

ARMED FORCES DISPATCH



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

SIXTY-SECOND YEAR
 THURSDAY, MARCH 16, 2023



OVER/UNDER - Sailors conduct a simulated underwater recovery exercise at Naval Base Guam, March 1, 2023. Official US Navy photo

WHM: 'Celebrating Women Who Tell Our Stories'

by David Vergun, DOD News

March is Women's History Month. This year's theme, "Celebrating Women Who Tell Our Stories," acknowledges the pioneering women, past and present, as important contributors to the achievements of the military services and civilian workforce, said Gilbert R. Cisneros Jr., under secretary of defense for personnel and readiness in a Feb. 27 memorandum. "We recognize the accomplishments of women in the department and their contributions to national security which helps maximize the department's warfighting capabilities," he said, providing an example: On Nov. 21, 2022, Air Force Capt. Rhea McFarland became the first African American female C-17 pilot to receive the Distinguished Flying Cross for her leadership in Afghanistan. These women and their stories represent the many untold stories in DOD of women who took on mission-critical assignments and advanced as leaders in the military, research, science, technology, engineering and mathematics, he said. "The department celebrates their collective victories which strengthen our workforce because we can leverage their unique experiences, perspectives and expertise in support of our mission. In addition, they inspire future generations of young women from all backgrounds who desire to be a part of the department and share in its mission," said Cisneros. In 1971, women made up just 1 percent of the military services. Ten years later, it was 8.5 percent. However, women at that time weren't allowed to serve in combat military occupational specialties like infantry, artillery and combat aviation. As of Oct. 2022, there were 231,147 women who made up around 18 percent of the department's active duty force and all jobs have opened to them in recent years. Also, about 33 percent of DOD civilians are women.

Troops up for 5.2% pay hike under White House's \$886B defense budget request

by Svetlana Shkolnikova
 Stars and Stripes

WASHINGTON — President Joe Biden is asking Congress to fund a 5.2% pay raise for service members, the largest in decades, in a proposed \$886 billion budget for national defense released March 9.

The White House's \$6.8 trillion funding request for fiscal 2024, which begins Oct. 1, includes \$842 billion specifically for the Defense Department, representing a \$26 billion increase to the amount appropriated by Congress last year. The pay hike applies to troops and the department's civilian employees, who received a 4.6% salary bump — the highest in 20 years — under last year's budget.

Biden's request also calls for

\$6 billion to continue support for Ukraine's defense and its neighbors against Russian aggression as well as \$9.1 billion for the Pacific Deterrence Initiative, an effort by the Pentagon to shore up U.S. military presence in the Pacific to counter China's growing influence.

"The president's budget request provides the resources necessary to address the pacing challenge from the People's Republic of China, address advanced and persistent threats, accelerate innovation and modernization, and ensure operational resiliency amidst our changing climate," Defense Secretary Lloyd Austin said in a statement.

Nearly \$40 billion of the spending plan would be dedicated to modernizing the nation's

nuclear arsenal, and overall defense spending, including nuclear programs under the Energy Department, would rise from \$858 billion last fiscal year to \$886 billion.

Congressional Republicans on Thursday argued it was not enough.

Rep. Mike Rogers, R-Ala., the chairman of the House Armed Services Committee, said a budget that proposed to increase nondefense spending at twice the rate of defense spending was "absurd."

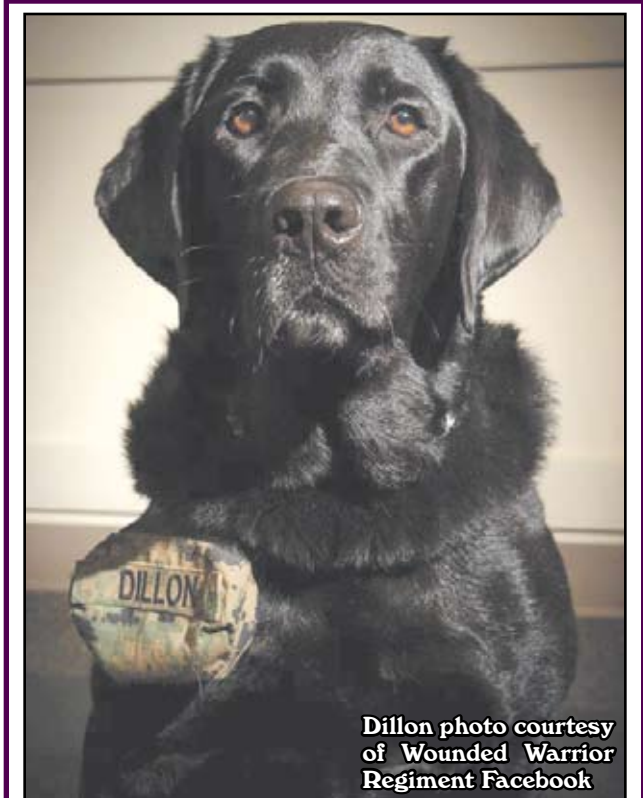
"The United States is facing the most complex and challenging set of threats to our national security in decades. Unfortunately, the president has once again submitted a budget request that fails to take these

threats seriously," Rogers said in a statement. "The president's incredibly misplaced priorities send all the wrong messages to our adversaries."

Sen. Roger Wicker of Mississippi, the top Republican on the Senate Armed Services Committee, called Biden's request "woefully inadequate and disappointing."

Republicans have traditionally sought 5% increases in defense spending above inflation. The White House's budget blueprint for the Pentagon marks a 3.2% increase from the spending plan Congress passed last year.

Sen. Jack Reed, D-R.I., the chairman of the Senate Armed Services Committee, defended the budget request as "strong" see **Budget, page 4**



Dillon photo courtesy of Wounded Warrior Regiment Facebook

K9 Veterans Day - The U.S. K9 Corps was created on March 15, 1942, to commemorate the service and sacrifices of American military and working dogs. #K9VeteransDay

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Career Advice

Use rain, not thunder, for office goals. Also, new Army fitness policy.

See page 5

Base Movie Schedule



Check out what's playing this week.

See page 10

Australia, United Kingdom, United States plan looks to shore up deterrence, promote stability

by Jim Garamone
DOD News

SAN DIEGO - The leaders of Australia, the United Kingdom and the United States announced a pathway that will increase the ability of the nations to deter aggression and contribute to stability in the Indo-Pacific, and globally.

The move is a part of the Australia-United Kingdom-United States security partnership agreed to in September 2021. The so-called AUKUS agreement is built upon acquiring conventionally armed, nuclear-powered submarine capabilities for Australia.

President Joe Biden, Australian Prime Minister Anthony Albanese and British Prime Minister Rishi Sunak announced the way forward at Point Loma Naval Base March 13.

President Biden said he was pleased with the progress the three countries had made in the process. "Australia and the United Kingdom are two of America's most stalwart and capable allies," he said. "Our common values and our shared vision for a more peaceful

and prosperous future unite us all across the Atlantic and Pacific. For more than a century, we've stood together to defend freedom and strengthen democracy ... and to spur greater opportunity in all our countries."

Secretary of Defense Lloyd J. Austin III attended the ceremony calling the agreement the next step forward in the "transformational partnership."

"In September 2021, the United States, Australia and the United Kingdom laid out an ambitious vision for our countries that will strengthen our combined military capabilities, boost our defense industrial ca-

The three announced a three-phase program that will ensure a safer region.

Phase one is already underway, said administration officials speaking on background. Part of this is that U.S. and British submarines will visit ports in Australia and those visits will increase. "In fact, USS *Asheville* is in Perth, Australia, now for combined training exercises," the official said. *Asheville* is a Los Angeles-class attack submarine.

Another aspect of this phase is Australian sailors will increasingly embed aboard American and British attack submarines and attend nuclear power schools. This portion of the plan also calls for Australian workers in U.S. shipyards.

Australia is building facilities and infrastructure that will accommodate vessels from all three countries. These improvements could be finished by 2027, and the nations intend to establish a rotational force of U.S. and U.K. submarines in Australia. The Submarine Rotational Forces West, as it will be known, will bolster deterrence, with more submarines forward-deployed in the Indo-Pacific, the official said.

Phase two should start in the early 2030s. Once the Australians are trained and ready, the nation will buy three Virginia-class conventionally armed, nuclear-powered submarines with an option to buy two more if needed. This will help systematically grow Australia's capabilities and stewardship for nuclear-powered submarines, and it will help ensure that Australia does not experience a capability gap when its current Collins-class diesel electric subs retire in the 2030s, U.S. officials said.

This means that Australia will have a potent nuclear powered submarine force in 2030s, much earlier than many had expected.

