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AutoMatters & More



This week, Jan Wagner commemorates the very last time.

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SIXTY-FIRST YEAR NO. 3
THURSDAY, MAY 13, 2021

NAVY DEBUTS FUTURE ROBOTIC TECHNOLOGY TO AUTOMATE MAINTENANCE AND REPAIRS ON SHIPS

by Latasha Ball

Naval Sea Systems Command Technology Office and Penn State University's Applied Research Lab together with NAVSEA warfare centers are pioneering a new approach to maintaining Navy ships - a portable robot and a user-friendly operating system - to automate ship repair.

NAVSEA 05T is sponsoring the Multifunctional Automated Repair System project, which is aiming to use the robot to do certain maintenance and repair tasks aboard Navy ships, including surface restoration, lidar (laser) scanning, grinding, plasma blasting (paint removal system), cold-spraying, and ultrasonic and electromagnetic eddy current inspection methods.

The machine base is a modified and enhanced version of a robot created by Robotic Technologies of Tennessee, which builds mobile automated systems for welding, inspecting and testing tanks particularly for dangerous or expensive settings.

NAVSEA 05T is partnering with Naval Surface Warfare Center, Port Hueneme Division (NSWC PHD), NSWC



Penn State's Applied Research Laboratory Software Lead Jeff Searle (right) trains Navy Sailors on using the external hand-held controller aboard Naval Surface Warfare System, Port Hueneme Division. Navy photo by Dana Rene White

Philadelphia Division in Pennsylvania and NSWC Carderock in Maryland in addition to ARL on the project.

"The Multifunctional Automated Repair System will provide an automated portable system with surface preparation, repair and inspection methods

for current and emergent facilities including forward-operating bases, ships and maintenance activities at shipyards," said Carlos Boisselier, NSWC systems engineer. Advantages of the robot include faster maintenance of ships and a new training aid for Sailors, according to project members.

Recently, NAVSEA 05T and Penn State engineers spent three days live-testing and demonstrating a prototype robot and its capabilities on NSWC PHD's Self Defense Test Ship while receiving valuable feedback from Navy sailors on modifications that will improve the robot's performance and ease-of-use. NAV-

SEA 05T also sought direction on tasks the robot could perform from warfare centers' engineers and experts; and warfare center activities will likely expand over time. Naval Undersea Warfare Center, Keyport Division in Washington, as an example, plays a significant role in the Navy's cold-spray efforts.

Janice Bryant, NAVSEA 05T's strategic technology manager and program manager for the

project, is working hand-in-hand with engineers from Penn State ARL, which the Navy funds for technology development and implementation projects. Bryant and Tim Eden, head of the materials processing division at ARL, first penciled out the concept of the MARS on the back of an 8½-inch by 11-inch piece of paper in 2020 after discussing the Navy's sustainment and repair needs.

see **Technology, page 2**

Five species on SCI no longer a threat of extinction

Five species located on San Clemente Island no longer warrant Endangered Species Act protection thanks to the Navy.

The Fish and Wildlife Service is proposing to delist the San Clemente Bell's sparrow and the San Clemente Island paintbrush, lotus, larkspur, and bush mallow due to the Navy's environmental stewardship in managing threats to the species.

Since the creation of the ESA in 1973, only 10 plant species and 15 bird species have been delisted due to recovery. The proposed addition of the SCI species demonstrates the Navy's, and greater DoD's commitment to recover and protect these critical species.

"The Navy is proud to have shared more than 40 years of collaboration with Fish and Wildlife Services to improve the habitat for these species," said Capt. John De Pree, commander, Naval Base Coronado. "This announcement is a milestone in our efforts, and should be celebrated. The Navy remains committed to our conservation efforts on San Clemente Island, and our commitment to being good stewards of the seas and habitats so critical to our National security.

Before the Navy's arrival, San Clemente Island was historically used for livestock ranching. Settlers brought non-native animals like goats and pigs to the area.

ARMED FORCES DAY: FROM 1949 TO NOW, OBSERVED ON 3RD SATURDAY IN MAY

EDITOR'S NOTE: This Saturday at Naval Air Station North Island, join a celebration honoring Armed Forces Day at Vice Adm. Martin Liberty Center. Starting at 5 p.m., watch the movie *Top Gun* and enjoy dinner. Mandatory registration required, at <https://sandiego.navy-lifesw.com/programs/>.

Among the many military holidays celebrated each year is Armed Forces Day. Celebrated the third Saturday in May, Armed Forces Day falls during Military Appreciation

Month and joins Memorial Day, Military Spouse Appreciation Day, and Victory in Europe Day (V-E Day) as another May military-themed holiday.

On Aug. 31, 1949, Defense Secretary Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The single-day celebration stemmed from the unification of the armed forces under one agency - the Department of Defense.

In a speech announcing the

creation of the day, President Truman "praised the work of the military services at home and across the seas."

"It is vital to the security of the nation and to the establishment of a desirable peace."

In an excerpt from the Presidential Proclamation of Feb. 27, 1950, Truman stated: "Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, toward the goal of

readiness for any eventual-ity. It is the first parade of preparedness by the unified



forces of our land, sea, and air defense."

Each year, Armed Forces Day has a new theme. The

very first theme was "Teamed for Defense." Over the years, other themes have included

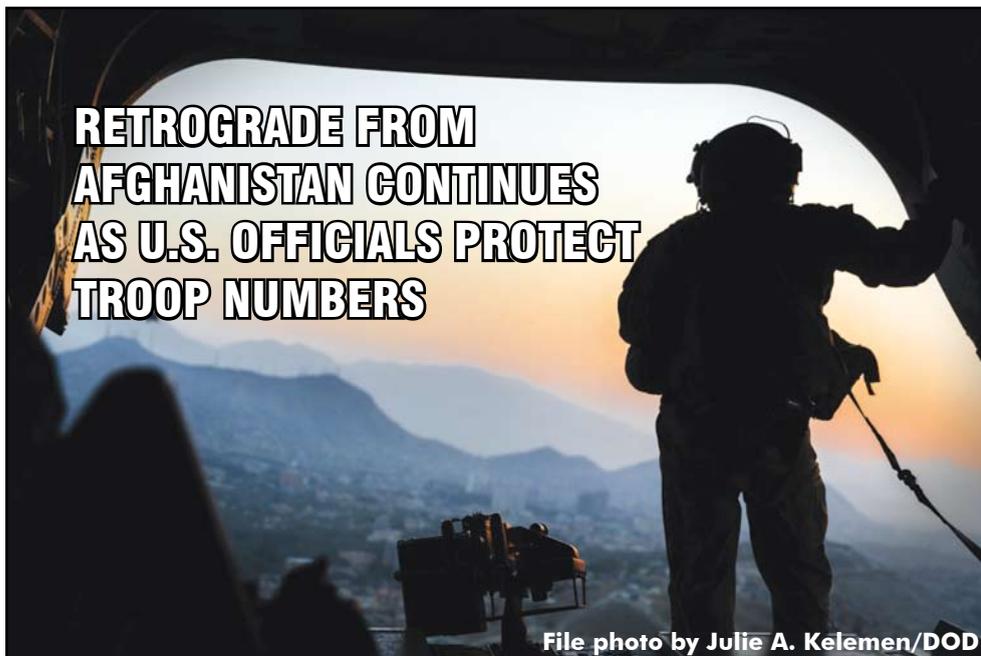
Appreciation of a Nation; Arsenal of Freedom and Democracy; Dedication and Devotion; Deter if Possible, Fight if Necessary; Freedom; Freedom Through Unity; Guardians of Peace; Lasting Peace; Liberty; and Patriotism.

