

# ARMED FORCES DISPATCH



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

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

SIXTY-SECOND YEAR  
THURSDAY, MAY 11, 2023



**VETERANS TOUR MEMORIALS - Retired Air Force Senior Master Sgt. Marvin Nixon, who served from 1949 to 1972, first in the Navy, then in the Air Force, poses for a photo during his First Coast Honor Flight (FCHF) tour of the Korean War Memorial in Washington, DC, April 22, 2023. FCHF is a Florida-based non-profit that provides veterans with an all expense paid opportunity to fly to Washington to tour the war memorials and Arlington National Cemetery. US Army photo by Spc. Hans Williams**

## Marine terminal attack controllers increase capability with U.S. Coast Guard, Air Force and Navy partners

by Capt. Joseph Leitner, 5th Marine Expeditionary Brigade

Manama, Bahrain - Late last week Naval Amphibious Task Force 51/5th Marine Expeditionary Bridge Joint Terminal Attack Controllers embarked on Bahrain-based U.S. Coast Guard fast-response cutters for joint training with both Navy and Air Force aircraft in the Northern Arabian Gulf. The training involved five U.S. Coast Guard vessels and a group of Marine JTACs who sharpened their tactical skills by controlling Air Force A-10 Thunderbolt II and U.S. Navy P-8 Poseidon aircraft.

"This was an excellent opportunity for all five crews to be shown the potential of joint maritime and air operations," said U.S. Coast Guard Lt. Sehng Hwang, commanding officer of Coast Guard Cutter *Clarence Suthin, Jr.* "It really allowed us all to see the specific lethal capability that something like the A-10 has, in tandem with capable and competent Marines and Sailors when deployed to the region".

In addition to its steady-state mission of maintaining readiness as a crisis-response task force, Task Force 51/5 advances naval integration in support of the Tri-Service Maritime Strategy. Published jointly in 2020 by the Commandant of the Marine Corps, Chief of Naval Operations, and Commandant of the Coast Guard, the Tri-Service Maritime Strategy outlines an integrated Marine Corps, Navy, Coast Guard approach towards supporting DoD's maritime prerogatives.

"Joint training like this only delivers greater flexibility and options for crisis response in this theater," said Brig. Gen. Matthew Reid, TF 51/5's Commanding General. "As Marines, we are always looking for ways to support joint maritime efforts and, in this case, we were able to take things a step further by working with our Air Force partners. Altogether, this helps the Marine Corps better support regional security and demonstrates that we're able to work together with joint partners to deter external threats".

The training culminated on Friday with a live fire attack by Air Force A-10s onto sea targets, in conjunction with high-value target seizure, fast intruder attack craft, and visit, board search and seizure exercises conducted by embarked U.S. Coast Guard and Navy forces.

## USS LENAH SUTCLIFFE HIGBEE SET FOR KEY WEST COMMISSIONING

SAN DIEGO - The second Navy ship to bear the name Lenah Sutcliffe Higbee will be commissioned this Saturday, May 13, at 7 a.m., Pacific Time, at the Port of Key West, Fla.

Guided-missile destroyer USS Lenah Sutcliffe Higbee (DDG-123) is the Navy's 36th Arleigh Burke class guided-missile destroyer, capable of conducting a variety of operations from peacetime presence and crisis response to sea control and power projection.



USS Lenah Sutcliffe Higbee. Courtesy photo

at Naval Base San Diego.

Built by Huntington Ingalls Industries in Pascagoula, Miss., Lenah Sutcliffe Higbee was launched Jan. 27, 2020, and delivered to the Navy Nov. 30, 2022. After commissioning, the ship will transit to her homeport

She is named for Chief Nurse Lenah Sutcliffe Higbee (1874-1941), a pioneering Navy nurse who served as Superintendent of the Navy Nurse Corps during World War I.

DDG 123 will be capable of fighting air, surface and subsurface battles simultaneously and will contain a combination of offensive and defensive weapon systems designed to support maritime warfare, including integrated air and missile defense

and vertical launch capabilities. She is 509' long, with a beam of 66', and displaces 9,200 tons.

Powered by four gas turbines generating 100,000 shaft horsepower she has a top speed in excess of 30 knots. Her armaments include up to 96 missiles, a 5" long range gun, anti-surface and anti-aircraft systems, torpedoes and the Aegis combat system. She can embark two helos armed with missiles and torpedoes.

The ship's commanding officer is Cmdr. Douglas Brayton and Command Master Chief is CMDCM Kristi Pashkevich

Those interested in viewing the ceremony live may do so at <http://www.dvidshub.net/webcast/31425>.

### Military Appreciation Month celebrated during the month of May

Military Appreciation Month was initially recognized by a resolution in the U.S. Senate in 1999 and traditionally takes place every year throughout the entire month of May, reminding Americans to celebrate this patriotic month that pays tribute to those who have sacrificed so much for our freedom.

Although the entire month is designated to honoring past and present military members and their families, there are several, specific military holidays sprinkled throughout Military Appreciation Month itself, including Loyalty Day, VE Day, Military Spouse Appreciation Day, Mother's Day, Armed Forces Day and Memorial Day.

**May 7-13, 2023: Public Service Recognition Week** honors the men and women who serve our nation as federal, state, county and local government employees. (First full week of May)

**May 8: Victory in Europe Day** is observed to commemorate when the Allies of World War II formally accepted Germany's unconditional surrender of its armed forces

**May 12: Military Spouse Appreciation Day** recognizes spouses and the important roles and sacrifices military families make in supporting our Armed Forces. (Always the Friday before Mother's Day) "She stood in the storm, and when the wind did not blow her way, she adjusted her sails." — Elizabeth Edwards

**May 20: Armed Forces Day** reserved to celebrate our military for their dedication to our great nation. Typically followed by Armed Forces Week that continues to focus on our great military. (Third Saturday of May)

**May 29: Memorial Day** A Federal holiday observed on the last Monday in May. Commemorates the men and women who died while in military service. All Americans are encouraged to pause, wherever they are, at 3pm local time for a minute of silence

**Your FREE weekly paper**

**Take one!**

### Career Advice

New overseas cost-of-living allowance adjustment process ... Upcoming workshops from Fleet and Family Support Center.

**See page 5**

### Base Movie Schedule

See the latest movies offered on the bases for free or reduced prices. Check our weekly schedule.

**See page 10**

# More female recruits will head to San Diego as Marines shutter historic Parris Island battalion

by Phillip Walter Wellman  
Stars and Stripes

The Marine Corps is deactivating its formerly women-only recruit battalion at Parris Island and will train more female Marines in San Diego, moves that come a year after the service completed a shift toward gender-integrated recruit companies.

The 4th Recruit Training Battalion at the Marine Corps Recruit Depot in South Carolina will close next month, the service said in a statement May 3.

The battalion was established in 1986 and was one of several all-female training units that existed at Parris Island from 1949 until recent years, when it opened to men.

Gen. David Berger described the disbanding of the battalion as “a moment to celebrate progress.”

“I’m proud to see our male and female recruits benefit from having access to the quality of all our leaders ... through an unchanging, tough and realistic recruit training curriculum,” Berger said in the statement.

All female Marine Corps recruits were trained at Parris Island until last year, when women began arriving for training at the service’s West Coast depot in San Diego.

Female recruits are expected to be split evenly between the two locations by next year, the Marine Corps statement said.

the highest percentage of men in the military. Fewer than 10 percent of active-duty Marines are women, according to the most recent Defense Department figures. The service was the last to train men and women separately.

A June 2022 Marine Corps study on gender-integrated recruit training found that it dispelled negative biases and stereotypes, while increasing trust, motivation and competition.

Meanwhile, survey respondents identified romantic distractions among recruits and physiological differences as some of the difficulties they experienced in mixed units.

Recruits reported wanting more integrated training, as well



**A training instructor addresses a recruit with Papa Company, 4th Recruit Training Battalion, at Marine Corps Recruit Depot Parris Island, S.C., on Dec. 14, 2022. The unit, which was once all-women but has included men in recent years, will be deactivated in June. US Marine Corps photo by Trent A. Henry**

as mixed-gender drill instructor teams, according to the study.

The 4th Recruit Training Battalion will be deactivated during

a ceremony June 15.

“It won’t be long before there are female drill instructors who, as recruits, graduated alongside

their male counterparts,” Sgt. Maj. of the Marine Corps Troy Black said in the statement. “They will train recruits and make Marines with that experience.”

Marine Corps Commandant

The Corps is the service with

## US fighter jet crashes near Osan Air Base in South Korea

by David Choi, Stars and Stripes

CAMP HUMPHREYS, South Korea - An American F-16 Fighting Falcon crashed May 6 in an agricultural field near Osan Air Base, according to the 51st Fighter Wing. The crash occurred around 9:45 a.m. about 10 miles from Osan and 30 miles south of Seoul, the wing said in a news release. The pilot ejected safely and is in stable condition after being taken to an urgent care facility on base. No other injuries were reported and an investigation is underway, the wing said. The F-16 was assigned to the 8th Fighter Wing out of Kunsan Air Base, about 115 miles south of Seoul. Around 30 F-16s from Kunsan were temporarily relocated to Osan in March due to routine repairs of the base’s runway. “While we don’t have any additional information yet, we are relieved the pilot safely ejected and there were no other injuries,” 8th Fighter Wing commander Col. Henry Jeffress said in the release. U.S. F-16s have been routinely used in aerial exercises in and around the Korean Peninsula. Four F-16s flew alongside at least two Air Force B-52H Stratofortress bombers and four South Korean F-35As in an airpower demonstration on April 14, one day after North Korea fired a ballistic missile.

