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Base Movie Schedule

The Addams Family 2, The Last Duel, Halloween Kills, Ron's Gone Wrong, No Time to Die, Dune

See page 10

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SIXTY-FIRST YEAR NO. 30
THURSDAY, NOVEMBER 18, 2021

DOD, NATION HONORS 31ST OBSERVANCE OF NATIVE AMERICAN HERITAGE MONTH IN NOVEMBER

by David Vergun,
DOD News

The Defense Department and the nation are celebrating National Native American Heritage Month, which is every November.

It's a time to reflect on the contributions and sacrifices Native Americans have made to the United States, not just in the military, but in all walks of life.

A significant number of Native Americans have served in all of the nation's wars beginning with the Revolutionary War.

Twenty-nine service members of Native American heritage have been awarded the Medal of Honor, the highest medal for valor: 25 Soldiers, three Sailors and one Marine.

In 1976, as part of the nation's bicentennial commemoration, President Gerald Ford proclaimed Oct. 10-16, 1976, as "Native American Awareness Week."

In 1986, President Ronald Reagan proclaimed Nov. 23-30, American Indian Week.

On Nov. 14, 1990, President George H. W. Bush declared the month of November as National American Indian Heritage Month

to honor the hundreds of Native American tribes and people in the United States, including Alaska but not Hawaii. Native Hawaiians and those in U.S. territories in the Pacific are honored in Asian American and Pacific Islander Heritage Month each May.

Bush's proclamation reads in part: "During the National American Indian Heritage Month, as we celebrate the fascinating history and time-honored traditions of Native Americans, we also look to the future. Our Constitution affirms a special relationship between the federal government and Indian tribes and — despite a number of conflicts, inequities, and changes over the years — our unique government-to-government relationship has endured. In recent years, we have strengthened and renewed this relationship."

In 2009, President Barack Obama proclaimed the month as National Native American Heritage Month.

However, DOD celebrates the month as National American Indian Heritage Month, following the name specified by a joint resolution of Congress, Public Law 103-462, of Nov. 2, 1994, according to Army Staff Sgt. Raul Pacheco, a public affairs noncommissioned officer at the Defense Equal Opportunity Management



Grounded in Tradition Resilient in Spirit

NATIONAL AMERICAN INDIAN HERITAGE MONTH
NOVEMBER

Institute at Patrick Space Force Base, Fla.

"There are over 574 federally recognized American Indian tribes and not all agree on what term is most appropriate," he said refer-

ring to the name American Indian or Native American in the heritage month title.

In 1995 a Department of Labor survey was conducted, which asked American Indian members

their preference on how they desired to be called. That survey showed a split with about 49.76 percent preferring American Indian, 3.5 percent Alaskan Native and about 37 percent preferring Native American.

Others in the survey preferred

other terms such as First Indigenous People, Original Peoples or had no preference.

Pacheco noted that the number of tribes also tend to grow each year as additional ones acquire Bureau of Indian Affairs recognition.

Iranian navy helicopter flies within 25 yards of USS Essex

by Caitlin Doornbos, Stars and Stripes

WASHINGTON - An Iranian navy helicopter flew within 25 yards of USS Essex amphibious assault ship last Thursday, which was cruising through international waters in the Gulf of Oman, chief Pentagon spokesman John Kirby said Nov. 15.

The state-owned helicopter flew close to the ship's port side and, at one point, "as low as about 10 feet off the surface of the ocean," Kirby said.

The helicopter circled the 820-foot-long ship three times before leaving.

"Without getting into specifics, the crew of *Essex* took the appropriate force protection measures that they felt they needed to and they acted in accordance with international law," Kirby said. "There was no impact ultimately to *Essex*'s transit or its operations but that doesn't mean that this wasn't an unsafe and unprofessional act."

Kirby also called the incident "dangerous" because U.S. ship commanders "have the right of self-defense."

"When you have another armed force — in this case, the Iranian navy — that flies like this, you definitely run the risk of some sort of escalation and a miscalculation on either side here, and that's not helpful," he said. "This one ended peacefully, but it doesn't mean it was safe and professional. It absolutely wasn't."

Tensions between the U.S. and Iran are longstanding and incidents like Thursday's aren't uncommon. In April and May, the U.S. fired warning shots to warn off Iranian Revolutionary Guard vessels that approached Navy and Coast Guard ships at high speeds.

Iranian officials have not said why the helicopter flew so close to *Essex*.

RESULTS OF DOD FINANCIAL STATEMENT AUDIT SUPPORTS FOCUS ON PEOPLE

by C. Todd Lopez, DoD News

The Defense Department has completed the fourth annual departmentwide financial statement audit, and the results were released Nov. 15.

The audit, conducted by the DOD inspector general and multiple independent public accounting firms, covered DOD's more than \$3.2 trillion in assets and \$3.0 trillion in liabilities.

Efforts to begin doing departmentwide audits began in 2010, said Michael McCord, undersecretary of defense (comptroller) and chief financial officer, during a briefing Monday.

"We've expanded greatly since we started on this path about 10 years ago," McCord said. "Although we don't yet have a clean opinion and we have a long way to go, I'll note that over this past decade we've done what we have told the Congress we would do when we said we would do it. So when we said we would start something, we started it, and we said we would go into audit in 2017, [and] we did go into audit in 2017."

The results of this year's audit, McCord said, show support for one of the priorities of Secretary of Defense Lloyd Austin III's



taking care of people.

When it comes to how the DOD pays its people "both military and civilian," McCord said

processes used by the Defense Finance and Accounting Service passed muster through the audit.

"Those are separate processes

that are validated - the military pay process is separate from the civilian pay process," he said. "Each got an unmodified opinion or passed its test. When you combine the fact that our military and civilian pay processes pass muster, along with the clean opinion on the Military Retirement Fund, and a qualified opinion on the Medicare-Eligible Retiree Health Care Fund, I think it shows that we're strongest on the audit where it matters most: and that's meeting Secretary Austin's imperative of taking care of our people."

As of Monday, it was expected

that a total of eight reporting entities would sustain unmodified audit opinions, McCord said, including the retirement fund; Army Corps of Engineers' Civil Works; Defense Health Agency's Contract Resource Management; Defense Commissary Agency; Defense Finance and Accounting Service Working Capital Fund; Defense Contract Audit Agency; DISA Working Capital Fund; the DOD OIG.

"We remain committed to sustaining progress made to date and increasing our unmodified opinion counts in the coming years," McCord said.



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Sailor uses scuba skills to save Marine from Okinawa rip current

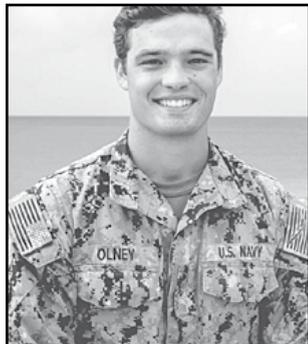
by Frank Andrews,
Stars and Stripes

CAMP FOSTER, Okinawa - A Navy Sailor, an experienced scuba diver, dragged a drowning Marine to safety through a strong rip current at a popular Okinawa beach in September.

It's at least the fourth rescue involving a rip current and U.S. service members in Okinawa since October 2020. Rip current encounters often end tragically; they have killed five service members this year in the waters surrounding Okinawa, Shawn Curtis, director of the Marine Corps Installations Pacific Safety Office, told Stars and Stripes by phone Nov. 3.

In this case, Aviation Electrician's Mate Airman Ian Olney earned praise Nov. 1 for "saving a fellow service member's life," according to the official Facebook page for the Navy command on Okinawa.

Olney, a certified dive instructor, was in the right place at the



Airman Ian Olney, Navy photo

right time. Staff Sgt. Marshall King, of 3rd Intelligence Battalion at Camp Hansen, was snorkeling midafternoon Sept. 21 in shallow water about 50 yards from Akuna Beach, he told Stars and Stripes during an interview Nov. 3. He realized a current had carried him farther from shore.

"I tried to stand up and get out of it, but the current was too strong," King, 35, of Phoenix, said. "It was a strong rip current, and it took me out quick."