The first Armed Forces Day was celebrated by parades,

open houses, receptions, and air shows. In Washington, D.C., 10,000 troops of all branches of the military, cadets and vets marched past the president and his party. In Berlin, 1,000 U.S. troops paraded for the German citizens at Tempelhof Airfield. In New York City, an estimated 33,000 participants initiated Armed Forces Day.

Today, Armed Forces Day is celebrated in American communities and on military bases throughout the world with parades, picnics, shopping discounts, festivals and parties.

RETROGRADE FROM AFGHANISTAN CONTINUES AS U.S. OFFICIALS PROTECT TROOP NUMBERS



File photo by Julie A. Kelemen/DOD

Army loadmaster stands on the rear ramp of a CH-47F Chinook and watches the sunset as the helicopter flies over Kabul, Afghanistan, Sept. 8, 2017.

by Jim Garamone,
DOD News

The retrograde from Afghanistan is going well, but U.S. officials are being careful as the effort is still in its early stages, Pentagon Press Secretary John F. Kirby said May 11.

U.S. Central Command officials estimate that they've completed between 6 to 12 percent of retrograde. Airlifters have flown out the equivalent of 104 C-17s worth of materials; U.S. personnel have turned over more than 1,800 pieces of equipment to the Defense Logistics Agency for destruction; and the U.S. has officially handed over one facility to the Afghan National Army.

As the retrograde continues,

U.S. officials will be careful not to disclose personnel numbers in Afghanistan. Revealing the number of military personnel in the country might provide a level of situational awareness for the Taliban, Kirby said.

Kirby said the U.S. has added capabilities in the nation to help shield retrograde operations and provide force protection.

"We have an obligation to keep our people safe, particularly in a retrograde that could be opposed," Kirby said. "We have to assume that this is going to be an opposed retrograde. And if we assumed anything less, it would be irresponsible of us."

Even as the retrograde con-

tinues, the U.S. is still seeking a diplomatic peace in Afghanistan. Kirby said DoD is committed to working with State Department personnel even as the withdrawal continues. "We still support, and want to see, a political end of this war and to see that the Taliban and the Afghan government work this out," he said.

DOD will continue a relationship with the Afghan government after the retrograde is finished. "There are very active discussions going on now inside the department to better define what over-the-horizon counterterrorism capabilities we will be able to avail ourselves of," Kirby said. The U.S. will also provide over-the-horizon logistics support for Afghan forces, as well.

Technology

continued from page 2

Now watching the robot demonstrate its repair and maintenance tasks aboard a ship with Eden, Bryant said she is excited about the opportunities it can bring to the Navy in portability and emerging technology.

"The key advantage is portability - to be able to take maintenance out of traditional places and put it into new (locations) while a ship is underway - I think that starts to change the game," said Bryant. "The second advantage is this will start to change the way we approach new technology and integration; iterative development based on rapid, repeated fielding and user feedback ensures a viable, useful design."

Bryant also envisions the robot expanding Navy sailors' skills to include operating a robot as well as giving them more resources to conduct their everyday jobs and reduce the amount of manual labor.

"I'm hoping that it (the MARS) helps boost our personnel retention rate as we learn how to modernize maintenance with some of the new technology," Bryant said. "We (hope) our workforce will be more willing to stay, and we'll attract a new user - a next-generation mechanic or artisan - who learns traditional trades but with modern industry-4.0 type methods."

The project also supports one of the three mission priorities outlined in NAVSEA's Campaign Plan to Expand the Advantage 3.0 of "delivering combat power: On-time delivery

of combat-ready ships, submarines, and systems," because the new system will enable sailors to streamline ship maintenance, making the fleet more capable and mission ready.

The project aligns with the NAVSEA Technology Office which "champions the timely transition of emerging technologies into ships, submarines and the communities that design, build and maintain them - resulting in a more affordable and capable fleet."

Eden said that training Sailors to fully utilize how the robot acts is a new approach to training - one that will help the Navy make even greater technological advancements.

"The Navy will be able to integrate new technologies quicker because of our approach, which is developing and having training videos so the sailor can log on, watch the training video, run through some motions, and get a feel for how to operate the technology much quicker," Eden said. "They don't have to have someone come and teach them."

After seeing the robot in action, Lt. Matthew Bogue, the officer in charge of NSWC PHD's Self Defense Test Ship and its crew, agrees that the project is an excellent opportunity for the Navy to decrease ship downtime and get vessels ready for future missions quicker than before.

"I look at it (the robot) as something that'll help with hull preservation on ships both in and out of dry dock," Bogue said. "Being able to have a device that can grind and surface prep the hull without the costly process of

building scaffolding or sending personnel over the side of the ship while in port saves both time and money."

After observing the robot, Bogue zeroed in on the electromagnetic eddy current inspection methods and ultrasonic tools.

"There's a lot of potential with the eddy current and the ultrasonic tools that they're looking at attaching to (the robot) so you can actually determine the wear and thickness of the metal you're preserving, because ships normally don't have those resources available, or at least (not as) something they can bring on board," Bogue said.

To make operating the robot more user-friendly for sailors, engineers modified a video game controller and connected it to the robot's interface so the sailor can direct the robot's movements easily. Anthony Naccarelli, research and development engineer for Penn State, is also working on the project and said the university's Electro-Optics Center redesigned the software for this purpose. The project team also aims to eventually incorporate augmented reality into the system.

"One of our other engineers who works at the Electro-Optics Center, which is part of the Applied Research Lab, and his team completely gutted and redesigned the software for this system to make a new user interface with the video game controller so it's intuitive for the sailor to use, which is something that was missing from the previous version of the system," Naccarelli said.



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Defense leaders to discuss sex assault review commission recommendation

by Jim Garamone,
DOD News

The Independent Review Commission on Sexual Assault in the Military has presented initial recommendations to Secretary of Defense Lloyd J. Austin III that would take the responsibility of

prosecuting sexual assault offenses out of commanders' hands, and Austin and Army Gen. Mark A. Milley are willing to contemplate the change.

Austin and the chairman of the Joint Chiefs of Staff discussed the problem of sexual assault in the

military during a Pentagon press conference yesterday.

The commission is still working, and there are many other lines of effort they are studying. "The accountability line of effort was the very first, and so they provided me an initial readout of their work on ... that line of effort," Austin said. "Of course, ... I'm taking that into consideration."

The secretary wants other defense leaders, the service secretaries and service chiefs to review the recommendations and engage in dialogue with him on the issue. He wants their input and thoughts because "we're all going to have to execute it," he said. "As I've said before, this is very important to me and it's very important to this entire department. And we're going to stay sighted on this ... until we find ways to improve."

Austin is open to taking the process on prosecuting sexual assault outside of the chain of command. He said in establishing the commission that all options are on the table.