Australia's future SSN - which



Submarine USS *Delaware*, arriving to Wilmington, Delaware March 29, 2022. US Navy photo by Petty Officer 2nd Class Dakota David

capacity, enhance our ability to deter aggression and promote our shared goal of a free and open Indo-Pacific," the secretary said. "AUKUS is a shared, long-term investment that will allow us to build defense advantages that endure for decades to come."



President Joe Biden, British Prime Minister Rishi Sunak and Australian Prime Minister Anthony Albanese speak at the AUKUS bilateral meeting in San Diego, March 13. DoD photo by Chad J. McNeeley

officials call the "SSN-AUKUS" - will be a state-of-the-art platform designed to leverage the best of submarine technology from all three nations.

SSN-AUKUS will be based upon the United Kingdom's next-generation SSN design

while incorporating cutting edge U.S. submarine technologies, and will be built and deployed by both Australia and the United Kingdom, officials said.

According to the pathway, Australia and the United Kingdom intend to start building

SSN-AUKUS in their domestic shipyards before the end of this decade. The United Kingdom intends to deliver its first SSN-AUKUS to the Royal Navy in the late 2030s. Australia plans to deliver the first Australian-built SSN-AUKUS to the Royal Australian Navy in the early 2040s.



Staff Sgt. April Ray, an Air Force military working dog handler, waits at the end of a tunnel while Miki runs through it to her side at Ali Al Salem Air Base, Kuwait in February. US Air Force photo by Senior Airman Nicholas Larsen

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Retired Navy leaders pan proposal for early decommissioning of 6th Fleet flagship

by Alison Bath, Stars and Stripes

The Navy's proposal to dump an amphibious command ship that it needs for keeping Russia in check is risky and ignores lessons from the war in Ukraine, according to analysts and a retired admiral who once led the service in Europe.

USS *Mount Whitney*, flagship of the Naples, Italy-based U.S. 6th Fleet, is slated for decommissioning in 2026, a move the Navy says in 2023 budget documents could save \$179.7 million.

The plan doesn't detail how the service would replace the ship's maritime operations center, or MOC, and other capabilities, except to say the ship's functions would be handled by ashore staff.

The MOC gives *Mount Whitney* an incomparable range of applications in naval warfare, said retired Adm. James Foggo, who led U.S. Naval Forces Europe-Africa and Allied Joint Forces Command Naples from 2017 to 2020.

"It's ludicrous to get rid of it," said Foggo, now dean of the Center for Maritime Strategy of the Navy League. "We need that capability."

Efforts to decommission the ship, which offers a strategic backup to ashore operations centers in Naples and Bahrain, run counter to the lessons learned from Russia's failures in logistics and command and control in Ukraine, he said.

Transferring *Mount Whitney's* functions to a shore facility could impose significant limitations, said retired Capt. Bradley Martin, a former surface warfare officer.

Mount Whitney gives the U.S. the flexibility to move into international waters if another country, potentially Italy, objects to military decisions within its borders, Martin said.

"If we ever had to execute a full war, not having the command ships is something we would notice," said Martin, now director of the National Security Supply Chain Institute for the Rand Corp. think tank.



Blue Ridge-class command and control ship USS *Mount Whitney* (LCC 20) sits in port in Gaeta, Italy, May 15, 2020. US Navy photo by Damon Grosvenor

For example, joint task force personnel embarked on *Mount Whitney* in 2011 during Operation Odyssey Dawn in Libya, the international response following a brutal crackdown on Arab Spring protests by then-Libyan leader Muammar Gaddafi.

The ship traveled from its home port in Gaeta, Italy, about 12 miles offshore to conduct operations, Foggo said.

Foggo argues that no vessel in the current fleet could adequately replace *Mount Whitney*, which entered service in 1971, can embark up to 500 people and is one of two Blue Ridge-class amphibious command ships.

The other ship, USS *Blue Ridge*, serves a similar role as flagship of U.S. 7th Fleet, headquartered in Yokosuka, Japan. That ship, commissioned in 1970, is expected to be in service until 2039, according to the Navy.

Analysts say a vessel such as an amphibious assault ship or an amphibious transport dock could be modified to include *Mount Whitney's* capabilities.

But those modifications would be extensive and expensive, said Jan van Tol, a retired Navy captain and senior fellow at the Center for Strategic and Budgetary Assessments, a Washington,

D.C.-based think tank.

Those modifications also would remove the ship from its schedule of normal operational deployments, van Tol said.

The fate of *Mount Whitney* has not been decided, so discussion about how it would be replaced or what would happen to its homeport in Gaeta is premature, Lt. Cmdr. Karl Schonberg, a Naval Forces Europe-Africa/U.S. 6th Fleet spokesman, said in a statement Thursday.

The ship supports U.S. 6th Fleet and Naval Striking and Support Forces NATO operations. By shortening lines of communication and offering a venue for leaders to meet, *Mount Whitney* offers the military an assortment of key assets, Capt.

Daniel Prochazka, the ship's commanding officer, said in a statement.

And in a conflict, a ship is more difficult to track, and less susceptible to physical, electronic and network attacks than a headquarters ashore, he added.

Mount Whitney recently completed a \$20.5 million overhaul that included installation of "the most up-to-date computer and communications system," the service said in a statement Tuesday.

But supporters of the ship's continuing role say the expenditure isn't necessarily an indication that the Navy, which faces pressure to fund other programs, will abandon its proposal to decommission *Mount Whitney*.

Ships Underway	
Total Battle Force	
296	
(USS 238, USNS 58)	
Deployed	
108 (USS 73, USNS 35)	
Underway	
65 (47 Deployed, 18 Local)	
Ships Deployed by Fleet	
2nd Fleet - 4	3rd Fleet - 2
4th Fleet - 2	5th Fleet - 10
6th Fleet - 23	7th Fleet - 67
Total - 108	

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Our Members Are the Mission

Marine Corps launches Software Factory

by Maj. Gregory Carroll
Deputy Commandant of Information
AUSTIN, Texas - The Marine Corps established the Marine Corps Software Factory to create a world-class Marine-led software development capability on March 10.

ment will require Marines to scope and implement software-based solutions at the edges of the battlefield without connectivity or assistance from centralized or contracted support.

The MCSWF enhances Marine Corps modernization efforts by empowering Marines to de-

velop applications for commanders at the speed of relevance.

“Our Marines have an amazing capacity for understanding complex technologies. We must empower our Marines to use that technological know-how to create a more lethal force,” stated Gen. David H. Berger, 38th Commandant of the Marine Corps. “The Marine Corps is fielding more complex systems and platforms right now, and we must invest in our Marines’ and Civilian Marines’ capacity to advance in parallel.”

The factory will leverage recent endeavors in talent management, partnerships with industry, and innovations in cloud technology. It will work closely with Manpower and Reserve Affairs to ensure ease of career implications for program participants and to ensure software factory outcomes are optimized across the modernization enterprise.

As the Marine Corps’ Chief Information Officer, Lt. Gen. Matthew Glavy, will serve as the executive sponsor for the MCSWF. “The Marine Corps Software Factory is about outcomes,

creating advantage for Marines at the tactical edge, today”, said Glavy. “The MCSWF will provide viable capabilities to enhance mission readiness through the power of information.”

MCSWF is a three-year pilot to demonstrate a scalable, Marine-led software development capability. The three-year pilot will evaluate the demand from the fleet to better understand overall requirements.

In March 25, 2021, the Marine Corps solicited participation in the inaugural Marine Corps Micro-Application Development Innovation Challenge. The Innovation Challenge yielded promising results and proved that given the right resources, talented Marines across the MOS spectrum can design and deliver software capabilities from the tactical to strategic levels.

The initial MCSWF cohort was sourced from the Communications Occupational Field. Future candidates will be solicited across the service from any MOS.

Marines selected to attend the MCSWF will undergo a three-year program of technical accelerator, one-to-one pairing enablement, and employment utilization. For the first three months, Marines will attend a technical accelerator to establish a baseline skillset. Then, Marines will work one-to-one with technical experts from industry while solving real Marine problem sets.

If anyone on the Marine Corps team is interested in joining the factory or has an idea of how a software solution can better the Corps they are encouraged to reach out directly to the factory via e-mail at mcswf@usmc.mil.

Russian jet collides with US drone in international airspace over Black Sea, official says

Multiple news outlets reported Tuesday, March 14, that a Russian Su-27 jet collided with a U.S. MQ-9 Reaper drone over the Black Sea Tuesday, a U.S. defense official told reporters.