## USS Cooperstown is commissioned in New York

by Ensign Nicko West, Commander, Naval Surface Force, Pacific Fleet

NEW YORK - The Navy commissioned its newest Freedom-variant littoral combat ship, USS Cooperstown (LCS 23) May 8 in New York City. Cooperstown is the first naval ship named after Cooperstown, N.Y., and honors the 70 Hall of Famers who served the United States during wartime in a range of conflicts spanning the Civil War, World War I, World War II, and the Korean War. “I’m pleased to be here in my hometown of New York City to commission the Navy’s newest littoral combat ship, USS Cooperstown,” said Secretary of the Navy Carlos Del Toro. “LCS 23 honors the baseball greats, who in service of our Nation, sacrificed their baseball careers for us. I have full confidence that the officers and crew of this great ship will continue to honor their legacy.” Major League Baseball Hall of Fame player and manager, Joe Torre, was the ceremony’s principle speaker and highlighted the ship’s ties with the namesake service members. “It’s critical that we honor the legacy of these Hall of Famers,” said Torre, “not just for what they did on the field, but for what they sacrificed and what they accomplished off the field. Their legacy lives on with the USS Cooperstown and with the Sailors here today and in the years to come.”

IN NETWORK PROVIDER



PROUDLY TREATING UNIFORMED SERVICE MEMBERS AND THEIR FAMILIES

DO NOT SUFFER ANY LONGER

DEPRESSION

ANXIETY

PTSD...and more

GET THE LASTING HEALING YOU DESERVE TODAY



**BRAIN THERAPY TMS**  
TRANSCRANIAL MAGNETIC STIMULATION

Technologically Advanced Brain Healing

CALL FOR AN APPOINTMENT TODAY

619.762.4150 • 866.228.5773

www.BrainTherapyTMS.com

## NATO partners prepare to kick off 'Formidable Shield' exercise

by C. Todd Lopez  
DOD News

Exercise Formidable Shield, which kicked off May 8, is expected to showcase the strength of the NATO alliance and its commitment to the defense of Europe, the deputy Pentagon press secretary said.

"The U.S. 6th Fleet and Naval Striking and Support Forces NATO will kick off the biennial Exercise Formidable Shield 2023 next week," said Sabrina Singh during a briefing May 4 at the Pentagon.

"This three-week exercise demonstrates the unprecedented cohesion of the NATO alliance, our unmatched capacity and capability, and our combined commitment to deterrence and defense of the Euro-Atlantic area and the High North."

The exercise, which runs May 8-26, takes place on odd-numbered years. This year, the event will involve 13 NATO allied and partner nations, more than 20 ships, and 35 aircraft, including the F-35.

"This long-planned exercise encompasses live-fire rehearsal

events in a multidomain environment against subsonic, supersonic and ballistic targets," Singh said.

About 4,000 personnel from across NATO are expected to participate.

Formidable Shield demonstrates allied interoperability in a live-fire joint and combined integrated air and missile defense environment using NATO command and control structures.

Singh also discussed the pending deployment of 1,500 U.S. military personnel to provide assistance at the U.S. border, which was requested by the Department of Homeland Security late last month and approved Tuesday by Secretary of Defense Lloyd J. Austin III.

"As you know, this is a 90-day, temporary deployment of our military personnel at the border," Singh said. "They will not be conducting any law enforcement activities. Their role and responsibility will really remain back-of-house, including data entry and helping with any [intelligence, surveillance and reconnaissance] capability and monitoring."



**USS Roosevelt, left, and a Spanish ship transit the Atlantic Ocean during Exercise Formidable Shield, May 18, 2021. Roosevelt is an Arleigh Burke-class guided-missile destroyer. US Navy photo by Petty Officer 2nd Class Nathan T. Beard**

Right now, Singh said, the military services are notifying those units that will participate in border operations, and she said the department is expecting their arrival by May 10. She also emphasized that those military personnel are not expected to be interacting with migrants at the border.

"The intention isn't for them to be interacting with migrants, for that, that would be more of a DHS role," she said.

While the deployment to the border is temporary and expected to last for just 90 days, Singh said if DHS were to ask for more assistance or for an extension of assistance already approved, the department would consider that.

"We would certainly review that option and haven't ruled anything off the table," she said. "But for right now, that deployment is just for those 90 days."

### Top 5

- \*At least 190 pilots left the Army years early due to admin error
- \*Former SecDef's blast senator over 'irresponsible' nomination holds
- \*Wilsbach named as next Air Combat Command chief
- \*Veterans found guilty of seditious conspiracy in US Capitol attack
- \*Majority of VA whistleblowers report retaliation after calling out agency wrongdoing



### Army

\*Army doesn't wait for you: Child care a challenge for military couples who deploy

### Navy

- \*Navy considering extending USS Dwight D. Eisenhower past 2027
- \*Iran may continue tanker seizures despite increased focus from Navy, analysts say
- \*Navy's capacity to wage war hindered by maintenance, shipyard problems, GAO finds
- \*Drag queen Sailor used by Navy to recruit draws Republican ire

### Marine Corps

- \*He wasn't actually a Marine. He was a scammer in prison, police say
- \*Fight the base drills keep Marines on homefront sharp against modern threats

### Air Force

- \*Biden is expected to tap Air Force chief to be nation's next top military officer
- \*Allegations of child abuse at Hill Air Force Base day-care centers trigger investigation

### Coast Guard

- \*Offshore energy fight returns in Coast Guard authorization

### Veterans

- \*Support services for homeless veterans set to expire next week
- \*Man who stole WWII veteran's Purple Heart during burglary has conviction reduced

**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.

**VA Disability Claim Denied?**

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

Don't Risk a Permanent Denial and Lose Back Pay

*Call the Professional Advocates Today!*

Claims Agents Have over 80% Success Rate on Appeals

No Fees Unless You Win - Free Consultation!

**800-921-0310**

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

 **El Indio**  
Mexican Restaurant and Catering

Family Owned & Operated Since 1940

**"Best Mexican Food in San Diego"**

3695 India Street • [www.elindiosandiego.com](http://www.elindiosandiego.com) • 619-299-0333

**Open Daily 9am - 8pm**

**Free Parking! 10% Military Discount**

**TREME TRUCK OUTFITTERS**

**LEER TRUCK ACCESSORY CENTER**



Your source for LEER, the undisputed leader in truck cap and tonneau styling, function and design. We can fit virtually any truck on the road including YOURS!

**SPRAYLINER SPECIAL \$349**

**\$100 OFF NEW CAMPER SHELLS** **\$70 OFF NEW TONNEAU COVER**

**Military SPECIALS**

Cannot be combined with any other offer.

**2 LOCATIONS TO SERVE YOU**

7161 Engineer Rd. • San Diego **858-279-0240**

26540 Jefferson Ave. • Murrietta **951-304-0285**

**MAIN AUTO REPAIR**

**"ALL WORK GUARANTEED"**

**FREE ESTIMATES - Serving Military for Over 23 years**

<b>BRAKE SERVICE SPECIAL</b> from <b>\$140</b> Per Axle, Parts & Labor included. Most Cars Standard Brake Packages Don't Wait Until You Have a Problem!	<b>A/C Service</b> <b>\$95</b>	<b>Body Work and Paint</b>	<b>CLUTCH</b> <b>\$319</b> Most Cars. Parts & Labor included. Includes: Pressure plate and disc. Adjustment, New throw out bearing, Pilot bearing, Inspect flywheel
<b>TIMING BELT SPECIAL</b> from <b>\$199</b> Most Cars. Parts & Labor included	<b>CV JOINT AXLE</b> from <b>\$220</b> Most Cars. Parts & Labor included	<b>FUEL INJECTION SERVICE</b> from <b>\$89</b> Most Cars. Parts & Labor included	

**3714 Main Street, San Diego • 619-238-4385**

# New name added during 54th annual EOD Memorial

by Samuel King Jr.  
96th Test Wing Public Affairs  
EGLIN AIR FORCE BASE,  
Fla. - Dressed in the bright  
whites, deep blues and dense  
blacks of their service uniforms,  
Airmen, Marines, Sailors and

and the EOD community at the  
Kauffman EOD Training Com-  
plex here.

The schoolhouse's com-  
mander, Navy Capt. Steven  
Beall, welcomed guests and

from selfless service to others,"  
said Beall. "We will never forget  
those who come before us. We  
will never forget their bravery,  
courage and sacrifice."

