

# ARMED FORCES DISPATCH



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## U.S. POISED TO HAVE THREE ARMORED BRIGADES IN EUROPE AT ONCE AS TROOP NUMBERS CLIMB

by John Vandiver  
 Stars and Stripes

The Army soon is likely to have three armored brigades in Europe for the first time in well over a decade, as one unit begins arriving while another has its nine-month tour extended in the wake of Russia's war on Ukraine.

Weaponry belonging to the 3rd Armored Brigade Combat Team, 4th Infantry Division out of Fort Carson, Colo., will be offloaded at ports in Denmark, Greece and the Netherlands, and Soldiers will arrive in April, U.S. Army Europe and Africa said in a statement this week.

The unit was scheduled to replace a separate armored brigade now at the end of a rotation along NATO's eastern flank.

But in February, 1st Armored Brigade Combat Team, 1st Infantry Division's tour was extended by the Army in a move aimed at shoring up allied defenses in Poland, Romania and Latvia.

The Army is yet to announce when the Fort Riley, Kan., unit's extension could end, saying it will continue its mission only as long as needed.

"Currently there has been no change to 1st Armored Brigade Combat Team, 1st Infantry Division's mission," USAREUR-AF said in a statement Monday.

With the arrival of the Fort



**U.S. Soldiers assigned to 1st Infantry Division drag equipment in a sled during a training event at Trzebien, Poland, March 9. The Army is yet to announce when the units extension in Europe could end. (below) Spc. Bradley Williams commands an assault breacher vehicle at Karliki, Poland, March 2. Army photos by Hassani Ribera**

Carson unit, the total number of American service members operating in Europe stands at over 100,000, a number not seen since 2005.

The 4,000 incoming Fort Carson soldiers are bringing with them about 90 Abrams tanks, 15 Paladins, 150 Bradley Infantry Fighting Vehicles and more than 1,000 tracked and wheeled vehicles and equipment, USAREUR-AF said.

Since 2014, the Army has



been sending armored units to Europe to bolster defenses along NATO's eastern flank. The plan was sparked by Russia's initial intervention in Ukraine.

But Moscow's full-fledged invasion of that country last month has brought about a much larger troop buildup by the Pentagon,

### Vietnam War veterans can receive lapel pin at NEX stores

In commemoration of National Vietnam War Veterans Day, free lapel pins will be distributed on Mar. 29 from 11 a.m. to 4 p.m. at select NEX locations on a first-come, first-serve basis. The lapel pins will be given to Vietnam veterans who served on active duty in the U.S. Armed Forces from Nov. 1, 1955 to May 15, 1975, while supplies last.



"This is the fifth year in a row that the Navy Exchange Service Command (NEXCOM) has distributed the lapel pins in its NEX stores on National Vietnam War Veterans Day," said Bill Marx, Marketing Promotion Coordinator for NEXCOM. "We are honored to welcome these heroes into our store and present them with a lapel pin to thank them for their service and sacrifice. Our store associates look forward to this day each year as many of them are veterans themselves or have a family member that is a veteran."

On Mar. 28, 2017, the Vietnam War Veterans Recognition Act was signed. This act officially recognizes March 29 as National Vietnam War Veterans Day. For more information on National Vietnam War Veterans Day, visit [www.vietnamwar50th.com](http://www.vietnamwar50th.com).

## NAVAL MEDICAL FORCES PACIFIC HONORS SAILOR FOR 29 YEARS OF SERVICE

by Grady Fontana  
 Naval Medical Forces Pacific

On a picturesque morning, overlooking the cityscape across the San Diego Bay, friends, family and service members gathered at Naval Base Point Loma to witness and celebrate Naval Medical Forces Pacific's deputy commander during a retirement ceremony, March 15.

Capt. Kimberly Zuzelski officially donned her Navy uniform for the last time, as she marked the next chapter of her life as a retired naval officer, significant milestone that spanned 29 years.

Though the course of a military career is presented with successes and challenges, she described the past 29 years as "phenomenal," and reflected on

what she'll miss the most about Navy Medicine - Sailors.

"The past 29 years have truly been about the people," said Zuzelski, a dietician by specialty. "There are many things that I'll miss. The people who make up Navy Medicine are phenomenal at every level, from the most junior Sailor looking to better themselves and contribute to such a worthy mission, to the

most senior leaders who strive to develop them, while ensuring our warfighters have the support they need to project the power of Navy Medicine."

Zuzelski completed her undergraduate degree in dietetics at Colorado State University. She commissioned as an ensign in July 1994 through the Healthcare Scholarship Collegiate Program.

Rear Adm. Tim Weber, commander, Naval Medical Forces Pacific, highlighted Zuzelski's career and contributions as his deputy commander.

"Captain Zuzleski has been a leader in every organization the Navy has taken her, consistently going above and beyond...there are few in Navy Medicine that have the depth and breadth of experience and

knowledge in both clinical and executive leadership," said Weber. "Given her vast experience and intellect, no one was happier for her to arrive to NavMedForPac than me as she embodied professional expertise, initiative, organizational excellence, and selfless dedication to the mission that was required over the last two years."

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### Career and Education

Interpersonal Edge: An upside to hearing loss

**See page 8**

### Base Movies

Blacklight, Cyrano, Dog, Uncharted, The Batman, Death on the Nile

**See page 10**

# A centennial of achievement

by Seaman David Rowe  
USS Nimitz Public Affairs

PACIFIC OCEAN - It started as an ambitious experiment. Cmdr. Kenneth Whiting, a respected naval aviator, initiated the idea to convert a cargo ship into a vessel able "to take planes around with the fleet." Two years later, on March 20, 1922, the former USS Jupiter (Collier #3) recommissioned as USS Langley (CV 1), the Navy's first aircraft carrier.

Langley laid the foundation for the next 100 years of aircraft carrier heritage, agility, flexibility, resilience, and future power. It accomplished a feat which exemplified the true nature of what it means for a country to maintain naval superiority, carrying the fight to the enemy so it's not fought on U.S. soil. March 20, 2022, marks the centennial of this momentous achievement. *see Aviation, page 5*



USS Langley (CV-1), tied up at NAS North Island, circa 1932. Historical photo

## Army

- ◆ACFT update: No official update - timeline, consequences unclear
- ◆Alaska Army leaders scramble for help after spike in suicides

## Navy

- ◆Carrier George Washington running more than a year behind schedule
- ◆Kearsarge Amphibious Ready Group, 22nd MEU kick off deployment

## Marine Corps

- ◆4 missing in Marine Corps Osprey crash in Norway

## Air Force

- ◆Air Force aims to sharpen vision for teaming pilots with drones
- ◆Air Force Academy grad pledges \$10 million to elevate honors program
- ◆How AI could help new Air Force pilots avoid costly mistakes
- ◆Aviano F-16 fighters deploy to Croatia after drone crash

## Coast Guard

- ◆189 Haitians rescued off an overloaded boat, US Coast

## Veterans

- ◆Veterans Affairs eyes relaxed hiring rules as staff turnover slowly worsens
- ◆Honor Flight officials press to resume police escorts for veterans
- ◆They spent years caring for their veterans. Now they are losing a lifeline



## Total Navy Battle Force: 298

### Ships underway

Deployed ships underway: 74

Non-deployed ships underway: 22

Total ships underway: 96

### Ships deployed by Fleet

Fleet Forces, 2; 3rd Fleet, 2; 4th Fleet, 2;

5th Fleet, 12; 6th Fleet, 28; 7th Fleet, 68

Total 114

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## U.S. ambassador looks to further partnership with African nations

by Jim Garamone  
DoD News

U.S. Ambassador Andrew Young is the personification of U.S. policy on the African continent - diplomacy first.