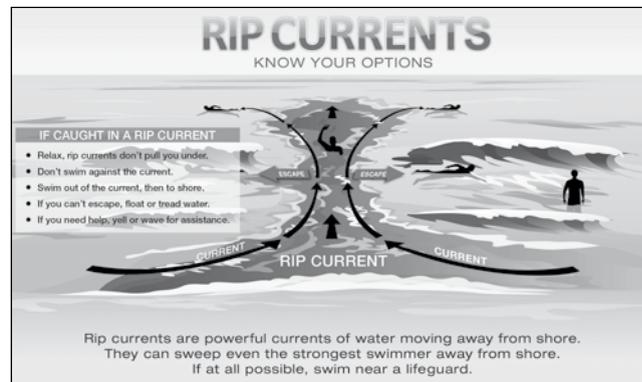
Rip currents are powerful, fast-moving, narrow channels of water that move directly away from the shore. The usual advice for escaping a rip current is to ride it out to calmer water, then swim parallel to shore and beyond the current's grasp.

This current, however, refused to yield, King said. He said he followed that advice but after a half-hour found himself alone, about 200 yards from shore and moving farther into open water.

"That's when I started really panicking," King said. "I started screaming and that's when airman Olney, he heard me, thank God!"

Olney, 21, from North Captiva Island, Fla., was spearfishing nearby with his Japanese dive buddy Yuuki Watanabe when he heard King calling. That call for help began a 45-minute-long endurance test for both men against a stubborn current.

AP-8 Poseidon battery technician at Kadena Air Base, Olney



grew up in the Caribbean Islands and on Hawaii, he said Nov. 2. As a dive instructor, he's trained to deal with distressed swimmers. He said he yelled to an exhausted King to swim toward him.

"It wasn't going to happen," King said. "My fins fell off a long time ago."

Instead, Olney dove to the ocean bottom and rode the current out to King, whom he found sinking and swallowing water.

"He was in full-blown panic," Olney said, "but he was the type of guy to snap out of it."

Graphic courtesy of weather.com.

He grasped King by his torso, instructed him to relax, stay on his back and backstroke toward shore. He pulled the Marine for a half-hour to calmer water, where King rested on a rock.

Olney rolled King on his back, grasped the coral reef hand-over-

hand and pulled closer to shore. Olney and Watanabe then each took an arm and swam King to the beach.

King joined the Marines in 2014 and returned to Okinawa in May 2019 for his third, six-month tour on the island.

"A friend of mine died in a rip current in 2016 out here in Okinawa so I was familiar with the dangers of what the waters out here can do," he said.

Since 2000, 40 U.S. service members have died from drowning in the waters around Okinawa, Curtis said. King had no doubt that Olney saved his life. "If he was not there, I am 100 percent certain it would have been a different outcome," King said. "I would have drowned."

Total Navy Battle Force: 294
Ships underway
Deployed ships underway: 51
Non-deployed ships underway: 27
Total ships underway: 78

news briefs

- ◆ Maritime Security Exercise
 - ◆ USS *Hershel "Woody" Williams*
 - ◆ USS *Pearl Harbor*

U.S., regional partners conduct maritime security exercise in Red Sea

Forces assigned to the United Arab Emirates, Bahrain, Israel and U.S. Naval Forces Central Command began a multilateral maritime security operations exercise in the Red Sea Nov. 10.

The exercise includes at-sea training aboard *Portland* amphibious transport dock ship focusing on visit, board, search and seizure tactics. The training will enhance interoperability between participating forces' maritime interdiction teams.

"It's exciting to see U.S. forces training with regional partners to enhance our collective maritime security capabilities," said Vice Adm. Brad Cooper, commander of NAVCENT, U.S. 5th Fleet and Combined Maritime Forces. "Maritime collaboration helps safeguard freedom of navigation and the free flow of trade."

Hershel "Woody" Williams arrives in Djibouti

DJIBOUTI CITY, Djibouti - USS *Hershel "Woody" Williams* expeditionary sea base conducted bilateral maritime flight operations with French SA-330 Pumas off the coast prior to arriving here for a scheduled port visit, Nov. 13.

The visit will include engagement opportunities with Djiboutian military and government leaders as well as a Women, Peace, and Security reception with government and military leaders to discuss opportunities for women leaders through peacekeeping capability building activities and exercises.

"Djibouti is a crucial partner in fostering maritime security and free trade," said Capt. Chad W. Graham, commanding officer, USS *Hershel "Woody" Williams*.

Pearl Harbor visits Pakistan

KARACHI, Pakistan - USS *Pearl Harbor* made a port visit here Nov. 9-11. While in port, crew members rested in a designated liberty area and participated in several community relations activities. Those COMRELS were a cricket game between U.S. and Pakistani forces, dinner receptions aboard the Pakistani Navy's *Shamsheer* guided-missile frigate and *Pearl Harbor*, as well as volunteer opportunities at a local school.



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Guard partnership program adapts, continues to grow

by Jim Garamone, DoD News

A National Guard program formed in the wake of the fall of the Soviet Union has adapted and continues to provide benefits to partnerships around the world, Army Gen. Daniel R. Hokanson, the chief of the National Guard Bureau, said at a Defense Writers' Group breakfast in Washington.

The State Partnership Program matches state National Guards with nations. It started as an effort to help nations newly freed from Soviet domination learn how the military operates in a democracy. The program also taught nations how to build the capabilities needed to qualify for NATO membership.

Beginning with 13 partnerships in 1993, the program now has 82 partnerships encompassing 89 nations. They span the range from Poland to Papua-New Guinea, Vietnam to Uruguay and Indonesia to Nigeria. The National Guards in all 54 states and territories participate in the program.

These are long-term commitments. "I was in Croatia over the weekend, and Minnesota has had a partnership [for] 25 years with Croatia," the general said. Hokanson met with the Croatian president, defense minister and the chief of defense. He said they each told him how valuable their partnership with Minnesota is.

Croatia became a NATO member in 2009, and yet the partnership with the National Guard continues. Croatian soldiers deployed with Minnesota Guardsmen to Afghanistan.

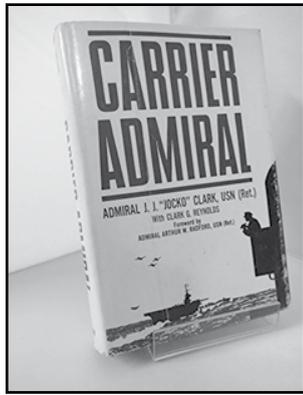
"When I was the adjutant general for Oregon, we had partnerships with Bangladesh and Vietnam, and it was really, it benefited both of us significantly," he said. "On one end, we will work with the countries to determine what they wanted to work on. In the case of Vietnam, they wanted to help set up an emergency management center and wanted to know how we did that."

The Oregon Guardsmen helped them design the center and coached them on operational procedures. **see next page**

Sailor donates Adm. Joseph 'Jock' Clark memorabilia to Cherokee Nation

by MC2 Ellen Sharkey,

Naval History and Heritage Command
WASHINGTON - Members of the Navy and the Cherokee Nation came together Nov. 12 at the Army Navy Club here to remember and honor proud Sailor and Native American, Adm. Joseph James "Jock" Clark.



Born in Pryor, Okla., Nov. 12, 1893, Clark, or "Jock" as he preferred to be called, was the son of Cherokee Indian William A. Clark and Lillie Berry Clark. He graduated from the Naval Academy, class of 1918. He was the first Native American graduate of the Naval Academy.

at sea, serving on two different destroyers and later taking command of destroyer Brooks (DD-232). In 1925, he became a designated naval aviator and served with aircraft squadrons, later commanding Fighting Squadron 2-B of USS Lexington (CV 2).

During World War I, he served at sea and was engaged in conveying troops across the Atlantic. After the war he remained

During the ceremony, Vice Adm. Jeff Trussler, a Cherokee Nation citizen who currently serves as the Deputy Chief of Naval Operations for Information Warfare and as the Director of Naval Intelligence, presented a naval cruise book that once belonged to Clark to Kimberly Teehee, the Cherokee Nation delegate-designate to Congress, who accepted the cruise book on behalf of the Cherokee Nation.

