

ARMED FORCES DISPATCH

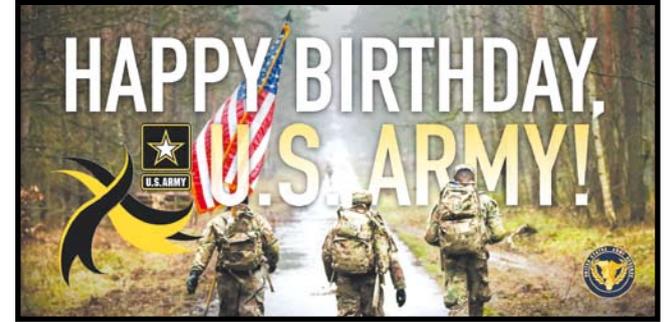


San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985
 Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-THIRD YEAR NO. 4
 THURSDAY, JUNE 15, 2023



Sailors aboard amphibious assault ship **USS Makin Island (LHD 8)** man the rails as the ship returns to Naval Base San Diego following a seven-month deployment to the Indo-Pacific region, June 8, 2023. The **Makin Island Amphibious Ready Group**, comprised of **Makin Island** and amphibious transport docks **USS Anchorage (LPD 23)** and **USS John P. Murtha (LPD 26)**, with the embarked 13th Marine Expeditionary Unit, participated in multiple training exercises with international partners while deployed in support of regional stability and a free and open Indo-Pacific. U.S. Navy photo by MC3 Eloise A. Johnson



June 14: The birthday of the U.S. Army America's Senior Service

The U.S. Army is 248 years old, and counting. That's a lot of birthday candles. The annual celebration marks the date in history in 1775 when the Continental Army was formed by the Second Continental Congress and commanded under Gen. George Washington to fight against Britain.

Of course, the Army wasn't always the strongest military in the world as it is today. The original 'army' was formed from volunteer soldiers, amateur troops, and minutemen, who just had the passion and dedication to defend their land against the British. Actually, military forces existed in the U.S. before the country even formally existed. Independent colonial armies commanded inexperienced militia.

TIMELINE

- June 14, 1775 Congress Establishes the Continental Army
- June 15, 1775 The Army names George Washington as general and commander-in-chief
- 1802 Congress establishes the U.S. Military Academy at West Point, NY.
- 1917 The Selective Service Act is passed.

BY THE NUMBERS

- 30 - the number of American presidents who served in the Army.
- 2 - the number of presidents who became five-star generals, Dwight Eisenhower and George Washington.
- 1 - the number of presidents awarded with the Medal of Honor - Theodore Roosevelt.

4,500 Sailors and Marines return to San Diego after seven-month deployment to Indo-Pacific

The *Makin Island* Amphibious Ready Group returned to San Diego last week following a seven-month deployment to the 3rd and 7th Fleet areas of operations.

"Our goal was to achieve interoperability with our allies and partners and promote a free and open Indo-Pacific. We accomplished that mission

and brought every single Sailor and Marine home safely," said Capt. Andria Slough, commanding officer of *Makin Island*. "While the world witnessed our ARG-MEU team strengthening partnerships, I had a front-row seat to the tremendous amount of skill, dedication and hard work of 2,500 people each day of deployment. It's awe-inspiring to watch Sailors and Marines at their very best."

Landing Team 2/4; the Aviation Combat Element, Marine Medium Tiltrotor Squadron (VMM) 362 (Reinforced), and Marine Fighter Attack Squadron (VMFA) 122.

Amphibious Squadron 7 is comprised of *Makin Island* (LHD 8) and amphibious transport docks *USS Anchorage* (LPD 23) and *USS John P. Murtha* (LPD 26).

The *Makin Island* ARG and the 13th Marine Expeditionary Unit integrated capabilities of approximately 4,500 Sailors and Marines, supported allied interoperability during seven exercises, and traveled more than 47,000 nautical miles across the Indo-Pacific while deployed. *Makin Island* embarked all elements of the Marine Air-Ground Task Force, including Battalion

"I'm so proud of all our Marines and Sailors as we return from this action-packed, seven-month deployment after exceeding all of our goals," said Marine Corps Col. Samuel Meyer, commanding officer of the 13th MEU. "Through our Navy and Marine Corps integration, we worked with our partners and allies, creating personal bonds that will last a lifetime."



A Sailor aboard amphibious assault ship **John P. Murtha** gives a warm hug to a family member after the ship returned to San Diego following a seven-month deployment. U.S. Navy photo by MC3 Austyn Riley

Military marks half-century of all-volunteer force

"You can't quit, Trainee. You VOLUNTEERED." Military training instructors throughout the U.S. armed forces began shouting this (or something very like it) at their charges soon after the American military ditched the draft and returned to its all-volunteer roots in 1973. This year marks the 50th anniversary of the all-volunteer force. Established on July 1, 1973, the all-volunteer force was a return to the tradition of voluntary service in the military. Every Soldier, Marine, Sailor, Airman and Guardian in the military today is a volunteer, and that effort has produced the finest fighting force the world has ever seen. <https://www.defense.gov/Spotlights/Value-of-Service/>

Marine Corps announces the 20th Sergeant Major of the Marine Corps

Sergeant Major Carlos A. Ruiz has been selected to serve as the 20th Sergeant Major of the Marine Corps. He will replace Sergeant Major of the Marine Corps Troy E. Black during a relief and appointment ceremony slated for Aug. 8, 2023. Black has served as the 19th Sergeant Major of the Marine Corps since July 26, 2019. Ruiz attended recruit training at Marine Corps Recruit Depot San Diego

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Career Advice
 Biden moves to improve opportunities for military spouses.

See page 5



Veterans
 Medal of Honor Spotlight:
 Army Pfc. Henry Svehla

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Military service is most common link among Americans who plan mass attacks in U.S., new study

by Corey Dickstein
Stars and Stripes

A history of service in the U.S. military is the most common attribute among Americans who attempted or carried out acts of mass violence in the country in the last 30 years, according to a study published June 8.

Researchers with the National Consortium for the Study of Terrorism



and Responses to Terrorism, or START, found military affiliation as the most prominent characteristic among thousands of suspects in foiled and successful extremist plots to injure or kill at least four people. Military veterans were more likely to succeed in their plots, though the vast majority of such schemes — more than 70 percent — were thwarted by law enforcement before anyone was harmed, according to the study, which was led by the University of Maryland.

“A record of military service is more reliable for classifying mass casualty offenders ... than factors that are more commonly discussed in the literature on mass casualty crimes, such as mental health concerns, offending alone or in a small group, and having a pre-radicalization criminal history,” the researchers wrote in the study that looked at thousands of cases of extremism-inspired mass casualty attacks and plots from 1990 to 2022.

Extremists with military backgrounds were 2.41 times more likely to be classified as mass casualty offenders than those who never served, the researchers found. For comparison, those with mental health concerns, the second highest indicator the study found, were 1.5 times more likely to attempt mass casualty attacks.

The study comes as the Pentagon wrestles with how to handle extremism within its ranks.

Defense Secretary Lloyd Austin has made the issue a priority within the Defense Department, including efforts to train troops to recognize and

report indications of extremism among their fellow service members.

The Pentagon’s focus on extremism came largely in the wake of the Jan. 6, 2021, attack on the U.S. Capitol by supporters of then-President Donald Trump. The attack included a handful of service members and dozens of veterans among the hundreds in the mob that sought to stop Congress from certifying President Joe Biden’s election victory. Nonetheless, several Republican lawmakers have pushed back on the Pentagon efforts to address extremism, labeling them overtly political or unnecessary.

Pentagon officials have said they know extremist groups, especially far right and anti-government organizations, seek out military veterans and push their young followers to enlist so they can receive military training.

The study found the vast majority of military-affiliated mass casualty plotters were aligned with far-right domestic extremist groups such as anti-government militia groups and white supremacist organizations. Those groups included the anti-government Boogaloo movement, the Oath Keepers, Ku Klux Klan and the neo-Nazi Atomwaffen Division.

Islamist extremists made up the next highest category with about 15 percent of military-affiliated offenders, with those pledging support for groups including al-Qaida and the Islamic State.

The study also found those who plotted mass casualty attacks after leaving the military typically did so long after separating from the service. More than 65 percent of military-affiliated individuals who plotted mass casualty attacks did so six or more years after leaving the service and about half of those did so more than 16 years after separating.

About 22 percent of military-affiliated mass casualty attack planners were on active-duty or serving in the National Guard or Reserve when they plotted or carried out attacks, the researchers found.

While the START researchers found Americans with a military background are no more likely to be radicalized than civilians, those who have served and were radicalized “are more likely to plan for, or commit, mass casualty crimes, thus having an outsized impact on public safety.”