Young is the deputy to the commander of civil-military engagement at U.S. Africa Command, and the highest-ranking civilian at the combatant command.

His presence so high up the food chain indicates things are done differently there.

From its inception, Africom was designed to be unique. There is a higher-than-average number of civilians in high positions. It is based on the 3-D strategy - diplomacy and development supported by defense.

Young calls it a triangle, with diplomacy being one line, development and the U.S. Agency for International Development

being another, and the defense aspect providing the security for diplomacy and development to work.

"We try to bring together the strengths of each part of that triangle, to find ways where we're advancing our national interests," he said. "But the top framework piece is the diplomatic part, because I kind of think of it as diplomacy planting a seed, and then development is watering that seed so [it] grows in prosperity with our partners, and then that security piece coming behind - safeguarding that which we're trying to grow together with our African partners."

And he does mean together. Another strength of the command, he said, is that everything is done with partners. Africa Command listens to the partners on the continent and doesn't try to impose "Made in the USA" solutions on situations.

The nations have a plethora of

problems many pushed by the threats from violent extremist organizations. He said he had a conversation with an African leader "and he said that a drowning man will reach up to grasp any hand that will pull him right from the raging river. The raging river now is - the raging waters of violent extremism flowing across the Sahel and down towards the coastal West African States."

### There is a thirst in Africa for security assistance to combat these groups.

Part of Young's role "is to reinforce that a long-term sustainable response to the expansion of violent extremism in West Africa in the Sahel has to be justice," he said. "It has to be governance; it has to be accountability. It has to be that connection between the population in the state and those who govern."

But other nations promise results with other methods.

## Army kicks out its first three coronavirus vaccine refusers

by Caitlin Doornbos  
Stars and Stripes

WASHINGTON - The Army has issued its first three separations for soldiers who refused to get their mandatory coronavirus vaccinations, the service announced March 18.

The Army is the last of the service branches to begin kicking out troops who do not get the shots. Technically, the three soldiers were separated for "refusing a lawful order" to receive the vaccine, according to the Army.

The announcement comes more than three months after the Army's deadline to receive the vaccine, and about six weeks after Army Secretary Christine Wormuth ordered service commanders on Jan. 31 to begin the process of involuntarily separating vaccine refusers "as expeditiously as possible."

While the Army had not separated any soldiers until this week, the Army relieved six service leaders from command - including two battalion commanders - and issued 3,251 general officer written reprimands to soldiers for refusing the vaccination order.

Defense Secretary Lloyd Austin ordered all service members to receive the vaccine in August,

but allowed each service to determine their own timelines.

Last week, the Army approved its first permanent religious waiver for the vaccine order. The service has granted one more as of Friday, according to an Army statement released Friday.

About 702 active-duty soldiers have been denied a religious exemption, while another 3,943 are awaiting decisions on their religious waiver requests.

The Army also has approved seven permanent medical exemptions to the vaccine, as of Friday. The service has denied 658 permanent waiver requests and another 692 are awaiting decisions.

Those denied exemptions to the Army's vaccine mandate have seven days to start the vaccination process or file an appeal of their denial before commanders are to begin the process of kicking them out, according to Wormuth's January order.

Some 96 percent of the Army's about 486,000 active-duty soldiers have been fully vaccinated and another 1 percent were partially inoculated, the service said Friday. Those percentages remain unchanged from the previous week.

## Navy, Royal Australian Air Force conduct first cooperative air-to-air refueling

by Lt. Austin Chien,  
Commander Task Force 72

ROYAL AUSTRALIAN AFB, Edinburgh, Australia -A Navy P-8A from Patrol Squadron 47 (VP-47) and one KC-30A from Royal Australian Air Force No. 33 Squadron (RAAF 33) conducted the first ever operational Air-To-Air Refueling (AAR) between a U.S. Navy P-8A and a RAAF KC-30A on March 20.

Earlier in the month, the Maritime Patrol and Reconnaissance aircraft with VP-47, traveled to here to support the Royal Australian Navy during their Fleet Certification Period. This consisted of multiple exercises between RAN and Navy units specifically in the realm of anti-submarine warfare.

"AAR provides a means of overcoming challenges to joint forces operating in the Indo-Pacific region, particularly by allowing aircraft to operate at much longer ranges," said Group Captain Taylor, commanding officer of RAAF No. 86 Wing. "Refueling a surveillance aircraft like the P-8A also provides it with persistence in the joint space, and adds flexibility to how it might support the fleet."

The AAR was coordinated to facilitate interoperability between the RAAF and USN forces. AARs enable aircraft to maintain a longer endurance time in the air without having to land to obtain fuel. They require the tanking plane (KC-30A) and the customer plane (P-8A) to fly in close formation at 500 mph while aligning the two planes so that the 55-foot-long refueling boom can be connected to commence refueling.

"We're excited to participate in this historic refueling event," said Capt. Clifford Torason, commodore of Commander Task Force Seven Two. "Every chance to continue to improve our interoperability with such a close and valued ally as Australia is a valuable opportunity."

The "Golden Swordsmen" of VP-47 are part of CTF-72, stationed in Whidbey Island, Wash., and are deployed to Misawa Air Base in Aomori, Japan.

Throughout the deployment, they will be conducting maritime patrol and reconnaissance and theater outreach operations within the 7th Fleet operations.



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## Wearable sensors may be future option for assessing toxin exposures

by C. Todd Lopez

The Defense Department, military services and VA are doing a lot now to assess the effects of airborne hazards, including open burn pits, on the health of current and veteran service members who may have been exposed while deployed overseas in places like Iraq and Afghanistan.

Capitol Hill lawmakers were also interested in how the military services might one day evaluate an individual service member's exposure to toxins with wearable sensors, rather than with the kinds of static sensors being used today.

"We're very interested in wearables," said Dr. Terry Rauch, the acting deputy assistant secretary of defense for health readiness policy and oversight. "Our emphasis, our focus really needs to be on individual exposure monitoring."

Speaking before the Senate Armed Services Committee's subcommittee on personnel, Rauch said wearable technology may allow the department to one day more closely monitor an individual's precise exposure to health-affecting toxins in a way that's just not possible today.

"If we can't figure out what the dose of the exposure was and what they were exposed to, then it's very difficult to capture their response," he said.

Capt. Brian L. Feldman, commander of the Navy and Marine Corps Public Health Center, told lawmakers the Navy is already looking at such wearable technology for use on submarines.

"One unique thing that Navy medicine is doing with research and development we've got some very robust submarine atmospheric monitoring, quite a robust and safe program. And

R&D is looking at silicone bands, wearables so that you can get individual-level exposure data on a submarine," he said.

Both Air Force and Army witnesses at the hearing also said that their respective services are interested in wearable detectors.

When it comes to better understanding how service members will react to exposure to toxins - such as those produced by exposure to burn pits, fuels, solvents, or even dust and sand, Rauch said it's also important for the services to know how an individual service member's personal health habits and history might affect his or her response.