Upon presenting Clark's cruise book to the Cherokee Nation, Trussler reflected on

the significance of the event and the day.

"The timing of this ceremony couldn't be any better as it coincides with our annual commemoration of National American Indian Heritage Month," said Trussler. "Coincidentally, today also happens to be the anniversary of the admiral's birth: Nov. 12, 1893. His life and career of service to our Navy and our nation are worth remembering - he set the standards for those of us who share that heritage and who have followed in his footsteps."

Future USS Quentin Walsh marks start of fabrication

EAST BRUNSWICK, Maine - The Navy and General Dynamics Bath Iron Works marked the start of fabrication for future USS Quentin Walsh (DDG 132) with a ceremony here Nov. 16.

DDG 132 will be a DDG 51 Flight III guided missile destroyer centered on the AN/SPY-6(V)1 Air and Missile Defense Radar and will incorporate upgrades to the electrical power and cooling capacity plus additional associated changes to provide greatly enhanced warfighting capability to the fleet. The Flight III baseline begins with DDGs 125-126 and continues with DDG 128 and follow on ships.

The ship is named for Capt. Quentin R. Walsh, a U.S. Coast Guard officer who earned the Navy Cross during World War II.

"We're engaged in a long-term competition and future USS Quentin Walsh will provide the strategic capabilities needed to support the fleet for decades to come," said Capt. Seth Miller, DDG 51 program manager, Program Executive Office (PEO) Ships. "Capt. Walsh provided selfless service to his country and this warship will help to continue his honorable legacy."

BIW is also in production on the future Carl M. Levin (DDG 120), John Basilone (DDG 122), Harvey C. Barnum Jr. (DDG 124), Patrick Gallagher (DDG 127), Louis H. Wilson Jr. (DDG 126) and William Charette (DDG 130).

National News



Top 4

- A harrowing night in Afghanistan earns A-10 pilot the Distinguished Flying Cross, 10 years later
- Taliban hold military parade with U.S.-made weapons in
- Chinese mock-ups of U.S. carriers send a clear message, expert says
- The services aren't screening for suicide risk and assuring resources for separating troops, IG finds

Army

- Oklahoma Guard goes rogue, rejects COVID vaccine mandate after sudden change of command
- Army looking for industry to help shape its future SATCOM needs
- Fort Hood Soldier charged with murder of fellow Soldier, mother of his child

Navy

- Sailor from air station near Tokyo held in fatal collision with motorcycle rider
- Sailors volunteer across Santa Fe for Navy Week
- She was homeless in Modesto at 16; now she's an aircraft carrier officer and nurse
- "Blue Angels for geeks": Inside the Navy's plan to "hack" its own unmanned strategy
- Attack boat New Jersey christened as sub construction continues pandemic recovery
- Jury: Jacksonville Navy officer guilty of gun crimes to help Chinese business executive
- Navy christens boat named after Apalachicola

Marine Corps

- Restructuring continues at Kaneohe Bay
- Marine Corps decided not to punish a Marine who appeared on stage at a Trump rally
- As he leaves the Marines, a Navy Cross recipient finds purpose through tragedy
- Marine killed in Kabul airport attack to be honored at Omaha hockey game

Air Force

- Air Force pararescue jumpers score a first by lifting simulated casualties from Army landing craft

Space Force

- Space Force buys three new GPS satellites from Lockheed Martin
- Leader suggests education secretary should be on the National Space Council

National Guard

- Air Guard to do evening trainings with F-35s
- Kyle Rittenhouse trial: Wisconsin National Guard to support Kenosha police
- Nearly 70 Colorado National Guard members provide COVID-19 support

Coast Guard

- Rain, floods prompt Coast Guard rescues in Pacific Northwest

4 www.armedforcesdispatch.com THURSDAY, NOVEMBER 18, 2021

Places of Worship		
<p>Bethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd, Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 10:30am Sundays Bible Class, Wednesdays 10am (619)222-7291 LivingWaterSD7@gmail.com</p>	<p>Christ Community Church <i>Helping people love God and each other!</i> Services Onsite or Online Sundays 8:30 & 10:30am Children's Ministries for All Kids! Small Groups for Teens & Adults of All Ages! 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15 www.gotoChrist.com or (858) 549-2479</p>	<p>Mesa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) <i>Seeking Sinners; Saving Souls; Strengthening Saints</i> Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd, Poway • 858-485-6110 • www.mesaview.org</p>
<p>Bayview Church <i>Attract...Assimilate...Activate</i> 6134 Pastor Timothy J. Winters St., San Diego 92114 (619) 262-8384 Sunday 6:45am, 8:30am, 11am Worship Service Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am www.bayviewbc.org info@bayviewbc.org</p>	<p>First Baptist Church of Coronado <i>"Reach Up, Reach Out, Reach Our World"</i> Jim W. Baize, Pastor www.fbcoronado.com Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am Meeting in person and online on YouTube or Facebook FB: First Baptist Church of Coronado email: secretary@fbcoronado.com 445 C Ave., Coronado, CA 92118 (619) 435-6588</p>	<p>Military Outreach Ministries Int'l Church <i>"Transforming the World, One Person at a Time"</i> Dr. Dennis Eley, Jr, Th.D., MBA dennis@militaryoutreachministries.org Sunday Worship on Zoom ID# (7259730232; Passcode 543563) at 12:30-1:30pm (PST) Thirsty Thursday Bible Studies on Zoom from 7-8pm (PST) Live Stream: 12:30-1:30pm on "Moministries" free church app</p>
<p>Canyon View Church of Christ <i>"Love God, Love People, Serve the World"</i> Sunday Bible Classes for all ages 9am Sunday Worship 10am 4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org (Near corner of Balboa Ave & Clairemont Dr) www.canyonview.org (858) 273-5140</p>	<p>La Jolla Lutheran Church <i>"We Follow Jesus"</i> Sunday 9:30am Worship and Sunday School Wednesday 6:30pm Bible Study 7111 La Jolla Blvd., La Jolla, CA 92037 (858) 454-6459 LaJollaLutheranChurch.com</p>	<p>Resurrection Lutheran Church <i>A Small Place with a Big Heart!</i> Worship Service Sunday at 10:15 am. (please see website for details) 1111 Fifth Street - Coronado, CA 92118 - 619.435.1000 secretary@resurrectioncoronado.com - www.rl.church https://www.facebook.com/resurrectioncoronado/ The Rev. Dr. Brian Oltman, Pastor</p>
	<p>Living Water Lutheran Church Meeting at Green Flash Brewery Gathering Room 6550 Mira Mesa Blvd. (Entrance Directly in back - off Sequence Dr.) Worship 8:45am (858)792-7691 LivingWaterSD7@gmail.com Pastor: Rev. Steven Duescher</p>	<p>St. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. <i>We thank you for your service!</i></p>

CNIC shares Fleet and Family Support Program veteran's continued commitment to mission, serving others

by MCC Brian Morales,

"If there wasn't a you, there wouldn't be a me," stated a Syracuse, N.Y., native assigned to Commander, Navy Installations Command (CNIC) whenever he met a Vietnam, Korea or WWII veteran while thanking them for their service.

With more than 21 years of service in the Army and the Marine Corps, Tim McGough continues to serve the nation as CNIC's Fleet and Family Support Program's (FFSP) communication program analyst.

"I love being part of the Fleet and Family Support Program," said McGough, who keeps military families informed about all the support services offered to

them through the FFSP.

His service to the nation began in a completely opposite job field in the Army in 1985 as an infantryman, ending his initial enlistment in 1988.

"I joined because I wanted to serve my country," said McGough. "I have always been grateful for what this country has given me and my family. I felt or feel that I owe a debt to my nation. America has given me and my family so much."

Two years after departing the Army, he enlisted in the Marine Corps as a print and broadcast journalist, where he retired as a gunnery sergeant in 2007.

"Joining the Marine Corps was one of the best decisions

I ever made in my life, next to marrying my wife," said McGough.