Milley said he has no objection to taking the process out of the chain of command as well. "I'm going to wait [to make a final decision] until the final results of the review commission," he said. "But I was the Chief of [Staff of] the Army for four years, then the

chairman for coming up on two. ... We have to move the needle, that's the bottom line."

The current situation is not working, he said. "We estimate based on some surveys that there were probably 20,000 men and women who were sexually assaulted in the United States military last year," Milley said. "That's one percent of the force. If we had 20,000 killed or wounded in Afghanistan or Iraq, those are casualties, that's huge, that's significant. And that number hasn't significantly been reduced over time."

Despite everything the department and the services have done, the number of assaults has not changed, Milley said. The commission is providing evidence-based recommendations that may fundamentally change the process.

"Twenty thousand is a huge number and ... we can't tolerate that," he said. "We can't tolerate that level of divisiveness in our force. These are assaults. These are blue-on-blue assaults. It cannot stand. It has to be resolved."

Another aspect of this are surveys that show service members losing confidence in the chain of command over this issue. "The chain of command, we the generals, the colonels, the captains and so on, we have lost the trust

Army

- Paratroopers with 82nd Airborne fly non-stop to jump into Estonia
- 173rd Airborne Brigade Soldier seriously injured in skydiving accident in Italy



- Army approves fitness test exception for E-4s to keep up promotion potential

- An Army trailblazer set her sights on a new target. The reaction highlights a deep rift.

- Army light infantry, Stryker and armored forces are getting this advanced comms gear

- Army trainee accused of hijacking school bus charged with 19 counts of kidnapping

Navy

- Surplus F-16 Vipers eyed to replace Navy aggressor squadron's legacy F/A-18 Hornets

- Navy confirms 1,000-gallon fuel release at Red Hill

- CNO says Navy Department has strong case for getting bigger slice of defense budget

- Navy calls for shipyard improvements in pursuit of 355-ship goal

Marine Corps

- Marine grunts are getting new night vision, helmets, vehicles, tropical uniforms and boots

- These Marines will test a lighter, polymer-cased .50 caliber round

- Edgar Harrell, last surviving Marine of USS Indianapolis sinking, dead at 96

Air Force

- F-35 is now the Air Force's second-largest fighter fleet

- Air Force once again asks Congress to let it mothball oldest RQ-4 Global Hawk drones

More ... flag officer assignments

Secretary of Defense Lloyd J. Austin III announced recently that the president has made the following nominations:

Capt. Dennis E. Collins has been nominated for appointment to the rank of rear admiral (lower half). Collins is currently serving as officer in charge, Navy Reserve, U.S. Indo-Pacific Command, Detachment 401, Camp H.M. Smith, Hawaii.

Capt. Bradley D. Dunham has been nominated for appointment to the rank of rear admiral (lower half). Dunham is currently serving as chief of staff, Navy Reserve, U.S. Fleet Forces Command, Norfolk, Va.

Capt. Mark F. Haigis has been nominated for appointment to the rank of rear admiral (lower half). Haigis is currently serving as commanding

officer, Navy Reserve, Naval Leadership and Ethics Center, Newport, R. I.

Capt. Douglas W. Sasse III has been nominated for appointment to the rank of rear admiral (lower half). Sasse is currently serving as commanding officer, Navy Reserve, Fourth Fleet, Mayport, Fla.

Capt. Michael J. Schwerin has been nominated for appointment to the rank of rear admiral (lower half). Schwerin is currently serving as commanding officer, Navy Reserve, Officer Training Command, Newport, R. I.

Capt. David R. Storr has been nominated for appointment to the rank of rear admiral (lower half). Storr is currently serving as manager, Navy Reserve, Rapid Research and Development Detachment, Patuxent River, Md.



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Stratcom leader describes growing threat from nuclear-armed China and Russia

I'D LOVE FOR THE DAY THAT I COULD REPORT WE DON'T NEED A U.S. STRATEGIC COMMAND," SAID, ADM CHARLES A RICHARD, COMMANDER OF STRATCOM

by David Vergun,
DOD News

The United States and its allies face an increasing set of threats from potential adversaries such as China, Russia and North Korea. U.S. Strategic Command's mission is to deter these threats through the deployment of a set of strategic capabilities, including nuclear armed submarines, bombers and intercontinental ballistic missiles.

Adm. Charles A. Richard, the commander of Stratcom, spoke May 7 about how his command is deterring these threats at the Brookings Institution.

"Strategic deterrence is the most important mission in the Department of Defense. It's our number one priority," he said.

Now for the first time in history, the U.S. faces two nuclear capable strategic peer competitors at the same time, he said.

Richard said he'd love to see a reduced role of nuclear weapons by the U.S., Russia and China and would like to extend them an olive branch.

"I'd love for the day that I could report we don't need a U.S. Strategic Command," he said, because political agree-

ments have been achieved with verification.

A good starting point on the path to reduction, he said, would be to have a conversation with Russia about its non-treaty accountable weapons. Conversations with China would be tremendously beneficial as well.

"One thing you can say about the U.S. and Russia — even all the way through the Cold War, as tense as that was at certain points — is that we talked all the way through and there was great value in that," he said, adding that having open commu-

nications can certainly bring the threat level down to everyone's mutual benefit.

In the meantime, however, Stratcom works diligently to achieve a credible nuclear deterrent that is safe, secure and effective, he said, adding that nuclear deterrence is not just about protecting the U.S., it's also about protecting allies.

China, he said, is a growing threat. Their strategic and conventional forces are rapidly expanding in all domains.

Russia is undergoing a very

extensive nuclear modernization program as well, he added.

Because of these growing threats from China and Russia, modernizing America's own nuclear triad is of paramount importance, he said.

Richard also highlighted the importance he places on having a highly skilled and motivated workforce to operate and maintain the nuclear triad.

These would include scientists, software developers, engineers and technologists.

Exercise prepares OSI response team for deadly scenarios

by Wayne Amann

AIR FORCE NEWS - While Office of Special Investigations special agents hope for the best, they prepare for the worst.

The all too real possibility of OSI SAs encountering a crime scene death was the scenario presented to members of OSI Detachment 223, and others, during a specially devised exercise at Tyndall Air Force Base, FLA., April 30.

Kevin Sucher, a special agent and Det. 223 superintendent and unit training manager, coordinated with the 2nd Field

Investigations Squadron forensic science consultants. They were represented on location and assisted in setting up an outdoor death scene to test the response and crime scene processing capabilities of the special agents, without them knowing when they'd be called or the nature of the scene.

"Coordination with the forensic science consultants was paramount," Sucher said. "They added key insight and details only experience and specialized training can provide. They were able to exploit the environmental challenge and teach all of us new triangular methodology."

The exercise began with a call to the on-call duty agent, which triggered the response. Agents coordinated with one another and developed a game plan to have some agents respond immediately, while follow-on agents grabbed the large crime scene kits, and went into action.

The crime scene was a suspected suicide, made to look initially like it may be a homicide, based upon the evidence at the scene. The agents provided the proper notifications and coordination, conducted field interviews to

gather information, performed crime scene photography and sketching, processed considerations for a vehicle on scene (to include possible forensics), and processed the simulated dead body and firearm.