"In addition to wearables, we need to understand more about how the individual responds to environmental exposures," Rauch said. "What risks do they bring other background lifestyle factors, such as smoking a pack a day before you deploy, other lifestyle factors or even what genetic background individuals bring. We need to understand those because they're going to have an impact, and science isn't there, yet, but we're pursuing it."

Rauch also said the Defense Department is working with the Department of Veterans Affairs on a variety of tools to better inform health care providers about what a service members' past exposure to toxins might be.

One such tool - the Individual Longitudinal Exposure Record - is expected to reach full operational capability in 2023. It allows medical professionals to match an individual service member's or veteran's location data - such as where they were deployed and when - against existing databases that document exposure risks, so doctors can get a better picture of what a patient might have been exposed to.

## JADC2 implementation plan finalized, signed by Defense leadership

by C. Todd Lopez, DoD

Last week, Deputy Defense Secretary Kathleen H. Hicks signed the implementation plan for Joint All Domain Command and Control, or JADC2. It's the final step needed before moving forward on delivering JADC2 capabilities to the warfighter, which will bring a better way to sense, make sense of and act on the volumes of information generated into today's joint, all-domain warfighting environment.

The finalized and approved implementation plan serves as the critical final step needed before building out JADC2 capabilities, said Marine Lt. Gen. Dennis A. Crall, who serves as the director of command, control, communications and computers/cyber as well as chief information officer on the Joint Staff.

"[It's] the seminal document that we've been waiting for" and it's been difficult for the reasons you might expect, it's so comprehensive," Crall said during a virtual briefing today at the Pentagon.

Crall said the implementation plan is important because it defines who will do what in building out JADC2 for the warfighter.

"This is what the I-plan actually does for us," Crall said. "It takes a look very clearly at specific and prioritized plans. How are we going to accomplish the very things that we said, again, in what order, how do you measure them, how do we leverage the boards, bureaus, working groups, cells, committees that are in the building, to empower them, to move these to fruition?"

The implementation plan



**DoD's efforts to bring JADC2 to the warfighter will provide a better way to sense, make sense of and act on the volumes of information generated into today's joint, all-domain warfighting environment. Photo by Jennifer Gonzalez**

for JADC2 also provides a plan for who will be doing what, so everybody working on execution of JADC2 knows what everybody else is doing, he said.

"We don't always know what others are working on," Crall said. "The I-plan captures that at its fullest, so you can look across your lane of expertise, be informed by some of the other efforts, and maybe that provides opportunity to come up with a better way."

The implementation plan also outlines, among other things, milestones for delivery of JADC2 and plans for funding as well. "That's why the implementation plan is so critical and important to what we do," Crall said.

With the delivery of the implementation plan, Crall said it's now time to move ahead with building out JADC2.

"This is the year of delivery," he said. "And that's exactly what we intend to do. I think we've talked, we've studied, we've interacted, we've mapped, it's now time to put these together and learn by doing."

## Marine officer visits Navy hospital ship to express his gratitude

NORFOLK, Va. - Lt. Col. Andrew Turner visited hospital ship USNS *Comfort* with family, friends, and colleagues, to give thanks for the comfort he received 19 years ago from the medical staff who painstakingly cared for the injuries he sustained during a helicopter crash in Iraq.

Sharing this tour with family, friends, and colleagues only seemed appropriate, especially considering that those in attendance have served or currently serve in the military, Turner said.

"This experience was uniquely special because I had my wife at my side to share in the moment. But more importantly, experiencing the ship as a visitor instead of as a patient, I was able to witness firsthand the depth and breadth of *Comfort's* medical capability and readiness - totally impressive."

"I will be forever grateful that the *Comfort* and her medical team were there to answer the call when I needed both the comfort and the care."

In Feb. 2003, then-1st Lt. Turner, assigned to the Marine Light Attack Helicopter Squadron 169, where he served in many capacities, including operations officer and tactics instructor, deployed for Operation Iraqi Freedom I. One month into Turner's deployment, he suffered a broken ankle, a concussion, and other cuts and bruises when the Huey gunship helicopter he was co-piloting accidentally crashed in southern Iraq, Mar. 30. He was the only survivor of the four crew member team aboard.

In order to sustain Turner's injuries, he was first trans-

ported to USNS *Comfort* where he received specialized medical treatment for five days before being flown to Landstuhl, Germany for more extensive medical care and stabilization. After Landstuhl, Turner was flown to the U.S. where he continued to rest and recuperate at home with family before he was medically cleared to rejoin his squadron - HMLA 169, also known as the World Famous Vipers - back in Iraq in mid-July of 2003.

"I attribute my rapid return to full duty as a testament to those on *Comfort*, from the doctors that fixed my broken ankle to the nurses who helped me recuperate. I can't say enough about the quality of care, dedication, and compassion provided by those who have and continue to serve aboard *Comfort*."

Being the only survivor of the helicopter crash reminded him of his Faith in a higher power. That Faith was reaffirmed, he said, when he was in a second helicopter crash in Iraq on Aug. 5, 2004.

Looking back today, Turner wonders if God was either sending him a message or testing him.

"First, should I continue being a pilot, and second, how can I sit on the sidelines, when my fellow Marines were putting their lives on the line? The second question was the more important of the two. So, three days later, I was back flying combat missions."

While he is completely healed from his injuries, he said, his scars are still quite visible, serving as a constant reminder of his second chance in life.

## Places of Worship

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Lutheran Church - Missouri Synod  
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www.bayviewbc.org info@bayviewbc.org

### Canyon View Church of Christ

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# Local Military

## Indo-Pacific Command conducts carrier-based air demonstration in the Yellow Sea

YELLOW SEA - The Democratic People's Republic of Korea has significantly increased the pace and scale of ballistic missile launches since September 2021.

The United States strongly condemns these launches, to include the two intercontinental ballistic missile tests on Feb. 27 (KST) and March 5 (KST). As a demonstration of U.S. resolve and commitment to our regional allies, U.S. Indo-Pacific Command conducted a carrier-based air demonstration in the Yellow Sea.

This demonstration was carried out in international airspace by 4th and 5th generation aircraft from USS *Abraham Lincoln*, along with regionally-based U.S. Air Force aircraft, and is in addition to previously announced increases in ISR collection in the Yellow Sea and enhanced regional ballistic missile de-

fense posture on the Korean peninsula.

The ICBM launches by DPRK are a brazen violation of multiple UN Security Council resolutions, as well as its international commitments," and pose a threat to regional neighbors and the international community.

The U.S. has made clear its growing concern over the significant increase in DPRK's missile testing, and the United States will continue to take all necessary measures to ensure the security of the U.S. and its allies.

U.S. officials remain in close coordination with their allies and partners to address the threats posed by the DPRK.

The Pentagon is adamant in its commitment to the defense of the Republic of Korea and Japan remains ironclad.

## Aviation continued from page 2

"The nuclear-powered aircraft carrier is the nation's premier class of warship," said Capt. Craig Sicola, commanding officer, USS *Nimitz* (CVN 68). "It is without a doubt the United States' strongest asset when it comes to maintaining superiority of the seas, protecting international maritime trade, and deterring foreign aggression."

The carrier fleet allows the U.S. to maintain freedom of the seas, and its capabilities enable our forces to meet any challenge, from combat missions to humanitarian assistance and disaster relief. Since June 22, 1968, when *Nimitz* laid its keel, it has carried forth a legacy of innovation, evolution, and dominance.