"One of the best things that has ever happen to me in my life and especially while I was in the military was meeting my wife, Grace. I met her on New Year's Eve when I was stationed in West Germany just before the clock struck midnight into 1987. We were married in 1989, when I was in college between my time in the Army and the Marine Corps and have been together ever since. I can't thank her enough for all her love and support throughout the years. She gave me two sons and they all have served right along with me throughout my whole career and more."

The couple of 32 years today enjoy spending time with their two grandchildren.

The majority of his duty tours were served in Europe and Asia, where he supported humanitarian assistance and disaster relief operations such as Operation Tomodachi.

Now McGough supports marketing individual and family readiness through a full array of programs and resources, which help Navy families remain resilient, well-informed and adaptable to the Navy environment. These programs and services are currently delivered from 81 sites worldwide, with 58 of those sites delivering a full portfolio of programs and services.

Nominations for Marine Corps Heritage Foundation award program are open

The Marine Corps Heritage Foundation announced recently the return of their annual award program after a one-year hiatus with nominations now open.

Each year MCHF presents a series of awards for creative works preserving or advancing Marine Corps history, traditions, culture or service. Marines and civilians are eligible to submit their own artistic entries or the distinguished work of others.

Awards are scheduled to be presented during the Foundation's in person annual awards ceremony on April 30, 2022, at the National Museum of the Marine Corps. The deadline for submissions is January 15, 2022.

The annual awards are presented in 17 categories including journalism, documentary, literature, screenplay, photography and poetry. A panel of experts from major regional and national media outlets, authors, noted photographers and Marines will judge the submissions. Entry is free. Winners will receive a gold medallion award, commemorative brick in Semper Fidelis Memorial Park, and a \$2,000 cash prize if applicable.

For a detailed list of the awards as well as submission requirements, visit <https://www.marineheritage.org/awards.html>.

Veterans

•Elderly veterans targeted in \$134 million Medicare, VA medical care fraud scheme



•Poll: Veterans say U.S. left Afghanistan without honor, and they want to talk about it

•New polls show Americans believe corporations should help veterans find work

•Time catching up to 158-year-old Beaufort National Cemetery that have settled and moved over time in the 30-acre historic section

•A Navy medic and photographer uses art to reflect on his time in Afghanistan

Guard

continued from page 4

A group of service members walk down a road.

Hokanson said this isn't a one-way arrangement. When Vietnam had to deal with flooding along the Mekong River, National Guardsmen learned how the Vietnamese handled the crisis. "When we sent our soldiers and airmen over there, they develop those relationships, and, for the folks in Vietnam, they get to learn a lot of things that we had learned," Hokan-

son said. "For our soldiers and airmen, they get a more global perspective of what was going on and their role in it."

The nations exercise together and service members from privates and airmen to generals get hands-on experience. The National Guard has an added benefit in that the personnel in the Guard may stay in place for 10 to 20 years, the general said. They develop personal relationships with their counterparts in partner nations.

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Shore-based Sailors in Sasebo, Japan, handle lines as *Rushmore* amphibious dock landing ship moors pier Nov. 17, becoming the newest addition to the forward-deployed naval forces. Navy photo by MC1 Jeremy Graham

USS *Rushmore* arrives in Sasebo for forward-deployed duties

from Amphibious Squadron 11
Public Affairs

SASEBO, Japan - Amphibious dock landing ship *Rushmore* arrived at Fleet Activities Sasebo, Japan, Nov. 17, as the newest addition to U.S. 7th Fleet's forward-deployed naval forces.

Rushmore relieves another Whidbey Island-class ship, USS *Germantown*, which departed Sasebo in September after more than a decade of FDNF service. Like *Germantown*, *Rushmore* is capable of embarking, launching, and recovering up to 500 Marines and their landing craft in support of expeditionary operations.

"*Rushmore* has a fantastic reputation and I am certain that the team will seamlessly pick up where *Germantown* left off," said Capt. Greg Baker, commodore of Amphibious Squadron (PHIBRON) 11. "Cmdr. Emily Royle brings a wealth of FDNF and Sasebo experience, and I am excited for her return to set an even higher bar of excellence as *Rushmore* operates with the

ships, Sailors, and Marines of the *America* Expeditionary Strike Group."

Named for Mount Rushmore National Monument in South

"*Rushmore* and her Sailors look forward to continuing our service to the Navy and the nation while forward-deployed to the tip of the spear," said Cmdr. Emily Royle, *Rushmore*'s com-

manding officer. "Our crew is ready to join the elite blue-green team of the *America* [strike group], and to establish positive relationships with our new host

country, and our partners and allies." In 1997, *Rushmore* became the Navy's first "smart ship" featuring Electronic Chart Display, Integrated Bridge System, and Machinery Control System. Two years later, she completed the first six-month "smart ship" deployment to the Western Pacific.

Together, the ships of Amphibious Squadron 11 and elements of the 31st Marine Expeditionary Unit, the Navy's only forward-deployed ARG-MEU team, are operating in the U.S. 7th Fleet area of operations to enhance interoperability with allies and partners, and to serve as a ready-response force to defend peace and stability in the Indo-Pacific region.



Dakota, *Rushmore* was commissioned June 1, 1991 in New Orleans. She has participated in multiple operations in the U.S. 3rd, 5th, and 7th Fleet areas of responsibility, including operations Restore Hope and Support Hope off the coast of Africa in 1993 and 1994, and Operation Iraqi Freedom in 2005. In 2015, *Rushmore* rescued 65 people in the Makassar Strait near Indonesia after their ferry had capsized.

manding officer. "Our crew is ready to join the elite blue-green team of the *America* [strike group], and to establish positive relationships with our new host

AT SEA WITH USS JACKSON: U.S., Brunei commence Bilateral Exercise CARAT

SOUTH CHINA SEA - U.S. military and Royal Brunei Armed Forces are partnering in the 27th annual Cooperation Afloat Readiness and Training, or CARAT maritime exercise, virtually and in the South China Sea, Nov. 15.

Participants in the five-day engagement include U.S. Navy assets San Diego-based USS *Jackson* littoral combat ship with embarked MH-60S from Helicopter Sea Combat Squadron 23 and a Poseidon aircraft as well as Sailors from Special Operations Command Pacific, Naval Special Warfare, Special Boat Team and Coast Guard. The full spectrum of naval capabilities are tested, with cooperative evolutions between the U.S. and Brunei to work together towards the common goal of ensuring a free and open Indo-Pacific maritime security environment.

"As the 27th iteration of the CARAT exercise series, 2021 underscores the longstanding role of CARAT to address shared maritime security interests amongst partner navies," said Capt. Tom Oden, commodore, Destroyer Squadron (DESRON) 7.

"The world as we know it is full of unknowns, and the region we are in is no exception," said RBAF Joint Forces Headquarters Chief of Staff, Col. Saifulrizal bin Abdul Latif.

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'Jack of all trades': Aces stack the deck in Afghanistan

by 1st Lt. Wesley Medeiros
MCAS MIRAMAR - Earlier this year, the Marine Wing Support Squadron (MWSS) 373 "Aces" returned from a six-month deployment to the Middle East in support of Special Marine Air-Ground Task Force-Crisis Response-Central Command.

In April, MWSS-373 deployed to Kuwait where they initiated aviation ground support operations in the region. For more than four months, the Marines of MWSS-373 rebuilt airfield infrastructure in Syria and Iraq, refueled Osprey and KC-130 aircraft in Saudi Arabia, provided communication and supply capabilities to the air command element, and supported ground logistics movement and sustainment of the air, ground and logistics command elements.

In mid-August, MWSS-373 responded to growing civil unrest in Kabul, Afghanistan by augmenting with Marines who rapidly responded with 24th MEU in support of noncombatant evacuation operations at Hamid Karzai International Airport.

Noncombatant evacuation operations are the primary method employed by the U.S. State Department of safely evacuating American citizens and host country nationals from crisis situations in foreign countries. Prior to their arrival in Afghanistan, MWSS-373 underwent process-focused training as

evacuees overflowing at the airport, MWSS-373 Marines were prepared to operate outside of their job description and original mission in the Middle East in order to accomplish their mission in Kabul.