According to the FSC feedback at the scene, the team did extremely well.

With minimal leadership guidance and interaction, the team assigned roles which were properly executed, they had excellent communication, and even picked up on some considerations the FSC didn't expect them to catch.

"Since the purpose of the exercise was to improve, some minor improvement areas were identified to ensure we are more prepared for this and other crime scene scenarios in the future," Sucher said.

It was a valuable learning experience for the participants. "I knew going into this exercise I would make mistakes or not know what to do since I haven't participated in a death investigation," said Destiny Flores, a rookie special agent.



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

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Medal of Honor Spotlight: Navy Corpsman William Halyburton Jr.

by Katie Lange,
DOD News

Actions worthy of the Medal of Honor don't always come from a compilation of courageous deeds; they can happen in the shortest window of time. That was likely the case for Navy Petty Officer 2nd Class William Halyburton Jr., a corpsman who died on his first day in combat toward the end of World War II.

Halyburton was born on Aug. 2, 1924, in Canton, N.C., to parents Mae and William Halyburton. He had two brothers, Bob and Joe. In 1940, the family moved to Miami, but Halyburton only stayed for a short while before moving back to North Carolina to live with his aunt and uncle in Wilmington, according to newspaper reports from the 1940s.

Halyburton played sports and was a devout Christian during his time at New Hanover High School, from which he graduated in 1943. He entered seminary at Davidson College in Davidson, N.C.; however, those plans had to be put on hold when he was drafted to serve in World War II.

According to a 2010 *Asheville Citizen-Times* article, Halyburton was a conscientious objector, meaning he would serve but wouldn't bear arms. So, in August 1943, he was allowed to choose the Naval Reserve, where he joined the hospital corps and spent more than a year in training.

By January 1945, Halyburton had reached the rank of pharmacist's mate 2nd class and was sent overseas as a medic for the 2nd Battalion, 5th Marines, 1st Marine Division. The division had pushed its way across the Pacific and was preparing to battle for Okinawa, an island near Japan's home shores.

On May 10, 1945 - Halyburton's first day in combat, according to his mother - the 1st Marine Division was on the island and



Navy Petty Officer 2nd Class William D. Halyburton Jr. poses for a photo in uniform in 1944. Photo courtesy of Halyburton family

preparing to move across the Awacha Draw, a strategically important ravine that was heavily fortified by the Japanese. Americans dubbed it "Death Valley" since many soldiers and Marines fell as they tried to cross it.

Halyburton was serving with a rifle company that day, and he watched a lot of Marines fall. They weren't able to be carried away to safety, so the wounded were treated where they fell or would have to be retrieved later.

Enemy fire on his unit was intense, but, as they crossed the draw, the young medic didn't hesitate. He ran across the ravine, up a hill and into a fire-swept field where his company's advance squad was pinned down. Despite a nonstop barrage of mortar, machine gun and sniper fire, Halyburton ran until he reached the furthest wounded Marine.

As he started to give that Marine aid, the wounded man was struck a second time by a Japanese bullet. Halyburton quickly put his own body between the wounded man and the line of fire, continuing to give aid until he was also gravely wounded. The 20-year-old collapsed and died while trying to save his comrade.

Halyburton's outstanding devotion to duty amid such a terrifying situation led to his immediate nomination for the Medal of Honor. On May 8, 1946 - nearly a full year after he died - Halyburton's family was presented the nation's highest honor for valor on his behalf. During a ceremony at Bayfront Park in Miami, Rear Adm. John F. Shafroth Jr. bestowed the medal to Halyburton's brothers, who had also served in the Navy during the war.

Halyburton was buried at the

Vietnam veteran shares first-person account of life in the bush in 1968 in debut memoir

SAN DIEGO - For many Americans, the Vietnam War often conjures mental images of high-action military combat overseas, unprecedented frontline media coverage of the war as it unfolded in Vietnam, and tensions across the U.S. as protestors called for the war to end.

In "13 Months: In the Bush, In Vietnam, In 1968," author Bruce A. Bastien draws back the curtain of this high-conflict period to share his experience as a young Marine - both the common notions of war and the mundane, daily life experiences that shaped his 13-month tour of duty.

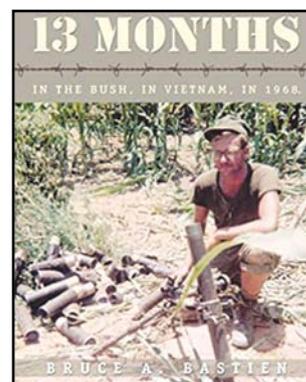
"13 Months" sweeps readers up on a coming-of-age journey through a Marine Corps grunt's daily struggles, battles, and funny moments as he navigates a new and sometimes unforgiving environment.

Bastien's book shares with readers the range of emotions and physical discomfort he experienced during his service, from unmitigated terror to utter boredom, hot and dry to wet and cold, rested and ready to frazzled and wired.

"13 Months" also shares Bastien's experience maturing from a young man to an adult as he grows philosophically, finds his confidence, develops the ability to handle stress and strain, and learns lessons about friendship, love, difficulty, danger, deprivation, and loss. Bastien reflects on his friendship with the other

National Memorial Cemetery of the Pacific in Hawaii.

While he only spent one day in combat, his legacy has lived on. In 1984, guided missile frigate USS Halyburton was commissioned in his honor. Several other military structures were also named for him, including Halyburton Naval Health Clinic in Cherry Point, N.C.; a barracks at Naval Air Station Pensacola, Fla; and a road at Walter Reed National Military Medical Center.



American men with whom he served who came from all different walks of life, backgrounds, races, and levels of learning. The common element among them was their humanity, bravery, and willingness to risk their lives to help one another, all the while hoping to find their way back home.

"This is a personal account of

the feelings, frustration, horror and friendships, of a young man under very exceptional conditions. It describes the grassroot experiences of a young marine on a mission for his country, but where questions arise of the ultimate purpose, the Why," wrote Márten Wikström in an endorsement of the book. "It's not a story of heroes, but a sincere description of what a young American boy experienced. What was the purpose of this war? And even, what was the purpose of some of the movements of the soldier's unit?"

"This is a very realistic story of how many young Americans must have experienced their role in Vietnam. The narrative doesn't dwell in excesses, or drama, yet describes the horror and fright very clearly, but also the extreme boredom and man-to-man conflicts that arose."