Fleet Adm. Chester Nimitz was the United States' last surviving fleet admiral, a rank he earned while serving as Commander in Chief, Pacific Fleet, and Commander in Chief, Pacific Ocean Areas during World War II. In this position, he helped lead the U.S. to victory against Japan.

USS *Nimitz* continues to play a key role in the Navy's power projection and represents a unique and measureable commitment to our allies and partners while honoring its namesake - one which all subsequent *Nimitz*-class carriers now share.

"Chester Nimitz was a pioneer, leader, strategist and model for all other naval officers and Sailors who came after him," said Sicola. "The reverence I hold for a man who played such a pivotal role in our nation's history is hard to describe. It's an honor to command a ship bearing his name, which also holds the distinction of being first in its class."

Most recently, *Nimitz* underwent an unprecedented restriction of movement (ROM) period in April of 2020 while pierside in Bremerton due to the COVID-19 pandemic and left for deployment soon after. Its voyage would last for almost a year, a historic deployment in terms of duration, returning in March 2021. After completing a planned incremental availability (PIA), the ship returned to sea to prepare for its next deployment.

## USS Fitzgerald pulls into Trincomalee, Sri Lanka



TRINCOMALEE, Sri Lanka - Destroyer USS *Fitzgerald* (DDG 62) pulled into Trincomalee, Sri Lanka, for a port visit March 13.

This visit is the first time a Navy ship has made port in Sri Lanka since USS *Charleston* (LCS 18) visited in June of 2021.

"Our visit has strengthened our partnership with the Sri Lankan Navy and deepened our ties to the Sri Lankan people," said Cmdr. David Catterall, commanding officer of San Diego-based *Fitzgerald*. "Seeing our two navies and two nations come together in this way has been exciting and rewarding."

During the port visit, the Visit, Board, Search and Seizure (VBSS) team from *Fitzgerald* conducted training with the Sri Lankan Navy. Each team conducted operations on a vessel to learn from one another.

"This was a very unique and rewarding opportunity to work with the Sri Lankan Navy and train on VBSS tactics," said Lt. j.g. Kenneth Machemehl, VBSS boarding officer for *Fitzgerald*. "Seeing how different navies train to respond to different threats and how they utilize dif-

ferent assets greatly improved the knowledge and experience of the VBSS team."

Joint in-port recreational activities will include soccer and volleyball games, and social opportunities for members of both navies to get to know each other and experience the area together.

Moral Welfare and Recreation (MWR) and the Sri Lankan

Navy hosted limited tours to Sigiriya Rock Fortress, Pigeon Rock National Park, the Ancient City of Polonnaruwa, and the Dambulla Cave Temple.

"Seeing the Buddhist Temple at Dambulla and the wildlife of Sri Lanka at the Minneriya Park is a once-in-a-lifetime opportunity," said Personnel Specialist 2nd Class Julie Hoang, a tour participant. "I'm so excited to learn more about the culture and

**Sailors man the rails on board destroyer USS *Fitzgerald*. *Fitzgerald* is on a scheduled deployment in the 7th Fleet area of operations to enhance interoperability with alliances and partnerships while serving as a ready-response force in support of a free and open Indo-Pacific region. Navy photo by MC3 Catie Coyle**

**Marine Corps 1st Lt. Dane J. Angell, a military police officer with the Marine Corps Air Station Miramar's Provost Marshal Office, detects the speed of passing cars on Miramar Way on MCAS Miramar March 10. MCAS Miramar recently enacted new speed limits on some base roads in order to promote the safety of all patrons on the base. Marine Corps photo by Lance Cpl. Jose GuerreroDeLeon**



**The USS Midway Museum is currently recruiting** for docents, air craft restoration, ship restoration and safety volunteers. These assignments are a regular commitment of at least 6 months.

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<https://www.midway.org/give-join/volunteers/volunteer-opportunities/>



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# SAN DIEGO MILITARY PHOTO GALLERY



**PHILIPPINE SEA**  
March 12, 2022

Destroyer **USS Higgins**, shown here on a routine underway operations. *Higgins* is assigned to Commander, Task Force (CTF) 71/Destroyer Squadron (DESRON) 15, the Navy's largest forward-deployed DESRON and the U.S. 7th Fleet's principal surface force. Navy photo by MC2 Arthur Rosen



**USS MAKIN ISLAND**, at sea  
March 15, 2022

Sailors fake out line on the fantail. *Makin Island* is underway conducting routine operations in U.S. 3rd Fleet. Navy photo by MCSN Kendra Helmbrecht



**MCRD, SAN DIEGO**  
March 11, 2022

Marine Military Working Dog Nero bites Cpl. Dennis E. Mitchell III, a MWD handler with Headquarters and Service Battalion, during five steps of aggression training. MWDS bite suspects who attack while being searched by the MWD handler.

Marine Corps photo by Cpl. Julian Elliott-Drouin

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## Miramar National Cemetery Vietnam Veterans Day National Observance

Wreath laying ceremony  
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♦Miramar National Cemetery Amphitheater

VA and NCA are participating again this year as commemorative partners in the annual Vietnam War Commemoration to honor Veterans who served from Nov 1, 1955 - May 15 1975. The commemoration of Vietnam Veterans Day, which is designated in law as March 29th each year, marks the end point in 1973 when U.S. troops left South Vietnam concluding America's direct military involvement. After the ceremony, a wreath will be placed at Fort Rosecrans National Cemetery. For more information, please visit: <https://www.cem.va.gov/>, or <https://www.vietnamwar50th.com/about/>.

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**CAMP PENDLETON**  
March 18, 2022

Marine Brig. Gen. Jason Woodworth, left, the commanding general of Marine Corps Installations West, Camp Pendleton, and 1st Lt. Riley Compton, the logistics officer with Marine Aviation Logistics Squadron 39, Marine Aircraft Group 39, 3rd Marine Aircraft Wing MCI-West, Camp Pendleton, pose for a photo after the Camp Pendleton Female Marine Athlete of the Year award ceremony on. Compton received this honor after being nominated by her command for her various physical achievements in 2021, including becoming a developmental bobsled pilot for Team USA. Marine Corps photo by Cpl. Alison Dostie

# From one coast to another

by Lance Cpl. Dakota Dodd  
MCRD, Parris Island

Marine Corps Pvt. Rosie Gutierrez stepped onto the iconic yellow footprints of Marine Corps Recruit Depot, San Diego in early morning of February 11, 2021. What would ensue from this point forward would be the most strenuous and demanding journey of her life, the 13 week long journey to earning the title of United States Marine.

As the morning progressed, Gutierrez would conquer initial administrative processing, initial gear issue and platoon

assignments. For many this process was completely normal, however for Gutierrez and the fellow recruits she stood with on the yellow footprints, this process represented history in the making.

Gutierrez and her peers, assigned to Lima Company, 3rd Recruit Training Battalion were the first female recruits to ever face recruit training aboard MCRD San Diego.

As the journey of recruit training began, Gutierrez hit the ground running, pushing herself harder and further than she ever

had before. Over the course of 13 training days, Gutierrez completed MCMAP courses, physical training events, the Confidence Course and many other events of the recruit training spectrum.

As Training Day 14 began, Gutierrez left her squad bay early that morning to set out with her platoon for combat conditioning. As the day went on, Gutierrez received a life changing injury. "I remember hearing a loud pop," said Gutierrez. "I fell to the ground and just felt a sharp pain in my leg."