"Our Marines are problem solvers who find ways to do things in less than ideal circumstances, with less than adequately staffed resources," said Capt. Jacob Schiltz, SPMAGTF-CR-CC Marine Wing Support Detachment operations officer. "You may not have everything you need, but you figure out a way to get the job done."

Estimates of the population overrunning the airport was already in excess of 10,000 by the time MWSS-373 arrived, a number that was increasing by the hour. An inherent lack of accountability within the masses further exacerbated overcrowding, making any sort of vetting process nearly impossible for a growing population of desperate and scared evacuees. As part of the ECC, Marines quickly learned that in order to assist evacuees and accomplish their mission, the human factor of the situation needed to be addressed.

MWSS-373 took initial action by implementing crowd control tactics to quell riotous and unruly behavior, setting the stage for construction of canalizing terrain amidst the holding sites. Serpentine structures were built using surrounding broken-down buses and military-grade pallets,



A Marine with crisis response team calms a child during an evacuation at Hamid Karzai International Airport Aug. 26. Marine Corps photo by Sgt. Samuel Ruiz

port portables restrooms and hand-washing stations across vily contested terrain to build sanitation sites for evacuees to utilize prior to transportation out of Afghanistan.

"The problem solving abilities of the young Marines and our Sailors won the day," said Funderbunk. "The only reason our mission in Afghanistan was a success was because of our Marines."

MWSS-373's mission is to provide all essential aviation ground requirements to a designated fixed-wing component of a Marine aviation combat element or to supplement air base facilities and services provided by a Marine Corps air station.

SPMAGTF-CR-CC serves as an expeditionary crisis-response force capable of supporting the evolving requirements of U.S. Marine Corps Forces Central Command and U.S. Central Command. Acting as a forward-deployed, flexible, shore-based MAGTF capable of conducting crisis response, contingency operations and theater security cooperation, SPMAGTF-CR-CC possesses the ability to respond to instability while building strong regional partnerships.

3rd MAW continues to "Fix, Fly and Fight" as the Marine Corps' largest aircraft wing, and remains combat-ready, deployable on short notice, and lethal when called into action.



A Marine assists evacuees at an evacuation control check point at Hamid Karzai International Airport Aug. 26. Photo by Staff Sgt. Victor Mancilla

"We're the jack of all trades," said Maj. Sophie Funderbunk, SPMAGTF-CR-CC Marine Wing Support Detachment commander. "More than 20 military occupational specialties compose our detachment, which means that you get over 20 different capabilities to employ within a variety of mission sets across the MAGTF."

part of the evacuation control center, whose mission is to restore order in an area of instability resulting from hostility or humanitarian disaster. Despite an incredible amount of situational uncertainty, a shortage of mission-essential equipment, and the growing population of

allowing Marines to more effectively communicate with and supervise evacuees.

Female Marines acted as the first line of defense for women and children seeking transportation through Kabul, conducting searches for weapons and hazardous materials, and tending to children abandoned at the holding site. Follow-on efforts

included hotwiring abandoned vehicles and construction equipment in order to provide critical logistical support at the airport, namely transporting large obstacles and digging sanitation trenches for the thousands of men, women, and children already clustered into the toxic environment. MWSS-373 Marines further utilized a variety of acquired vehicles to trans-



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Mercy concludes MERCEX with return to homeport

by Petty Officer 2nd Class
Jacob Woitzel

SAN DIEGO - Hospital ship USNS *Mercy* (T-AH 19) and its embarked Medical Treatment Facility (MTF) returned to San Diego Nov. 12, concluding *Mercy* Exercise 22-1.

MERCEX is a training evolution held quarterly both pierside and underway.

Over 300 Sailors embarked *Mercy*, and participated in both pierside and underway

training exercises and drills to test overall medical capability and efficiency.

“MERCEX 22-1 was a resounding success,” said Capt. Timothy Quast, *Mercy*’s skipper. “Our crew executed safe and precise flight operations with an MV-22B Osprey, participated in small boat operations alongside our MSC shipmates and treated a variety of patients during mass casualty drills in all phases of care and injury. We witnessed proof that *Mercy* is ready and reliable for any future mission.”

During MERCEX, Sailors conducted directorate-specific and cross-directorate training, medical readiness training and patient transport training. Sailors also participated in exercises such as firefighting and damage control drills, small boat drills and flight operations, all alongside their Military Sealift Command shipmates.

“MERCEX [22-1] was very successful,” said Capt. Peter Nolan, *Mercy*’s ship’s master. “We accomplished all of our objectives and goals, and we’re very happy with the outcome of

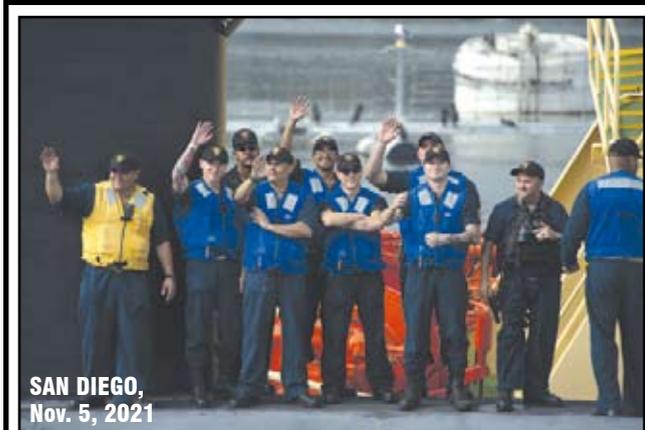
the week’s exercises.”

To conclude MERCEX, Sailors and civilian mariners participated in an all-hands, mass casualty capstone event to test their abilities learned throughout the week.

The three-week, pierside and underway training evolution highlights integration, training and camaraderie between MSC civilian mariners and Military Treatment Facility Sailors.

Visit navy.mil or facebook.com/usnsmercy for more information.

THIS WEEK'S SNAPSHOTS



SAN DIEGO,
Nov. 5, 2021

Sailors wave from aboard fast attack submarine USS *Alexandria* as it departs on deployment. *Alexandria* is homeported at Naval Base Point Loma and is assigned to Commander, Submarine Squadron 11, an asset under the operational control of Commander, Submarine Force, Pacific Fleet. Navy photo by MC1 Thomas L. Gooley



USS JOHN P. MURTHA, at sea
Nov. 6, 2021

Sailors participate in a burial at sea ceremony while underway conducting NASA Underway Recovery Test Nine in the Pacific Ocean. The remains of 45 souls were committed to the sea during the ceremony, which honors fallen military members, retirees, honorably discharged active duty service members, and military dependents. Photo by MC2 Curtis D. Spencer



CAMP PENDLETON
Nov. 8, 2021

Marines with Reconnaissance Training Company, Advanced Infantry Training Battalion, School of Infantry - West, are shown here with the Secretary of the Navy Safety Excellence Award. The award is presented to recognize individuals and units for significant contribution in the field of safety and mishap prevention. Marine Corps photo by Lance Cpl. Hope Straley

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Dealing with dizziness: Getting help for a balance disorder

You need your sense of balance to stand, walk, bend down, drive, and more. If it gets disrupted, you may struggle to work, study, or even do simple daily activities. Balance problems also increase the risk of dangerous falls.

"Balance is really your sixth sense," says Dr. David Newman-Toker, a neurologist at Johns Hopkins University. "But we're not usually aware of it, unless it's broken."

Many things can affect your balance. Being hungry or dehydrated may make you feel lightheaded. Some medications can make you feel dizzy. Health problems that affect your inner ear or brain can also throw off your balance. These may include infection, stroke, or a tumor.

Usually, a disruption in balance is temporary. But some things can cause long-term balance problems. So how do you know when to be concerned?

"If your symptoms are severe, or last for a long time, that's an indication to have things checked out," says Dr. Michael Hoa, an ear, nose, and throat specialist at NIH. "Pay attention to things that aren't normal for you."