The START researchers encouraged better instruction on extremism for the military, writing the Pentagon should educate troops entering the military as part of its curriculum and troops leaving the service through its Transition Assistance Program.

The group also recommended the Pentagon work with elected officials, the Department of Veterans Affairs and veterans services organizations “to implement a public health informed strategy to address extremism in the ranks.”



President Harry S. Truman stands in front of the White House and holds a copy of the Women’s Armed Services Integration Act, which created regular and reserve status for women in the military, June 12, 1948. Official U.S. Government photo

In 75 years since Women’s Armed Services Integration Act, female service members have excelled

by C. Todd Lopez

Just 75 years ago, on June 12, 1948, President Harry S. Truman signed into law the Women’s Armed Services Integration Act, which allowed, for the first time, women to serve as regular members of the Army, Navy, Air Force and Marine Corps.

In the years since, women have made huge advances in the U.S. armed forces. And in doing so have proven that those who worked to put the act in front of the president were right.

“Of course ... women have always stepped up to defend our country,” said Secretary of Defense Lloyd J. Austin III during a commemorative event June 12 in the Pentagon. “In our Revolutionary War, women operated behind enemy lines as spies. In the Civil War, some 3,000 women served as nurses for the Union Army. And during World War I, women were translators and accountants, and they operated switchboards.”

In the audience at the event were four women vets from World War II - Marine Corps veteran Norma Rambow, who served as a field cook and in Marine mess halls; Army vet Marion Marques, a cryptographer and later a dental hygienist; Navy veteran Corrine Robinson, a corpsman in the Naval Woman’s Reserve; and Army vet Hilary Rosado, an imagery analyst.

Americans for their service once again,” Austin said.

Following the WWII service of those women, and others like them, Austin said, U.S. military leaders began to endorse making women full and permanent members of the U.S. armed forces. It was a challenge, he said.

“At one hearing, the chairman of the House Armed Services Committee questioned why women should serve in our military on the same basis as men,” Austin said. “The first witness to respond was Gen. Dwight D. Eisenhower. And he said, simply, ‘We need them.’”

Austin said the U.S. military is the best fighting force in history, and that keeping it that way requires bringing the best warfighters on board in every domain of conflict.

“The only way to make that happen is by drawing on the talents of all of our people, and not just men — who happen to represent less than half of the U.S. population,” he said.

Even more, Austin said, the military must be accommodating of women in service - and there’s more work to be done, including the elimination of bias, sexual harassment and sexual assault. He said military service must be made compatible with raising a family - for mothers and fathers. All those things, he said, are priorities for DoD.



Deputy Defense Secretary Kathleen H. Hicks exchanges greetings at a June 12 ceremony commemorating the 75th anniversary of the Women’s Armed Services Integration Act of 1948. U.S. Air Force photo by Staff Sgt. John Wright

Kathleen H. Hicks said today’s anniversary serves as an opportunity to celebrate the talent, tenacity and expertise women have brought to the DOD mission. Women in the U.S. military today, she said, can serve in combat roles, become army rangers, fighter pilots, and four-star generals.

“Women in uniform continue to make history everyday, taking on roles and responsibilities that were not before possible or attainable,” she said. “The full integration of women into our armed forces has only made our military stronger and our nation safer ... and more secure. And in addition to that, it moved the entire nation closer to the promise of full equality ... reinforced the power of unity around our shared values ... and underscored that we, as a nation, are more effective when we draw on the talents of qualified Americans willing to serve.”

Like Austin, Hicks said despite 75 years of woman in the military, more must be done.

“It is our responsibility to break down even more barriers for all of us and for the generations to come,” she said. “I, for one, am proud to help lead a department that continues to expand opportunities to women; one that is committed to advancing gender equity and equality; and one that acknowledges that the service and the sacrifice of all of those who serve in defense of this nation.”

“Let’s thank all of these great

Deputy Defense Secretary

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Officials say DOD must be employer of choice to meet manpower goals

by David Vergun
DOD News

America depends on volunteers for its military.

On Jan. 27, 1973, Secretary of Defense Melvin R. Laird Jr. announced that the U.S. military would fill its ranks exclusively with volunteers rather than with draftees. On July 1, 1973, the military draft ended.

Today, to meet recruitment and retention goals, the Defense Department must make volunteering in the military attractive, especially in this era of low unemployment, said DOD officials.

Agnes Gereben Schaefer, assistant secretary of the Army for manpower and reserve affairs and other service leaders discussed the All-Volunteer Force at 50 at the Center for a New American Security National Security Conference on "American Power and Purpose."

There are many advantages to serving, Schaefer said, including professional career paths and working with others who have a diversity of experiences and perspectives.

A big challenge facing the Army, she said, is recognition. "Large swaths of the country just aren't familiar with the Army."

In part, this is due to closures of installations in the northern part of the U.S. in the 1980s, she said.

"Folks don't see neighbors who were in the military, they don't see folks walking down the street in uniform. So we are seeing a really big and growing cultural knowledge gap regarding the military. ... It's amazing that after 20 years of war we have a country that really doesn't know its military," Schaefer said.

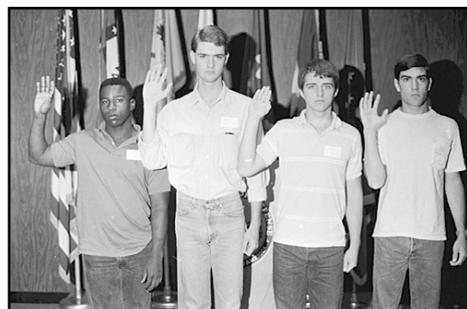
Talent management is a key to making the Army more attractive, she said, meaning matching skills, knowledge, abilities and positions with individual strengths.

It's about "making the Army an employer of choice among the vast choices that people have right now in the private sector," she said.

Once soldiers come into the Army, they tend to stay, she said. "Our retention rates are at historical highs, but I do worry about keeping that shored up. I don't want that to slide."

Among the retention tools, she said, are bonuses, listening to family feedback, quality of life improvements and flexibility of assignments and duty stations.

Franklin R. Parker, assistant secretary of the Navy for manpower and reserve affairs,



Young men enlist in the Marine Corps at Recruiting Station, Little Rock, Ark., in 1986. U.S. Marine Corps photo by Staff Sgt. David Vergun

said recruiting and retention in the Navy and Marine Corps are good.

The sea services are looking for ways to improve retention even more through earlier reenlistment opportunities, improving quality of life, special duty assignments, helping personnel acquire valuable skills and credentials for their profession, incentive pay and removing high-year tenure for a number of positions.

"We have a tremendously talented nation. And as a result, we have a tremendously talented corps of servicemembers. From a talent management standpoint, I think our imperative is really to make sure that we are mining, managing and developing that talent, helping all our people achieve their potential. And I think in doing so that only makes us stronger," he said.

Alex Wagner, assistant secretary of the Air Force for manpower and reserve affairs, said recruiting for the All-Volunteer Force is a challenge.

"Right now we have record low unemployment and record high wage growth. And so we are competing for talent with the private sector," he said.

Another problem is political polarization in American society, Wagner said.

"Historically, the military had been that one part of our society and our national fabric that united disparate parts of our body politic. Today, extremes from both ends are looking at our military and using it as a way to champion their small, partisan, extreme politics," he said.

This is causing a rift between the American people and its military. "That's what really worries me," he said.

see **Manpower, page 4**

NEWS

HEADLINES

Army

- Army suspends horse-drawn funeral operations until June '24
- Alaska's Army suicide rate was 'horrifically high'. Why it's receding.
- Army moving ERCA, LTAMDS from rapid prototyping to major capability acquisition

Navy

- Are more mental health resources in store for limited-duty Sailors?
- Captain takes over Naval Forces Korea with his promotion held up over abortion policy
- USS *Daniel Inouye* warship prepares for 1st deployment

Marine Corps

- Marines want to use Tomahawks to sink enemy ships from 1,000 miles away
- Here comes the Marine Corps' new ultra-light tactical dune buggy

Air Force

- Can this internal review help shrink the Air Force's pilot shortage?
- An Air Force squadron that's key to DoD's plan for climate change
- Air Force and Navy pause PCS moves to Guam as island recovers from typhoon

Space Force

- A Space Force dozen: SpaceX, ULA awarded contracts to launch 12 new satellites

Coast Guard

- Hawaii-based Coast Guard team wraps up typhoon aid mission

Your Military

- Bad air: Military across East Coast deals with smoke pollution from Canada
- Army Corps of Engineers' final report: Jana school not radioactive and safe to be 'used for anything'



PRINCE SULTAN AIR BASE, SAUDI ARABIA (June 6, 2023) Service members ride camels during Saudi Cultural Days. The event is a gesture of hospitality on behalf of the Royal Saudi Air Force to showcase local culture to U.S. service members. U.S. Air Force photo by Tech. Sgt. Alexander Frank.