Gutierrez had torn her ACL.

"I was scared," said Gutierrez. "I had no clue what was going on, I just remember losing all hope thinking I may never earn the title [United States Marine]."

As the next few weeks crawled by, Gutierrez was removed from her platoon and was placed in holding while depot personnel developed a course of action.

"The three weeks I spent in the hotel on MCRD San Diego see **Gutierrez, page 8**

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## Interpersonal Edge: An upside to hearing loss

by Dr. Daneen Skube,  
Tribune Content Agency

*Q: I have moderate hearing loss and have hearing aids. Still, I find in a crowded room I cannot make out what people are saying. I also notice most people assume I can hear well and am not listening. Could you write advice for your loyal readers struggling to have good workplace relationships that also have hearing loss?*

A: Excellent question. As many of my columns assume, others can hear us. If you struggle with hearing issues, the responsibility is on you to graciously let others know you have this issue. The responsibility will also be on you to become a master at nonverbal communication and perhaps even take classes in lip reading.

We tune out the least important part of human communication: the words. Words typically comprise only 7 percent of the meaning in conversations. Tone of voice and body language convey the rest. This can be seen as an unexpected benefit of hearing loss.

Think of tone of voice as the

music in human relationships. Take a complaining co-worker. Even though you may not make out his or her words, you can probably hear the predictable up and down music of complaint. You may not know the

### Interpersonal Edge



by  
Dr.  
Daneen  
Skube

topic of the complaint, but you know your co-worker is feeling like a victim.

When it comes to learning body language there's a lot you can do without hearing well. Start watching television with the sound turned off and guess what is going on between the actors. You can even get your family involved in this homework. Now turn the sound back on and see how often you already knew what was happening.

If you tune out the words and

focus only on body language you'll discover body language and words often disagree. Words can lie but body language never lies. People can choose words that misrepresent the truth. But, since body language is automatic and unconscious, the body often broadcasts the truth.

Since hearing loss makes specific words hard to make out, especially in crowded situations, you'll have the benefit of focusing on body language. You may often be the only one in the room who sees what is really going on since you are not distracted by words.

With co-workers you should let them know about your situation - that you cannot make out words when there's lots of background noise. There is nothing wrong with requesting background noise to be muted. In other settings, you may request written materials or technology that allows you to see content.

Many of us want to keep working as we get older. Most of us will experience moderate or even severe hearing loss as we age. If we try to hide this

challenge because we're embarrassed about it, then we make it impossible for others to help us. But if we're open, but not demanding about our struggle, we make it rewarding for our co-workers to help us.

The fact you wrote me demonstrates that listening and hearing others matter to you. The fact that you're interested in knowing the thoughts of your co-workers means you've already won half the battle to connect. Realize that your hearing loss may end up being a professional asset as you have to listen when the body talks. In doing so, you'll always be tuned into the truth!

The last word(s)

*Q: I have a work friend who always listens to my problems. She is a great person to vent to about my frustrations. Lately, she's been avoiding me. Did I do something wrong?*

A: Yes, you did something ineffective. Delivering endless monologues that make you feel better without reciprocal interest in and time for the other person is not an office friendship.

**Gutierrez**  
continued from page 8  
felt like an eternity," said Gutierrez.

Eventually the order came down, Gutierrez was to be transferred to MCRD Parris Island, South Carolina, where she would be placed in a recovery platoon before ultimately returning to recruit training.

"I was thankful that I was given another opportunity," said Gutierrez. "My hope had been restored and that I might finally be able to earn the title."

Gutierrez spent the next 10 months in a recovery platoon aboard MCRD Parris Island. She was closely monitored by her doctor and would spend most of her time in rehabilitation classes.

"Constantly seeing other recruits get picked up into their training platoons motivated me," said Gutierrez. "I knew that I could recover from this and still earn my title."

After her time in the recov-

ery platoon, Gutierrez was picked up into Platoon 4009, Papa Company, 4th Recruit Training Battalion, where she continued her recruit training journey.

As the training days went by, Gutierrez completed many more aspects of recruit training, including body sparring and pugil sticks, hikes, and even the combat fitness test (earning a score of 292 out of 300 possible points).

"In total I've spent about 13 months in the recruit training process," said Gutierrez. "But I feel that I'm more than ready to finish this journey and serve as a United States Marine."

From one coast to another, Gutierrez earned her title Feb. 12, 2022. Gutierrez graduated from MCRD Parris Island on Feb. 25, and is continuing her Marine Corps journey.

Now Gutierrez represents what all recruits hear when they first meet their drill instructors on Forming Day 1: "A Marine never quits or gives up."

## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

Call me nerdy, but when the Blue Star Families Military Family Lifestyle survey findings are released each year, I can't wait to read them. I'm fascinated by BSF-MFL survey's detailed statistics, analysis, and recommendations regarding the demographic group to which I've belonged for 25 years.

BSF in collaboration with Syracuse University's Institute for Veterans and Military Families has been conducting the research since 2009. The most recent survey was conducted in 2021 with over 8,000 military family respondents worldwide.

I was struck by stats showing that almost half of all military families are "financially stressed," which is significantly higher than the general population. To make matters worse, COVID-19 intensified the money problems that traditionally plague military families. Even though the surveys always cover financial challenges such as military pay concerns, lack of affordable childcare, and chronic military spouse under- and unemployment, the most recent report revealed some surprising new money-related statistics.

**Out of Pocket Costs** - Despite that military service members don't control where they are stationed, Basic Allowance for Housing is set at 95 percent of local market value, requiring families who live off-installation to cover the other 5 percent. Survey respondents have reported paying from \$70 to more than \$1,000

## Survey shows intensified financial insecurity for military families

per month over BAH. Military respondents explained that the "local housing market is unaffordable" and the "cost of housing rental is too high," especially in areas with good school districts. Many families who wanted to live on base to avoid these issues couldn't, because the wait lists were too long.

Furthermore, active duty families faced unreimbursed expenses related to PCS moves, which ticked up during the pandemic. Sixty-six percent of active duty families paid out-of-pocket costs from their most recent move, and half shelled out over \$1,000. "Compounded across multiple moves during a military career, unreimbursed out-of-pocket relocation expenses can create financial hardship for families, especially when the active-duty spouse often loses employment ... with relocation," the report summarized.

**Student Loan Debt** - Financially stressed active duty families cited student loan debt as a major contributor. Military families are more educated than their civilian peers, but due to rampant spouse under- and unemployment, military family student loan debt is disproportionate to household income.

**Credit Card Debt** - Considering these financial challenges, it makes sense that 94 percent of military families own credit cards, fifteen points higher than the national average, "indicating that military life may simultaneously allow for and require access to financial resources that are not typical for the average U.S. consumer." Over half of the families with credit cards carry their balances (between \$1,000 and over \$20,000) over month to month, and many military families have high income-to-debt ratios.

**Military Spouses Leaving the Workforce** - Spouse under- and unemployment rates (four to six times that of civilian spouses) always rank as a top concern for military families, but this year, another alarming statistic is getting attention: military spouses in the workforce have dropped to 58 percent. Reasons cited include remote learning and childcare issues, service members' unpredictable schedules, lack of employment opportunities, and increased homeschooling. "When personal well-being, financial security, and managing family obligations are at odds, spouses may decide to leave the labor force altogether. This decision, however, can have lasting impacts on spouse wage growth, retirement savings, and the ability to reenter the workforce easily at a later time," the BSF report stated.