Only one name was added to  
the wall this year. Navy Lt. J.G.  
Aaron Fowler (see below) lost his  
life in 2022 at Kaneohe Bay, Ma-  
rine Corps Base Hawaii. Fowler's  
parents, Charles and Lou-Ann,  
were on hand to see their son's  
name enshrined on the wall.

Each year, a wreath is placed in  
front of each branch of service's  
list of names before they're read  
aloud. Each list is completed  
with the phrase "We remember,"  
and the names simultaneously

saluted by an enlisted and officer  
EOD member.

"Today, we're recognizing  
those 344 names that are on this  
wall," said Brig. Gen. Forrest  
Poole, Marine Corps Assistant  
Deputy Commandant for Installa-  
tions and Logistics and the guest  
speaker for the ceremony. "Each  
one represents a sacrifice and a  
hole left in someone's life."

The ceremony concluded with  
an honor guard rifle volley and  
the playing of Taps. Afterward,  
families and EOD technicians  
both past and present descended  
upon the Wall for pictures, to  
touch the engraved brass name or  
just remember a fallen hero.



**Chief Master Sgt. Michael Pasley and Lt. Col. Jeff Ledoux salute the list of lost Air Force explosive ordnance disposal technicians during the 54th Annual EOD Memorial Ceremony, May 6. US Air Force photo by Samuel King Jr.**

Soldiers returned this year to  
honor and remember their fallen  
explosive ordnance disposal  
brethren May 6.

explained why they return to the  
memorial on the first Saturday  
of May each year. This specific  
Saturday is designated National  
EOD Day.

The annual memorial cer-  
emony, in its 54th year, took  
place with military and com-  
munity leadership, invited guests

"EOD technicians are bound  
by a purpose and share an un-  
spoken bond that only comes

WASHINGTON - A 29-year-old Navy of-  
ficer died April 17, 2022, during training at  
Marine Corps Base Hawaii, the service said.  
Lt. j.g. Aaron Fowler, who was assigned to  
Explosive Ordnance Disposal Mobile Unit  
One in San Diego, "became unresponsive"  
while participating in training at the Kaneo-  
he Bay base, according to a statement from  
the Navy Expeditionary Combat Command.  
He died during a EOD training evolution  
alongside Marines. At the time, Navy officials  
didn't say how the 2018 Naval Academy  
graduate died but said Navy Criminal  
Investigative Service continues its investigation.



**Aaron Fowler**



**Little Commando - A military child applies face paint during Operation Kids Understanding Deployment Operations at Hurlburt Field, Fla., April 29, 2023. Hurlburt's been hosting Operation KUDOS since 2011. US Air Force photo by Senior Airman Amanda A. Flower**



**Memorial Moment - Army Gen. Bryan P. Fenton, commander of Special Operations Command, observes the Trojan Horse Fallen Soldiers Memorial at Fort Carson, Colo., May 2, 2023. The memorial honors the service and sacrifice of Green Berets who were killed while serving with the 10th Special Forces Group (Airborne). US Army photo by Spc. Kimberly Gonzalez**



Ships Underway	
Total Battle Force	296 (USS 238, USNS 58)
Deployed	105 (USS 72, USNS 33)
Underway	74 (46 Deployed, 28 Local)
<b>Ships Deployed by Fleet</b>	
2nd Fleet -	5
3rd Fleet -	1
4th Fleet -	2
5th Fleet -	11
6th Fleet -	19
7th Fleet -	67
Total -	105

**Leading Ladies - The Army Ladies' Dragon Boat Team competes in the 49th Naha Hari Festival Dragon Boat Races in Okinawa, Japan, May 5, 2023. The team won the championship trophy for the event. US Army photo by Brian Lamar**



## Places of Worship

### Bethany Lutheran Church

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

### Bayview Church

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

### Branches of the Cross Anglican Church

Retreat Center and Healing Center  
Sunday Worship - 10:30am  
Bible Study - Wednesday 10:30am  
801 Valley Crest Dr., Vista, CA 92027 • 760-290-8222  
Email: [office.branchesvista@gmail.com](mailto:office.branchesvista@gmail.com)  
For more information visit us at [www.branchesvista.org](http://www.branchesvista.org)

### Canyon View Church of Christ

"Love God, Love People, Serve the World"  
Sunday Bible Classes for all ages 9am  
Sunday Worship 10am  
4292 Balboa Ave., San Diego, CA 92117 Email: [cvoffice@canyonview.org](mailto:cvoffice@canyonview.org)  
(Near corner of Balboa Ave. & Clairemont Dr.)  
[www.canyonview.org](http://www.canyonview.org) (858) 273-5140

### Christ Community Church

Helping people love God and each other!  
Services Onsite or Online Sundays 8:45 & 10:30am  
Children's Ministries for All Kids!  
Small Groups for Teens & Adults of All Ages!  
9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15  
[www.gotoChrist.com](http://www.gotoChrist.com) or (858) 549-2479

### First Baptist Church of Coronado

"Reach Up, Reach Out, Reach Our World"  
Jim W. Baize, Pastor [www.fbcoronado.com](http://www.fbcoronado.com)  
Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am  
Meeting in person and online on YouTube or Facebook  
FB: First Baptist Church of Coronado email: [secretary@fbcoronado.com](mailto:secretary@fbcoronado.com)  
445 C Ave., Coronado, CA 92118 (619) 435-6588

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

### Grace Lutheran Church, LCMS

Proclaiming the good news of Jesus Christ since 1912  
Join us for Sunday Worship at 8 and 10:30am  
Sunday School at 9:30 to 10:15am  
3967 Park Blvd., San Diego 92103  
Free lot parking behind church  
[GraceSanDiego.com](http://GraceSanDiego.com)

### Mesa View Baptist Church

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

### Military Outreach Ministries Int'l Church

"Transforming the World, One Person at a Time"  
Dr. Dennis Eley, Jr. Th.D., MBA • [dennis@militaryoutreachministries.org](mailto:dennis@militaryoutreachministries.org)  
7997 Paradise Valley Rd, San Diego, CA 92139  
Sunday Services In Person • 12-2pm  
Live Stream: 12:30pm on "Moministries" free church app  
[www.militaryoutreachministries.org](http://www.militaryoutreachministries.org)

### Resurrection Lutheran Church

A Small Place with a Big Heart!  
Worship Service Sunday at 10:15 am. (please see website for details)  
1111 Fifth Street - Coronado, CA 92118 - 619.435.1000  
[secretary@resurrectioncoronado.com](mailto:secretary@resurrectioncoronado.com) - [www.rl.church](http://www.rl.church)  
<https://www.facebook.com/resurrectioncoronado/>  
The Rev. Dr. Brian Oltman, Pastor

### St. Luke's Lutheran Church

5150 Wilson Ave., La Mesa, CA 91942  
Phone: (619) 463-6633  
website: [www.st-lukes-la-mesa.org](http://www.st-lukes-la-mesa.org)  
Worship: 9am  
Pastor: Mark Menacher, PhD.  
We thank you for your service!

## New overseas cost-of-living allowance adjustment process

by Joseph Clark

The Defense Department has announced updates to the adjustment process for the overseas cost-of-living allowance, which is aimed at creating financial predictability for service members stationed outside of the continental U.S.

Under the policy announced yesterday, reductions in OCOLA resulting from changes in cost-of-living and currency fluctuations will be implemented no more than once every six months, effective May 15 and Nov. 15.

The new policy also stipulates that approved OCOLA reductions based on annual cost-of-living assessments will be split between the two, six-month cycles. Reductions based on currency fluctuations will be implemented in full each cycle.

The department will continue to implement OCOLA increases continuously throughout the year when warranted.

The updated policy aligns with changes mandated by Congress in the National Defense Authorization Act for Fiscal Year 2023.

OCOLA is a nontaxable al-

lowance that varies based on a service member's duty location, pay grade, time in service and number of dependents.

The rates are calculated based



**An Air Force airman selects produce while grocery shopping at Ramstein Air Base, Germany, May 17, 2022. US Air Force photo by Senior Airman Thomas Karol**

upon a living pattern survey, which measures where members shop – including the proportion of shopping performed on military installations, at local community outlets and online – and retail price surveys, which measure the cost of non-housing goods and services in the locations where members shop.

The rates for foreign locations also account for currency fluctuations.

In December, the department implemented a 90-day pause in OCOLA reductions to provide temporary relief to those subject to OCOLA reductions due to higher inflation in the continental U.S. as opposed to many overseas locations, as well as a strengthening U.S. dollar.

Reductions will resume later this month under the new adjustment process. Service members in affected locations will see reductions their OCOLA reflected in their paychecks beginning on June 1.

“Many of the locations that we’ll see initially will be in areas such as Hawaii, Guam, Japan in the theater, although we’re seeing some fluctuations as well in other locations in Europe and Australia due to either the price surveys or due to currency and exchange rate changes,” a senior department official said.

While previewing the updated policy, officials emphasized that even those affected by OCOLA reductions are unlikely to see a reduction to their overall pay when compared to last year.

“It’s important to acknowledge that in January, service members received a 4.6 percent increase in basic pay, as well as an approximately 11.2 percent increase in basic allowance for subsistence,” a senior official said. “And even those locations where COLA rates will start to decline, pay in 2023 is still higher than it was in 2022, so many service members will still have a higher take-home pay even with OCOLA reductions than they received in 2022.”