BOHINJSKA BELA, SLOVENIA (May 25, 2023) Colorado Army National Guard members work alongside their NATO partners to showcase their abilities to distinguished visitors during DEFENDER 23. U.S. Army photo by Staff Sgt. Andrew S. Valles

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Air Force innovation team revolutionizes stealth fighter fleet

EDWARDS AIR FORCE BASE, Calif. - An F-35A Lightning II from the 461st Flight Test Squadron recently took flight with a complement of software applications developed by government and industry providers previously tested on the F-22 Raptor - demonstrating for the first time the ability to use the same tactical software applications on both stealth fighters.

That success was immediately followed by another milestone when those applications were updated by software developers at Hill Air Force Base, Utah and flown at Edwards AFB less than 24 hours later.

These F-35 flights were the latest successes of an innovation project developed by a team of Edwards AFB's test pilots, software developers from the 309th Software Engineering Group and the Air Combat Command Federal Laboratory. This project has now accomplished three key advancements that team members call game-changers for the future of the stealth-fighter fleet, and potentially all DoD aircraft.

These innovations are the ability to use the same software across different military aircraft; the ability to source that software from a diverse set of suppliers including software industry leaders and government labs; and the ability to update that software in less than a day, 30-60 times faster than previously possible. Together these improvements are poised to deliver cutting-edge technology to the stealth fighter fleet at a fraction of the current time and cost, team members said.

Historically, military aircraft have relied solely on the aircraft manufacturer to perform software upgrades or modifications, with limited ability to integrate

software from external vendors. Additionally, because of the integrated nature of stealth aircraft software, development and implementation of software changes have previously required a lengthy process, limiting front-line aircraft to annual software updates regardless of operational developments and requirements.

In short, each aircraft required a unique development and testing process, driving up costs and delaying implementation.

To change this dynamic, the team partnered to develop and implement a government-owned and -controlled "app store" for these fighters. This was accomplished by combining government-owned software architecture with advanced processing onboard these aircraft and setting up a government software space for new tactical software. The team is now working to populate this space with the advanced capabilities these fighters need to maintain their dominance in the skies.

"The ability to use common software across the F-35 and F-22 is going to dramatically change how we bring capabilities to the front line," said Lt. Col. Raven LeClair, project co-founder and F-35 test pilot. "Now, instead of having to define, purchase, test and field a software capability on each aircraft individually, we can gain a lot of efficiencies by developing a capability once and fielding it on all 5th gen fighters, saving hundreds of millions of dollars, if not more, in development costs and saving years in development time."

The team also highlighted the benefits brought by access to a larger pool of software providers.

"There has been a lot of attention on how the military can harness the best contributions from government, industry and academia to maintain its edge, but there have historically been sizable barriers to entry into the defense market," said Maj. Allen Black, project co-founder and F-22 test pilot. "This has been especially true with aircraft software since only the aircraft's manufacturer could develop and integrate software

onto the aircraft. They produce a fantastic product but being able to add to that baseline with capabilities created by software leaders in fields like AI/autonomy and cybersecurity will be transformative. This has the added benefit of increasing the number of companies and personnel working to modernize and enhance our combat aircraft fleet, resulting in higher throughput and faster progress modernizing our aircraft."

Manpower continued from page 3

"Once people join, they want to stay. But increasingly, we are in competition with the private sector. We've got to be an employer of choice. And that's not only an employer of choice for the member, but also for their dependents. And so, all of these quality-of-life issues are not tangential to our mission. They are at the core of what it means to have a ready and resilient force," he said.

For retention, the Space Force is working on managing talent in a way that will allow people

to have more of a work-life harmony, he said, providing examples.

"If you've got a sick relative that you need to care for, maybe you can go from a full-time status to a part-time status. Maybe you want to be with your kids over the last two years of high school, instead of focused solely on the job. And so you can go from full-time to part-time. And then when that situation resolves, go back to full-time," he said.

Wagner added that the Air Force must also provide airmen and their families with a reasonable living standard.

While emphasizing the significant benefits of cross-platform compatibility and a more open market for software, the team is quick to point out that speed of delivery is perhaps the most vital.

"The National Defense Strategy identifies the need to rapidly experiment and then streamline acquisitions to get capabilities out to the warfighter on strategically relevant timelines,"

said Maj. Cameron Jones, F-22 test pilot and part of the founding team. "It is vital that we are able to rapidly develop and deliver capability, because the best software in the world won't make a difference if it's late to the fight."

Continue reading this story at <https://www.af.mil/News/Article-Display/Article/3421511/afmc-innovation-team-revolutionizes-stealth-fighter-fleet/>.

U.S., Iraq, Kuwait conduct third joint patrol in Arabian Gulf

MANAMA, Bahrain - Maritime forces from Iraq, Kuwait and the United States completed a joint patrol in the Arabian Gulf, June 6, marking the third time in less than a year the three nations sailed together to promote regional maritime security.

U.S. Navy mine countermeasures ship *Gladiator* operated with patrol boat P-312 from Iraq as well as Kuwait's missile-attack craft Failaka (P3715). The three nations previously conducted similar exercises in the Arabian Gulf in December and August last year.

Gladiator is a mine countermeasures ship designed to clear mines from vital waterways. The ship is forward-deployed to Bahrain where U.S. 5th Fleet is headquartered.

The U.S. 5th Fleet operating area includes 21 countries, the Arabian Gulf, Gulf of Oman, Red Sea, parts of the Indian Ocean and three critical choke points at the Strait of Hormuz, Bab al-Mandeb and Suez Canal.

Ships Underway
Total Battle Force
 297 (USS 239, USNS 58)
Deployed
 101 (USS 68, USNS 33)
Underway
 80 (61 Deployed, 19 Local)
Ships Deployed by Fleet
 2nd Fleet - 2
 3rd Fleet - 2
 4th Fleet - 2
 5th Fleet - 11
 6th Fleet - 20
 7th Fleet - 64
 Total - 101

Where are our ships at sea

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of June 12, 2023, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

Places of Worship

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 & Thursday 6pm, Wednesday 5:30pm & Saturday 9am
 www.bayviewbc.org info@bayviewbc.org

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 Bible Study - Wednesday 10:30am
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 Email: office.branchesvista@gmail.com
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Biden moves to improve opportunities for military spouses

by C. Todd Lopez
DOD News

At Fort Liberty, N.C., last Friday, President Joe Biden signed an executive order designed to strengthen economic opportunities for military and veteran spouses, caregivers and survivors.

“This new executive order establishes the most comprehensive set of administrative actions in our nation’s history to support the economic security of military families, veterans, spouses, caregivers and survivors,” Biden said at a large gathering of military personal and spouses at Fort Liberty.

The actions of the executive order, he said, focus on three main goals: more flexibility, more support and more resources.

“This executive order encourages all federal agencies to do more to retain military spouses through flexible policies, policies like granting leave when their partner has to PCS [permanent change of station], improving remote work opportunities for military spouses — including when they’re stationed overseas,” he said.

The executive order enables more support to military families, for instance, by enabling spouses to seek advice on overseas employment issues through military legal assistance officers.

“You also need support to navigate challenges unique to military families, challenges like juggling child care and work while your partner’s deployed

or when you’re caring for an injured loved one,” he said. “Too often, the people you work with, they just don’t know ... they don’t know what you’re going through.”

The executive order, he said, establishes new training for federal human resources and hiring personnel to ensure that those people fully understand the needs of military families.

“**I’m here as commander in chief to sign this executive order because it matters. ... It matters to our military recruitment and retention, it matters to our troops’ readiness and resilience, and it matters to our nation’s safety and security. Supporting our military and veterans’ families is not just a moral imperative, it’s a national security imperative.**”

President Joe Biden

The president also said the executive order provides resources — especially for things like affordable child care.

“Today, we’re accelerating the implementation of the dependent care flexible spending account, which will give military families the option to receive a pretax benefit for daycare, preschool and summer camps, and much more,” Biden said. “This order also focuses on providing resources ... for military spouses who are entrepreneurs.”

Included there are new funding options, including grants and loans to help military spouses start and sustain businesses.

The directions provided within the executive order, Biden said, are an important part of sustaining the all-volunteer force, which will next month turn 50 years old.

“All of you who raised your hand, all of you who volunteered are the reason that our military today is the greatest fighting force in the history of the world, bar none — that’s the reason. And the reason we’ve been able to sustain that force year after year, decade after decade is because military spouses, caregivers and survivors have answered the call, as well.”

Today’s executive order supports those military spouses, caregivers and survivors who currently — or have in the past — provided support to U.S. military personnel.