The pandemic trend toward remote employment hasn't helped military spouses find work either. "We thought [remote work] was going to be the great equalizer," said Kim Hunt of BSF. "It hasn't significantly impacted military spouse unemployment." "Shifting our lives to Zoom hasn't been as impactful as we thought it might be," said Jessica Strong, Blue Star Families' senior director of applied research.

Unfortunately, the financial stresses military families face are likely to be aggravated by the record inflation currently bearing down on our nation. The numbers paint a bleak picture, but Blue Star Families' 2021 report offers specific recommendations addressing what the military and congress can do to better the lifestyle experiences of our all-volunteer force.

Read the full report at [www.bluestarfam.org](http://www.bluestarfam.org).

AutoMatters™ & More



by Jan Wagner

One of the things I do each year to find new and interesting things to write about is cover the SEMA Show in Las Vegas. At the 2021 show, an exhibit for radio-controlled scale model vehicles caught my attention.

RC scale model vehicles have been around for a long time, but Redcat was featuring a new one that was very different from the ones that I'd seen before. This was a lowrider and, in addition to driving around the exhibit, it was hopping!

I am fascinated by lowriders. I've taken many pictures of them at car shows around San Diego. I sometimes seen those hop, but I had never seen an RC car hop until I discovered the Redcat exhibit.

Intrigued, I asked them to tell me about it. At the SEMA Show, Redcat was featuring their 1:10th scale, officially licensed, 1964 Chevy Impala SS that hops, lowriders style. It has servos that let people quickly raise and lower the rear and front ends, with individual control over the front wheels. That makes it possible for the car to hop, and also drive on three wheels.

In case you're wondering why you have not seen a lowrider RC car before, it took 3-1/2 years to develop

## Redcat SixtyFour, a radio-controlled large-scale hopping lowrider



**My SixtyFour, with decals.**

this one. Redcat wanted to get all the details just right.

The Lexan body is comprised of five pieces, and here are 27 individual chrome components on it. They actually sell a clear body kit, which is similar to a model car.

They chose a lowrider, in part, because of the amount of work, including artwork, that enthusiasts put into building lowriders. The lowrider community has been very welcoming to the SixtyFour. A quick search online will reveal that other companies are already making their own custom decal sheets and all sorts of custom parts for the SixtyFour.

I wanted to see for myself so I asked them if they would send me one to review after the show. They agreed and that is what I am here to share with you today.

The SixtyFour, as it is called, is a substantial RC vehicle. Its scale is 1:10, and with the battery installed it is fairly heavy. Inside the box is everything you will need to get started, including the car, a rechargeable battery and charger, a full-featured remote control and some pretty elaborate decal sheets to get you

started on customizing yours.

As eager as I was to try the SixtyFour, I was determined to apply the sets of decals first. Besides, I had to charge the battery first, so I was not going anywhere.

The decals transform the SixtyFour from a perfectly nice, stock-looking 1964 Chevrolet Impala, into a lowrider that strongly resembles one that you might see at a car show, with graphics on the sides, top and even the interior.

You'll want to take care installing these. Some of the pieces are quite long and the adhesive is pretty sticky. The only parts there are to install are the twin radio antennas on the rear deck lid.

The price for this unique RC car, complete with an excellent radio control, battery and everything you'll need, is \$599.99. For more information about this and all the other cool RC cars, trucks, rock crawlers and parts to customize RC vehicles, visit Redcat at <https://www.redcatracing.com>.

At the SEMA Show Redcat also announced the '79 Chevrolet Monte Carlo RC car, which is now available for order on their website. It is less expensive than the SixtyFour, but it does not hop.

See the most photos at AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2022 by Jan Wagner - AutoMatters & More #734

## VA announces plan to reorganize

FLEET RESERVE ASSOCIATION - The Department of Veterans Affairs (VA) has released a reorganization plan called AIR-Assets and Infrastructure Report, which would close three medical centers located in Northampton, Mass., Brooklyn, N.Y. and Chillicothe, Ohio, as well as several other VA facilities.



The VA claims the reorganization is needed to reflect the changing needs of modern health care and to close aging offices and centers that are no longer near where large numbers of veterans live. The plan also provides for construction of dozens of new health care and community living facilities. The VA claims the reorganization will put nearly 200,000 more veterans within a 30-minute drive of mental health care.

The plan also calls for 35 VA Medical Centers in 21 states to be closed or completely rebuilt, while 14 new VA hospitals and 140 new multi-specialty outpatient clinics would be added to the system. Seven of the 17 sites listed for closure are in the Northeast.

VA officials claim this reflects the fact that more of the veteran's population has moved out of that region to resettle in the Midwest and Southwest. Many lawmakers in areas with facilities slated to be closed are resisting the move. The FRA will closely monitor the impact of closures and support retention of VA facilities that have sizeable veteran populations.

## VA proposes no mental health care co-pay

FLEET RESERVE ASSOCIATION - The VA has proposed a new regulation to help veterans who are seeking mental health care. The draft regulation eliminates co-pay fees for veterans seeking mental health care. This includes outpatient mental health care and medications. The VA claims that this regulation would reduce the financial burden on veterans who sometime must pay multiple co-pays. The VA will also reduce co-payments for prescriptions for veterans who are considered to be at a high risk of suicide.

*NewsBytes is FRA's weekly legislative update.*

## CALVET CalVet calendar of events

### Suicide Prevention - Virtual

• March 29 • 10-11 a.m.

Join the California Department of Veteran Affairs (CalVet), California Transition Program (CalTAP), and U.S.VETS - Outside the Wire as they explore emotional health and well-being. Topics to be covered include a summary of resources, information, and services available to service members, veterans, and their families.

Contact: [CalTAP@calvet.ca.gov](mailto:CalTAP@calvet.ca.gov)

### Claims and Compensation - Virtual

• March 30 • 10-11 a.m.

Guest speakers from CalVet and the Los Angeles County Veterans Services Office will provide information on California specific benefits, as well as discuss the process for filing a disability claim and receiving compensation.

Contact: [CalTAP@calvet.ca.gov](mailto:CalTAP@calvet.ca.gov)

Contact CalVet: 1-800-952-5626

VA Benefits Hotline: 1-800-827-1000

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## Medal of Honor Spotlight: Army MSgt. Charles Hosking, Jr.

by Katie Lange  
DoD News

Army Master Sgt. Charles E. Hosking, Jr., was on his third deployment to Vietnam during his 24th year of service when he was killed in action saving his fellow Special Forces soldiers. He unhesitatingly gave his life for theirs, and for that, he earned the Medal of Honor.

Hosking was born on May 12, 1924, in Ramsey, N.J., to Charles Sr. and Luella Hosking. He had a younger brother named Robert, and they both attended Ramsey High School.

According to military records, Hosking ran away from home when he was 16 to join the Canadian Army in Montreal, so he could fight in World War II. His age was eventually discovered, though, and he was sent home.

According to Hosking's daughter, Gail Hosking Gilberg, the teenaged Hosking left school again in 1942 when he was 17 to join the U.S. Coast Guard, but he was discharged because he had a heart-related issue. Gilberg said a local congressman eventually helped Hosking bypass an Army physical so he could successfully join the service.