The jet in question was one of two Su-27’s flying in tandem when the collision occurred in international airspace over international waters. The propeller to the drone was damaged and the drone landed in the Black Sea, west of Crimea, said the U.S. defense official.

The Russian Su-27 was headed toward Crimea and landed there after this incident, the official added. It is unknown if there was any damage to the Su-27.

U.S. European Command and U.S. Air Forces Europe issued a statement on the incident in which they reported the events leading up to the collision and admonished the Russian military for “a pattern of dangerous actions” in international airspace.

The statement reads, “At approximately 7:03 a.m. CET), one of the Russian Su-27 aircraft struck the propeller of the MQ-9, causing U.S. forces to have to bring the MQ-9 down in international waters. Several times before the collision, the Su-27s dumped fuel on and flew in front of the MQ-9 in a reckless, environmentally unsound and unprofessional manner. This incident demonstrates a lack of competence in addition to being unsafe and unprofessional.”



File photo of MQ-9 Reaper drone

“This incident follows a pattern of dangerous actions by Russian pilots while interacting with U.S. and Allied aircraft over international airspace, including over the Black Sea. These aggressive actions by Russian aircrew are dangerous and could lead to miscalculation and unintended escalation,” the statement warned.

“Our MQ-9 aircraft was conducting routine operations in international airspace when it was intercepted and hit by a Russian aircraft, resulting in a crash and complete loss of the MQ-9,” said Gen. James B. Hecker, commander, U.S. Air Forces in Europe. “In fact, this unsafe and unprofessional act by the Russians nearly caused both aircraft to crash.”

“U.S. and Allied aircraft will continue to operate in international airspace and we call on the Russians to conduct themselves professionally and safely,” Hecker continued.

“U.S. and Allied aircraft will continue to operate in international airspace and we call on the Russians to conduct themselves professionally and safely,” Hecker continued.



Budget

continued from page 1

and said it was a useful starting point for beginning negotiations on the National Defense Authorization Act, an annual policy bill that outlines priorities for the Pentagon.

“Some will inevitably say the topline is too much, while others will claim it is not

enough. I say America’s defense budget should be guided by our values, needs, and national security strategy,” Reed said in a statement.

Congress last year authorized an additional \$45 billion in defense spending above the White House’s request. The Biden administration’s full budget plan will be published March 13.



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Use rain, not thunder, for office goals

by Dr. Daneen Skube
Tribune Content Agency

Q: One of my co-workers is always looking for a soapbox to stand on to yell her opinions. She is obnoxious, judgmental, and always looking to correct others. How can I deal with her and why do people act this way and think they're noble?

A: You can deal with her if you don't engage her invitation to a power struggle. People act this way because the idea we can change the world by changing others is easier than changing ourselves.

As Rumi, a 13th-century Persian poet, advised, "Raise your words, not your voice. It is rain that grows flowers, not thunder." Rumi was a wise man as he knew watering the soil of those around you allows you to live in a beautiful garden.

To want to rant at the short-

comings of others and the world is human. But, to be capable of then looking at our own participation in our problems is divine. For instance, this week I was counting on a smart person I respect to do what he said he would. Normally, I would

Interpersonal Edge



by
Dr.
Daneen
Skube

double check diplomatically with others on any task. I didn't, he didn't, and I was mad.

The trick is to not open your mouth and insert your foot in it when others disappoint you. In an email, this person apologized and I observed that everyone has stuff drop through the cracks. I also offered that I could have double checked with

others and failed to do so.

The idea here is when we leave our well-being or outcomes important to us in the hands of others, even those we respect, we'll often be disappointed. We will at first be mad at them. We can always stand on our soapboxes and regale our office with tales of the incompetence and indifference of others.

However, at the end of the day the results we want are ultimately and completely our responsibility to sheep herd. People that make a second career of thundering around the office feel like victims. They refuse to get busy taking actions to rescue themselves. They stand on a perceived moral high ground and complain about how others "should" act.

The truth is most people are not malicious. At worst, they are distracted, overwhelmed, and unconscious. You care more than anyone else about what matters to you. If you

do not double or triple check graciously on results you need, all the ranting in the world won't fix your constant disappointment.

When people in your office rant, look calmly at them and say, "That may be so," then go about your day. Your office yeller will find you most unrewarding to thunder around. Then you're free to have a high-quality day, where you stay busy making sure what matters to you happens.

The last word(s)

Q: At the beginning of the year I made a lot of ambitious plans. I seem to be avoiding them all! Is there any trick to getting motivated when your own goals are intimidating you?

A: Yes, ask yourself what is the easiest, simplest, unimpressive task you can do today. Then do that each day and you'll achieve nearly anything in the long run!

New Army brand redefines 'Be All You Can Be' for a new generation

WASHINGTON - For the first time since 2001, the Army has introduced a new brand that redefines what it means to "Be All You Can Be" for a new generation.

Secretary of the Army Christine Wormuth, Army Chief of Staff Gen. James McConville and Sgt. Maj. of the Army Michael Grinston made the announcement recently during a much-anticipated launch event at the National Press Club. The brand and its accompanying campaign spotlight the countless opportunities the Army provides youth to explore their passions, build community and become the best versions of themselves.

"At a time when political, economic and social factors are changing how young Americans view the world, the new Army brand illustrates how service in the Army is grounded in passion and purpose," said Wormuth. "Serving our nation is a calling, and one that is fundamentally hopeful. We want a new gen-

eration of Americans to see the Army as a pathway to the lives and careers they want to achieve."

The brand transformation was a multiyear, research-based process designed to reflect today's Army accurately and authentically, while addressing the needs of a new generation. The brand's new look and feel consists of a reengineered five-point star logo — (the box has been removed to reflect the limitless possibilities in the Army) coupled with the return of the popular "Be All You Can Be" tagline.

The logo and tagline are a part of a full-brand ecosystem that helps tell the Army story visually and verbally, including a new custom font, an expanded color palette, new iconography, photography, motion graphics and more.

"All good brands must evolve to reflect internal and external changes to ensure an accurate depiction of the organization that also meets audience needs,"

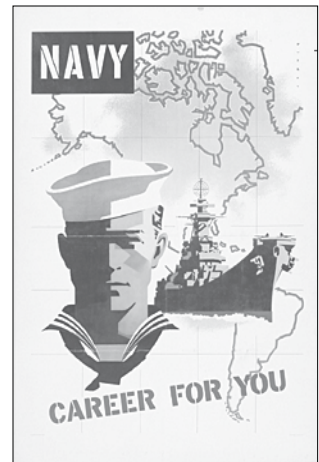
said Maj. Gen. Alex Fink, Chief of Army Enterprise Marketing. "We know youth seek purpose, passion, community and connection, but we also know many don't recognize the Army's ability to deliver on those needs. We need a brand that effectively communicates the possibilities of Army service."

"Be All You Can Be" is a phrase that has inspired many generations of Soldiers, and its promise still rings true today," said McConville. "This is the message for the moment and for the future."

At the center of the brand rollout are two films narrated by Emmy and Critics' Choice Award nominated actor Jonathan Majors, star of "Ant-Man and the Wasp: Quantumania" and "Creed III." With a focus on the Army's 247 years of achievement, the two films — "Overcoming Obstacles" and "Pushing Tomorrow" — showcase Army service as a driver of possibilities and serve as a bridge between the past and the future to connect

with and inspire the American public.

The paid media campaign tips off at the highly anticipated 2023 NCAA March Madness tournament with on-site activations, broadcast showcases, and digital campaign extensions. Starting in May, a first-of-its kind co-branded partnership with NBCUniversal will leverage high-impact programming moments across the entire NBCU ecosystem.



High scores for fitness will clear Soldiers of weight requirements under new Army policy

by Rose L. Thayer, Stars and Stripes

Soldiers who earn a high enough score on the Army's fitness test will be exempt from body fat standards under a new policy that will go into effect immediately, Sgt. Maj. of the Army Michael Grinston announced March 9.

Service officials said they believe those exemptions will help reduce the error rate of the Army's body fat measurement method to almost zero.

Body fat is only measured on Soldiers who fail to meet the service's weight standards for their age and gender. The Army did not provide how many of its nearly 1 million active, National Guard and Reserve Soldiers are failing the standard each year.

The policy change came from a body composition study that also recommended the service simplify its tape measure method for calculating body fat for those Soldiers who exceed weight requirements. A second recommendation would allow for a biometric screening on approved devices to calculate body fat if the soldier fails after a tape test. Those two recommendations are still pending approval from the Army, Grinston said.

"Inside the force, there's a lot of excitement about this," he said during a call last Wednesday with reporters.