The contents of the executive order were informed in large part by work done through Joining Forces — the White House initiative spearheaded by First Lady Dr. Jill Biden and former First Lady Michelle Obama in 2011. That program focuses on providing support to military families, caregivers and survivors of the U.S. military.

“This moment belongs to your community,” Jill Biden told those in attendance. “I want to thank all the military spouses everywhere who made it possible. Thank you for sharing your stories. Thank you for trusting us to make this right.”

While the executive order will help many military and veteran spouses, caregivers and survivors find more meaningful work, it won’t solve every problem, she acknowledged. She called on the private sector to also pitch in to augment what was done by the executive order.



President Joe Biden signs an executive order at Fort Liberty, N.C., June 9. The executive order is designed to strengthen economic opportunities for military and veteran spouses, caregivers and survivors. Photo DOD Screen Shot

“We’re calling on employers everywhere to do their part: Recruit military spouses [and] offer flexible work opportunities so that you can retain their talent no matter where in the world they are working. Yes, it’s vital for the future of our nation, but it’s also

a great way to find the dynamic talent that your businesses need,” said the first lady.

Military spouses, Jill Biden said, bring experience and adaptability to the workforce that can’t be learned anywhere else.

“When they [military spouse] get the opportunities that they deserve, our service members can do their duty knowing that those they love most are able to thrive. We all benefit,” she said.

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Fleet & Family Support Center San Diego Class Schedule June 2023

If you are interested in attending one of these classes, please call our Centralized Scheduling Center at 866-923-6478. Legend: (V) Virtual (IP) In Person (NBSD) Naval Base San Diego (NBPL) Naval Base Point Loma (NBC) Naval Base Coronado (KMB) Kearny Mesa Branch

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Wednesday, June 21 | 1-3 p.m. | NBPL (IP)

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Thursday - Friday, June 29-30 | 7:30 a.m.-4:30 p.m. | KMB (IP)

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5 minors arrested in beating of Marines at Southern California beach

STARS AND STRIPES - In an *Associated Press* report this week, five juveniles have been arrested on suspicion of being involved in the beating of three Marines by a large group of youths on a Southern California pier, authorities said.

The assault happened shortly before 10 p.m. on May 26 in San Clemente near Camp Pendleton. Video circulating online showed

Adriano takes command at Naval Medical Center

SAN DIEGO - Capt. Kim Davis turned over command of Naval Medical Center and Navy Medicine Readiness and Training Command San Diego to Capt. Elizabeth Adriano June 5.

With family, executive steering committee, senior enlisted leaders, team members and other attendees present, Davis transferred command to Adriano in a ceremony where even the facility's therapy dogs received special recognition.

Before officially transferring her command and beginning her remarks, Davis recognized two canine team members, LC and Cork, by promoting them to the rank of Lieutenant and Hospital Corpsman 2nd Class.

a melee with the victims, who were not in uniform, on the ground being kicked until a woman and a man broke it up.

Arriving deputies initially found two victims but then determined a third Marine was also assaulted, the Orange County

Sheriff's Department said in a June 6 statement.

Firefighters provided medical aid to the Marines, who declined to be taken to a hospital.

Four boys and one girl were arrested Tuesday and booked

for investigation of assault with a deadly weapon, the statement said. Their ages were not specified.

A motive for the attack was not immediately known.

Sheriff's Sgt. Mike Woodruff said Wednesday that investiga-

tors were still looking into what led to the incident. One account, that had not yet been confirmed, is that members of the group were setting off fireworks and the Marines tried to intervene to stop them, he said.

Woodruff said there was an

"undetermined amount of remaining suspects."

"With approximately 30-plus individuals and the Marines getting engulfed, the investigators have to review all camera evidence available to determine who did what," he said.

Fleet Readiness Center at North Island captures CNO Aviation Safety Award

by Janina Lamoglia

Fleet Readiness Center Southwest NAVAL AIR STATION NORTH ISLAND - Since the 1950s, the naval aviation safety program has been enhancing the safety of aviation officers through risk assessment, investigation, and reporting of hazardous events.

The Aviation Safety Program at Fleet Readiness Center Southwest (FRCSW) takes these safety tenants to heart. The command knows just how important each employee is at every level of the operation and makes every effort to ensure their ongoing safety. In recognition of FRCSW's consistent and effective airborne operations, the center was recently selected to receive a Chief of Naval Operations' Aviation Safety Award for Fiscal Year 2022.

This award is given annually to Navy and Marine Corps aviation units operating under Navy's chain of command. The award recognizes operational excellence, exemplary safety contributions, and a command's ability to further the Naval Aviation Safety Program. In addition to an outstanding safety record, commands and ships selected must have aggressive aviation safety programs that contribute new ideas in mishap prevention for the general benefit of Naval Aviation.

Along with her team, FRCSW Naval Flight Officer, Lt. Erica Sciscoe, plays a pivotal role in leading a robust aviation safety program. In addition to her flight operation duties, Sciscoe has been the safety program manager at FRCSW for over two years. The significant success, which led to the command

earning the CNO safety award, can be attributed to the consistent meetings with aircrew, officers, and executive leadership run by Sciscoe where aviation concerns, risk management, flying specifics, crew currency requirements, and human factors are discussed.

These meetings also keep the command updated on applicable changes in safety and ensures dissemination of necessary information. When there's a mishap or notably hazardous event, Sciscoe creates a report in Risk Management Information, which is a centralized information hub for safety data available to all safety representatives.

"I found that discussing mishaps from the fleet and determining how they relate to flying and operations here has been one of the more unique and beneficial additions to the program. The quality and experience levels of the pilots, aircrew, and maintainers here also play a huge part." Sciscoe said.

When asked about the success of the safety program and the command's selection as the winner of the CNO Aviation Safety Award, Sciscoe says, "The entire safety team works constantly to ensure safety is the priority of every evolution, no matter how small or routine that evolution may be. They truly have their 'finger on the pulse' of internal and external directives, updates, and procedures. We have a good balance between what each of us adds to this program.

"Our success is most definitely a team effort and winning this award has proven that our team is doing the right thing. The quality and experience levels of the pilots, aircrew, and maintainers here also play a huge part in our success; and having the support and trust of Capt. {Mark} Farnsworth (FRCSW commanding officer) and Capt. {Rick} Rivera (FRCSW executive officer) in making decisions about the aircraft enhances that success as well."

While the warfighter depends on FRCSW to provide them with the highest quality products and services, it is imperative that the command runs the operation effectively and safely. The individuals that prioritize safety and ensure the program is running efficiently allow the workplace to continue without injury. FRCSW's safety program finished the fiscal year with zero mishaps, reducing costs, improving productivity, and further solidifying the command's reputation of excellence.

A well-deserved recipient of the CNO Safety Award, the FRCSW safety program continues a more than 100 year culture in safety and consistently stays up to date on the latest safety reports enabling continuous improvement across the command.

For the future of aviation safety, Sciscoe says, "brilliance in the basics will always be the critical foundation for a great safety program."

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Welcome Home



Marines assigned to 13th Marine Expeditionary Unit (MEU) prepare to depart amphibious assault ship USS *Makin Island* (LHD 8), June 6, 2023. Working with the *Makin Island* Amphibious Ready Group (ARG), the 13th MEU is the United States' most forward-postured presence, conducting missions across the full spectrum of military operations and serves as ready-response force for any type of contingency. The *Makin Island* ARG, comprised of *Makin Island* and amphibious transport docks USS *Anchorage* (LPD 23) and USS *John P. Murtha* (LPD 26), returned home with the embarked 13th MEU. U.S. Navy photo by MC3 Eloise A. Johnson



Sailors man the rails as amphibious transport dock USS *Anchorage* (LPD 23) returns to Naval Base San Diego following a seven-month deployment to the Indo-Pacific region, June 8, 2023. U.S. Navy photo by MC1 Tom Tonthat



Landing craft, air cushion (LCAC) assigned to Assault Craft Unit (ACU) 5, embarked aboard amphibious assault ship USS *Makin Island*, arrive at Camp Pendleton, June 6, 2023. The amphibious capability of the Navy and Marine Corps team has been demonstrated in a broad range of operations including foreign humanitarian assistance operations, noncombatant emergency evacuations, natural disaster response, the recovery of downed aircraft and personnel, counter-piracy and strike operations, and diverse support to our partner nations. The *Makin Island* Amphibious Ready Group, comprised of *Makin Island* and amphibious transport docks USS *Anchorage* (LPD 23) and USS *John P. Murtha* (LPD 26), returned home with the embarked 13th Marine Expeditionary Unit. U.S. Navy photo by MC2 Minh-Thy Chu



Col. Samuel Meyer, commanding officer of 13th Marine Expeditionary Unit, left, and Capt. Justin Kubu, commodore of Amphibious Squadron (CPR) 7, ride in a landing craft, air cushion (LCAC) assigned to Assault Craft Unit (ACU) 5, embarked aboard amphibious assault ship USS *Makin Island*, during an offload evolution off the coast of Southern California, June 6, 2023. U.S. Navy photo by MC2 Minh-Thy Chu



Lt. Margaret Phillips reviews aircraft operation in an MH-60S Sea Hawk, assigned to Helicopter Sea Combat Squadron (HSC) 21, June 6, 2023. The *Makin Island* Amphibious Ready Group, comprised of *Makin Island* and amphibious transport docks USS *Anchorage* (LPD 23) and USS *John P. Murtha* (LPD 26), was returning from deployment with the embarked 13th Marine Expeditionary Unit. U.S. Navy photo by MC3 Eloise A. Johnson



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U.S. sues city of San Diego over skydiving plane that hit Marine Osprey at Brown Field

According to a story in *Stars and Stripes*, the federal government is suing over a 2020 incident in which a skydiving plane rolled and slowly crashed into a parked, unoccupied Marine Corps MV-22 Osprey aircraft at Brown Field in Otay Mesa.