Under the updated policy, officials will notify combatant commanders 30 days prior to implementing reductions to ensure service members are prepared. Combatant commanders will be given an opportunity to submit an appeal within 45 days of the announcement to request a review of OCOLA reductions affecting duty locations under their command.

The country allowance coordinators for locations affected by the May 15 reductions were notified prior to March.

## FLEET AND FAMILY SUPPORT PROGRAMS

FLEET & FAMILY SUPPORT CENTER METRO SAN DIEGO  
Programs & Workshops

(V)-Virtual; (IP)-In Person  
NBSD - Naval Base San Diego; NBPL - NB Point Loma  
NBC - Naval Base Coronado; KMB - Kearny Mesa Branch  
GVB - Gateway Village Branch; VSM - Village at Serra  
Mesa Branch; BVH - Bayview Hills Branch

### Career Services

#### Finding Federal Employment

Get the latest information and resources to navigate the federal employment process.

Wednesday, June 7 | 9-11 a.m. | NBSD (IP)

Wednesday, June 7 | 1-3 p.m. | NBPL (IP)

#### Capstone

Do you need assistance completing your TAP Capstone and are looking for a warm hand-off for resources and information?

Thursday, June 1 | 8-11:30 a.m. | KMB (IP)

Thursday, June 22 | 8-11:30 a.m. | KMB (IP)

#### Job Search Strategies

Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?

Wednesday, May 31 | 1-3 p.m. | NBPL (IP)

Monday, June 12 | 10-11:30 a.m. | (V)

#### Resume Writing

Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume.

Thursday, June 8 | 10-11:30 a.m. | NBC (IP)

Friday, June 16 | 10-11:30 a.m. | KMB (IP)

#### Winning Interview Techniques

Make your dream job a reality! Gain information and resources to develop expert interviewing skills.

Wednesday, May 24 | 9-10:30 a.m. | NBSD (IP)

Wednesday, May 24 | 10-11:30 a.m. | NBC (IP)

Monday, June 19 | 9-10 a.m. | KMB (IP)

Wednesday, June 28 | 9-10:30 a.m. | NBSD (IP)

If you're interested in attending one of these classes, please call our Centralized Scheduling Center at 866-923-6478.

## Naval Community College now accepts applications for maritime logistics

by Chief Petty Officer  
Alexander Gamble

QUANTICO, Va. - The U.S. Naval Community College officially began accepting applications for its Associate of Science in Logistics (Maritime) degree program May 9.

USNCC worked with Arizona State University to provide a naval-relevant degree program focused on those who work in supply and logistics for the Navy, Marine Corps, and Coast Guard.

“We’re excited to further the lifelong learning process of the naval logistics community,” said USNCC’s President Randi R. Cosentino, Ed.D. “These Sailors, Marines, and Coast Guardsmen will develop a set

of skills and earn credentials that set them up for success for the rest of their lives.”

This degree includes the Naval Studies Certificate, a five-course, fifteen-credit program based on naval sciences courses taught in the Naval Academy and Naval ROTC programs. These 15 credits are applied to the associate degree programs and count towards the required courses for the degree. The courses include Naval Ethics and Leadership; Modern Naval History; Naval Force Design and Concepts; and Civilian and Military Organization..

The Associate of Science in Logistics (Maritime) degree is completed completely online and has established pathways

to one of several related four-year degrees with little to no loss of credit. The Associate of Science in Logistics (Maritime) with ASU, which is pending approval from the Arizona Board of Regents and ASU faculty governance, will have an established transfer path to a Bachelor of Science in Supply Chain Management, a Bachelor of Arts in Business (Global Logistics), a Bachelor of Arts in Applied Business and Technology Solutions, or Bachelor of Arts in Entrepreneurial Leadership offered by ASU. Included in the AS is the Certificate of Maritime Logistics.

To get more information about the USNCC, go to [www.usncc.edu](http://www.usncc.edu).





**JWB FAMILY LAW**

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

**We offer a 15% discount for military service members + their spouses.**

- DIVORCE
- CHILD CUSTODY AND VISITATION
- CHILD AND SPOUSAL SUPPORT
- ASSET AND PROPERTY DIVISION

FIND OUT MORE

**619.234.6123**

SAN DIEGO  
1620 Fifth Avenue, Suite 600, San Diego, CA 92101

**SoCalTruck.com**  
ACCESSORIES & EQUIPMENT

10460 Mission Gorge Rd.  
Santee, CA 92071

**619-749-0742**

**Work Smarter, Play Harder!**

- Truck Bed Covers • Camper Shells
- Side Steps • Truck Racks
- Tool Boxes • Fuel Tanks
- Carpet Kits • Tow Hitches





**BULLET LINER**  
An Accella Brand

**Spray on Bedliners**

**MILITARY DISCOUNT**  
Get \$25 off \$300 or more with this ad



**VETERAN**

COMPENSATION SERVICES

**Veterans with less than a 100% VA Rating. WE CAN HELP YOU!**



- Risk-Free Consultation
- Experts in VA Documentation
- Veteran Friendly Doctors
- Over 95% Success Rate
- Experienced A+ Rated with BBB

**www.VeteranComp.com**

## The Navy's sea lions love video games

by Maison Piedfort

Naval Information Warfare Center Pacific

SAN DIEGO - Meet Spike, the most avid gamer in a sea pen floating in the San Diego Bay. He likes fish, ice, naps, and when people cheer his name. He was last of three male sea lions to learn how to play video games, but first to complete training on a game system Navy scientists created as part of their latest research on cognitive enrichment for marine mammals.

His name isn't really Spike; you can think of it more like his gamertag. His ability to understand the concept of controlling

a cursor on a screen, then progress through a series of more challenging games, marks the first recorded success in testing cognition of California sea lions with an animal-controlled interface.

On paper, it's a clear win for the Navy Marine Mammal Program, under which scientists from Naval Information Warfare Center Pacific and the National Marine Mammal Foundation come together to care for the Navy's sea lions and dolphins. A proven method for cognitive enrichment opens doors for more research on keeping marine mammals happy and healthy longer.

On the deck of the sea pen, it's pure delight: Spike uses his snout to press a button and maneuver a cursor through a maze. His eyes track the cursor with laser-like focus. When he crosses the finish line, we cheer and his trainer rewards him with herring. The joy in the eye contact between him and his trainer as they celebrate a job well done — Spike with his side-to-side dance and victory yelps — is palpable and infectious. He turns back to the screen and positions himself to win the next game.

"That's why I'm doing this, you know?" said Kelley Winship, NMMF scientist and principal investigator for research using the Enclosure Video Enrichment (EVE) system. "I really care about these animals and the lives they lead. I love all the cool stuff we can look at with this research, but at the end of the day, I want to see them happy and enjoying themselves." Winship co-leads EVE research with Mark Xitco, NIWC Pacific's director for the Marine Mammal Program. Both hold Ph.Ds. in cognitive psychology.

Spike is clearly enjoying himself, just like you or I would when noticing our practice transform into mastery. For Spike

and his fellow gamers, that joy has translated into three years of voluntary sessions, some without the positive reinforcement of food. Over that period, Spike showed improved weight maintenance and performance in voluntary health checks, though the research hasn't definitively linked the two to gaming just yet.

So far, research on sea lions' interaction with EVE centers a simple goal: Are they having fun? Do they want to keep playing it? More than 450 sessions among Spike and his two friends say yes. Now that other sea lions in the program have learned to play video games with EVE, that number has climbed to more than 750.

For the Navy, sea lions enjoying themselves means meeting standards laid out by the Office of the Secretary of the Navy, which calls on NIWC Pacific to deliver the highest quality of care for marine mammals. Since 1959, the Marine Mammal Program has been answering that call: dolphins and sea lions part of the program are healthy, happy, and live longer than those living in the wild thanks to world-class veterinary care.



A California sea lion uses his snout to press buttons on the Enclosure Video Enrichment (EVE) system. US Navy photo by Jaime Ciciora

Roughly 300 people care for the program's more than 120 sea lions and dolphins, all trained in reconnaissance and recovery tasks marine mammals can perform better than humans. But enrichment activities such as open-ocean swims, playtime with toys, and now video games, remain see **Video, page 8**

### Medicare & Veteran Resource Center

DO YOU HAVE Medicare but your needs have changed?  
**ARE YOU TURNING 65?**

Are you TRICARE or a Veteran using VA Benefits?  
Do you have Medicare Part A & B?

**YES! Then you are ELIGIBLE** for an **Additional \$164/mo** added to your S.S.  
NON-Military Medicare Eligible for an **Additional \$164/mo** added to your S.S.