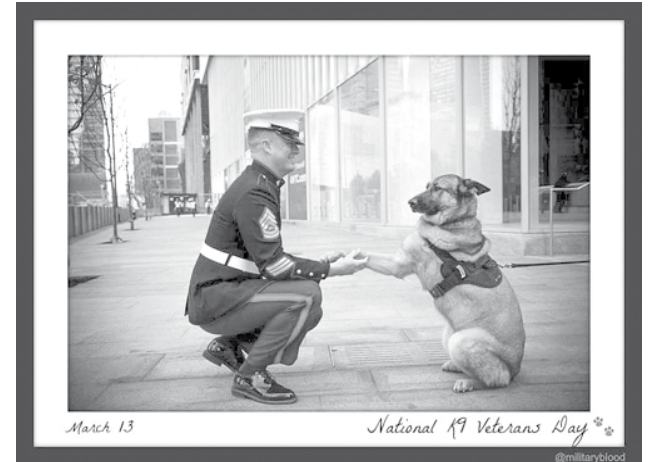
Under the new policy, Soldiers who earn a 540 or higher on the Army Combat Fitness Test, with a minimum of 80 points in each of the six events, will not have to do a body fat test if they fail the weight requirements. The exemption is only valid for up to eight months for active-duty Soldiers and 14 months in the National Guard and Reserve.

A passing score on the fitness test is 360 and a perfect score is 600. The study landed on a 540 because a Soldier's body fat, performance and injury-risk aligned for a fit healthy Soldier at that score, said Holly McClung, one of lead researchers for the Army Body Composition Study.

Since the Army implemented its new fitness test in October, 240,377 active-duty Soldiers have passing scores on file, according to the service. Of those, 23 percent met the new standard for exemption.

The test was first introduced in 2019 but implementation was delayed for years because of research that found women and members of the Guard and Reserve were unfairly assessed. Meant to simulate the physicality of combat, the six events of the test are a deadlift, standing power throw, hand-release pushups, the sprint-drag-carry, a plank and a two-mile run.

Grinston requested the Army Research Institute of Environmental Medicine conduct the study on body composition after hearing concerns from soldiers about the accuracy of the Army's method for measuring body fat for overweight soldiers. The last Army study on the subject was 23 years ago, he said.



March 13

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Brazilian Naval exchange officer appointed honorary U.S. Supply Corps officer

by **Tristan Pavlik**
NAVSUP FLC San Diego

Capt. Cory Schemm, commanding officer, Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) San Diego, appointed Lt. Raoni da Paixao e Silva, Brazilian Navy, an honorary U.S. Supply Corps officer during a ceremony recently at Naval Base San Diego.

“During his time at NAVSUP FLC San Diego, Lt. Paixao has become an integral part of the command and our community,” expressed Schemm during the award ceremony. “He has shown tremendous passion for the Supply Corps, taken on multiple collateral duties, and most of all, exemplified dedication to the NAVSUP mission, keeping our fleet forces mission ready.”

Paixao is currently serving as assistant to the director of Logistics Support Center officer, NAVSUP FLC San Diego, as part of the Personnel Exchange Program. He’s the 20th Brazilian officer to be stationed at NAVSUP FLC San Diego.



Capt. Cory Schemm (left) presents Lt. Raoni da Paixao e Silva with his appointment as an honorary U.S. Supply Corps officer. US Navy photo by Tristan Pavlik

The appointment is a direct result of Paixao’s exceptional efforts associated with the Logistics Support Center (LSC). The LSC, comprised of eight branches, mission is to provide value-added logistics support and end-to-end coordination to U.S. Navy afloat customers and U.S. Marine Corps Units through a network of husbanding agents and assist teams.

At NAVSUP FLC San Diego, primary role involves LSC met-

rics coordination and analysis, LSC performance monitoring, and process improvement.

Part of the goal of the PEP is for participants to develop a mutual appreciation and understanding for the policies and doctrines of their respective services. Paixao’s efforts to sustain U.S. relationships with the Navy of Brazil can be seen in his nomination of his colleague, Rosa Downing, for the “Amigo da Marinha,” a Portuguese phrase

meaning friend of the Navy, in recognition of her outstanding support of the Brazilian PEP. Downing accepted the award from Rear Adm. Rogerio Pinto Ferreira Rodrigues, Brazilian Naval Attaché, in Washington, D.C., on “Dia do Marinheiro,” Brazilian Sailor’s Day in December 2022.

“I am truly honored to be recognized for my contributions to the command, and induction as an honorary U.S. Navy Supply Corps officer,” said Paixao, after receiving the appointment. “My tour at NAVSUP FLC San Diego has constituted one of the most meaningful achievements in my career. I will forever carry the memories and experiences of my time in the Personnel Exchange Program with me.”

Paixao began his tour with the PEP in April 2021, and is scheduled to return home to Brazil in April 2023.

NAVSUP FLC San Diego is one of eight Fleet Logistics Centers under Commander, NAVSUP. Headquartered in Mechanicsburg, Penn., NAVSUP employs a diverse, worldwide workforce of more than 25,000 military and civilian personnel. NAVSUP and the Navy Supply Corps conduct and enable supply chain, acquisition, operational logistics and sailor and family care activities with our mission partners to generate readiness and sustain naval forces worldwide to prevent and decisively win wars.

Photo gallery



PHILIPPINE SEA (March 10, 2023) Aviation Structural Mechanic 3rd Class Austin Whitehead services the main rotor head on an MH-60R Sea Hawk helicopter on the flight deck of aircraft carrier Nimitz. US Navy photo by MC3 Joseph Calabrese



CAMP PENDLETON (March 7, 2023) Marine Corps Lt. Gen. James Glynn, Deputy Commandant for Manpower and Reserve Affairs, awards an international athlete, after a track and field competition for the 2023 Marine Corps Trials here. US Marine Corps photo by Sgt. Nello Miele



PHILIPPINE SEA (Feb. 11, 2023) Sailors train with M-16 rifles aboard destroyer Benfold. US Navy photo by MC3 RuKiyah Mack

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Marine Corps Trials competition awardees. Above: Archers, Sitting Volleyball players. Left top to bottom: Swimmers Wheelchair Basketball players, Shooting competitors. Congratulations warriors! Below: Wheelchair Rugby players getting after it! Photos from facebook.com/wwr.usmc/



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'It was a man's world:' Retired Sailor, career civil servant reflects on Navy success

by Brianna Alexander

Darla Sutton, Corporate Operations Department operations manager for Naval Surface Warfare Center (NSWC) Corona Division, has spent the last seven years as a Navy civilian. Having also retired from the Navy following 22 years of active service, she is no stranger to working in a diverse environment and never doubted her ability to keep up with the males in her field.



Darla Sutton, a branch head in corporate operations of Naval Surface Warfare Center, Corona Division, poses for an official portrait in Norco, Calif., Dec. 15, 2021. Sutton has been in her role since June 2017. US Navy photo by Neil Mabini

"Historically, when I enlisted in the Navy in the 90s, it was a man's world," Sutton said. "You could either pull your weight and succeed, or fail. I chose to succeed."

Originally from Diamond Bar, California, Sutton was inspired to enlist by other family members who were part of the military, especially her older brother, who was in the Air Force at the time.

"I was eager to start my career, and with a natural love for the water and desire to help people, the Navy was a perfect fit," she said.

She spent her early years in the Navy dedicating her time and effort to being the best Sailor and crewmember she could be. Her perseverance paid off when she became a chief petty officer in 2004, after being the only female chief select in her group of 20 selectees.

with her male counterparts if needed on any issue. From then on, I wanted to match her level of integrity, fearlessness and professionalism."

And she did.

"People knew they could ask me anything, because even if I didn't know the answer, I would guide them to someone who did," she said. "Doing this helped me strengthen relationships with people who were once strangers."

Sutton used these connections and skills to her advantage in the field. Over the years, she has continued to make her family proud with her notable achievements, adding to the list of successful women in her family.

With work being Sutton's primary focus, she paced herself with her academics. In 2016, the same year she retired from the Navy, Sutton earned a bachelor's degree in intelligence operations. She then began working for NSWC Corona's human resources division, where she handled high-level tasks to ensure the training and development needs of the workforce were met.

reflecting on how times have changed, because she and her two sisters-in-law were all the breadwinners in their family, and it was a true turnaround seeing them be so successful in their careers and educations without depending on husbands.

Sutton earned a master's degree in leadership and management in 2021. Given her

experience, she said she recognizes the strides women have made in a male-dominated field.