The lawsuit, filed two weeks ago in San Diego federal court and first reported June 6 by *military.com*, seeks more than \$5.7 million in damages, claiming the defendants owe the federal government "for the value of the repair and transportation costs."

The suit alleges that the city of San Diego and Brown Field Municipal Airport mismanaged the facility by failing to maintain adequate parking for the Marine aircraft on the first night of a three-day training. That forced the Marine Corps flight crew to park in an unsafe location where the Osprey, a large tiltrotor aircraft, was later struck by the skydiving

plane, the lawsuit alleges.

A spokesperson for the San Diego City Attorney's Office, which is expected to defend the city and Brown Field, declined to comment June 8, citing the pending litigation.

The lawsuit also names as defendants Washington skydiving company Kapowsin Air Sports as the owner of the plane and Tac Air Ops, a limited liability company that does business as Skydive San Diego, as the operator. A representative from Kapowsin declined to comment, while representatives from Tac Air Ops and Skydive San Diego did not respond to requests for comment last Wednesday.

According to the lawsuit, the crash occurred around 9:40 a.m. on May 30, 2020. The night before, a flight crew had piloted the Osprey from Marine Corps Air Station Miramar to Brown Field as part of a routine training.

But when the flight crew landed at Brown Field and taxied toward what was supposed to be its designated parking location, the crew "discovered that the airport failed to maintain adequate parking" at that location, according to the lawsuit. The crew located an alternate area to park the plane.

Unbeknownst to the crew, the alternate parking spot they chose presented hazards that were not present at the other spot, including "increased congestion associated with neighboring aircraft traffic and parking," the lawsuit said.

The crew left the Osprey near two other planes, including a twin-engine skydiving plane, a de Havilland Canada DHC-6 Twin Otter, that had just spent two weeks under maintenance, according to the lawsuit and a city of San Diego "unusual incident report" published by U.S. Naval Institute News.

When the pilot, who is also a

named defendant, started the engines on the twin-engine skydiving plane, it began rolling toward the Osprey, according to the lawsuit, which alleges that the pilot unsuccessfully tried to stop the plane.

The Twin Otter crashed into the Osprey, sparking a fire that nearby witnesses helped extinguish. U.S. Naval Institute News published photos of the crash, showing the Osprey sustained significant damage to its left wing, engine and propeller blade.

The lawsuit alleges the skydiving plane "was not in good working condition at the time of the incident." According to the suit, the pilot told the Federal Aviation Administration that the Twin Otter's brakes and steering were unresponsive when it crashed into the Osprey.

***SOURCE - Alex Riggins, The San Diego Union-Tribune, Tribune News Service*

Local views



CAMP PENDLETON (June 8, 2023)
Lt. Col. Jeffery M. Rohman, left, the outgoing 9th Communication Battalion, I Marine Expeditionary Force Information Group, passes the organizational colors to Lt. Col. Robert A. Doss III, the oncoming commanding officer, during the 9th Communication Battalion change of command ceremony. The passing of colors from an outgoing commander to an incoming commander ensures that the unit and its Marines are never without official leadership, represents a continuation of trust, and signifies an allegiance of Marines to their unit's commander. U.S. Marine Corps photo by Lance Cpl. Trent A. Henry



SAN DIEGO
June 7, 2023

1 - A sea lion assigned to the U.S. Marine Mammal Program performs during a Navy Employer Recognition Event. The event is designed to recognize outstanding civilian employers of Navy Reserve Sailors. U.S. Navy photo by Petty Officer 2nd Class Jacob D. Bergh. 2 - Boatswain's Mate 1st Class Eric Wade, a native of Benton Harbor, Michigan, is promoted by his wife during a ceremony in the hangar bay aboard Boxer. The ceremony promoted 128 Boxer Sailors to their next paygrade. U.S. Navy photo by MC1 Kelsey Eades



USS BOXER
June 8, 2023



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Medal of Honor Spotlight: Army Pfc. Henry Svehla

by Katie Lange
DOD News

Through sheer determination, Army Pfc. Henry Svehla may have single-handedly helped his unit beat back an attack by North Korean forces in 1952. The young rifleman didn't survive, but the memory of his valor lived on through his family, which spent decades pushing for and eventually getting him the Medal of Honor.

Svehla was born Oct. 30, 1932, in Newark, N.J., but grew up in nearby Belleville. He was one of six children — the youngest of three sons — to parents John Svehla, a mechanic, and Susan Svehla, a stay-at-home mother. Henry loved fishing and was known to take care of everyone in the family.

Svehla, whose family nickname was Squeaky, enlisted in the Army in November 1951 as the Korean War was raging. He was sent to the island nation to fight in February 1952 as a member of the 32nd Infantry Regiment, 7th Infantry Division.

On June 12, 1952, Svehla was serving as a rifleman with

Company F in a region known as the "Iron Triangle" inside what is now the Demilitarized Zone. His company and another unit were doing reconnaissance on Hill 472, an enemy outpost northeast of Chorwon, South Korea, when they were attacked at the top of the hill.

Svehla's unit began to falter, and the young private knew something had to be done for them to survive. Svehla quickly leapt to his feet and charged at the enemy's positions, firing his weapon and throwing grenades as he went. His determination caught on, and his platoon rallied behind him with renewed vigor.

Svehla took out several enemy positions and inflicted heavy casualties before being hit by shrapnel from a mortar round that seriously wounded his face. However, he refused medical attention and kept fighting.

When an enemy grenade landed near several other soldiers, Svehla didn't hesitate — he threw himself on top of it to absorb the blast.

"Every human instinct, every

impulse, would tell a person to turn away. But at that critical moment, Henry Svehla did the opposite. He threw himself on that grenade," said President Barack Obama at Svehla's Medal of Honor ceremony. "With his sacrifice, he saved the lives of his fellow soldiers."

Svehla's body remains unaccounted for. It wasn't recoverable at the time of his loss, and thus far, it's not been among the remains returned to the U.S. in the decades since the July 1953 armistice. According to the Defense POW/MIA Accounting Agency, the North Korean government has not permitted investigations of the area where he died.

In lieu of a proper burial, Svehla is memorialized on the Courts of the Missing at the National Memorial Cemetery of the Pacific in Honolulu. There, his name is displayed alongside the names of more than 8,000 other Americans missing from the Korean War.

Svehla initially received a posthumous Distinguished Service Cross in March 1953; however, his family thought he

deserved more for his sacrifice. They tried to make that happen for 60 years, but there wasn't any movement on it until 2001 when Svehla's brother, John, and nephew, Andrew, contacted U.S. Rep Bill Pascrell.

For a decade, Pascrell's staff made it their mission to give Svehla the proper honor he deserved by uncovering his service records and giving them to the Defense Department for re-examination. That investigation finally got his family what they were hoping for.

On May 2, 2011, Svehla received the Medal of Honor from Obama during a White House ceremony. His sister, Dorothy, accepted it on his behalf. Sadly, his brother, John, who had pushed so hard for the honor, died within a year prior to the ceremony.

While there is no formal burial site for Svehla, his hometown has made a place for him to be remembered. A monument to Svehla was unveiled in Belleville in 2011, and in 2019, a town post office was also dedicated to the fallen soldier.



President Barack Obama awards the Medal of Honor posthumously to Army Pfc. Henry Svehla during a ceremony at the White House, May 2, 2011. Svehla's sister, Dorothy Mathews, accepted the medal for the family. U.S. Army photo

This article is part of a weekly series called "Medal of Honor Monday," in which the Department of Defense highlights one of the more than 3,500 Medal of Honor recipients who have earned the U.S. military's highest medal for valor.