Throughout World War II, Hosking served with the famed 82nd Airborne Division in its 509th Parachute Battalion, including during the Battle of the Bulge, where he was wounded in the leg. He was lucky to be alive, though. According to the (Ridgewood, New Jersey) Sunday News newspaper, by the time the battalion disbanded, only 30 men of the initial 1,500 had survived.

At some point, Hosking married his teenage sweetheart, Gloria Walters. They went on to have three daughters and a son.

Military records show Hosking remained in the service through Korea but never deployed to the conflict zone because of serious injuries he suffered during a bazooka training accident. After he recovered, he joined the newly created Special Forces and became a Green Beret. He served as a demolition expert and, after going to language school, became proficient in several languages. At some point, he earned the nickname "The Snake" for his ability to slide in and out of places, according to the Hackensack, N.J., newspaper, *The Record*.

Thanks to Hosking's proficiency in Vietnamese, he was deployed there in 1961 as a military advisor. When the U.S. began sending combat troops, he was deployed twice more. It was during Hosking's final deployment with Detachment A-302, Company A of the 5th Special Forces Group that he was killed in action.

On March 21, 1967, Sgt. 1st Class Hosking was serving as a company adviser for the III Corps Civilian Irregular Defense Group Reaction Battalion - basically, a group of South Vietnamese locals who were trained to fight by the Green Berets to react to increasing attacks by the Viet Cong, which were guerilla forces in the south who were fighting for the north. At the time, the company was in the Don Luan District, west of Saigon, about 4 kilometers east of a Special Forces camp. They were waiting to link up with another group of soldiers.

Around noon, Hosking and other Special Forces soldiers detained and questioned a local man who tried to ride past them with a bicycle equipped with mortars. Army records show the man admitted to being a sniper for the Viet Cong, so the group

planned to move him to the nearby Special Forces camp.

When Hosking untied the detained man's hands, the man

injuries but survived the ordeal. They also went on to survive the war.

Eventually, Hosking's remains

were returned to the U.S. He was buried in Valleau Cemetery in Ridgewood, New Jersey. Hosking's wife said that his mother insisted he be buried there and not in Arlington National Cemetery so she could care for his grave.

On May 23, 1969, Hosking's family was

invited to the White House to receive the Medal of Honor in his stead. During the private ceremony, President Richard M. Nixon placed the medal around the neck of Hosking's 8-year-old son, Wesley.

Hosking's sacrifice has not been forgotten. Gilberg, his daughter, wrote a book about his life called "Snake's Daughter." A fitness center was named in his honor at Fort Bragg, N.C., and in 2000, a monument was dedicated to him at a veterans park in his hometown.

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



**Wesley Hosking, the 8-year-old son of Army Master Sgt. Charles E. Hosking Jr., receives his father's Medal of Honor from President Richard M. Nixon during a private White House ceremony, May 23, 1969. Photo provided by Richard Nixon Presidential Library**

quickly grabbed a hand grenade from Hosking's belt, armed it and started running toward Hosking's company command group - two American and two Vietnamese soldiers who were standing only feet away.

The 42-year-old Hosking knew what was happening immediately, so without thinking of himself, he leapt onto the deranged man's back. He pulled the man into a bear hug, forcing the grenade against the man's chest, then wrestled the man to the ground. Hosking's last act of bravery came when he then covered the man's body with his own until the grenade detonated. Both men died instantly.

Thanks to Hosking's selfless act, the four members of the command group suffered



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## Brain Injury Awareness Month: Five clinical tools to help assess and treat TBI

by: **Amanda Vicinanzo,**  
MHS Communications

Traumatic Brain Injury, or TBI, is a major health concern for the military. Over the past two decades, nearly 450,000 service members have suffered a first-time TBI. While some occur in a deployed setting, the majority happen closer to home – during training, sports, recreation, car accidents, or slips and falls.

Left untreated, even mild TBIs can have serious long-term complications. TBIs, also known as concussions, can affect mental health, impacting mission readiness and the ability to deploy.

But there is hope. TBI is treatable. With appropriate care, service members can expect a full recovery. The Military Health System offers the following tools and clinical recommendations to help providers in the identifica-

tion, treatment and management of mild TBI.

### 1. Dizziness and Vision following Concussion/Mild TBI Clinical Recommendation

Dizziness and visual problems are among the most common symptoms after a mild TBI. In November 2021, the Traumatic Brain Injury Center of Excellence released the Dizziness and Visual Disturbances Clinical Recommendation. It's a vital tool for primary care managers treating mild TBIs. It provides a single, comprehensive reference for the assessment and management of dizziness and visual problems following concussions.

Providers should perform a visual and dizziness assessment.

### 2. Military Acute Concussion Evaluation 2

The MHS provides tools to quickly assess and diagnose service members with a potential TBI.

The Military Acute Concussion Evaluation 2, or MACE 2, is a step-by-step tool that medical personnel can use to diagnose a possible concussion at the scene of an injury.

The TBICoE helped design the MACE 2 to improve care for service members. Users in the field can screen in for common symptoms, cognitive deficits, and neurological signs of a concussion. The latest version of the MACE 2 also assesses balance and eye motion.

### 3. Progressive Return to Activity following Acute Concussion/Mild TBI

Service members should avoid returning to duty too soon after a concussion. That can lead to prolonged symptoms, poor marksmanship, decreased readiness, accidents and falls, and increased risk of more concussions.

To help determine when it's

time to return to duty, military health care providers can use a tool known as the Progressive Return to Activity Following Acute Concussion (PRA). It helps ensure a safe return to full duty. The TBICoE developed the tool in collaboration with military service branches, an expert working group, and an end user group.

The PRA involves a six-step return to activity protocol. It helps service members to manage their symptoms and ensure a full recovery. Returning to duty gradually helps reduce long term complications.

### 4. Sleep Disturbances following Concussion/Mild TBI Clinical Recommendation

Sleeping problems are common with mild TBI. The most common include insomnia, obstructive sleep apnea, circadian rhythm sleep-wake disorders,

and restless legs syndrome. Early treatment of sleeping problems can promote recovery and prevent chronic TBI symptoms.

TBICoE's Sleep Disturbances following Concussion/Mild TBI Clinical Recommendation provides step-by-step guidance to help primary care managers assess and manage sleeping problems linked to mild TBI. The recommendation includes guidelines for medical dosing, specialty referral timelines, and more detailed information for treating sleeping problems like restless legs syndrome, insufficient sleep syndrome, and parasomnias.

### 5. Cognitive Rehabilitation following Mild to Moderate TBI

The Cognitive Rehabilitation following Mild to Moderate TBI Clinical Recommendation helps providers to treat service mem-

bers and veterans with persistent cognitive challenges like memory and attention problems. Evaluating a patient with those symptoms is especially challenging because they can overlap with other problems like post-traumatic stress or depression. The clinical recommendation ensures consistency in cognitive rehabilitation practices across MHS hospitals and clinics.

The MHS is committed to protecting the brain health of our service members. These are just a few clinical tools out of many that the MHS is using to better identify, care for, and treat service members and veterans who are affected by TBI.