Crossword Puzzle

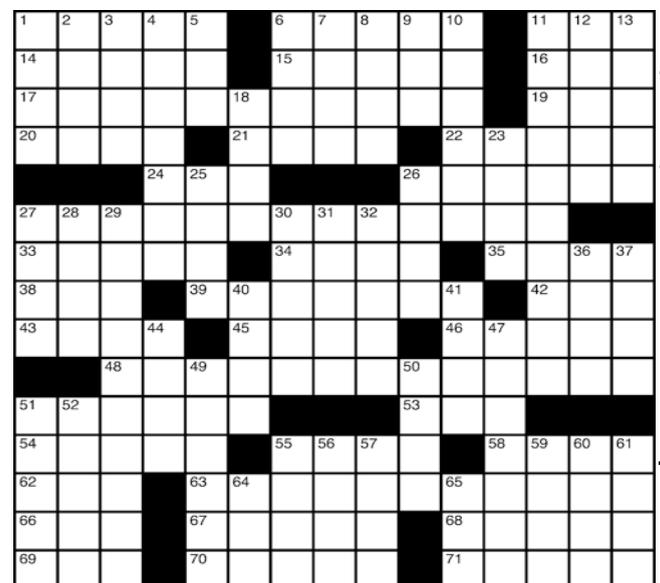
Across

- 1 Like some questionable characters
- 6 Buffalo team
- 11 Pro with a gurney, briefly
- 14 Grade of tea leaves
- 15 Parting mot
- 16 Menagerie
- 17 Mythical hunter's shots of liquor?
- 19 With 22-Across, Lady Gaga, Madonna et al.
- 20 Work the bar
- 21 Remove from power
- 22 See 19-Across
- 24 Law school accrediting org.
- 26 Numbered ballpark souvenir
- 27 First mortal woman's moving supply?
- 33 Amherst sch.
- 34 "That was close!"
- 35 He or I
- 38 Plywood wood
- 39 Chicken soup, some say
- 42 "Selma" director DuVernay
- 43 Plant with fronds
- 45 Tablet
- 46 Capp chap
- 48 Greek hero's stilettos?
- 51 Paper or plastic, say
- 53 Letters for William or Catherine
- 54 Mill fodder
- 55 Shop clamp
- 58 Free speech org.
- 62 N.L. West, for one
- 63 Early man's computers?
- 66 Genesis name
- 67 Lazybones
- 68 Lyric poem
- 69 Where Schumer is a sen.
- 70 Stalks in a marsh
- 71 Royal-ly made?

Down

- 1 Shout target

- 2 "Take it"
- 3 Similar (to)
- 4 Whatsits
- 5 Currency with the ISO code JPY
- 6 Hindu title of respect
- 7 Mid-month day
- 8 Light air
- 9 Chair umpire's call
- 10 Harry, Duke of
- 11 Toll plaza choice in many states
- 12 Mandy of "This Is Us"
- 13 -turvy
- 18 Rise dramatically
- 23 Willow, but not Buffy
- 25 Bartlett alternative
- 26 Bit of slack facial flesh
- 27 ___ pastry
- 28 Parisian gal pal
- 29 Stories
- 30 Time for fooling
- 31 Narrow racing boat
- 32 Memphis music festival street
- 36 Robbie's daredevil father
- 37 Where Mark Watney grew potatoes in a 2015 film
- 40 ___ the air
- 41 Comic actor Bert
- 44 Mark Harmon TV drama
- 47 Advice from Bobby McFerrin
- 49 Bloviator's output
- 50 Kind of butter used in skin care
- 51 Poet Nash
- 52 In on, with "to"
- 55 Lowland
- 56 Wrote online, briefly
- 57 Old pol. divisions
- 59 Sound made hitting coconut halves together
- 60 News article intro
- 61 Employed
- 64 Ike's monogram
- 65 Adopt-a-thon adoptee



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Interpersonal Edge: Human race

by Dr. Daneen Skube,
Tribune Content Agency

Q: I feel like I've developed agoraphobia after being home for over a year. Now that I've received the vaccine it's hard to go back out into the world. Have I actually developed some kind of phobia about the outside world or are other people having trouble re-entering their old lives?

A: You're unlikely to have developed agoraphobia after being home for a year. The actual psychological disorder involves an abnormal fear of helplessness

which starts initially when you panic or have anticipatory anxiety of public places. The disorder emphasizes abnormal fear because this disorder is not about fearing what can indeed hurt you.

Most people can relate to anxiety about public spaces be-

cause we've been afraid of both death and permanent disability from COVID-19. Phobias don't form around realistic fears. Having anxiety about a genuine

risk to your life and health is healthy, normal, and keeps us above ground.

What most people are struggling with is having had to adjust to never leaving home and now we're adjusting to going back out into the world. Going out into the world now feels as weird

and difficult as staying home felt when the pandemic began.

All of us are like toddlers in that we prefer what we are familiar with. Habits and routines are to adults what naps and graham cracker snacks are to little people. We didn't naturally love remote work and grocery delivery but we're now accustomed to it.

The idea of masking up and returning to our office, grocery stores, and even dining out seems fraught with hidden dangers. Add to our anxiety all the medical uncertainty about COVID variants or vaccine fears and it makes sense we're struggling.

To effectively go back out into

the world the obvious first step is make sure you are fully vaccinated, second step is still mask up, and third step is start small. A courageous short trip to your favorite grocery store might be your first move. Having one or two vaccinated friends over is another option. Lastly, consider making a half-day visit back to your office.

Few of us are tempted to return to a packed stadium, public event, or concert. Many of us would like to safely and slowly rejoin the human race.

To give yourself a pep talk make a list on paper or verbally with a friend about the things you've missed as you've sheltered at home. Highlight the activities that are low risk and high reward. Make a goal of doing one of these adventures each week to explore your experience.

Fear feeds on lack of data and lack of experience. You're in control of obtaining as much data as you can about the real medical risk of venturing into the world and providing yourself with real world experience on what the new world is like for you. When the pandemic started,



Fleet and Family Support Centers offer phone, e-mail, social media and webinar "virtual" support you during the COVID crisis. Even though their doors aren't open for walk-in clients, they are one phone call or e-mail away.

To schedule an appointment in NRSW call 1-866-923-6478. **Looking for help with your resume?** View the Resume Preparation video on the FFSC YouTube channel or download it from the download section.

FFSC's Employment Readiness and Transition Assistance programs are geared towards assisting military and family members finding meaningful employment. Sailors and their family members can come in for one-on-one assistance or attend workshops addresses launching a job search, career planning, resume writing, interview techniques, federal employment information, self-assessments, goal setting, and vocational tests.

One call serves all. 24/7 appointment scheduling for, clinical counseling, relocation assistance, resume assistance, and financial consultations at any Navy Region Southwest FFSC.

who among us thought returning to normal would be our next courageous adventure?

The last word(s)

Q: After a year at home when I try to solve my career problems, all I see are limits and obstacles. What is the best way to problem solve when all my thinking ends up in dead ends?

A: Realize that thinking usually traps us within our current box of options but imagination takes us anywhere. Throw out all your perceived limits and pre-

tend you are capable of anything and see what you can imagine now as solutions!

Daneen Skube is an executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything." You can contact Dr. Skube at www.interpersonaledge.com

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Local Military



Adm. Craig S. Faller, commander, U.S. Southern Command, speaks during the commissioning ceremony for USS Miguel Keith (ESB 5) expeditionary mobile base. Miguel Keith is the Navy's third purpose-built expeditionary sea base. While originally created to operate as a support ship under Military Sealift Command, USS Miguel Keith has been commissioned to provide greater mission flexibility in accordance with the laws of armed conflict. USS Miguel Keith is named after Marine Corps Vietnam veteran and Medal of Honor recipient Lance Cpl. Miguel Keith. Photo by Petty Officer 2nd Class Kevin Le

USS Miguel Keith (ESB 5) commissions

by Petty Officer 2nd Class
Kevin Leitner

SAN DIEGO - The Navy commissioned its newest Expeditionary Sea Base (ESB) ship USS *Miguel Keith* (ESB 5) May 8, at Naval Air Station North Island.