★ **DENTAL CARE \$4000/YR \$0 COPAY** ★

★ **Medical Alert Monitor \$0 CO-PAY** ★

SERVING ALL OF CA, AZ, & TX

**Vince Parra • 619-763-2425**

Specializing in Medicare & Veterans Health Plans

electo54@hotmail.com - CA LIC: 0M89123

★ If you qualify, \$0 cost review, let's find a health plan that fits ★

## NOW OPEN IN BARRIO LOGAN



1852 National Ave., San Diego, CA 92113

**FISH MARKET & RESTAURANT**

Ph (619) 876-5050 • karinasseafood.com • Military Discount Available

## Treat Depression and Anxiety Without Medication Using Your Tricare Benefits

### The TMS Breakthrough

TMS treats depression by using magnetic pulses to stimulate underactive regions of the brain. TMS provides relief with minimal side effects.

We are experts in the treatment of depression, anxiety, PTSD and other mental health issues. We use several treatment options, including medication and TMS.



The psychiatry office of Bruce Hubbard MD has been helping military members and their dependents for over 30 years. No referral needed for dependents.

Read our Google reviews to see what our patients say about us and visit our website to watch real patient videos and to learn more.



**BRUCE HUBBARD MD**  
TMS • PSYCHIATRY

Call for a Complimentary  
Consultation 619-853-2260

www.brucehubbardmd.com  
1565 Hotel Circle South, Suite 200  
San Diego, CA 92108

**Local views - from Camp Pendleton to San Diego Bay**



**CAMP PENDLETON (May 2, 2023)** Marine Sgt. Haley Langille, a drill instructor at Marine Corps Recruiting Depot San Diego, encourages the poolees during group planks at the Female Pool Function here. US Marine Corps photo by Sgt. Ariana Lippert



**ABOARD USS BOXER (April 28, 2023)** Kristin Kammermeier, a Navy Fleet and Family sexual assault and prevention response installation coordinator, speaks during a SAPR special event held on the mess decks here for "Denim Day." Denim Day was first celebrated in 1999 when an Italian court granted the appeal of a rapist and overturned his sentence sparking worldwide outrage and protests. Italian women showed up to work wearing denim jeans and other clothing articles in response. Boxer is homeported in San Diego. US Navy photo by MC3 Mikal Chapman



**ABOARD USS TRIPOLI (May 3, 2023)** Seaman Wilson Alumonah, from Lagos, Nigeria, right, and Seaman Edgar Rosales, from San Marcus, Texas, paint the hull of amphibious assault ship Tripoli during the ship's maintenance availability. Tripoli is an America-class amphibious assault ship homeported in San Diego. US Navy photo by MC1 Danian C. Douglas



**SAN DIEGO (April 20, 2023)** Airman Jean Ortegasantos paints a valve on the flight deck of amphibious assault carrier Tripoli during the ship's maintenance availability. US Navy photo by MC3 Olivia Rucker



**MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS (April 12, 2023)** Marines fire at simulated targets during Integrated Training Exercise 3-23. The training is designed to create a challenging and realistic environment that produces combat-ready forces. US Marine Corps photo by Lance Cpl. Justin J. Marty




2,000 LUMENS

STREAMLIGHT®  
PROTAC® 2.0  
RAIL MOUNT

**Provides Unparalleled Illumination.**

We engineered the ProTac® 2.0 Rail Mount for the modern shooter who needs more light and doesn't want to give up the runtime to get it. With a tactical tailcap switch and remote pressure switch, the ProTac 2.0 Rail Mount also features a lithium ion battery that charges inside the light so there's no need to remove from the gun to charge.

2,000 LUMENS WITH 2.5 HOUR RUNTIME
LITHIUM ION RECHARGEABLE
FITS WIDE RANGE OF LONG GUNS



STREAMLIGHT.COM/PROTACRM2.0

© 2023 STREAMLIGHT, INC. ALL RIGHTS RESERVED.

STREAMLIGHT®  
50 YEAR  
ANNIVERSARY  
SINCE 1973

**Video**  
continued from page 6  
central to their care programs.

“My favorite part of my job is how multifaceted it is,” Winship said. “I find a lot of fulfillment working with animals trained to protect our Sailors and Marines, especially because these animals are so capable and they find their systems tasks so rewarding. And with EVE, I get to work on providing them with additional mental challenge and stimulation with a sole focus on their welfare.”

Testing the first enrichment system of its kind for marine mammals took some ingenuity: they needed a device that could be portable, inexpensive to build, quickly assembled and disassembled between sessions, and manipulable by pinnipeds — semi-aquatic, fin-footed marine mammals. Previous research on cognitive enrichment in pinnipeds required large contraptions and proved only that they could identify stimuli on a screen, but fell short of proving they could control and interact with it.

That ingenuity took the form of a plastic utility cart outfitted with a 27-inch monitor and lockable wheels. An acrylic glass sheet protects the monitor from water and animal contact on the bottom of the cart; a computer rests in a case on top. An external speaker connects via Bluetooth. The game controller connects via USB and consists of a 6-inch by 6-inch electrical box fitted with four 2.4-inch plastic arcade buttons at compass orientations.

Getting started took some creativity, too. Before EVE, sea lions had been trained to ignore irrelevant stimuli and focus on trainers. First they needed to be taught that the screen contained relevant stimuli. Sea lions were directed to sit in front of the monitor while researchers controlled gameplay, and sea lions were rewarded when their eyes tracked movement on the screen.

It took a single session of hearing the “success” tone for gamers to respond like they do when their trainers say “good” after successful behavior. They progressed from exploring an unconnected game controller with their snouts, to watching their trainers point to the correct buttons, to pressing buttons themselves. They were first trained on a cursor tracking game, in which success was moving a blue dot across the screen to meet a black square. Later, more challenging iterations provided the variability needed to prevent habituation, key for enrichment programs over the long term.

Over time, Spike and his friends could switch directions when the cursor bumped up against a wall, complete levels at an average clip of six seconds, and win in fewer than seven button presses.

An automatic feeder comprised of a USB controller, 8-foot tube, and water tank could reward sea lions for successful gameplay, but was mostly used in earlier trials. Researchers found a slight preference by sea

lions for sessions in which trainers functioned as feeders and cheerleaders over sessions using the automatic feeder. Because the automatic feeder requires regular cleaning, assembly, and disassembly, it proved less labor intensive for trainers to act as feeders for short sessions. Plus, it’s just more fun that way.

“It took so many people at the Marine Mammal Program to implement the EVE system, from building the carts to training the animals to interact with the games,” Winship said. “Our success relied on that collaborative effort, and I’m thankful to work with such bright and dedicated people.”

What’s next, now that the team has proven that pinnipeds can operate a complex interface?

“The research possibilities with this are endless,” Winship said, including the possibility of interspecies and multiplayer games. “We built a game where we can compete against Spike — he can chase us around and we can move away. He hasn’t seen it yet. He’s going to be really excited.”

And in case you were worried about the program’s dolphins feeling left out, they’ve been gaming on their own EVE system rigged for the gamer who never leaves the water. Gaming dolphins need a large screen visible from the water, and sunlight interferes with visibility of a projector set up on the pier, which means gaming sessions happen after sunset. What looks like an eerie pierside movie night has a way cooler explanation: it’s just bottlenose dolphins controlling joysticks with their mouths to play video games late into the night. (It could also be a TV night — the dolphins like watching “Sponge-Bob Squarepants.”)

Like us, sea lions and dolphins exhibit intense focus when facing increasingly difficult tasks which lie at the edge of their abilities: challenging and engaging enough, but not impossible. They show delight when they win; they want to play even

when they aren’t getting positive reinforcement for winning. They get tired and quit to take a nap, some days more quickly than others. One way they differ from humans, noted Winship, is the absence of frustration. “You don’t really get a sea lion scoffing and throwing the controller down,” she said. Sessions last only as long as gamers are interested.

When they are, it is a marvel to watch. On the deck of a sea pen in the San Diego Bay, off the coast of Point Loma, Spike gets a fish, does his victory dance, and we all cheer his name. A sea lion navigates a cursor through a maze in five seconds flat, six humans clap, and the small notebook in my pocket is empty, because capturing the depth of the moment with words seems unthinkable.

If one had to try, the words might look like this: they are so much like us, they are more patient gamers than us, and they are smarter than I realized before watching them play video games. Xitco, however, isn’t surprised: “I knew they were smart enough to use EVE. But it took Kelley to figure out how to make it happen.”

**Integrated Battle Problem 23.1 kicks off**

SAN DIEGO - U.S. Pacific Fleet began its second multi-domain unmanned capabilities exercise May 1.

The exercise features and develops unmanned capabilities “above the sea, on the sea and below the sea.”

Pacific Fleet’s Unmanned Systems Integrated Battle Problem (UxS IBP) 23.1 is a tactical warfighting rehearsal event conducted by U.S. 3rd Fleet to test and develop fleet-centric concepts and capabilities. This exercise will focus on proving the concept of unmanned systems employment to maintain a free and open Indo-Pacific. Unmanned systems are vessels, aircraft, or ground vehicles that can operate in risk-prone areas to reduce the potential for loss of human life. They can be operated remotely, semi- or fully-autonomously.

“We view unmanned systems as a force multiplier for traditional vessels, not a replacement,” said Capt. Dan Brown, Assistant Chief of Staff for Experimentation at 3rd Fleet. “We are optimizing the contribution of unmanned systems to overall naval strategy as an addition to the use of traditional vessels.”