You may feel like you're moving, spinning, or floating, even if you're sitting or lying still. Or you could

feel like you're suddenly tipping over while you're walking. You might have blurred vision or feel confused or disoriented. Pinpointing the Problem

Tiny organs in your inner ear form the core of your balance system. They communicate with your brain to give you a sense of your body's position.

"But your balance system isn't just your inner ear," Hoa says. "It's input from your eyes. It's your muscles, joints, and spine. It's your vision."

That makes balance disorders tricky to diagnose. "A change in any part of the system could contribute to changes in your balance," he says. "Sometimes that makes it hard to distinguish one balance disorder from another."

A new balance problem can sometimes signal a medical emergency, like a stroke. So it's important to get symptoms checked out as soon as possible.

"The most important things to tell your health care provider are the timing and triggers for your symptoms," says Newman-Toker. This will help them narrow down the possible cause.

Common Causes of Balance Problems

Identifying what's causing a balance problem can be complicated. Several disorders have similar symptoms.

An infection or inflammation of the inner ear can trigger dizziness and loss of balance. This is called labyrinthitis. Inflammation can also affect the nerve that sends signals about balance to the brain. This is called vestibular neuritis.

The most common cause of dizzy spells is called benign paroxysmal positional vertigo, or BPPV. This occurs when tiny crystals in the inner ear fall out of place. BPPV can cause a brief, intense sense of vertigo triggered by certain changes in the position of your head. The spells last less than a minute.

A less common, but recurrent, cause of balance problems is Ménière's disease. This can cause vertigo, hearing loss, and a ringing or buzzing sensation in the ear. It's not known what causes this condition. But people living with it often have extra fluid in their inner ear.

To determine what's causing your symptoms, your health care provider can do different tests. These include a hearing exam, blood tests, or tests to measure your eye movements. If these tests can't rule out a stroke, you may also need an MRI scan.

Newman-Toker's team is experimenting with goggles that measure eye movements automatically. They're testing whether the goggles can help doctors in the emergency department make better diagnoses.

Because some balance disorders can look similar, people may not always get the right diagnosis and treatment on the first try, says Newman-Toker. You may need to visit another doctor or try different treatments before you feel better.

Finding What Works

Some balance disorders have straightforward treatments. But others can be tricky. For BPPV, a trained health care provider can perform a series of simple head movements. These move the loose crystals back in place.

Ménière's disease is harder to treat. Lifestyle changes like stopping smoking and eating less salt can sometimes reduce symptoms. New drugs are now being tested to treat Ménière's disease in clinical studies.

Hoa's lab is trying to identify possible causes of Ménière's disease. They're looking at how genes, proteins, and the body's disease defense system (the immune system) may be involved. They suspect that what's currently called Ménière's disease may be several

different conditions. Pinpointing the differences may lead to more personalized treatments.

But currently, few effective drugs exist for long-term balance problems, says Dr. Anat Lubetzky, a physical therapist at New York University. "For many people, the solution to a balance problem is balance rehabilitation." Rehabilitation teaches you ways to adapt to dizzy spells. It also focuses on strengthening muscles and preventing falls.

"People with balance disorders can enter a vicious cycle of the fear of falling," Lubetzky says. "They may avoid activity, which can then create muscle and bone problems."

That, in turn, can increase the risk of more falls. "You have to gain your confidence back," she says.

Lubetzky is researching the use of virtual reality, or VR, to better understand and treat balance disorders. Many people with balance disorders struggle in environments with a lot of sights and sounds. So her lab creates virtual scenes, like subway stations, for rehab sessions. These scenes let people practice walking in small virtual crowds.

As people build their skills, the scenes can get busier and noisier. The team hopes that these pro-

grams will help people regain their confidence in busy environments without leaving the safety of the clinic.

Whether it's rehab, medications, or other treatments, it may take time to find something that works for you.

"If things don't go how you've been told to expect them to, be aware that you might actually not have the right diagnosis," Newman-Toker says. You may need to go back to your health care provider or see a specialist.

It may also take time to gain your confidence back. In the meantime, anyone living with a balance disorder—either temporarily or permanently—can also do simple things at home to prevent falls and accidents including:

- Avoid walking in the dark, either inside or outside.
- Wear low-heeled shoes or walking shoes.
- Use a cane or walker, if necessary.
- Add handrails to stairwells and bathrooms in your home.
- Stay physically active to improve your balance and strength. A physical therapist can help you learn to exercise safely.
- Talk with your health care provider about whether it's safe to drive

AutoMatters™ & More



by Jan Wagner

This is absolutely brilliant. You and everyone else who has a car, truck, RV or other road vehicle should get one of these for each vehicle. I get nothing from Amazon to tell you about this. I paid for mine.

I recently returned from a week-long road trip from San Diego to cover the SEMA Show and the Optima Ultimate Street Car Challenge, in Las Vegas. Eventually you will be reading several of my "AutoMatters & More" columns about that excellent trip, but first I have a ton of photos to go through (on six big memory cards), and I will want to edit many of them.

On a long road trip I, probably like you, stop on the way to eat and drink — often in my car, especially lately due to COVID-19.

Typically, what I do is balance my food and drink on the rounded, padded, central armrest/storage bin cover beside me between the two front seats. If need be, I also balance other food items precariously on the dashboard or on the front passenger seat — neither of which is level.

For years I've longed for someone to come up with a convenient, reasonably secure and stable tray for a car, upon which I would be able to put food, a laptop computer or whatever (when I was parked, of course). A few days ago, while I was on Amazon, I discovered one.

Must-have auto accessory — steering wheel food tray & desk

I ordered it and I tried it out when it arrived.

It's affordable and it works perfectly! I love it. I can't believe that I did not discover the earlier or similar versions of this item long ago. My only consolation is that now, for 2021, they have introduced a significantly better model.

One side of the generously-sized tray (approximately 17 x 11.5 x 1 inches) has a recess to contain your food items, plus another recess for a beverage. You might want to tilt your steering wheel slightly, in order for the tray to sit flat. Cleanup, if necessary, should be quick and easy.

Flip it over and on the other side you will find a flat desk-like surface, with a recess that will hold a pen. This side of the tray is well suited to holding a book, paper or a laptop computer.

This tray easily attaches to the steering wheel but, if you have a three-spoke steering wheel like I do, make sure that you rotate the steering wheel first, to turn it upside down. There is a video on Amazon to show you how to easily install it, but you basically angle the tray down, move it as far forward as you can—so that the center of the curve sticks into the gap above the edge of the steering wheel's rim, and then let it level itself naturally. Press down to make sure it is fully in place.

Since it's flat, fairly thin and

strong, I store mine in the seat pocket behind one of the front seats. Its current price on Amazon.com is \$16.99. There is also an offer to "Save 5 %."

To learn more and to order these (I plan on ordering a second one for my other car), go to [Amazon.com](https://www.amazon.com) and enter "Steering Wheel Tray with Edge Protection Multifunctional Car Table Desk for Eating Writing, Laptop Fits Most Vehicles Steering Wheels (Won't Damage Steering Wheel)" in their search bar.



Desk side of tray with computer on it

That should take you to a page with a few steering wheel desks. This one will say, in blue lettering above the desk, "2021 UPGRADED DESIGN." Order this one, not the others, because while there are a lot of other companies on Amazon offering what looks like the same product, they do not seem to have the silicone pad edge. Instead, the edge is hard plastic. This is a really important difference, compared to the \$3 or so less expensive version without this. The silicone edge will protect your steering wheel from wear, and it offers extra grip that hard plastic would not provide. It is marketed on Amazon under the "ECARZO" brand, and ships in a plain white box.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit [AutoMatters & More](https://www.automatters.com) at [AutoMatters.net](https://www.automatters.com). On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2021 by Jan Wagner - AutoMatters & More #717

Idealism vs. Reality: The truth about military life

I'm a hopeless idealist. This may sound like a humble-brag, but this particular personality trait can be a burden. I tend to have unrealistic expectations for myself, places, things, and humanity in general. So, when reality hits, I'm often disappointed.