Due to COVID-19 limitations, 50 guests were able to attend the ceremony for the ship named in honor of Marine Corps Medal of Honor recipient Lance Cpl. Miguel Keith, who made the ultimate sacrifice in Vietnam exactly 51 years to the day his namesake ship joined the fleet.

"This ship is named after an inspiring leader - a Marine," said Adm. Craig S. Faller, Commander, U.S. Southern Command, who delivered the ceremony's principal remarks. "Lt. Gen. Heckl {commanding general, I Marine Expeditionary Force Lt. Gen. Karsten Heckl} ran through Miguel's career and a more detailed action of that day. But can any of us truly imagine?"

"Close your eyes for a minute and try to think. The sound of gunfire like the worst violent storm any of us have ever been through. The searing heat, suffocating humidity, the chaos, and confusion of battle. The smell of death and destruction. When many would have stepped back, Miguel stepped up. He led the charge courageously focused on his team above all else, and he made a difference. A difference that is continued today."

Guest speakers for the event also included James Geurts, performing the duties of the Under Secretary of the Navy, and Heckl

Navy, our Marine Corps, and our nation," said Geurts. "It's an exciting time for our Navy and Marine Corps right now as we are retooling as a Naval force. This ship joins that force, as we look to the future. We're going to ask a lot of this ship. We are going to ask a lot of this crew. I am confident that they are up for the charge."

"It's only fitting that the motto of this beautiful ship is "Semper In Pugna," which translates to "Always in the Fight,"" said Heckl. "Lance Cpl. Miguel Keith

"This is by far the greatest honor for myself and my entire family. I want to thank everyone for recognizing him as a war hero."

Jesse Mendez, Miguel Keith's brother

died a true American Hero. His warrior spirit will carry current and future generations of service members aboard this ship as they deploy around the world in service to our great nation.

During the ceremony, USS *Miguel Keith's* commanding officer, Capt. Troy A. Fendrick, reported the ship ready, and Eliadora Delores Keith, the ship's sponsor and Miguel Keith's mother, gave the traditional order to "Man our ship and bring her to life!" via a tearful pre-recorded message.

"This is by far the greatest honor for myself and my entire family," said Jesse Mendez, Lance Cpl. Keith's brother. "I want to thank everyone so much on behalf of my family for dedicating this ship in my brother's name, recognizing him as a war hero and who saved lives for the United States of America.

approved the commissioning of all ESBs following a determination that the ships could not do their full mission set as USNS-designated ships. Therefore, the commissioning of these ships allows for greater mission flexibility and is consistent with international law.

"Preparing a warship to enter the surface fleet is a privilege and the *Miguel Keith* crew has done an exceptional job during this challenging time," said Fendrick. "I'm proud of our Sailors' and Civil Service Mariners

steadfast dedication to ship and each other. I am honored to serve as their commanding officer as we bring the ship to life."

The ceremony concluded, with a musical tribute to Lance Cpl. Miguel Keith's military service, as the Marine Corps Hymn played and the crew's battle cry of "For Miguel," echoed across the pier.

USS *Miguel Keith* is the third Expeditionary Sea Base variant of the Expeditionary Transfer Dock platform. Expeditionary Mobile Base was previously known as Afloat Forward Staging Base in the Mobile Landing Platform program. ESBs are highly flexible platforms that provide logistics movement from sea to shore supporting a broad range of military operations. The ESB variant is designed around four core capabilities: aviation, berthing, equipment staging area, and command and control.

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Navy and Marine Corps sign lease for energy solution in San Diego

by Mario Icaro

SAN DIEGO - Naval Facilities Engineering Systems Command signed a lease with Bright Canyon Energy on April 15 to provide a full-base energy resilience solution for Marine Corps Recruit Depot San Diego.

“The project will leverage the private sector to provide full-base resilience to meet our energy security objectives,” said Brig. Gen. Ryan Heritage, MCRD San Diego commanding general. “The installation is an essential training facility on the West Coast where the next generation of Marines is made each day. This is another example of our enduring and long-standing relationship with the San Diego community that has developed over the last 100 years.”

The long-term enhanced use lease grants the developer rights to utilize a plot of unencumbered land within the MCRD perimeter to construct, operate, and maintain the microgrid system, comprised of battery energy storage and backup generators.

“BCE will employ innovative microgrid technology to ensure that any fluctuation in power quality and grid anomalies are immediately detected, and the system will have the ability to seamlessly and automatically transition to backup power if necessary,” said Andrew Baughman, NAVFAC Southwest energy program director.

The agreement also allows the Department of the Navy to access the generated power as a



with the backup prime movers, would isolate and keep MCRD San Diego operations online to support its operational mission for extended periods.

The project will increase energy resilience to MCRD San Diego, as well as a business opportunity for the developer. This is the first project awarded from NAVFAC’s newly established Real Estate Business Line.

The MCRD lease signing is the third in a series of EULs NAVFAC is working with the BCE team that started with a successfully completed project at MCAS Yuma, Ariz. BCE’s affiliate, Arizona Public Service Company, provided the Marine Corps’ premiere aviation training base with backup power and automated switching, which has resulted in the mitigation of more than 180 power disruptions, directly improving MCAS Yuma’s mission readiness.

The Navy and BCE’s second

project is the development of an energy resilience solution at Naval Weapons Station Seal Beach, detachment Norco pursuant to an EUL.

MCRD anticipates the project will be underway within the next quarter, with in-kind consideration completion slated for 2024. Between now and 2024, the developer will be working on surveys, permitting, utility interconnection and market offtake. The EPA process was completed on this project in 2020. The lease will extend into September 2056, ensuring energy resilience to the installation throughout this period.

NAVFAC Southwest personnel supports its clients with services in planning, design, construction, real estate, environmental and public works for U.S. Navy shore facilities, Marine Corps, Army, Air Force, and other federal agencies in California, Nevada, New Mexico, Utah, Arizona, and Colorado.

Total Navy Battle Force: 296
Ships underway
 Deployed ships underway: 57
 Non-deployed ships underway: 19
 Total ships underway: 76
Ships deployed by fleet
 Fleet Forces: 0 3rd Fleet: 8
 4th Fleet: 2 5th Fleet: 18
 6th Fleet: 20 7th Fleet: 51
 Total: 99

backup in case of an outage of the local electrical grid, securing the installation’s mission readiness when training Marine recruits.

“The project will maximize battery energy storage and distribution at the site, while also providing MCRD with sufficient and assured energy needed to continue its mission,” said Capt. Mike Oestereicher, NAVFAC Southwest commanding officer.

As in-kind consideration, the installation will receive auto-

nous microgrid capability to access the battery energy storage in the event of a utility grid outage as well as backup generators for DoN’s exclusive use. The battery energy storage, supplemented

Best and brightest: ONR’s 2021 young investigators

ARLINGTON, Va. - The Office of Naval Research has recognized awardees of the 2021 Young Investigator Program, including an assistant researcher at the Scripps Institution of Oceanography.