"There have been a lot of changes since I retired from the Navy," she said. "Women are in the ranks, but it's still the military, and it's hard for many to not associate the military with masculinity."

Even so, Sutton made it clear that being a woman in any industry can present challenges, but should not be the single factor defining their level of success. In her experience, she said the Navy has been one of the few places that focuses on work ethic over gender.

"I was surprised seeing my daughter still having to deal with the struggles of gender equality," she said. "I lived in a world where my gender had no limitations. I never felt like I was being treated unfairly, because if I was a certain rank, I got paid

the same as everyone else at that rank, regardless of gender."

One of Sutton's beliefs is that emphasizing the accomplishments of women – who at one point in the not-so-distant past could not even purchase a house on their own – is a great way to inspire others to excel in their professions.

"I know that in our department, highlighting people shows their career growth," she said. "Women's History Month allows us to reflect on women's accomplishments throughout history and see how women today are forging a greater path into the future."

Sutton was awarded a Navy Civilian Service Commendation Medal for helping to lead the command's COVID-19 action team that implemented first-ever pandemic protocols, but said the award itself is not what gives her a sense of accomplishment on the job.

"I'm grateful when people articulate their appreciation, but making a positive impact on the lives of others is really what drives me," she said. "Sometimes, as I walk down the hall, co-workers thank me for helping them through a difficult time. That inspires me to accomplish more."

Sutton's main focuses are improving communications and providing clarity on operations to her peers. She is passionate about helping people achieve their goals and focuses on bettering herself in order to pave the way for newcomers.

"I'm a firm believer that if you stay in your position for too long, it inhibits others from moving forward in your place," she said. "My advice is to embrace change and always work to find a resolution, not an excuse."

Sutton credits her proudest moments in her career on becoming a chief and mentor that other chiefs could depend on. Hearing about lessons and time she shared with them that later impacted their careers, she said, left her speechless.

Now, as a civilian, her proudest accomplishments out of uniform are still centered on leaving a mark on the lives of others.

"My kids are all proud of me," she said. "And I have two daughters who think I am capable of doing anything. I suppose that means I've done my job and impacted the next generation."

NSWC Corona Division has provided analysis and assessment for the Navy since 1964. With experience in gauging the Navy's warfighting capability, NSWC Corona is a leader in NAVSEA data analytics. Corona utilizes networked data environments, data and visualization, and measurement technology to bridge the Navy's data silos, enabling informed decision-making for the warfighter.

Anchor to the Inland Empire Tech Bridge, NSWC Corona is located in Norco, California, with detachments in Fallbrook and Seal Beach and personnel in 14 additional locations.

“ People knew they could ask me anything, because even if I didn't know the answer, I would guide them to someone who did. Doing this helped me strengthen relationships with people who were once strangers. ”

She noted her mother enjoyed



Barber III assumes command of USS Canberra Gold Crew

SAN DIEGO - Cmdr. James "Bobby" Barber III, a native of San Diego, became the first commanding officer of Independence-variant littoral combat ship USS *Canberra* Gold crew during an assumption of command March 7. *Canberra*, assigned to Littoral Combat Ship Squadron ONE, is homeported in San Diego, and its ceremonial comm-scheduled for summer 2023. "I'm extremely humbled to mand of *Canberra* Gold crew and lead these hard-work-said Barber. "My crew and I will continue the legacy of attitude *Canberra* Sailors – both Australian and American for." USS *Canberra* is the second ship named in honor of berra (D33) and her crew, who defended U.S. and Austr-forces during the Battle of Savo Island in World War II.



combat Ships are fast, optimally manned, mission-tailored surface combatants that operate in near-shore and open-ocean environments, winning against 21st-century coastal threats. LCS integrate with joint, combined, manned and unmanned teams to support forward-presence, maritime security, sea control, and deterrence missions around the globe. *Photo caption* - Cmdr. James Barber III salutes sideboys upon departure from his assumption of command. US Navy photo by Mass Communication Specialist 2nd Class Vance Hand

Improving mental well-being through ORION

FALLS CHURCH, Va. - A Navy program connecting Sailors and Marines who were involved in or close to a non-combat incident, accident, or suicide, with mental health assistance, has reached more than 2,200 Sailors since its inception. The program, Organizational Incident Operational Nexus (ORION), began as a pilot program through the Bureau of Medicine and Surgery following USS *Fitzgerald* (DDG 62) and USS *John S. McCain* (DDG 56) collisions in 2017. The success led to ORION's implementation as an enterprise-wide program in 2021. When ORION is activated, outreach coordinators conduct caring contacts with Sailors and Marines at routine intervals for one year after the incident. They ask if they are receiving care, or if they are interested in accessing care. If an individual is interested in a referral to mental healthcare, then ORION outreach coordinators work with them to ensure a connection to the level of care they prefer. Service members are offered options for mental health services - direct care at military treatment facilities or embedded mental health, purchased care through the TRICARE network, or care through Military One Source, to name a few. ORION is used following unit-level, non-combat incidents that involve unexpected loss of life or potential loss of life. ORION can also be activated at the discretion of a commanding officer. After activation, the chain of command works with the Naval Center for Combat & Operational Stress Control to determine which of their command servicemembers may have been most affected by the event.

WOMEN'S HISTORY MONTH

NAVAL SEA SYSTEMS COMMAND - Did you know that in 1975 Hull Technician 3rd Class Donna Tobias made history when she became the first woman to graduate from the Navy's Deep Sea Diving School as the Navy's first female hard hat diver.

She chose the rate of a hull technician when her recruiter told her "no way, women can't get in" as a diver. With persistence she worked for a waiver to attend dive school.

After graduation, without the ability to get sea duty orders at the time, her first assignment was as an instructor at the Submarine Escape Training Tank at Submarine Naval Base in New London. Tobias was involved in search and salvage operations in Long Island Sound and the Atlantic Ocean, and participated in the sinking of a World War II ship to construct an artificial reef in Chesapeake Bay.

Learn more about women making history across the Navy in the Women in the Navy e-book: <https://buff.ly/41Y2J17>.



Medal of Honor Spotlight: Navy Lt. j.g. Joseph Kerrey

by Katie Lange
DOD News

Navy Lt. j.g. Joseph R. Kerrey has been a lot of notable things in his life: a business owner, a governor, a senator and even a presidential candidate. But perhaps one of the most well-known titles he holds is that of Medal of Honor recipient for his service as a Navy SEAL during the Vietnam War.

Kerrey was born on Aug. 27, 1943, in Lincoln, Neb., where his father, James, was stationed with the Army Air Corps during World War II. James and his wife, Elinor, stayed there after the war to raise their seven children.

Kerrey, who went by Bob - a nickname short for his middle name, Robert - said he had a standard childhood for the era. He became a Boy Scout and played football in high school, which he graduated from in 1961. He then went to the University of Nebraska-Lincoln, where he earned a Bachelor of Science degree in 1965.

Kerrey was working as a pharmacist after college when the Vietnam War ramped up. He said in a Library of Congress interview that he knew he was going to be drafted after he received notice to get a physical. He wanted to have a say in what branch he joined, so he said he decided to enlist in the Navy in October 1966.

After Kerrey went to OCS, he de-

cidated he wanted to join the SEALs, so he successfully completed that training in 1968. He eventually joined SEAL Team 1, which included two officers and 12 enlisted men. After some additional training, they were sent to Vietnam in January 1969.

Within three months, Kerrey's team was called upon to try to capture important enemy political leaders. Kerrey said they had received reliable intelligence from a Viet Cong defector who knew enemy leaders had set up a base of operations on an island in the bay of Nha Trang, along Vietnam's southcentral coast. The defector told Special Forces operators that he'd escaped from the island and was willing to lead them back there.

In the early morning hours of March 14, 1969, Kerrey led his SEAL team on a mission to the island to surprise the enemy. While the night was still dark, the group split into two - one team entered the island from the front, while Kerrey's six-man team scaled a 350-foot cliff by hand from the back so they could end up above a ledge on which the enemy was located.

Kerrey said they'd even taken off their boots to scale the slope more quietly. But just as they were nearing their goal, the enemy found them.

"They [the enemy] were sleeping in two different groups," Kerrey said of the enemy encampment. "The

second sleeping group - we got there a bit too late. They had broken camp and were on the move, and they made contact with us."

Kerrey said the Viet Cong fighters threw some sort of explosive device at them, setting off a firefight. Almost immediately, a grenade landed by Kerrey's feet and exploded, causing massive injuries to his right leg. The blast threw him backward onto jagged rocks.