Unmanned systems involved in this exercise contribute to a stronger naval force, further driving capabilities in the Indo-Pacific to contest adversaries.

UxS IBP 23.1 is focused on long-range fire above and below sea, surveillance and reconnaissance, command and control, and re-constituting intelligence. Some of the systems participating are the Sea Hunter and Seahawk medium displacement unmanned surface vessels, RQ-20 PUMA unmanned aircraft system, and MANTAS T-38 Devil Ray unmanned surface vehicle (USV).

Then there’s the gravity of the potential ripple effects: studying the outcomes of sharing this human experience with them could be huge for their health and longevity. We already know it makes them happy.

“The EVE system itself is

proof of how much we care about marine mammals,” Winship said.

“We built them something that nobody else did. We trained them on it, and now we just get to enjoy watching them love video games.”

**USS Mobile (LCS 26) Gold Crew holds change of command**

NAVAL BASE SAN DIEGO (May 5, 2023) - Cmdr. David Gardner relieved Cmdr. Christopher Bland as commanding officer of Independence-variant littoral combat ship *USS Mobile's* (LCS 26) Gold crew during a ceremony pier side at Naval Base San Diego aboard *USS Kansas City*, May 5.

**USS Oakland (LCS 24) Blue Crew changes command**

NAVAL BASE SAN DIEGO (May 4, 2023) - Cmdr. John “Nick” Van Wagoner relieved Cmdr. Derek Jaskowiak, a native of St. Louis, Mo., as commanding officer of Independence-variant littoral combat ship *USS Oakland* (LCS 24) Blue crew during a ceremony pier side at Naval Base San Diego aboard *USS Kansas City* (LCS 22), May 4.

**NIWC Pacific holds change of command, retirement ceremony**

SAN DIEGO - Capt. Patrick McKenna assumed command from Capt. Andrew Gainer in a change of command and retirement ceremony at Naval Information Warfare Center (NIWC) Pacific May 4. McKenna most recently served as Naval Information Warfare Systems Command (NAVWAR) Commander Rear Adm. Doug Small’s executive assistant. Gainer retired after 30 years of naval service surrounded by family and friends.

**Wylde Sydes Tattoo & Piercing**

**10% OFF  
TATTOOS  
and/or  
\$5 OFF  
PIERCING**



1515 Palm Ave. #K1  
San Diego, CA 92154  
619.575.6792  
www.wyldesydestattoo.com

**OPEN  
7 DAYS A  
WEEK**

**Where All Your Pipe Dreams Come True!**

www.edhansonmuffler.com

Proudly serving our Military since 1985!



**10% Off  
MILITARY DISCOUNT**  
(up to \$50 for active & retired)  
with valid ID.

3916 N. Barcelona  
SPRING VALLEY, 91977

\*Factory \*Custom \*Repairs  
\*Complete Replacements  
**(619) 698-7030**

**FREE  
INSPECTION**

Are you ready for all the music festivals? We have everything you need to **Party All Day & Night!**

2130 Industrial Ct., Vista, CA 92081  
**866-711-0425**  
Shop online at www.dejavuloveboutique.com  
Hours: 10am-10pm 7 Days a Week

**Military Discount 20% Off**  
With valid military ID. Some restrictions may apply. Not valid on any sale items. Not valid with other offers or prior purchases. Exp. 6/3/23



## Medal of Honor Spotlight: Petty Officer 2nd Class Telesforo Trinidad

by Katie Lange  
DOD News

Navy Petty Officer 2nd Class Telesforo Trinidad rescued some of his shipmates when a boiler exploded on their cruiser in 1915. His actions made him the only Filipino sailor to receive the Medal of Honor and one of the last service members to earn it for noncombat valor.

Trinidad was born Nov. 25, 1890, in New Washington on the Philippine island of Panay to parents Juan Trinidad and Florentina De La Cruz.

In 1901, shortly after Spain ceded the Philippines to the U.S. after the Spanish-American War, President William McKinley established the Insular Force of the U.S. Navy that allowed the enlistment of 500 Filipino sailors.

Trinidad desperately wanted to be one of those sailors. His grandson, Rene Trinidad, told the Associated Press that Trinidad was so eager to join that when he was 20, he stowed away on a lifeboat from Panay to the main island, Luzon, so he could enlist at the Cavite Navy Yard, about an hour south of Manila.

At some point after enlistment, he met and married Eufemia Pagtakhan. The digital magazine Positively Filipino said the couple had 11 children, eight of whom lived to adulthood. Two of their sons followed their father into the Navy, the Associated Press said.

By 1915, Trinidad was working as a fireman on armored cruiser USS San Diego. On Jan. 15, 1915, the ship was part of a naval patrol near La Paz, Mexico, in the Gulf of California. That day, historians

said its captain decided to hold a four-hour endurance trial to make sure the cruiser could still maintain its officially rated flank speed. At the end of the trial, one of the boiler tubes had become blocked, causing an explosion that led to a chain reaction.

Trinidad was driven out of

fireroom No. 2 by the blast, but he immediately went back in and picked up an injured fireman, R.E. Daly. As he was carrying Daly through fireroom



**Navy Petty Officer 2nd Class Telesforo Trinidad, Medal of Honor recipient. Photo courtesy of Congressional Medal of Honor Society**

No. 4, a second explosion in fireroom No. 3 hit Trinidad, severely burning his face.

Trinidad dismissed his own injuries and kept moving until he was able to pass Daly on to someone else. He then went back to fireroom No. 3 to save another man.

Five sailors died and seven others were injured that day, according to the Naval History and Heritage Command. But Trinidad's heroics helped rescue two, and that earned him the Medal of Honor, which was still being awarded for noncombat valor at the time. He received the honor in August 1915 and was also given \$100 in gratuity pay for his efforts.

Nineteen years after the USS San Diego incident, another of Trinidad's shipmates, then-Ensign Robert Cary, Jr., also received the Medal of Honor for his bravery that day.

Trinidad remained in the Navy for a long time, serving in both world wars, according to the Associated Press. He retired in 1945 and returned to the Philippines.

Trinidad died on May 8, 1968, at a hospital at the Cavite Navy Yard, where he began his naval career. He was 77.

Decades later, his heroics are still being remembered. In May 2022, the Navy announced it would name a future destroyer USS Telesforo Trinidad.

"Having a ship named after such a significant figure highlights our diverse culture and that our people will always be our strategic advantage against any adversary," said Navy Secretary Carlos Del Toro when he made the announcement. "I hope the naming of this ship is a beacon for not only Asian Americans and Pacific Islanders

but for all our Sailors, Marines and civilians who serve across the Department of the Navy. The service and sacrifice of these men and women have made our military and our nation stronger and better."

Trinidad remains the only Filipino in the Navy to have earned the Medal of Honor.

### CalVet Calendar of Events

**May 24, 1:30-2:30 p.m.**

*College of the Canyons: Women and Minority - Virtual*  
The California Department of Veterans Affairs (CalVet), California Transition Assistance Program (CalTAP), in partnership with College of the Canyons, invites student veterans and their families to attend this virtual workshop, which will highlight resources and information for California's women, minority, and underrepresented veterans.

**May 25, 10-11 a.m.**

*Exploring Veteran Healthcare Options - Virtual*  
CalTAP, in partnership with Healthcare Beneficiary Educators, invites you to attend the upcoming seminar which will feature healthcare options, like CHAMPVA and TRICARE for Life, which are available to veteran dependents.

**May 30, 4-5 p.m.**

*Mental Health, Veteran Resiliency - Virtual*  
CalTAP and Samuel Merritt University presents this workshop for student veterans and their families, sharing resources on mental health and veteran resiliency.  
For more information about CalTAP, call 1(800) 952-5626 or email [CalTAP@calvet.ca.gov](mailto:CalTAP@calvet.ca.gov).

## Reading rings of the tree of military life

The Meat & Potatoes  
of Life



by  
Lisa  
Smith  
Molinari

In grade school, our teachers taught us that tree stumps weren't just for playing jacks. Truth be told, I'd place earthworms I'd dug up on the stump in front of my childhood house. While they wriggled in the sunlight, I'd chop each one into smaller pieces with a sharp rock, as if the stump was a big cutting board. I wasn't an earthworm serial killer. I believed that each severed piece regenerated into a new worm, and thus, I was improving the ecosystem.

Regardless of the heinous acts I unknowingly committed back then, all kids learned that the rings on tree stumps represented each year in that tree's life. The light bands of cambium cells represent rapid growth in spring, and the dark bands indicate slower growth each fall.

Our teachers said that the rings determine not only age, but also significant events in that tree's life. Thick, even rings show years of good health and abundant resources. Narrow rings, uneven bands, and scars can indicate drought, low sunlight, plague, disease, fire, pests, or injury.

By reading the rings on cross-section of trunk, we know when a tree was happy and when it was stressed. The rings tell the story of a tree's life.