Thirty-eight recipients will share \$20 million in funding to conduct innovative scientific research that will benefit the Navy and Marine Corps.

“In this era of great power competition, our nation must sustain a military advantage,” said Chief of Naval Research Rear Adm. Lorin Selby. “To do so, it is essential that we attract the best and brightest scientists and engineers from across academia to tackle naval warfighting challenges. The Young Investigator Program does just that, and I’m excited to announce the recipients for 2021.”

Dr. Sophia Merrifield, University of Calif.-San Diego, was noted for her study, Collaborative Sensing of the Ocean-Atmosphere Interface.

The ONR YIP is a highly competitive and popular early-career award program in which prior academic achievement and potential for significant scientific breakthrough are key elements of the evaluation criteria.

The final candidates were chosen from more than 260 applicants - 11 of whom are college and university faculty and obtained a Ph.D. on or after Jan. 1, 2013.

Awardees represent 25 academic institutions in 13 states, supporting naval-relevant research including autonomy, deep learning, optimization, artificial intelligence, wireless communications, energetics, power and energy, propulsion, turbulence, hypersonics, remote sensing, bio-sensors, bionic composites, nanocomposites, multi-function materials and additive manufacturing.

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This week's snapshots



MCRD SAN DIEGO
May 5, 2021

Pfc. Emily J. Zamudio with Lima Company, 3rd Recruit Training Battalion, runs her platoon's guidon during a motivational run at Marine Corps Recruit Depot San Diego. Marine Corps photo by Sgt. Brooke C. Woods



USS ESSEX, at sea
May 5, 2021

Marines sit in a Light Marine Air Defense Integrated System and watch for unmanned aerial systems while an Sea Hawk helicopter takes off from USS Essex during a simulated strait transit. Photo by Sgt. Jennessa Davey



USS THEODORE ROOSEVELT, at sea
May 3, 2021

Aviation Machinist's Mate 2nd Class Trevor Griego tightens the bleed air clamps on the engine of a MH-60S Sea Hawk in the hanger bay of Theodore Roosevelt aircraft carrier. Photo by MCSN Hayden Burns



CARLSBAD
May 3, 2021

Marine Corps Maj. Sarah Culbertson, the battalion XO for 1st Combat Engineer Battalion, browses for books for her children, Kyle and Rachel, before beginning her work day. Marine Corps photo by Lance Cpl. Cedar Barnes



GULF OF ALASKA
May 7, 2021

Quartermaster 3rd Class Xavier Salazar looks through ship-mounted binoculars aboard USS Theodore Roosevelt during flight ops above the Joint Pacific Alaska Range Complex during Exercise Northern Edge. Navy photo by MC3 N. Huynh

Aviation Boatswain's Mate (Fuels) Airman Darius Riley opens a fuel pump in a JP-5 pump room

in a JP-5 pump room aboard amphibious assault ship USS Tripoli (LHA 7). Tripoli is underway conducting routine operations in U.S. 3rd Fleet. Navy photo by MCSN Erica Higa



USS TRIPOLI
May 2, 2021

Memorializing the very last time

As we live our lives we do many things that we enjoy. You may look forward to doing them often but, as you do, have you ever paused for a moment to consider that a particular time might be the very last time that you will ever be doing whatever that happens to be, eventually for it to fade away into your increasingly distant, perhaps forgotten memories?

While we may never know that it is the last time that we'll do something, our words and photos can help us to remember those happy times. Around 20 years ago I embarked upon my journey as a columnist. At the time I had no idea how long that journey would last, or where it would take me but, without having intended for it to serve this purpose, these columns have become a sort of memorialization of many of the happy and particularly interesting times and events in this part of my life. Those columns serve as vivid reminders of those times, and they continue to enable me to share them with you here, and soon on my AutoMatters & More website, which will become the online home and archive for all of my columns.

What are some of those things on your list, some of which you can no longer do but wish you still could? My list of things that I'd like to remember, in no particular order, includes: summer vacations with my parents to Penticton and Vancouver, and side trips to go fishing with my dad; snow skiing every winter in Banff, Alberta at Lake Louise, Sunshine and Mt. Norquay; autocrossing my cars; watching auto races (NASCAR and IndyCar at Auto Club Speedway in Fontana, historic car racing at Coronado, IndyCars and sportscars at the Grand Prix of Long Beach, Formula One at Indianapolis and Formula E in Paris, France); driving an assortment of new cars with my fellow members of the Motor Press Guild at Willow Springs International Raceway; going

AutoMatters™ & More



by Jan Wagner

to my kids' birthday parties and school graduation ceremonies; driving my first car and my favorite car (not the same car, in case you're wondering); taking photos through the open door from 10,000 feet up, in the frigid air, as the Army's Golden Knights sky-dive out of their airplane towards the Miramar Air Show; and riding inside



the Blue Angels' Fat Albert C-130 transport plane as it practiced its entire aerobatic routine at the El Centro Air Show. For every one of those things there will be, or has already been, a very last time.

As a senior citizen, there are some things that I used to do but am no longer able to do. My kids have long since had what are likely their final graduations from school. Some car races are no longer being run. My parents have both passed away. Snow

skiing might already be too dangerous for me to do.

As a life-long photographer, I've photographed many of the things that I've done and enjoyed — first captured as prints and slides, and more recently as digital files. I never used to organize most of my prints, which I regret. Instead, the oldest of those photos — literally snapshots of my memories — were eventually stored away in boxes, not to be seen again for many years, if at all. I still have a projector and screen, if I should ever wish to look at my slides again. My digital images are my best organized photos, which makes it easier for me to find particular ones.

Together, those photos bring great joy to my life when I do take the time to look at them again.

They remind me of so many happy times in my life, and can serve as starting points for stories that I may someday tell to my children.

The next time that you are doing something that you enjoy and that you

have done many times, perhaps think for a moment and ask yourself if this may be the very last time that you ever do that. Consider taking pictures of it, and perhaps writing down some of your thoughts. Years later you will likely be glad that you did.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #691" in the search bar. Send comments to AutoMatters@gmail.com. Copyright © 2021 by Jan Wagner.

Confessions of a TV junkie

[In the basement of a dingy community center, a florescent light buzzes over a dozen or so people seated in a circle of metal folding chairs. Some nibble anxiously at store-bought sandwich cookies, while others sit in nervous silence. There is a screeching of chair legs against linoleum, as one bleary-eyed woman stands with a trembling Styrofoam coffee cup to speak.]

"Hello, [clears throat] my name is Lisa ... and I, ... I'm a binge watcher. It's been one week since my last television fix, and I'm here to share my story...."

Believe it or not, there was a time when I didn't know what Binge Watching was. While our Navy family was stationed in Germany, we felt lucky that Armed Forces Network aired day-old episodes of "Survivor" and "American Idol." The rest of the time, we entertained ourselves with middle-of-the-night football broadcasts, quirky BBC shows, and strange AFN public service announcements.

But when we moved back to the States, my husband and I finally discovered the joys of Digital Video Recording. Despite this, our television use was purely recreational. We were mere "social watchers," catching a recorded program here and there, and streaming a movie over the weekend.

Little did we know, we were perched on the slippery slope of instant gratification.