Kerrey said he quickly applied his own tourniquet and tried to stand but couldn't. Despite heavy blood loss and pain, he knew he had to keep the mission moving. So, he directed the rest of his team's fire into the heart of the enemy camp. With the help of his radioman, he then called for more fire support, which seriously confused the Viet Cong, who ended up in its devastating crossfire.

Kerrey, keeping calm and in control, had his team find an extraction site for a helicopter rescue. He said that a few of his men had been deployed before, so they knew what to do. By the end of the ordeal, Kerrey was nearly unconscious, but he continued to direct his team's actions until they were all evacuated - even their enemy captors, who eventually provided critical intelligence for the allied effort.

Kerrey was evacuated to Japan before returning to the U.S., where he learned how bad his leg wounds

were. He said he spent eight months at a naval hospital in Philadelphia, where his right leg had to be amputated below the knee.

"I saw real heroism there ... both the patients who endured an awful lot - physically and psychologically - as well as the people who cared for us," he said of his time at the hospital.

On May 14, 1970, Kerrey was one of 12 service members to receive the Medal of Honor from President Nixon at the White House. Kerrey said in his Library of Congress interview that he wasn't a fan of medals or medal culture in the military, but he was talked into it by his fellow SEALs.

"I talked to some of the guys who I trusted," Kerrey said. "They talked me into accepting it for them and for other guys who didn't get anything."

When Kerrey was discharged from the Navy, he went to work as a pharmacist at the University of Nebraska Medical Center, according to an *Omaha World-Herald* article. From there, he decided to become a businessman. Kerrey co-owned a few restaurants and some other businesses through most of the 1970s. During that time, he also had several surgeries on his leg that allowed him to walk better and even run, a 1991 *New York Times* article said.

Continue reading this story at <https://www.defense.gov/News/Feature-Stories>.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

St. Patrick's Day is one of those ambiguous special occasions that can be quite confusing for non-Irish adults like me.

As a kid, the allure of St. Patrick's Day was uncomplicated. I got to wear something green to school, and if I begged, my mom would take me to McDonalds for one of my all time favorite seasonal treats. Mildly green, with just a hint of mint, the Shamrock Shake was strangely delicious when paired with a side of fries for dipping. And I didn't need to be Irish to enjoy it.

As a college student, having Irish heritage was still irrelevant when March 17 rolled around. No one I knew was interested in getting in touch with their roots. To the contrary, St. Patrick's Day was simply an excuse to drink green beer at the local bars until we made complete idiots out of ourselves. In fact, my best St. Patrick's Day memory was during my senior year in college at Miami University in Oxford, Ohio. Our marathon annual "Green Beer Day" celebration ended at dusk, when the shopping cart we were riding down an alley while laughing hysterically came to a stop in front of a police officer.

Good times.

Kiss me, whether I'm Irish or not

But when I turned into a middle-aged adult, St. Patrick's Day's relevance in my life became muddled. My taste buds had lost their longing for fast food shakes, and it was inappropriate for a mother of three to be drinking pitchers of green beer at the bars, so I had to adopt different traditions. One might think that pouring a pint of Guinness and requesting The Cranberries on Pandora is everyone's God-given right on March 17th, but I've discovered that non-Irish Americans are marginalized on St. Paddy's Day.

People with Irish blood have more rights on St. Patrick's Day. Even if their only connection is that your great uncle thrice removed was one-seventh Irish. Even if the closest thing they've ever had to Irish culture was a bowl of Lucky Charms. Even if they were born and raised on a chili pepper farm outside of Albuquerque. As long as they are technically Irish, they are afforded full privileges on St. Patrick's Day.

Pseudo-Irish Americans have carte blanche to suddenly speak with the rolling "Rs" and over-enunciated "Ts" of Irish brogue. They're permitted to utter phrases like "Top O' the mornin' t'yal" and "She's a fine young lassie!" They can unattractively fist pump to U2's "Sunday Bloody Sunday" even though all they know is the chorus. Without the slightest bit of credibility, they can suddenly develop a hankering for bland Irish Soda Bread and pungent Crockpots of fatty corned beef and mushy cooked cabbage.

On the other hand, we non-Irish, despite our identical American upbringing, are not afforded the same liberties as our pseudo-Irish friends. We must simply stand back and repeatedly listen to that insensitive saying about the only two kinds of people in the world - "the Irish and those who wish they were."

The only way for the non-Irish to avoid this annual humiliation is to concede defeat, no matter how unjust it seems. And don't try to reason with them because it simply won't work. I once drew a comparison between my direct Welsh heritage, with its Celtic language and similar agrarian way of life, to the Irish culture. Despite the fact that Wales and Ireland are only separated by the tiny Irish Sea, my analogy was met with indignant outrage by a distantly Irish in-law who was born and raised in New Jersey, "You're not Irish!"

I've learned that, in order for we non-Irish to enjoy St. Patrick's Day, we need to tell a little white lie - or green as it were - and exclaim that we wish we were Irish too. Like amnesty for undocumented immigrants, simple surrender will authorize us to wear tacky green beads and silly plastic hats, to guzzle Guinness and slop stew, to adorn ourselves with buttons that obnoxiously demand "Kiss me, I'm Irish!" and to shamelessly dangle shamrocks from our ears and rear view mirrors.

In other words, when dealing with the "fighting Irish" on St. Patty's Day, it's always best to roll with the punches.

My Pet World

Is your cat urinating in bed? Here are some reasons why



by Cathy M. Rosenthal
Tribune Content Agency

Dear Cathy,

I love cats dearly. Twice in the last 30 years, I have had a male and female from different litters when the female cat suddenly urinated in our bed. I always ended up giving one of the cats away. I learned my lesson and now have male cats only. Would you please address this issue because now my friend has the same problem? They adopted a female cat from the shelter, then added a young male to the family. Almost immediately, the female cat began to urinate everywhere. Short of giving one of the cats away, what could she do? Incidentally, my friend has three litter boxes, but her male marks all of them.

- Ingrid, Las Vegas, Nevada

Dear Ingrid,

I hope your friend's first instinct is not to get rid of the female cat. Inappropriate elimination occurs in both sexes for many reasons, which can be dealt with by an owner committed to figuring out what is causing the problem.

Here's why her cat may be doing it and what she can do to address it:

To begin, any change in a cat's environment can result in inappropriate elimination, from adding a new cat, dog, or baby to the family to a family member working longer hours than usual. So, her female cat is most likely reacting to the new male cat. To help her adjust, tell your friend to introduce feline pheromone collars for both cats and plug-in pheromones for around the house. They don't solve the problem but can provide a calmer environment as everyone adjusts.

Next, she needs to use an enzymatic cleaner to clean the mattress and then put on a mattress cover. Tell her to close the bedroom door to keep the cat off the mattress when she can't supervise. She should start playing with her female cat on the bed, and giving her treats when doing so, so she learns to re-associate the bed with something positive.

Another reason for the inappropriate elimination may be litter box placement, the litter itself, or the male cat marking the boxes. She can sprinkle baking soda to freshen it up and add a litter attractant to lure her back to the box. The litter boxes should be placed where the female cat will feel safe from an ambush by the

other cat. At the same time, make sure the male cat is not blocking the female from using the litter boxes. If he is, he needs to be shooed away and redirected with play. Both cats should be fixed if they are not already.

While not as likely, she should still rule out a health problem with her veterinarian. Both male and female cats can have urinary infections, bladder stones, and cystitis, which are painful and cause many cats to eliminate in inappropriate places. But I am pretty sure her female cat is just stressed from the new cat in the house and needs some patience as she adjusts.

Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.



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USS Midway Museum is recruiting for docents, air craft restoration, ship restoration and safety volunteers. www.midway.org/give-join/volunteers/

THINGS TO DO AROUND TOWN

Sunset Market in Oceanside Thursdays year round. Jan.-March: 4-8pm; April through Dec. 5-9pm. Tremont & Pier View Way.

Thursday Storytimes, Free. Ongoing. Preschool Storytime geared toward age 3-5. All children welcome. Poway Library, 13137 Poway Rd.

30th Annual San Diego Latino Film Festival, Daily through Sun, March 19, 2-10pm. \$20-\$30. Celebrate 30 years of highlighting the Latino experience through film. Enjoy live music, local food, a curated market showcasing local Latino artists/ vendors. Westfield Mission Valley Center, 1640 Camino del Rio North, Mission Valley. Get tix online!

Lost Leprechaun Scavenger Hunt, Thur-Sun, March 16-19, 9am-4pm. Free with paid entry. Water Conservation Garden, El Cajon.