As I sit at my computer with a cup of coffee that I've microwaved several times because it keeps going cold, I see the big Norway maple in our yard. Through the window, the tips of its branches are a hue of chartreuse, because its buds are forming the greenish-yellow flowers that will produce whirligigs that will spin down to invade my shrubs and garden. It's a tenacious tree, an intruder that insists on rooting where it doesn't belong.

I wonder, if I sliced off a chunk of my elbow or kneecap, would scientists be able to read my rings and know my life? With a sudden rush of sympathy for all those poor earthworms I chopped up long ago, I realize that harvesting a cross-section of my limbs would be extremely painful.

However, if humans did have rings, I imagine that the trunk of a military spouse would tell quite a story. There would be dramatic ups and downs, moments of upheaval, pride, self-discovery, loneliness, strength, and sadness. There would be clear evidence that the military spouse lived through regular periods of extreme stress, but also thrived.

Under a microscope, the early rings of my cross-section would indicate that I was a naive military spouse whose utter happiness was based on her unrealistic expectations. The bands of sapling growth would be thick and thriving in those early years, out of pure ignorance of what was to come.

But soon, uneven rings would appear, revealing that the realities

of military life brought watch hours, loneliness, miscarriage, the divorce of her parents, her toddler's autism diagnosis. The bands tell a tale of stress, but the tree perseveres, laying down ring after ring, year after year.

After an overseas tour, the tree takes root in Virginia, where she is determined to build her heartwood, a tree's inner pillar of strength. With three kids and countless sports practices, laundry baskets, therapy appointments, diaper changes, chicken nuggets, scout meetings, dog walks, school functions and floors to mop, she finds her groove out of necessity while her husband works, travels and deploys.

It is a period of incredible growth for the tree, and thus, her family. Whether she knows it or not, she is key and essential. Her husband and children could not thrive without her. She is a source of strength, nurturing and encouragement from which they feed, like water, earth and sunlight.

In the years that follow, more rings appear, some bands showing signs of stress from moving, loneliness, mothering teens, military retirement, job searching, and financial issues. Through it all, she survives, becoming sturdy and resilient.

Today, she stands permanently on a plot of earth in New England, her husband no longer active duty and her adult children having whirly-gigged away on their own. Like the Norway maple, her branches creak in the wind, but her rings speak the truth that her heartwood is strong as steel and her roots run deep.

## Goodguys 40th anniversary celebrated at the Del Mar Nationals

It's hard to believe that it has been 40 years already, but 1983 is when Goodguys founder Gary Meador welcomed auto enthusiasts to the first Goodguys event. As President Marc Meadors tells us, back then street rods and custom cars were gaining in popularity, in part fueled by the insatiable interest of Baby Boomers as they approached middle age. Goodguys welcomed cars and trucks from the '50s (and soon the '60s), as well as pre-1949 rods. In the following years, resto rod '70s and smooth, Boyd-influenced '80s were added. In the late 1990s and early 2000s, traditional-style hot rods and customs made a comeback.

As the years pass and automobiles evolve, no doubt even more new categories of vehicles — including electric! — will make their mark.

The Goodguys Del Mar Nationals hosted over 2,500 rods, customs, classics, muscle car, imports and trucks through 1998 (there is a rolling 25-year eligibility cutoff).

One of the many good reasons why Goodguys keeps returning to the Del Mar Fairgrounds is because of the great Southern California weather. This year, once again, Mother Nature did not disappoint.

Since the vehicles typically are driven and are not just for show, cruises were held in conjunction with the Goodguys events, and continue to this day. The Del Mar Cruise took place on Thursday, the day before the activities began on the Del Mar Fairgrounds.

It is always best to get there early in the weekend for the Swap Meet, where everything from automobile parts to automotive memorabilia, and even complete (or somewhat complete) vehicles are offered for sale.

I especially enjoy seeing the low-

riders on display in the Lowrider Palace, and cruising up and down the boulevard between the exhibit halls and the grandstand building.

On Friday and Saturday, vintage dragsters were fired-up for the Nitro Thunderfest, to complement the nostalgic musical entertainment in the Plaza De Mexico. On Saturday there was an exciting, tire-smoking burnout competition. Children were entertained and kept busy on the weekend with arts & crafts — including a free scale model Make & Take, prizes and more.

Also on Saturday, each participant in the specialty parking areas was given a commemorative dash plaque.

**AutoMatters™ & More**



by Jan Wagner

Categories included Air-cooled, Homebuilt Heaven, Tri-Five Chevies, Deuce Doins, Camaros, Corvettes, Mighty Muscle, and Good Wood (classic woodies), to name a few.

The Goodguys CPP Autocross Series ran all three days, as hot rods, tricked-out trucks and muscle cars competed on the challenging, tight course adjacent to the show car parking area. Spectators enjoyed the action from grandstands as, one-at-a-time, the drivers explored the limits of handling, acceleration and braking to try to score the best times in their respective classes, without incurring time penalties for displacing the traffic cones that delineated the course and marked the apex points of the

turns. On Saturday afternoon the autocross featured four 4-car "Duel In Del Mar Shootouts," as the drivers competed for the top honors.

Sunday at the autocross was "All American Sunday," where entry to participate in the autocross was opened up to all years of American made or powered cars and trucks. I used to enter my Mustang GT in that event. I even spotted the rebuilt pickup truck that I happened to have had captured in a video as it spectacularly hit the wall head-on while competing in the 2022 Goodguys Del Mar Nationals. That event turned out to be the last time the autocross was held on that course, in that part of the parking lot. You can see that video, and read about it and more, in "AutoMatters & More" number 736, at <https://automatters.net/goodguys-del-mar-nationals-part-one-the-autocross-slow-down-to-go-fastends-with-a-crash-captured-on-video/>.

Vendors display all sorts of merchandise, both indoors and outside.

Sunday was the day of the Winners' Circle, where the awards included Goodguys Builders' Choice, Meguiar's Street Rod d'Elegance, Goodguys' Pick, Muscle Car of the Year, Truck of the Year Early, Dakota Digital Truck of the Year Late, Griot's Garage Muscle Machine of the Year, Vintage Air Custom Rod of the Year and Fuel Curve Custom of the Year.

To explore content dating back to 2002, with the most photos and the latest text, visit us at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue "years" boxes and browse. Copyright © 2023 by Jan Wagner - AutoMatters & More #789



## Brandon Act aims to improve mental health support

by David Vergun, DOD News

Gilbert R. Cisneros Jr., undersecretary of defense for personnel and readiness, signed a policy today to initiate implementation of the Brandon Act and improve the process for service members seeking mental health support.

The Brandon Act aims at improving the referral process for service members seeking a mental health evaluation and allowing them to seek help confidentially, Cisneros said.

The Brandon Act is named after Navy Petty Officer 3rd Class Brandon Caserta who died by suicide in 2018. The legislation was signed into law by President Joe Biden on Dec. 27, 2021, as part of the 2022 National Defense Authorization Act.



**The Brandon Act is named after Navy Petty Officer 3rd Class Brandon Caserta who died by suicide in 2018.**

“Our greatest strength is our people, and we are committed to their well-being,” Cisneros said. “Therefore, I firmly believe that seeking mental health treatment is a sign of strength and resilience. This policy, spurred by the passage of the Brandon Act, is an important step in ensuring that our service members are able to seek mental health treatment when and how they need it. We honor Petty Officer Brandon Caserta’s memory by ensuring that our military services have procedures and processes in place that allow service members to seek help confidentially, for any reason, at any time and in any environment, and aim to

reduce the stigma associated with seeking mental health care.”

The Defense Department policy directs the services to establish policy, assign responsibilities, and provide procedures for service members to request a referral for a mental health evaluation through a commanding officer or supervisor. The process allows service members to seek help confidentially for any reason, at any time, and in any environment, thereby reducing the stigma associated with seeking mental health care, Cisneros said.

Implementation of the policy will

occur in two phases. In phase one, which should be implemented within 45 days, the services will establish procedures to implement the policy for service members on active duty. In phase two, the services will establish procedures to implement the policy for service members not serving on active duty, he said.

Lester Martinez-Lopez, assistant secretary of defense for health affairs, said the implementation of the Brandon Act is a welcome addition to the range of tools and resources available to support the mental health needs of the joint force. He also noted that the Defense Health Agency is developing annual training to educate service members and supervisors on the process to initiate a request for a mental health evaluation.

For the Brandon Act to have its intended impact, it’s important that commanding officers and supervisors are trained on the process to expedite mental health referrals so that help is provided when it’s most needed, Martinez-Lopez said. Recognizing the signs of mental health issues and knowing the available resources to offer is also key, he said.

A range of mental health and well-



ness support is available to service members worldwide. In addition to requesting a referral for a mental health evaluation through their commanding officer or supervisor, service members will continue to have the option to contact their local health care provider directly, Military Health System officials said.

Additional mental health resources include the 988 Veterans Crisis Line, Military OneSource nonmedical counseling, and the 24/7 Psychological Health Resource Center.

For more information, visit [health.mil/brandonact](https://health.mil/brandonact).

Brandon’s parents, Teri and Patrick Caserta, said their son endured persistent hazing and bullying from members of his squadron when he reached out for help.