More information is available at <https://health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence/Provider-Resources>

## AROUND TOWN

**Geology Hike to the Waterfall Rock Formations.** Sat, March 26, 8-9:30am. Free. A moderately paced walk with Curt Snyder on mostly flat ground. Various strata from different epochs will be seen and discussed, including sand-stone and the volcanic rock at the waterfall, believed to be between 150 – 140 million years old. Meet at the very end of Park Village Rd in Rancho Peñasquitos, 92129.

**Promenade Market downtown San Diego.** 10am, Ongoing Saturdays thru Dec. Free. Enjoy crafts, coffee, and street food including Mexican, woodfired pizza, gyros, smashed avocado toast, kettle corn, waffles and crepes, and more. Ruocco Park, 585 Harbor Lane, San Diego, 92101.

**Guided Walk.** Sat, March 26, 8:30-10am. Free. Join an MTRP Trail Guide on a guided nature walk. Visit the lush riparian habitat of the Kumeyaay Lake shoreline. Walks start from the Kumeyaay Lake Campground Entry Station (Two Father Junipero Serra Trail, San Diego, CA 92119). Walks are canceled if raining. [mtrp.org](http://mtrp.org)

**Street Food Market.** Sat-Sun, 10-4, ongoing thru Dec. Free. Lane Field Park Market is a street food market showcasing 20+ food vendors, as well as boutique coffee, with live music from 12:30pm until 2:30pm. Food includes Vietnamese bao, Thai burgers, wood-fired pizza, waffles and crepes, Mexican, empanadas, sushi and poke, smoothies, hot mini-donuts, and more. Please respect COVID-safe rules. Lane Field Park, 1009 North Harbor Drive, San Diego.

**The Chollas Lake Recipe Club.** Sat, March 26, 11am-noon. Free. Meet Ranger Allison Palmer at Chollas Lake Park to exchange recipes and enjoy prepackaged snacks. Meet like-minded cooks and share cooking tips. All cooking enthusiasts are welcome. Meet outside the main office. Chollas Lake, 6350 College Grove Drive, San Diego, 92115. Information: [apalmer@sandiego.gov](mailto:apalmer@sandiego.gov)

**Kumeyaay Ethnobotany Hike with a Ranger.** Sat, March 26, 2-4pm. Free. During this Ranger-lead trek of 2-mile, moderate difficulty, patrons will learn about the various uses of local plants. Meet near the comfort station at the north end of the parking lot. Chollas Lake, 6350 College Grove Dr, San Diego, 92115

**Birding & Biking Eco Tour.** Sat, March 26, 9-noon. \$35-\$55. Bike along San Diego Bay National Wildlife Refuge and Silver Strand State Beach while learning about native and migratory bird species and local ecology and conservation efforts. Includes a two-hour biologist guided bird watching tour. All equipment provided:

bikes, helmets, binoculars and field guides. A portion of your ticket supports nonprofit environmental education programs for underserved youth. San Diego Bay Refuge, 535 Florence St, SD, 91932. <https://www.oceanconnectors.org/event/birding-biking-eco-tour-5/>

**Guided Nature Walk.** Sat, March 26, 9:30am. Free. Join an MTRP Trail Guide on a guided nature walk and learn about the plants, animals, geology, history, and ecology of the park along a scenic trail. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos. [mtrp.org](http://mtrp.org)

**San Diego Beatles Fair.** Sat, March 26, noon-10pm. \$25-\$30. Queen Bee's Art & Cultural Center, 3925 Ohio St, SD, 92104.

**San Diego Crew Classic.** Sat-Sun, March 26-27, 6am-7pm. \$15 & Up. Regarded as the first major regatta of the year, the San Diego Crew Classic brings together thousands of athletes from more than 100 universities, clubs and high school programs across the United States. Spanning ages 14 – 84, the Crew Classic is a competition for future Olympians as well as for those new to the sport. Food, beer garden, shopping. Crown Point Shores, Mission Bay, Crown Point Dr. [www.crewclassic.org](http://www.crewclassic.org)

**San Diego Half Marathon & Paddres 5K.** Sun, March 27, 6:30am-1pm. PETCO Park, downtown SD. [sdhalfmarathon.com](http://sdhalfmarathon.com)

**Escondido Cars & Coffee.** Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. All cars, trucks and bikes welcome

**10th Annual Veterans Appreciation Dinner.** Sunday, March 27, 2022. Noon-5pm. NOLAH would like to thank the military for their contribution with a buffet meal, and music provided by the Blue Frog band. Hosted by Fast Times in Clairemont. Admission, food, music, and water/tea are provided free of charge to veterans, active duty, and their families. Others are asked for a donation to assist NOLAH in its mission to provide ADA modifications to the homes of local veterans. Fast Times, 3065 Clairemont Dr, SD.

**Ironman 70.3 Oceanside.** Sat, April 2. Starts at Community Center on The Strand. IRONMAN 70.3 Oceanside is the first race on the North American circuit with a stacked pro field. [www.ironman.com/im703-oceanside](http://www.ironman.com/im703-oceanside)

**26th Annual Taste of Third.** Thurs, March 31, 4-8pm. \$40-\$45. Food, drink and live music as you stroll down the block enjoying the many flavors of Third Ave, Chula Vista. [thirdavenuevillage.com](http://thirdavenuevillage.com)

## March is National Kidney Month: Be proactive with kidney care

National Kidney Month, observed every March, brings awareness to kidney health and encourages people to support kidney disease research and take steps to keep their own kidneys safe and healthy.

Kidneys filter blood, make urine, and produce the red blood cells that carry oxygen through your body. These vital organs also control blood pressure and produce vitamin D to keep bones strong.

Malfunctioning kidneys can lead to painful kidney stones and infections that, left untreated, require a transplant. Some pre-existing conditions, like high blood pressure and diabetes, put you at increased risk for kidney disease.

Chronic Kidney Disease (CKD) affects almost 40 million American adults. In 2016, three-quarters of a million people in the U.S. required dialysis or a kidney transplant. Dialysis and kidney transplants, the only treatment options for severe kidney failure, are difficult, expensive, and not always available. Patients seeking new organs may not always get them in time to survive; in the U.S., twelve people die each day waiting for a kidney.

To prevent kidney disease you can take proactive steps to keep your kidneys healthy and prevent the onset of CKD. You can protect your kidneys by managing high blood pressure, making healthy food and drink choices, and reducing stress.

Most kidney donations come from deceased donors but living donation is also an option. Living donation takes place when a living person donates an organ (or part of an organ) for transplantation to another person. The living donor can be a family member, such as a parent, child, brother or sister (living related donation).

Living donation can also come from someone who is emotionally related to the recipient, such as a good friend, spouse or an in-law (living unrelated donation). Thanks to improved medications, a genetic link between the donor and recipient is no longer required to ensure a successful transplant. In some cases, living donation may even be from a stranger, which is called anonymous or non-directed donation.

## Healthcare Heroes event honors San Diego hospitals and clinics for COVID-19 efforts



**SAN DIEGO (March 10, 2022) Capt. Kim Davis, Navy Medicine Readiness and Training Command (NMRTC) San Diego's commanding officer (center left) and staff members assigned to NMRTC San Diego pose for a photo at a Healthcare Heroes Honor event at Balboa Park March 10. The Healthcare Heroes Honor event was held to honor hospitals and clinics in San Diego for efforts in combating COVID-19. NMRTC San Diego's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMRTC San Diego employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere. U.S. Navy photo by MC3 Mariterese Merrique.**

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90°	109°	124°
95°	114°	129°

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