Life, unclogged

All over the globe, nearly a million military families are on the cusp of or in the midst of summer PCS moves. They are sorting, wrapping, packing, flying, driving and exhausting themselves while eating greasy take out and sleeping fitfully in temporary lodging.

Having experienced many moves during my husband's years of active duty Navy service, I've learned countless lessons from my own moving mistakes.

For example, I learned to "Purge unnecessary belongings before and after every move," because one's definition of "unnecessary" changes with each tour of duty. My old swimming trophy was a cherished treasure during our first tour, but was old junk by tour #2. For years, my husband refused to part with the bachelor couch upon which he'd made out with his old girlfriend, but he eventually carried it to the curb on bulk trash day during move #10.

Purging is an important part of the moving process — just don't go overboard like we did during one particularly complicated move from Germany to Florida...

"Who did it this time!" I bellowed from the doorway of our new base house bathroom. Ever since we'd moved into the Balfour Beatty house with newfangled water-saving plumbing, it seemed that clogged toilets were a frequent occurrence.

Normally, I would've tracked down each of our kids until I found the one who'd used too much paper again. Then, on principle, I would've instructed the offending child to take the plunger from its designated place (a bracket that we'd recently affixed to

the wall in our garage) and plunge the toilet, knowing I'd probably have to finish the gruesome job myself.

But on this particular day, I just didn't have the time to find the kids. I was sorting through moving boxes in our garage, so I posted an "Out of Order" sign on the bathroom door and resolved to deal with it later.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

We'd moved in two weeks prior, and after putting all the necessary things inside the house, we'd realized that we still had a garage full of boxes and no place to put them. They were mostly items that had been in storage during our three-year tour in Germany. Countless neglected books. Thirteen teacups from my dead grandmother. One dried up bouquet from our wedding. Scores of photo negatives from before photography went digital. A dozen underused power tools. Seven coolers. A mind-boggling array of dust-collecting nick knacks.

I blamed my husband, grimacing at his 1976 skateboard with disintegrating rubber wheels, and baseball caps from every bar, firehouse, vacation spot, Navy ship, college, band and sports team my husband ever knew. A tub filled with a gazillion golf balls. Dozens of ancient cassette tapes. All items that couldn't be thrown out for fear of discarding my husband's youth

and virility.

In a weak attempt to defend himself, my husband pointed out my useless collection of vintage aprons, jars of sea shells compulsively collected during beach vacations, our unused wedding china, cherished baby clothes preserved in moth balls, Fisher Price toys waiting for grandchildren, and all the other memorabilia that couldn't be thrown away for fear of discarding my maternal womanhood.

Looking around our packed garage, we knew what had to be done.

For hours, we tackled the mountain of boxes, severing our emotional attachments and ridding ourselves of the burdening clutter. Each time we designated something for charity, we felt the weight of it lifted from our life. With each relinquished item, our motivation increased until we were tossing things out gleefully, without much of a thought.

At the end of the day, with dust ground into every pore and nostril, we watched the Salvation Army truck driver loading up our massive donation. We were proud of purging ourselves of the stagnant waste overflowing from our garage. It wasn't easy to flush out so many sentimental things, but with less clutter clogging up our life, we felt free to navigate the twists, turns and goosenecks of our new home with ease.

Then, just as the Salvation Army truck disappeared onto the distant horizon, we remembered the toilet. "Uh oh," my husband mumbled as he noticed the empty bracket on the garage wall, "What happened to the plunger?"

AutoMatters™ & More by Jan Wagner



I'll say this right up front. Fans of DC superheroes are going to absolutely enjoy seeing THE FLASH, which opens in theaters on June 16. Thanks, in part, to some clever plot twists that you will surely not expect, THE FLASH presents a fresh, surprising, memorable and entertaining new take on this superhero and a few of his superhero friends. I loved it. My only regret is that it goes by in a flash (sorry, but I had to say that!).

ALERT: There are SPOILERS in this review.

As we learn from the movie's synopsis, in THE FLASH, Barry uses his superpowers to travel back in time in order to change the events of the past. But when his attempt to save his family inadvertently alters the future, Barry becomes trapped in a reality in which General Zod has returned, threatening annihilation, and there are no Super Heroes to turn to. That is, unless Barry can coax a very different Batman out of retirement and rescue an imprisoned Kryptonian... albeit not the one he's looking for. Barry's journey through time to his past was not at all what he expected, nor will it be what you expect.

Ultimately, to save the world that he is in and return to the future that he knows, Barry's only hope is

Quick review of THE FLASH

to race for his life. But will making the ultimate sacrifice be enough to reset the universe?

Unlike some of the more recent superhero movies, this one is not dark. A lighter tone is set right at the beginning, when Barry (The Flash) expresses his annoyance because he feels like he is essentially the "janitor of the Justice League." Batman — with timely help from Wonder Woman — was busy elsewhere, so Alfred has let Barry know that his skills as The Flash are needed to save people from another catastrophe, where a hospital is in imminent danger of collapse. He desperately, but unsuccessfully, tries to recharge his superpowers by ordering his usual (weird) custom energy drink concoction. His usual server, who knows his usual beverage, is not working, so Barry is resigned to order it from a stranger. Predictably, that does not go well, and despite his best efforts, his need to rush his order falls on deaf ears. Thwarted, Barry has no choice but to find the nearest room to quickly change into his superhero costume and then race off to the rescue, with his energy level critically low. The ensuing baby shower scene from the nursery, complete with a new use for a microwave oven, will have you in stitches. This is a baby shower unlike any you have ever seen before.

The special effects of Barry's running as The Flash, assorted scenes of devastation and the time travel are spectacular, and are well in keeping with — rather than distracting from — the plot. The hundreds of people named in the credits were put to very good use.

The backstory is that Barry's dad was about to lose his appeal to be released from prison for a crime that he did not commit, where three lives were ruined. His appeal hinged on his face being visible in a video about a can of tomatoes that would put him at a place and time other than at the scene of the crime.

For car lovers, Bruce Wayne's Mercedes will blow you away.

THE FLASH stars Barry Allen as The Flash, Michael Keaton as Bruce Wayne/Batman, Michael Shannon as General Zod, Jeremy Irons as Alfred Pennyworth, Kiersey Clemons as Iris West, Ron Livingston as Henry Allen and others — whose characters' names or descriptions, if listed here, would spoil too much of the surprises.

Be sure to stay through the credits to watch the extra scene.

One last note. I left the theater with a compulsion to go home and make spaghetti, which I did. You may too, after you see THE FLASH.

For more information, visit the official DC website for The FLASH and watch the final trailer at: <https://www.dc.com/theflash>.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" 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 #794

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—Mahatma Gandhi

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— Dalai Lama

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THINGS TO DO AROUND TOWN

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

2023 San Diego County Fair "Get Out There!" Thru July 4, 11am-10pm. \$12-\$20; kids 5/under free. Closed Mon-Tue in June. Cashless. All Fair admission & parking tickets must be purchased online in advance. Exhibitions, funzone, agriculture, entertainment! www.sdfair.com

Catfish stocked at Lake Jennings. Night fishing Fri & Sat til midnight. Shoreline fishing 8am-5pm every day at campground. \$4-\$12. <https://lakejennings.org/>
Brent Curtis, Fri, June 16, 5:30-7:30. Free music for all ages. South Carlsbad State Beach Campground, 7201 Carlsbad Blvd.
Padres Party in the Park, Fri, June 16 & 23, 4:30-6:30. Drink specials, live music, fun activities. Petco Park

Cruisin' Grand Escondido. Escondido's Grand Ave from Orange St to Ivy St. is the place to be on Friday nights through September. Streets host parade of pre-1970s autos for Cruisin' Grand. Vintage autos - from American Hot Rods, Classics, Antiques, and Customs - span seven blocks of the city's downtown. In addition enjoy all that downtown Escondido has to offer, including great restaurants, breweries and pubs, stores, boutiques, and live performance venues. www.cruisingrand.net

USA Surfing Championships and Team Trials, Thru Sat, June 17 at Oceanside Harbor North Jetty. www.usasurfing.org

Run with the Sun Music Festival, Fri-Sat, June 16-17. \$40-\$250. Rock, reggae, alt, indie, rap. Sycuan Resort. <https://run-withthesunmusicfest.org/>

SD Padres vs. Tampa Bay Rays, Fri-Sun, June 16-18. Petco Park
MTCCSD Juneteenth Freedom Ride, Sat, June 17, 7:30am-4pm. Major Taylor Cycling Club San Diego (MTCCSD) and WorldBeat Center are honoring Juneteenth with a bike ride and gathering. Open to the public. WorldBeat Cultural Center, 2100 Park Blvd, Balboa Park.