“He was not taken seriously. Brandon felt the only solution to his problem was to end his own life,” Patrick said.

“Our son’s story is tragic and senseless, but we’re pleased that

Congress passed the Brandon Act. It allows for confidential reporting of mental health concerns and ensures resources are available to help those who are struggling,” Teri Caserta said.

Support service members who ask for help by letting them know it’s okay. Refer them to a chaplain, counselor or medical professional, and give them the time they need, Patrick Caserta advised.

## New TRICARE Dental Program premiums in effect May 1

If you’re enrolled in the TRICARE Dental Program, you may already know that new premium rates go into effect each year on May 1. Premiums are what you pay each month for TDP coverage. The new TDP rates are effective May 1, 2023 through April 30, 2024.

“It’s important to know your new monthly premium so you can plan accordingly,” said Doug Elsesser, program analyst with TDP. “Keep in mind that the TRICARE Dental Program is a pay-ahead program, meaning each payment is for the next month of coverage.”

TDP is a voluntary dental plan administered by United Concordia Companies, Inc. Opens United Concordia site (United Concordia). It’s available to active duty family members, as well as National Guard and Reserve members and their family members, as outlined in the TRICARE Dental Program Brochure. Active duty service members and retirees aren’t eligible for dental coverage through TDP.

The annual rate increases are different for each premium group. These groups depend on the sponsor’s military service status—active duty, Selected Reserve, or Individual Ready Reserve—and the number of family members.

TDP’s new monthly premium amounts are below.

Sponsor Status: Active Duty

- Single premium: \$12.36
- Family premium: \$32.13

Sponsor Status: Selected Reserve and Individual Ready Reserve (Mobilization Only/Under Orders)

- Sponsor only premium: \$12.36
- Single premium: \$30.89
- Family premium: \$80.33
- Sponsor and family premium: \$92.69

Sponsor Status: Individual Ready Reserve (Non-Mobilization/Not Under Orders)

- Sponsor only premium: \$30.89
- Single premium: \$30.89
- Family premium: \$80.33
- Sponsor and family premium: \$111.22

You can pay your ongoing TDP premiums by payroll allotment, electronic funds transfer, or debit/credit card. Choose the payment option Opens UCC site that works best for you, and update your recurring payments online.

In addition to monthly premiums, you may also have cost-shares. Cost-shares are the percentage you pay of the total amount charged for dental services. There are no cost-shares for diagnostic or preventive services.

Your TDP cost-shares vary based on the sponsor’s pay grade and where you live—that is, whether you have TDP within the continental United States service area or outside of the

continental United States service area. Be sure to ask your provider what costs are associated with any dental services they provide so you know what your out-of-pocket costs will be. For a breakdown of covered services and their cost-shares, check out the cost-shares table <https://tricare.mil/Costs/DentalCosts/TDP/CostShares>.

You have plan maximums with TDP coverage. Plan maximums are the most TRICARE will pay for certain dental services. Knowing these maximums can help you budget if a procedure exceeds what TRICARE will pay.

TDP has three types of plan maximums:

- Annual Benefit Maximum: \$1,500 per enrollee

- Orthodontic Lifetime Maximum: \$1,750 per enrollee
- Dental Accident Coverage Annual Maximum: \$1,200 per enrollee

Remember, your medical and dental coverage are separate and require separate enrollment. To enroll, your sponsor must have 12 months remaining on their service commitment. If you’re eligible for TDP, you can enroll at any time. First-year enrollees are committed to 12 months of coverage, with some exceptions. After 12 months, you can pay month to month for TDP coverage.

You can learn more about TDP on the TRICARE (<https://www.tricare.mil/tdp>) and United Concordia websites. If you have questions or need more info, reach out to United Concordia.

**Veterans Crisis Line**  
**Military Crisis Line**  
Dial **988** then **PRESS 1**

## Get moving for your health

- In California, 40% of adults report having at least one of five chronic conditions including high blood pressure, heart disease, diabetes, serious psychological distress, or asthma which are largely preventable through increased exercise and other lifestyle changes.
- According to the Kaiser Family Foundation, in 2021 more than 32% of adults reported symptoms of anxiety or depression. A UCLA study shows that regular exercise can greatly reduce these symptoms and as a result of exercise, poor mental health days dropped by more than 40% among those who exercised regularly.
- More than 100,000 deaths could be prevented annually if every U.S. adult increased their level of physical activity by 10 minutes per day.
- Research shows that by incorporating more exercise and making other healthier lifestyle changes, it is possible to prevent up to 80% of heart disease, stroke and type 2 diabetes, and more than 30% of cancers.

**Urgent Care Assistance Card for Regions 4-6**  
AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, WY

**\*\*Please Bring This Card to Urgent Care Provider\*\***

**For Veterans**

- Call 800-MyVA411 (800-698-2411) and select option 1 and then option 3 to verify eligibility for urgent care services, or for general questions related to the urgent care benefit.
- Use the VA Facility Locator to find in-network urgent care and pharmacy locations (<https://www.va.gov/find-locations/>).
- You must visit an in-network pharmacy location in the same state as your urgent care visit to avoid any issues filling your urgent care prescription.
- Bring a valid, government-issued photo ID to the in-network urgent care location/pharmacy. Ask and verify the urgent care provider/pharmacy is in VA network.
- Call 866-620-2071 for assistance if you have difficulty receiving urgent care or filling your urgent care prescription.
- DO NOT pay a copayment at the time of urgent care visit.

**For Providers**

- Call 833-4VETNOW (833-483-8669) to confirm Veteran’s eligibility for urgent care services.
- Ensure 14-day Rx is on VA Urgent/Emergent Formulary (<https://www.pbm.va.gov/PBM/NationalFormulary.asp>) if prescribing an urgent care prescription.
- Make sure you have activated Veteran’s pharmacy benefit by calling to check their eligibility.
- DO NOT charge a copayment to Veteran.
- File urgent care claim within 30 days with TriWest.
- After the visit, submit medical documentation to the Veteran’s home VA medical center (VAMC) within 30 calendar days of the date of service. Find a VAMC at <https://www.va.gov/find-locations/>.

# PERRY



## 2023 Dodge Challenger SXT

**\$288** MO. FOR 36 MOS.



For well-qualified buyers. MSRP of \$34,80. Down payment \$4,995. Residual \$19,488. Tax, title, license acquisition fee not included. 10,000 miles per year. 3 at this price #527262, 527263, 553785.

## 2023 Jeep Compass Trailhawk

**\$348** MO. FOR 42 MOS.



For well-qualified buyers. MSRP of \$37,785. Down payment \$4,995. Residual \$17,758. Tax, title, license acquisition fee not included. 10,000 miles per year. #525405, #525146, 525402.

## 2023 Jeep Grand Cherokee Laredo 4x4

**\$388** MO. FOR 39 MOS.



For well-qualified buyers. MSRP of \$44,885. Down payment \$4,995. Residual \$24,686. Tax, title, license acquisition fee not included. 10,000 miles per year. #525536, 525537, 525538.

## 2023 Jeep Wrangler Sahara 4xe

**\$448** MO. FOR 36 MOS.



For well-qualified buyers. MSRP of \$62,885. Down payment \$4,995. Residual \$35,215. Tax, title, license acquisition fee not included. 10,000 miles per year. 3 at this price #556586, 556595, 556576.



It's Jeep 4x4 season. **Jeep**

It's Dodge season. **DODGE**

It's Chrysler Pacifica season. **CHRYSLER PACIFICA**

It's Ram season. **RAM**

It's the season.

## 2022 Wagoneer & Grand Wagoneer



Wagoneer \$6,500 discount plus \$4,500 conquest rebate. Grand Wagoneer \$7,500 off plus \$3,500 conquest rebate.

## 2023 Ram 1500 Big Horn

**\$488** MO. FOR 42 MOS.



For well-qualified buyers. MSRP of \$58,200. Down payment \$4,995. Residual \$29,682. Tax, title, license acquisition fee not included. 10,000 miles per year. 3 at this price #592835, 592836, 592837.



# PERRY



**2021 RA 1500 BIG HORN 4X2 CERTIFIED**  
#593184

**2015 RAM 1500 \$21,995**  
#668592

**2018 CHRYSLER 300 \$23,995**  
#207884

**2019 DODGE CHARGER \$23,995**  
#703009

**2019 DODGE CHALLENGER \$24,995**  
#632929

**2019 DODGE CHALLENGER \$24,995**  
#521881

**2021 DODGE CHARGER CERTIFIED**  
#519663

**2021 JEEP GRAND CHEROKEE CERTIFIED**  
#613754

**2020 RAM 3500 CERTIFIED**  
#158669

[www.PerryChrysler.com](http://www.PerryChrysler.com) • 2340 National City Blvd. • 877-325-8099  
MON-SAT 8:30am - 9:00pm • SUN 9:00am - 8pm • [www.PerryChrysler.com](http://www.PerryChrysler.com)

All advertised prices exclude government fees & taxes, and finance charges, any dealer document processing charge, any electronic filing charge and any emission testing charge. Offers end close of business 5/31/23.