Guided Bird Walk, Fri, March 17, 8-10am. Free. Join birders and walk along shore of Lake Murray. Meet NW side of lake. Lake Murray Community Park, 7001 Murray Park Dr. Rain cancels.

St. Patrick's Day Leprechauns and Live Music, Fri, March 17, 3-7pm. Get your green on and join us for a shamrockin' good time! Grab dinner, drinks and dessert from eateries in the west courtyard. Jam out to some Irish tunes. Snap a selfie in the shamrock light tunnels. Seaport Village, downtown San Diego. seaportvillage.com

ShamROCK Music & Beer Festival, Fri, March 17, 4-11:30pm. Age 21+. \$35-\$119. Downtown Celtic carnival for senses. Irish steppers, Celtic rock bands, photo ops, shenanigan games. Gaslamp Quarter, downtown SD.

Stars at Mission Trails, Fri, March 17, 7-9pm. Free. SD Astronomy Assn hosts night sky viewing. Telescopes provided or bring yours. Clouds cancel. West Sycamore - Mission Trails Regional Park, 17160 Stonebridge Pkwy, Scripps Ranch

Tai Chi, Ongoing Fridays thru June, 10-11am. Age 18+. Free. Tai Chi fitness class with gentle physical exercise and stretching. In the case of inclement weather, the class will be canceled. Poway Library, 13137 Poway Rd.

Love on a Leash, Ongoing Fridays, 3-4:30pm. Enjoy dogs with Love on a Leash. This program is geared toward children ages 6-10. Free. Poway Library, 13137 Poway Rd, Poway,

Visit Julian to marvel at Daffodils. March 17-19, noon-5pm. Questions about daffodils answered by experts. Julian Town Hall, 2129 Main St. 760-765-1857. chamber@julianca.com

Birding With All Your Senses-Peñasquitos Canyon Preserve, Sat, March 18, 7:45-10am. Free. Ornithologist led easy stroll. Bring binoculars. Handouts provided. Meet at Preserve Sign at west

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MOVIES AT THE BASES

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

Lowry Theater - NASNI, 619-545-8479

Bldg. 650
Outside food and beverage are NOT permitted. Debit/credit cards only.

Friday, March 17
6pm Ant-Man and the Wasp: Quantumania pg13

Saturday, March 18
3pm Ant-Man/Wasp: Quantumania pg13
6pm Magic Mike's Last Dance r

Sunday, March 19
1pm Ant-Man/Wasp: Quantumania pg13
4pm Knock at the Cabin r

Updates: sandiego.navylifefsw.com

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, March 18
1:30pm Saturday, March 18
1:30pm Maybe I DO (PG13)

Saturday, March 25
1:30pm Knock at the Cabin (R)

Saturday, April 1
1:30pm Magic Mike's Last Dance (R)

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, March 17
6pm Ant-Man and the Wasp: Quantumania (PG-13)

Saturday, March 18
3pm Ant-Man/Wasp: Quantumania
6:30pm Magic Mike's Last Dance (R)

Sunday, March 19
noon 80 for Brady (PG-13)
3pm Ant-Man/Wasp: Quantumania

Naval Base Theater - NBSO, 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, March 16
6pm Magic Mike's Last Dance r

Friday, March 17
6:pm Ant-Man and the Wasp: Quantumania pg13

Saturday, March 18
3:30pm Magic Mike's Last Dance r
6pm Ant-Man /Wasp: Quantumania

Sunday, March 19
1pm Knock at the Cabin r
3:10pm Ant-Man/Wasp: Quantumania

Q-Zone - NAB Bldg. 337 • 619-437-3190

Family Friendly Movies:
Tues, Thur, Sat: 11 am. NDVDs

Friday, March 17
5pm Black Panther (2018) pg13

Saturday, March 18
11am Lyle, Lyle, Crocodile pg
Monday, March 20
5pm Top Gun: Maverick pg13

Tuesday, March 21
11am Inside Out pg
5pm Fantastic Beasts: The Secrets of Dumbledore pg13

Wednesday, March 22
5pm The Black Phone r

Thursday, March 23
11am Up pg
5pm Tommy Boy pg13

Friday, March 24
5pm The Woman King pg13

CROSSWORD PUZZLE

Across

- Soothing ointment
- Criticize harshly
- Deep-voiced singer
- Great Lake stretches from NY to Michigan
- Every 12 mos.
- Significant ___: partner
- Place for junk
- Genetic twin
- "Honey, I'm Home" singer Twain
- Wagons at midday socials
- B and B's, e.g.
- Home of twigs
- Did a marathon, say
- Relaxation of govt. rules
- Skip, with "out"
- Turn loose
- Annoys
- oft-stubbed digit
- In time gone by
- U.S. Congress, informally
- Enjoyed a meal
- Web or nanny follower
- Reef makeup
- Some youth ctrs.
- Cotton gin inventor Whitney
- Defy authority
- Approves
- Dimpled facial feature, perhaps
- Game room missile
- From Tokyo, say
- Overly large
- Still in the game
- Increasing, and a hint to 17 & 40-Across and 11 & 27-Down
- Distance runner
- Prescription amount
- "Enchanted" movie girl played by Anne Hathaway
- Arterial implant
- Seeks answers
- Doe or stag

Down

- "Porgy and ___"
- Half a McDonald's logo
- Old Italian money
- Definition
- Manually
- "_ you comfy?"
- Venetian blind piece
- Promote big-time
- Italian lawn bowling
- Book of maps
- Small order of pancakes
- FedExed, say
- Unrefined minerals
- ATM code
- __hair pasta
- Extremely harsh
- Fit for a monarch
- Nuclear reactor
- Get-well program, briefly
- Banished from one's country
- Greek i's
- Golfer's pegs
- Doily trim
- Needing no Rx
- Like a fox, it's said
- Lena who sang "Stormy Weather"
- Took a drive
- Wood-shaping machines
- Place of refuge
- Chemically nonreactive
- Fish eggs
- Traffic tie-ups
- Touched down
- Ginger ale or root beer
- "The Catch" actress Mireille ___
- Liver secretion
- Shipwreck site
- Stick shift choice
- "Shame on you!"

ROY'S SUDOKU

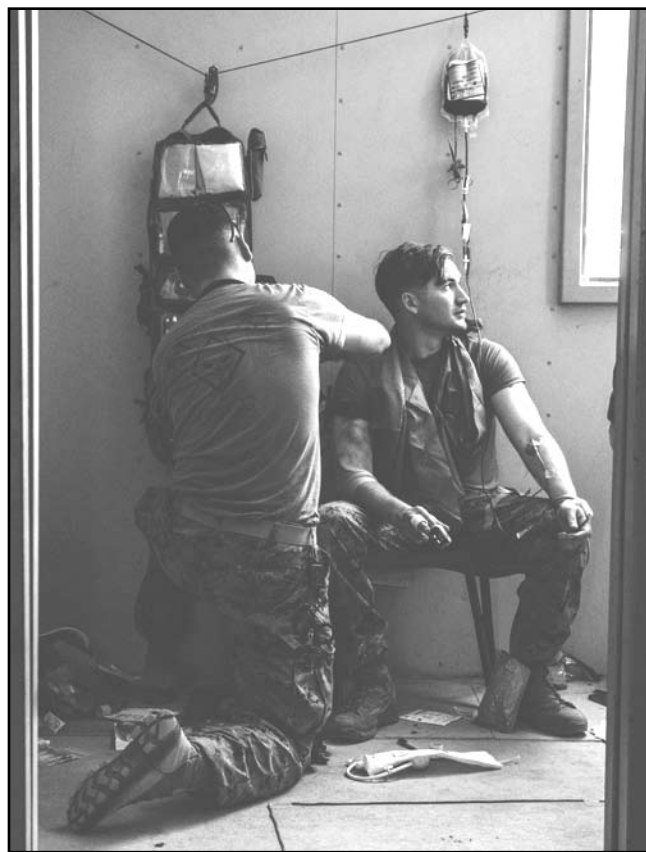
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U.S. military blood programs deliver lifesaving support

by Robbie Hammer

While collecting blood is a vital part of the Armed Services Blood Program opens Health.mil, delivering it to the field ensures that medical professionals have the supply they need to save lives. The ASBP, along with blood programs from each military service, supports combatant commands by transporting life-saving blood to the battlefield.

“The ASBP works closely with the combatant commands to ensure that blood products are available and delivered to the locations where they are needed,” U.S. Army Col. (P) Christopher Lee Evans, director of the Army Blood Program at Joint Base San Antonio. “The service components’ blood programs play a vital role in ensuring that military service members and their families receive the care and treatment they need to survive on the battlefield and helps save lives in times of emergency.” The ASBP gets blood donations through the blood drives they hold around the world at their collection centers or through their mobile



blood drives.