AXIS: Juneteenth Celebration, Sat, June 17, noon-2pm. Free 6th-annual Juneteenth Celebration in collaboration with the George L. Stevens Senior Center in the outdoor theater. The Old Globe Theatre, 1363 Old Globe Way, Balboa Park.
Unsung Heroes: Black Veterans Story, Sat, June 17, 4-5pm. Free. Short story highlighting black veterans tremendous contributions to the U.S. Armed Forces.
Polinator Party, Sat, June 17,

11am-noon. Free. Celebrate National Pollinator Month. Baticquitos Lagoon Nature Center, 7380 Gabilano Ln, Carlsbad
Guided Nature Walk, Saturdays & Sundays, 9:30-11am. Free. Guided nature walk-learn about plants, animals, geology, history of park. San Carlos. mtrp.org
Switchfoot Bro-Am Beach Fest, Sat, June 17, 7am-5pm. 17,000+ attendees. Free, all ages, family-friendly community event. Surf contest, live concerts on the beach, brand activations, food/retail vendors, green initiatives. Local talent musical performances from 11-4, followed by Switchfoot 4-5pm. Moonlight Beach, Encinitas. www.broam.org

San Diego Wooden Boat Festival, Sat-Sun, June 17-18, 9am-4pm. \$5-\$10. Rare opportunity for public to view wooden boats up close. Koehler Kraft Boat Yard, 2302 Shelter Island Dr, Point Loma. www.sdwoodenboatafestival.com/

Call your dad, Sunday, June 18 Cars & Coffee, Sun, June 18, 7:30-9am. Free. event outside with coffee and donuts (while supplies last) for guests to enjoy while browsing the wide array of vehicles. Public is also invited to bring their own cars to display in the parking lot. San Diego Automotive Museum, 2080 Pan American Plaza, Balboa Park.

Earth, Wind & Fire, Sun, June 18, 7:30pm. The Rady Shell at Jacobs Park. www.theshell.org
Escondido Cars & Coffee. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. Cars, trucks, bikes!

Blink-182, Mon-Tue, June 19-20. Pechanga Arena
Summer Solstice, Wed, June 21 Longest Day of the Year!

Del Mar Village Summer Solstice, Thur, June 22, 5-8pm. Powerhouse Park, Del Mar. www.visitdelmarvillage.com

Ocean Beach Street Fair and Chili Cook-Off Festival, Sat, June 24, 10am-8pm. www.oceanbeachsandiego.com

'All Things Carroll' Shelby Car Show, Sat, June 24, 9am-2pm. Embarcadero Marina Park North. www.sandiegoassociationofcarclubs.org

Coronado Rotary Club Low Tide Ride & Stride, Sat, June 24, \$25-\$40. Annual Low Tide Ride & Stride. Lowest tide of the month, 5 mile beach course perfect for runners, bikers, walkers. Sunset Park, Ocean Blvd. & Ocean Ct. <https://lowtidderide.com/>

California Wine Festival, Sat, June 24, 1-4pm. Hundreds of fine wines, regional craft brews, and culinary delights for sampling. Park Hyatt Aviara Resort, Carlsbad. Info & tix: www.californiawinefestival.com.

MOVIES AT THE BASES

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

Lowry Theater - NASNI,

619-545-8479

Bldg. 650

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

Friday, June 16

6pm Fast X pg13

Saturday, June 17

3pm Fast X pg13

6pm Fast X pg13

Sunday, June 18

1pm Fast X pg13

4pm Guardians of Galaxy Vol. 3 pg13

Friday, June 23

6pm The Little Mermaid pg

Saturday, June 24

1pm The Little Mermaid pg

4pm No Hard Feelings r

6pm The Little Mermaid pg

Q-Zone - NAB

Bldg. 337 • 619-437-3190

Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

Friday, June 16

5pm Knock at the Cabin r

Saturday, June 17

11:10am Ron's Gone Wrong pg

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across

from Mainside Center)

Saturday, June 17

1:30pm Guardians of Galaxy Vol. 3 PG13

Naval Base Theater - NBSD,

619-556-5568, Bldg. 71

3465 Senn Rd.

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

Thursday, June 15

6pm Guardians of Galaxy Vol. 3 pg13

Friday, June 16

6pm Fast X pg13

Saturday, June 17

2:40pm Guardians of Galaxy Vol. 3

6:pm Fast X pg13

Sunday, June 18

1pm Book Club: Next Chapter pg13

3:30pm Fast X pg13

Wednesday, June 21

6pm Fast X pg13

Thursday, June 22, 2023

6pm Fast X pg13

For updates check <https://sandiego.navylifefsw.com/movies/>

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, June 16

6pm Fast X pg13

Saturday, June 17

3pm Guardians of Galaxy Vol. 3 pg13

6:30pm Fast X pg13

Sunday, June 18

12pm Book Club: Next Chapter pg13

3pm Guardians of the Galaxy Vol. 3

SOCIAL SECURITY MATTERS

How Will Working Affect My First Year's Benefits?

Dear Rusty: I retired from working in January of this year and have since claimed Social Security. I didn't work at all in February or March, but I began a part time job in April. I'm very confused about how Social Security counts earnings for the first year. I don't know if I need to keep each month's earnings under \$1,770 or if they average it. Some of the literature I've found says each month must remain under \$1,770 or NO benefit will be paid that month. Two people at the Social Security office told me that they'll just dock me \$1 for every \$2 I am over that, even in my first year. I also cannot find anything about when they count your income. Is it when it's earned or when it's paid? If I go over in a month because there are three pay periods, can they withhold the benefit for that month? I'm just so confused! Signed: Part Time Worker

Dear Part Time Worker: The Social Security earnings test during your first year collecting benefits before full retirement age is, indeed, somewhat confusing. The reason is because there are two methods which Social Security may use during your first calendar year collecting early benefits, and they will use the one which results in the least financial impact to you. To elaborate:

If you claim benefits mid-year before your full retirement age, for the remainder of that first year (starting in the month benefits begin and ending in December) you'll be subject to a monthly earnings limit (\$1,770 for 2023). If you exceed the monthly limit in any remaining month of that first calendar year, you won't be entitled to benefits for that month, so Social Security would (eventually) take back that month's benefit. That is, unless using the annual limit (\$21,240 for 2023) instead will result in a smaller penalty. If your total earnings for your first year collecting are over the annual limit (e.g., \$21,240 for 2023), the penalty would be \$1 for every \$2 over the annual limit and, if that is less than the penalty from using the monthly limit, they will assess the smaller penalty. In other words, Social Security will use the method which is most beneficial to you when assessing a penalty for exceeding the earnings limit during your first calendar year collecting benefits. And just for clarity, the earnings limits are much higher and the penalty less during the year you attain full retirement age (FRA).

Something else to be aware of: if you know in advance you will exceed the annual limit it would be best to inform Social Security in order to avoid an Overpayment Notice next year. If you don't, Social Security won't know about your 2023 earnings until you file your 2023 income taxes, so you'll get your 2023 monthly payments as usual. But when the IRS informs Social Security of your 2023 earnings later next year, Social Security will ask you to detail your monthly work earnings for 2023. If you have exceeded the limits, they will determine an overpayment amount and will ask you to either pay back what is owed in a lump sum or will withhold your benefits for enough months to recover what you owe for exceeding the 2023 earnings limit. Then, after you reach full retirement age (FRA), you'll get time credit for all months in which benefits were withheld, thus slightly increasing your monthly payment after your FRA.

Finally, it is when your income is earned that counts, not when it is paid. So, for example, if you worked in January 2023 and were paid for that work in February 2023, that is considered January income which wouldn't count toward the February earnings limit.

ROY'S SUDOKU

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Good sleep is key to heart health

by Janet A. Aker
MHS Communications

Sleep is crucial to your heart health and your overall health, said a study published in the *Journal of the American Heart Association*. The study, published on Feb. 15, 2023, found that adults 45 and older who fall asleep at different times and don't sleep a regular number of hours per night are at higher risk for hardening of the arteries and heart attack or stroke.

The findings came out of a subset of participants in the large Multi-Ethnic Study of Atherosclerosis ([nhbi.org](https://www.nhbi.org)) study. MESA involves more than 6,000 men and women from six communities in the United States and is sponsored by the National Heart, Lung, and Blood Institute of the National Institutes of Health.

If you don't sleep enough on a regular basis, all risk factors for heart disease go up, said U.S. Air Force Col. (Dr.) Travis Batts, the medical director of cardiology at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio, Texas. "Sleep and heart health go hand in hand."

Current heart health guidelines recommend adults get seven to nine hours of sleep per night.