As soon as an idea pops into my head, I begin visualizing. When it finally materializes before me, my active imagination has already built it up into something fanciful. And I'm left to cope with reality.

For instance, when our family received orders to England, I imagined us living in a 17th Century thatched roof cottage surrounded by blackberry brambles and honeybees, à la Peter Rabbit. Instead, we spent two months holed up in dreary RAF Molesworth base lodging watching cooking shows on AFN. We eventually moved into a charming village; however, my storybook fantasy was dashed every time I faced life's eventualities: Mad Cow Disease warnings, male strippers at the local pub, the English penchant for instant coffee, my otherwise pretty English neighbor's rotten front tooth.

Years later, when my husband, Francis, went on a yearlong deployment, I imagined myself dressing the kids up in red, white and blue, and waving tearfully from the pier as his ship departed, the band on-board playing "Anchors Aweigh." Instead, we kissed good-bye next to a bagel kiosk at the Norfolk Airport before he disappeared into the security screening line with a plastic baggie of toothpaste and shampoo.

When we PCSed to Germany, I planned frequent travel trips so our kids could experience Europe.

Despite many incredible destinations, I focused on the imperfections marring my fantasies. Garbage floating in Venetian waterways. A McDonalds on the Champs Elyse. A "Made in China" sticker on a Tuscan souvenir. A German man scolding me for a bad parking job. Admitting that the expensive cheese we bought in Belgium smells too weird to actually eat.



After many years of unfulfilled expectations, my tendency to idealize turned into susceptibility to self-doubt. My mind was not to be trusted. If I felt really good about someone or something, I must be wrong, I thought.

Recently, a friend's young-adult daughter was seeking my perspective as a long-time military spouse. Her best friend was dating a West-point grad with two years left of his active duty service commitment to the Army. "They've been dating long-distance for about a year, and she thinks he should get out. He wants to go special ops, but she doesn't want to move away from her family and friends, only to be left alone when he deploys."

Instinct kicked in, and I blurted, "Your friend sees her boyfriend's military service as a threat to her

familiar world, but she has no idea what military life has to offer." In rapid-fire succession, I rattled off the many reasons I've loved military life. "There's adventure... bonding between military spouses... pomp, circumstance, honor, and patriotism... strength and resilience from being challenged... a sense of true belonging and community... unparalleled camaraderie." I went on and on until I ran out of breath.

The next day, I was getting ready for our town's Veterans Day ceremony, when my self-doubt crept in. "Did I give someone really bad advice because I'm too idealistic?" I wondered. "Is my vision of military life a self-justifying, starry-eyed cover for the harsh realities experienced by those who serve?"

Our town's Memorial Park, Francis joined the group of vets behind the podium, each one garbed in mementos of their military days. "My experience in the service has proven to be incredibly significant in my life," a 70-something vet said into the microphone. A band played "Eternal Father, Strong to Save", flowers were floated in the bay, riflemen shot a salute, 100 flags waved, and little old ladies wiped away tears.

I shed a tear, too.

My instincts were right. When it comes to military life, I'm no idealist. My heartfelt pride in our 28-year military marriage are borne, not of unrealistic expectations, but of real-world experiences. Despite the inevitable moments of inconvenience, hardship, disappointment that come with military service, I'll always be thankful for having been a military spouse.

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9	9	8	7	2	8	2	1	6
2	7	2	8	1	6	8	9	9
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MOVIES AT THE BASES

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

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

FREE entry to the first 375 customers (per showing), no outside food, concessions will be available.

Thursday, Nov 18
6pm Halloween Kills (R)

Friday, Nov 19
6pm Ron's Gone Wrong (PG)

Saturday, Nov 20
2pm No Time to Die (PG-13)

6pm Dune (PG-13)

Sunday, Nov 21
1pm Ron's Gone Wrong (PG)

3:40pm Dune (PG-13)



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

Saturday, Nov 20
1:30pm No Time To Die (PG-13)

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242 ★

Friday, Nov 19
6pm Ron's Gone Wrong (PG)
9pm Dune (PG-13)

Saturday, Nov 20
3pm Movie Cancelled: Holiday Celebration at Palms Park - LIVE!
6pm Elf (PG) FREE Movie
Please verify online before attending

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

Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.
Debit and credit cards accepted only

Friday, Nov 19
6pm Dune (PG-13)

Saturday, Nov 20
3pm Dune (PG-13)

6pm Dune (PG-13)

Sunday, Nov 21
1pm Ron's Gone Wrong (PG)

4pm Dune (PG-13)

Updates: sandiego.navylifsw.com

CROSSWORD PUZZLE

Across

- Ones who usually know what to do with their hands
- She taught Butch and Sundance Spanish for their Bolivian robberies
- Turn yellow
- Level
- Italian menu word meaning "hunter"
- Rig
- Spot about being green, for short
- Earthquakes or Fire, briefly
- Kind of engine
- Lhasa ___
- Snack chip
- Row houses?
- Agamemnon pair
- In again
- Only
- Social science classic
- DEA employee
- Research Triangle city
- Green of "Casino Royale"
- French archipelago
- Cello's lack
- City with a Cleveland Browns training facility
- Network operated by the U.S. Space Force
- Hosiery thread
- Theater company?
- Vet school subj.
- DIRECTV parent
- Hotel convenience
- Get rid of
- "Kills bugs dead" brand
- It doesn't affect a starting pitcher's win-loss record
- Permanently mark
- Hard to follow, facetiously
- True
- Trials with blindfolds, perhaps

Down

- Soyuz initials
- Revelations
- Like una heredera
- XXV x XXVIII
- Cuts corners
- Recovers
- Snack with an unappetizing name
- Square ___
- Unmitigated
- Place
- Start at the beginning?
- Nerves
- Cause of many fictional paradoxes
- "Did it start already?"
- Transmute
- Put away the dishes?
- Portuguese royal
- Olympics opening ceremony VIP
- Threat to world peace
- Ross Sea locale
- Exhaust
- Flutters with excitement
- Indian lentil stew
- Spend time in a cellar, perhaps
- Provide new pieces for?
- ___ juvante: with God's help
- Honda subcompact
- Roundup tool
- Bit of color
- Mother-of-pearl
- Pelican St. city
- Shakespearean warning word
- Designs
- Cancel
- The odds are with them
- UPS alternative
- Seattle-to-Reno dir.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15										16			
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62					63								

Military/Veterans Crisis Line
1-800-273-8255

Confidential chat at MilitaryCrisisLine.net or text 838255

EVENTS AROUND TOWN

Nov 16-21: **Hairspray** at San Diego Civic Theatre. www.sandiegotheratres.org

Nov 18: **Men's Basketball SDSU vs. Arizona State** at Viejas Arena, 7:30pm. www.goaztecs.com

Nov 18-Jan 9: **Rady Children's Hospital Ice Rink** at Liberty Station www.radyfoundation.org/icerink

Nov 19: **Rancho Bernardo Farmers Market**, 9am-noon, Bernardo Winery, 13330 Paseo del Verano Norte

Nov 19: **Kearny Mesa Farmers Market**, 10:30am-1:30pm, North Island Credit Union, 5898 Copley Dr

Nov 19: **Imperial Beach Farmers Market**, 2-7pm, IB Pier Plaza

Nov 19: **Santee Holiday Lighting Celebration**, 5:30-8:30pm, Santee Trolley Square Town Center

Nov 19: **Owl Art Night** at Agua Hedionda Discovery Center, 4-5pm. www.aguahedionda.org

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Nov 19-26: **Ebenezer Scrooge's Big Christmas Show** at The Old Globe. www.theoldglobe.org

Nov 19-21: **Komen San Diego 3-Day Walk** www.komen.org/sandiego

Nov 19-21: **Wonderfront Festival** www.wonderfrontfestival.com

Nov 20: **Pacific Beach Farmers Market**, 8am-noon, Promenade Mall

Nov 20: **Scripps Ranch Farmers Market**, 9am-1pm, 10380 Spring Canyon Rd

Nov 20: **Del Mar Farmers Market**, 11am-4pm, Del Mar Civic Center

Nov 20: **Guided Bird Walk** - Oak Grove Loop, 8-10am, Mission Trails Regional Park

Nov 20: **Miner's Loop Trail** in Black Mtn Park, 9-11am. Carmel Vly Rd, east of Black Mtn Rd.