“The blood our patients need is the blood we have on the shelf right now. We need people to get out, donate blood, and make a habit of it. The ASBP is dedicated to supporting our warfighters, their families, veterans, and retirees,” said U.S. Navy Lt. Cmdr. Jeffrey Hebert, head of the U.S. Navy blood program.

Having an excess of blood supply “comes down to readiness,” according to Hebert.

“Blood is one of those things where you don’t know you need it until you do. Having blood on the shelf ensures medical providers have the tools they need to save lives when they need it,” he said.

Getting Blood to Where it is Needed

After receiving the donated blood, the ASBP then needs to get

the blood to combatant commands. The ASBP first processes, tests, and stores the blood.

“The collected blood is then packaged and shipped to military hospitals and clinics, forward-deployed locations, and other locations as needed. Once shipped, the blood is then stored in a blood bank until it is needed for a surgical procedure or emergency transfusion. Then, the blood is delivered to the field/surgical unit, where it is administered to the patient by a medical professional,” said Evans.

What Happens if There is a Shortage in the Field

“If there is a shortage of blood in the field, the ASBP may increase the number of blood drives, or collect blood from other sources such as other blood banks, or use commercial flights to transport the blood from one location to another,” said Evans.

The ASBP coordinates with military hospitals or clinics, forward-deployed locations, and

other organizations to ensure a steady supply of blood is available to meet the needs of the military,” he added.

The ASBP may also hold blood drives in the field to support military operations worldwide, or mobile blood drives from donors at forward-deployed locations, military bases, and other locations.

“These mobile blood drives are usually set up in temporary locations, such as tents or trailers, and are essential to meet the needs of the military in the field,” said Evans.

ASBP’s primary focus is to get the donated blood to the warfighter or family member who need it.

“We enable survival,” Hebert said. “War is not pretty, but blood helps bring our warfighters back home. By having blood available at our military hospitals and clinics, it brings a feeling of security to our warfighters, because they know their families and loved ones will have the blood they need at home when something happens.”

New TRICARE pharmacy contract: Delivering value for military families and taxpayers

by Gilbert Cisneros Jr., Under Secretary of Defense for Personnel and Readiness

FALLS CHURCH, Va. — I’m proud of the work of our team at the Defense Department to negotiate and implement a new TRICARE pharmacy contract. The improvements that were made will not only establish stronger access standards and deliver exceptional value for military families, they will also improve efficiency and stewardship of taxpayer funds.

During my time in public service—from Congress to the Pentagon, where I now serve as under secretary of defense for personnel and readiness—I have always worked to put military families first. The new TRICARE pharmacy contract has attracted criticism in another Military.com op-ed, and I want to respond and correct the record.

The previous contract had two major problems. First, it measured access by the straight-line distance from a beneficiary’s home to a retail pharmacy, so it failed to consider traffic, road conditions, or topography—such as the need to cross a body of water or go around a mountain—that could make for an unacceptably long journey. Second, the retail network was overly costly and, in some cases, inefficient. The network included pharmacies that were filling few or no prescriptions for our beneficiaries, resulting in unnecessarily high costs. We saw an opportunity to improve service for beneficiaries while saving money for military families and taxpayers by creating a more efficient, competitively priced network.

Under the new contract, 98% of TRICARE beneficiaries live within 15 minutes’ driving time of a network retail pharmacy, and more than 99% live within a 30-minute drive. This improved standard for TRICARE is comparable to the Veterans Health Administration standard and exceeds the Medicare pharmacy-access standard. By paying competitive fees to pharmacies, we will save an estimated \$2 billion in taxpayer funds over the seven-year life of the contract, and beneficiaries are projected to save \$100 million through lower out-of-pocket costs. These savings are notable, given long-term trends in the cost of health care: Medicare projects that annual growth in health spending will average 5.1% through 2030. Some beneficiaries have found that their pharmacy is no longer in-network, but the new contract provides other options within a 15-minute drive for nearly all beneficiaries, in addition to mail-order access.

Furthermore, we made these changes while maintaining among the lowest cost-sharing of any health plan. Service members, retirees, and their families can fill prescriptions at military hospitals and clinics, via mail order, or at network retail pharmacies. TRICARE beneficiaries can fill generic and name-brand prescriptions for \$0 copays—that’s right, no out-of-pocket cost—at a military pharmacy. At a retail pharmacy, a 30-day fill costs no more than \$14 for generics (TRICARE beneficiaries pay the lower of the actual cost or \$14) and \$38 for name-brand drugs. Compare this to one of the most popular health plans for federal employees, the Service Benefit Plan

Basic Option, which charges a \$15 copay for a 30-day supply of generic drugs, \$60 for preferred name-brand drugs, and \$90 or more for non-preferred name-brand drugs. And TRICARE beneficiaries can pay even less and receive a 90-day supply from a mail-order pharmacy.

I acknowledge that our communication with beneficiaries and pharmacies about the upcoming changes has generated feedback, and I am committed to improving our communication process. After hearing from both beneficiaries and independent pharmacies, we asked the contractor to offer additional time for pharmacies to opt into the contract. As a result, more than 4,000 of the roughly 15,000 independent pharmacies that had left re-joined as a result of the re-solicitation, bringing the total number of independent pharmacies in the network to more than 11,000—over half of all independents in the United States. With these additions, TRICARE’s current network includes more than 42,500 participating retail pharmacies.

The new TRICARE pharmacy contract is more efficient and does right by beneficiaries and taxpayers. That’s exactly what Americans should expect of their government.

Mr. Cisneros serves as the principal staff assistant and adviser to the secretary of defense for force readiness; force management; health affairs; National Guard and Reserve component affairs; education and training; and military and civilian personnel requirements and management, including equal opportunity, morale, welfare, recreation, and quality of life matters.

Shame & guilt eating: Tackling binge-eating disorders

by Romi Londre

Most people occasionally eat too much. They may fill up an extra plate with seconds at a special event, enjoy another piece of pie at a holiday gathering or eat popcorn until stuffed at the movies.

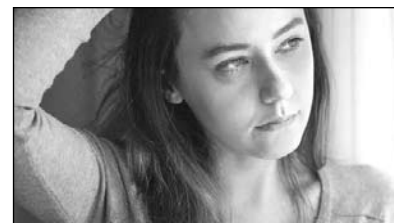
But for some people, overeating becomes excessive. It crosses the line from an occasional indulgence to a binge-eating disorder when overeating feels out of control and happens on a regular basis. It’s the most common eating disorder in the U.S.

People with a binge-eating disorder may feel embarrassed about overeating but have a strong, compulsive urge to continue eating. They often eat alone or in secret because they feel ashamed or guilty about their eating.

Binge-eating disorders are different from other eating disorders like bulimia nervosa and anorexia nervosa. Anorexia nervosa is when people severely restrict the amount of food they eat, often to the point of near starvation. When people have bulimia nervosa, they binge on food, but then quickly purge or vomit all of it, or they exercise excessively. A person with a binge-eating disorder may purge or exercise occasionally, but it’s not a regular part of their routine and doesn’t happen after every food binge.

Who is at the greatest risk for developing a binge-eating disorder?

Binge-eating disorder is more common in women. People of any age can have binge-eating disorder, but it’s most common in younger and middle-aged people. The average age when it first occurs is about 25. It can affect people who are underweight, overweight or at an average weight.



Binge-eating can lead to obesity, joint problems, heart disease, Type 2 diabetes and sleep apnea. It can be difficult to function in social settings, and the person may isolate or withdraw from others. This can increase anxiety, depression and substance use disorders.

How is binge eating treated?

Overcoming any eating disorder is a challenge because you can’t avoid food or social situations that include food during recovery. Your body needs food to survive and thrive. Yet, recovery is possible, and many people overcome binge eating completely.

Treatment needs to address the emotions tied to binge eating, including shame and poor self-image. Relapse is likely until these are tackled, and professional help is usually necessary. A combination of cognitive behavioral therapy and medications, such as antidepressants, can help a person cope with triggers, negative body image and depression. These treatments can regain a sense of control over behaviors and improve stress management skills.

At the same time, a dietitian can work with you to reframe your relationships with food, ensure you are getting the right balance of nutrients, help develop meal plans and offer support for navigating social events that involve food.

Binge-eating disorders are serious, but full recovery is possible with professional treatment. Talk with your health care team if you are concerned about your eating or the eating patterns of a loved one.

Romi Londre is a registered dietitian in Nutrition in La Crosse, Wisconsin.

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