Eventually, we needed more episodes to be entertained. Our digitally-savvy kids introduced us to the allure of services such as "On Demand" and "Hulu." How intoxicating it was to take a double hit of "The Bachelor" and chase it with "Dr. Pimple Popper" all in one evening!

Soon, we were hooked. There was no going back.

Before we knew it, we were spending perfectly sunny weekends holed up in our base house watching episode after episode of random televi-

The Meat & Potatoes of Life



by Lisa Smith Molinari

sion series. We told everyone that we were "just catching up on 'Modern Family'" or "simply wondering what all the hubbub is about 'Stranger Things'."

Ironically, it was the show "Breaking Bad" that nudged us into the deep, dark abyss. We'd been jonesing to see the series for a while, and when we found out that the episodes were streaming, we knew we'd just scored.

During our epic three-week "Breaking Bad" bender, we hit rock bottom. Our family room looked like the scene of a rave party, strewn with soda cans, popcorn and Chinese take-out boxes. Our permanently dilated pupils stared, transfixed, into the psychedelic LCD screen, our cold, clammy fingers gripping the smudged remotes.

We were so strung out after that binge, we quit cold turkey, satisfying our cravings with short doses of "House Hunters" and "The Office" reruns in hopes that we'd avoid the

painful withdrawal symptoms of rapid detox.

Just when we thought we had a handle on our addiction, the Pandemic hit, rendering us helpless to resist our visual drug of choice. "Tiger King" merely whet our appetites for the year-long relapse. Every night we took to our well-worn spots on the sofa and held remotes with trembling hands, in search of relief from the unprecedented boredom and monotony of quarantine.

Now that we've been vaccinated, one would think that we'd peel ourselves away from our television pacifier. However, ads have been popping up for "City on a Hill," "The Real Housewives of New York," and "Sasquatch." Season four of "The Handmaid's Tale" premiered April 28th, and we still haven't finished watching "Goliath" and backlogged episodes of "Schitt's Creek" ... What's a TV junkie to do? Binge watch, of course!

I must confess that Premiere Season has triggered my addictive tendencies. Although I'm not sure there's a 12 step recovery program for Binge Watching, I'm absolutely certain I'll gain 12 pounds if I don't get off the couch and stop watching so much TV.

Mark my words: I'm quitting Binge Watching for good this time. I'm 100 percent serious. No more lounging in sweatpants on Sunday afternoons pressing "play" hour after hour. Summer is coming, I'm vaccinated, and I'll be spending time in the great outdoors. I swear, I'll get clean, and there's no time like the present.

And I'll start just as soon as the new season of "The Handmaid's Tale" is over.

May is posture month -- strong posture keeps your body looking good

There is no 'perfect posture'

Posture is how you balance your body

Good posture is more than standing up straight, and requires more than "keeping your shoulders back." To improve posture you have to strengthen how your body balances, and how it moves.

Though there is no one perfect posture, there are better and worse postures. It's not just how you stand, it's also how you align and balance your body when you sit.

Sitting is the 21st century posture. Our technology-driven work and recreational habits are a primary cause of neck, shoulder and back pain.

The human body is designed to walk and run, not sit in a folded, cramped position for hours. Problems begin when we work the deep core muscles balancing our body in only a small part of their full range of motion. Unused muscles adapt and atrophy, and overtime our posture weakens.

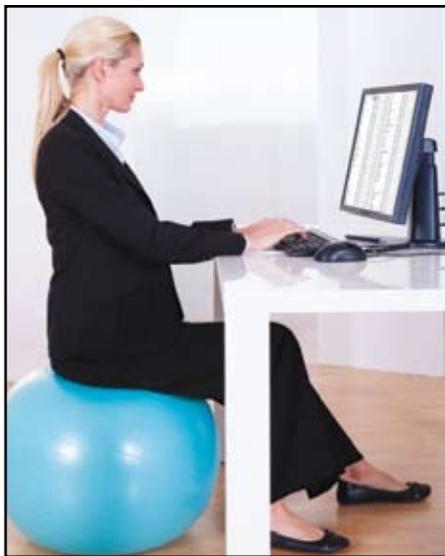
If you spend a big chunk of your life sitting, you must actively do something to counteract your habits, or your posture will suffer.

Posture is an Indicator

How long, and how well you'll live
Everyone knows people lose height as they age, but did you know your life can get shorter as you get shorter?

Research suggests the physical restriction of lungs and abdominal organs caused by loss of height caused a much higher risk of heart disease, stroke and respiratory mortality. In other words, allowing posture to worsen can shorten your life!

Posture also affects how well you'll live. Posture related back problems are the number three reason for all doctor visits!



make it your mission to improve your posture during Posture Month!

People with good posture enjoy:

- Pain-free movement and flexibility
- Better balance and coordination
- Higher energy level
- Elevated confidence level
- Reduced stress and anxiety
- Optimism and

- 65 million people in the US alone endure back pain every year
- Low back pain is the most common disability for people under age 45, causing lost productivity, inability to participate in normal activities, and diminished enjoyment of life.
- 80% of Americans suffer back pain during their lives

positive attitude

- Peak athletic performance
- Ability to breathe deeply
- More youthful appearance
- Staying active longer

Take action to become more aware, gain control and adjust your posture environment at work, at home and at play!

ACE Your Posture

Awareness – Forget good or bad. Posture is strong or weak, and there's always a path to improvement. A quick posture check is an annual must-do.

Control – Strong posture helps you to look your best and move without pain. A few minutes a day of posture exercise

Young or old, most people don't realize poor posture is a contributor to health problems.

Posture Affects Your Health

Choosing the healthiest path
Your posture has a massive impact on your overall health. Here are the top 10 reasons to

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is all you need to improve your posture.

Environment – To maintain great posture create a posture-smart environment to put an end to bad habits! Easy fixes and new posture tech makes it easy.

How do your habits at work and play affect your body?

Posture Month is an annual reminder to find out how your posture changed over the last year... for better or for worse.

From workplace warriors to

aging boomers who want to stay active, there's confusion about what's posture-smart, what's a gimmick, and what's actionable.

Find out how you stack up with a posture assessment. Take action to improve posture. Find out about new tools that help maintain strong posture, and get an expert view of others that might be a waste of time (and money).

Hundreds of health, fitness and wellness facilities offer

posture assessments!

Visit <https://posturemonth.org/posture-check/> and search the directory by city or postal code and contact a facility to schedule a posture assessment. Offered by appointment only

You can find a local chiropractor, physiotherapist, physical therapist, occupational therapist, personal trainer, athletic trainer, massage therapist, yoga instructor, Pilates instructor, therapy assistant or other health/fitness professional trained in Strong-Posture® exercise.

Award winner



Army Lt. Col. DeAnna Hutchings, chief, Critical Care Nursing Services, and Karriemah Munson, assistant clinical nurse officer in charge, 3T Medical Intensive Care Unit, review patient records at Brooke Army Medical Center, Fort Sam Houston, Texas last month. Hutchings was one of only 18 nurses from across the nation -- and

the only military nurse -- to receive the 2021 Circle of Excellence award from the American Association of Critical-Care Nurses for care of acutely and critically ill patients and their families Photo by Jason W. Edwards.

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