Nov 20: **Street Food Market**, 10am-4pm, Lane Field park

Nov 20: **Nature Story & Craft** with a ranger, 10-11am. Kumeyaay Lake Campground

Nov 20: **Novemberfest** at Alta Vista Botanical Gardens, 12-4pm. www.altavistabotanicalgardens.org

Nov 20: **Nikki Glaser** at Balboa Theatre, 7pm and 9:30pm. www.sandiegotheatres.org

Nov 20: **Free Live Pro Wrestling**, 2-5pm, Columbia Care California. Age 21+

Nov 20: **Kumeyaay lecture**, 3-4pm, Torrey Pines State Beach and Reserve

Nov 20: **Slack Key 'Ohana**, 4:30-6:30pm South Carlsbad State Beach Campground

Nov 20: **Flamenco Arana: Viva El Flamenco** at California Center for the Arts Escondido, 7pm. www.art-

center.org
Nov 20-21: **Audiotistic San Diego** at North Island Credit Union Amphitheatre www.ticketmaster.com

Nov 21: **LA Chargers vs. Pittsburgh Steelers** at SoFi Stadium, 5:20pm. www.chargers.com

Nov 21: **Cars & Coffee**, 7:30-10am, San Diego Automotive Museum

Nov 21: **Third Ave Certified Farmer Market & Aisan Bazaar**, 9am-1pm, 400 block Third Ave, downtown SD

Nov 21: **Hillcrest Farmers Market**, 9am-2pm, DMV

Nov 21: **La Jolla Open Aire Market**, 9am-1pm, La Jolla Elementary School

Nov 21: **Leucadia/Encinitas Farmers Market & Art Fair**, 10am-2pm, Paul Ecke Elementary

Nov 21: **Julian Certified Farmers Market**, 11am-4pm, Wynola Farms Marketplace

Nov 21: **Solana Beach Farmers Market**, 1-5pm, 410-444 S Cedros Ave

Nov 21: **Guided Nature Walk**, 9:30-11am, Mission Trails Regional Park, visitor center, One Father Junipero Serra Trail, San Carlos

Nov 22-Jan 2: **Skating by the Sea** at Hotel Del Coronado. www.hoteldel.com/activities/skating

Nov 25: **Thanksgiving**
Nov 25: **O'side Turkey Trot** www.osideturkeytrot.com

Nov 25: **Coronado 5K Turkey Trot**, 8-11am, Coronado Tidelands Park.

Nov 25: **Macy's Thanksgiving Day Parade** in New York, N.Y. www.macy.com

Nov 26: **Black Friday shopping**
Nov 26: **Christmas Arts, Crafts and Vintage Market** at Bates Nut Farm, 9am-4pm. www.batesnutfarm.biz

Nov 26-27: **Holiday Lights** at Antique Gas and Steam Engine Museum. www.agsem.com

Nov 26-28: **42nd Annual San Diego Jazz Fest & Swing Extravaganza** (virtual this year)

Nov 26-28: **Comic-Con Special Edition** www.comic-con.org

Dec 3: **Coronado Holiday Parade**, 6-7pm. Free.

Dec 3-5: **Taste of December Nights**, 11am-10pm. Inspiration Point Way, Balboa Park. https://www.sandiego.gov/taste-of-december-nights

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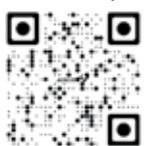
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Interpersonal Edge: Raise the praise

by Dr. Daneen Skube,
Tribune Content Agency

Q: I work hard, do good work, and put in extra effort but I rarely get acknowledgment. I feel like I'm working in a desert of praise and get demoralized. I know I get a paycheck but some appreciation would be nice. How do you counsel your clients on being satisfied in their jobs when they are not getting praise?

A: I counsel my clients that there are two ways to raise the praise in the workplace. The first, and most reliable is to start providing the acknowledgment you seek to yourself. The second, is to use advanced interpersonal skills to make praise more likely.

Realize that others often take what we do at work for granted. The thinking is we're paid for what we do therefore others do not need to say thank you. Obviously this attitude does not take into account how motivational words of appreciation are to everyone.

Entitlement is a huge problem in the United States. Our epidemic of entitlement means most people most of the time will not express gratitude. Worse yet most people most of the time do not feel gratitude.

If you can accept this reality you can change your world without changing The World by starting to praise yourself. Try this assignment when you feel demoralized, send an email to yourself that is the appreciative email you wish you'd get.

Print it out and put it somewhere at home.

The problem isn't just that others do not praise us. The problem is we're often hardest on ourselves and take our gifts for granted. When you raise the praise level by validating yourself you take back your power to enjoy your day.

Let's say you just pulled off a brilliant negotiation. Would you think it was cheating to say to yourself, "You just succeeded at landing a deal few people could have accomplished. You have a real gift for bringing people together and selling a proposal."

We often are more generous with others than we are with ourselves. Then we live both in a desert of praise externally and internally. If you provide the praise you are waiting for from others that will solve half your problem.

The second solution is to make sure you articulate your contribution to your organization. Don't wait for your boss to see that you made a hard deal come together. Instead at your next private meeting say, "I think you're aware that I sold that proposal to the client we've been trying to land and was able to increase our pricing. I look forward to the next deal I can make for our company." When you point out what you did you build awareness and awareness builds appreciation, raises, and promotions. Nothing says gratitude like a pay raise.

Be aware others do not mean to demoralize you or treat you badly. Most adults struggle to feel gratitude because they see it as a weakness to admit they need help. When we feel or express gratitude we have to admit

Interpersonal Edge



by
Dr.
Daneen
Skube

that, "People who need people are the luckiest people in the world," as the song goes.

You do not need to wait for the world to change to raise the praise. Change your world by changing your habits and enjoy living in your world where praise pours in from both internal and external sources.

The last word(s)

Q: Is it my imagination or are people getting angrier these days. I witnessed a shouting match at one of our meetings recently. Is there a reason people seem to blow up more frequently?

A: Yes people are more scared these days and fear breeds hostility. Anything you can do to create calm and safety for those around you will soothe the potential blow ups.

Army plans to recruit more civilian talent, diversify through scholarship program

by Staff Sgt. Michael Reinsch

WASHINGTON - The Army plans to hire over 1,000 civilians using scholarship programs over the next five years, with a focus on science, technology, engineering and mathematics, a top Army leader told lawmakers recently.

Christopher Lowman, the senior official performing the duties of the undersecretary of the Army, went to Capitol Hill to discuss the importance of recruiting talent in STEM careers during a House Appropriations Committee hearing.

Through the Edith Nourse Rogers STEM scholarship, some eligible vets and dependents in high-demand fields can extend their Post-9/11 GI Bill or other scholarship benefits.

Recruiting more civilian talent will be critical to diversifying the force and maintaining the U.S. military's competitive edge, said Gilbert R. Cisneros Jr., the undersecretary of defense for personnel and readiness.

As the program continues to develop, the Army intends to enhance the program through the use of tuition assistance for these interns.

Students in the Rogers program will also be required to work 600 hours to develop professional skills during their university careers. After completing the program, they must then fulfill four years of service as an Army civilian.

Students applying for the Rogers STEM Scholarship must meet one of three requirements: be taking an undergraduate

STEM-related or qualifying dual-degree program, have earned a post-secondary degree or graduate degree in an approved STEM field and are enrolled in a clinical or teacher education program, according to the scholarship website.

"We believe the early acquisition focused on STEM and cyber is critical," Lowman said. "As we work through the civilian implementation plan and assess the knowledge, skills, behaviors, and attributes required by the future force, we are assessing that for our military members."

To learn more, refer to https://www.army.mil/article/251766/army_plans_to_recruit_more_civilian_talent_diversify_through_scholarship_program.

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