"Sleep is the body's time to repair and rejuvenate," Batts said. "When your body doesn't have time to repair—when it feels like it's at that state of stress—the body tries to fix things in a way that is often harmful to your health."

Your risk of heart attack goes up about 20% if you are a short sleeper, and about 34% if you are a long sleeper, according to a September 2019 study in the *Journal of the American College of Cardiology*. The data came from the UK Biobank, a database of 461,000 participants.

"We all recognize that sleep impacts the body in a multitude of ways," Batts explained. These include "higher risk of cardiometabolic syndrome, obesity, hypertension, and diabetes, not to mention varying degrees of insulin insensitivity. These risks increase our body's propensity for inflammation," and up the chances for heart disease, he said.

Significance of the Multi-Ethnic Study

The study advances knowledge that can affect how a provider might treat different patients be-



cause it is based on a more diverse population than earlier heart risk studies.

"We've seen this relationship between irregular [sleep] patterns," and heart health in earlier studies, but this study "spanned gender, spanned economic status, and spanned education—across the board," Batts said. "That is where it gets very, very interesting."

Until MESA, the Framingham, Massachusetts study, launched in 1948 ([nhbi.org](https://www.nhbi.org)), was the study doctors referred to for more than 65 years.

Framingham was used to create 10-year risk models based on many factors, including sleep, with data gathered by following Framingham families' heart health and genetics across decades. Using the risk model meant "we would put a patient's data into a calculator and say, 'This is your risk.' And we would base our therapies on that," Batts explained.

The original MESA study, published in 2015, refined that calculation by looking at actual physical measures such as hardening of the arteries and led to a new risk calculator ([nih.gov](https://www.nih.gov)).

"No one's ever really thought about if sleep is quite variable. Or what if your bedtime is quite variable? And that seems to be a problem based on the results of this study," said U.S. Air Force Col. (Dr.) Matthew Brock, chief of the San Antonio Market Sleep Disorders Center ([tricare.mil](https://www.tricare.mil)) at Wilford Hall, the largest sleep center in the Defense Health Agency.

Healthy weight: Waist measurement indicator

If it is tough to manage your weight, you are certainly not alone in today's world. In fact, more than 39 percent of American adults have



obesity. Excess weight may lead to heart disease, type 2 diabetes, kidney disease, and other chronic health problems. Setting goals to improve your health may help you lower the chances of developing weight-related health problems. One important measure is your waist size. Women with a waist size of more than 35 inches, and men with a waist size of more than 40 inches, may be more likely to develop health problems. Men are more likely than women to carry extra weight around their abdomen, or belly. Extra fat, especially in the abdomen, may put people at risk for certain health problems, even if they are not overweight.

The study was notable not only because it was done in a diverse population, like the military, but also because it factored in health conditions that could skew results, including severe sleep apnea, body mass index, and prevalent cardiovascular disease, Brock explained.

While the study was in older patients, and the military population tends to be younger, healthy patients, "developing good habits, and good sleep duration, and timing when you're young, is important," Brock said.

The Bottom Line

"Although it might not say this is a direct link, the study should cause at least a hypothesis-generating idea, and I think that's what this does, and it builds upon other literature," Batts said.

That's important for the military population with its differing sleep patterns based on type of work or deployment, Batts said. The DHA and the armed services emphasize the importance of sleep ([health.mil](https://www.health.mil)) as part of Total Force Fitness ([health.mil](https://www.health.mil)) and through service policies such as the Army's Performance Triad ([armymedicine.health.mil](https://www.armymedicine.health.mil)).

For Batts, the bottom line is communication between patients and providers about sleep, adding, "How do we tie it in and make it substantive for providers to have a conversation about sleep with their patients?" By having those conversations as early as pediatric care, providers could address lifestyle habits that may prevent poor heart health, he said.

Consumer Health: What do you know about headaches?

by Laurel Kelly
Mayo Clinic

June is Migraine and Headache Awareness Month, which makes this a good time to learn more about headaches.

Headache is pain in any region of the head. Headaches may occur on one or both sides of the head, be isolated to a certain location, radiate across the head from one point, or have a viselike quality. A headache may appear as a sharp pain, a throbbing sensation or a dull ache. Headaches can develop gradually or suddenly, and may last from less than an hour to several days.

Headaches are generally classified by cause.

Primary headaches

A primary headache is caused by overactivity of, or problems with, pain-sensitive structures in your head. A primary headache isn't a symptom of an underlying disease.

The most common primary headaches are:

- Cluster headache
- Migraine
- Migraine with aura
- Tension headache



Secondary headaches

A secondary headache is a symptom of a disease that can activate the pain-sensitive nerves of the head. Any number of conditions — varying greatly in severity — can cause secondary headaches.

Some types of secondary headaches include:

- Medication overuse headaches
- Sinus headaches
- Spinal headaches

- Thunderclap headaches

When to seek emergency care

Your headache symptoms can help your health care team determine the cause and appropriate treatment. Most headaches aren't the result of a serious illness, but some may result from a life-threatening condition requiring emergency care.

Seek emergency care if you're experiencing the worst headache of your life; a sudden, severe headache; or a headache accompanied by:

- Confusion or trouble understanding speech.
- Fainting.
- High fever, greater than 102 F to 104 F.
- Numbness, weakness or paralysis on one side of your body.
- Stiff neck.
- Trouble seeing, speaking or walking.
- Nausea or vomiting, if not clearly related to the flu or a



San Diego Outreach

Neil Ash Airport Center
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Become a USO Volunteer

Volunteers are our greatest asset and the backbone of the USO. Whether helping a soldier with a connecting flight, distributing a Care Package, serving snacks with a smile, providing local information, or "welcoming home" troops from deployment, volunteers are vital to the success of the USO's mission. While the duties of a volunteer may vary, the goal is always the same — to improve the quality of life of service members, boost their morale, and serve as the link between service members and the American people.

Ready to apply to be a USO San Diego volunteer?

Visit www.uso.org. Once you navigate to the webpage, click on "Volunteer at a USO Center," then click "Continental United States." Next select "California" and then the USO San Diego center nearest to you!

Camp Pendleton USO Programs Include:

USO Transitions: <https://www.uso.org/programs/uso-pathfinder-transition-program>

Want to be better prepared for future success before transitioning from the military? Are you a military spouse looking for new opportunities? The USO Pathfinder® Transition Program extends the USO experience to active duty, Reserve, National Guard and military spouses by offering professional development services throughout the duration of military service as well as in preparation for life post-military.

MilSpouse Connect: Monthly events bringing military spouses together to connect and thrive.

Craft & Coffee: USO Camp Pendleton provides creative outlets for adults and children to create fun, whimsical or serious works of art through a variety of mediums. Signs up happen online and are usually advertised through the USO Camp Pendleton Facebook page.

Command Support: USO is here to support! We often help support command events across Camp Pendleton such as Family days and Morale Days. Commands can request support in a number of different ways, from outdoor games, a kids craft, or even our mobile photo booth. We also can help provide small refreshments. To request support, please email our Center Operations and Programs Manager, Crystal Gates at cgates@uso.org. All requests must be submitted within 30 days and although we try our best, not all requests can be granted.

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New 2023 WRANGLER Willy's 4xe

Lease for **\$388/month** for 36 months



For well-qualified buyers. MSRP of \$60,810. Down payment \$4,995. Residual \$34,661. Tax, title, license acquisition fee not included. 10,000 miles per year. 3 at this price #690233, 690238, 690246.

4TH JULY SALES EVENT

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. Jeep	It's the season. Jeep

New 2023 Ram 1500 Big Horn Crew Cab 4X2

Lease for **\$488/month** for 42 months



For well-qualified buyers. MSRP of \$56,050. Down payment \$4,995. Residual \$28,585. Tax, title, license acquisition fee not included. 10,000 miles per year. 3 at this price #604017, 604011, 604012

2022 Wagoneer & Grand Wagoneer

WAGONEER	\$11,000	GRAND WAGONEER
	Wagoneer \$6,500 discount plus \$4,500 conquest rebate.	
	Grand Wagoneer \$7,500 off plus \$3,500 conquest rebate.	

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\$22,995
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2019 DODGE CHALLENGER
\$23,995
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2019 DODGE CHALLENGER
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#521881

2020 JEEP WRANGLER
\$34,995
#173033

2020 RAM 1500
CERTIFIED
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2020 RAM 3500
DIESEL
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2019 DODGE CHARGER
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2021 JEEP WRANGLER
CERTIFIED
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2021 JEEP WRANGLER
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www.PerryChrysler.com • 2340 National City Blvd. • 877-325-8099
MON-SAT 8:30am - 9:00pm • SUN 9:00am - 8pm • 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 6/30/23.