wellness Take a warm bath; add thyme oil to help the respiratory tract; don't bathe longer than 15 minutes</p>
 <p>More light Enjoy daylight as long as possible; light affects brain, immune system and hormones such as endorphins</p>	 <p>Sleep During fall and winter the body needs more energy; a good night's sleep regenerates the immune system</p>	 <p>Shower Switch between warm and cold showers in the morning; this strengthens the muscles, improves circulation and nervous system</p>
 <p>Food Lots of fruit, vegetables; light and low-fat nutrition with lots of vitamins; low alcohol intake</p>	 <p>Fluid Support metabolism and immune system by drinking lots of water or herbal tea; mucous membranes in mouth and nose stay humid and don't dry out</p>	 <p>Sauna Use sauna every second week; warmer body temperatures help the immune system fight infections</p>

Source: Stern, health magazines Graphic: Staff, TNS



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