

ARMED FORCES DISPATCH



AIR FORCE RESERVE BIRTHDAY - APRIL 14

San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

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

SIXTY-FIRST YEAR NO. 51
THURSDAY, APRIL 7, 2022

OFFICIAL SAYS DOD IS WORKING TO IMPROVE SAFETY, QUALITY AND HABITABILITY OF PRIVATIZED HOUSING

by David Vergun
DoD News

The Defense Department is working to improve its military housing privatization initiative, or MHPI.

Patricia Coury, deputy assistant secretary of defense for housing, testified recently at a virtual meeting of the House Appropriations Subcommittee on Military Construction, Veterans Affairs and Related Agencies hearing.

The department is resourced to provide safe, quality, well-maintained housing where military members and their families will want to live, she said.

The military services have hired more than 600 additional housing personnel to provide enhanced, quality assurance, customer care services and advocacy for residents, Coury said.

Also, the department has significantly enhanced the MHPI program and oversight of the private sector companies that own, operate and maintain privatized housing projects, she said.

DOD is focused on five program oversight areas:

- Senior leader engagement to collaborate internally and within MHPI companies on housing issues and necessary corrective



Military housing at Marine Corps Logistics Base Albany, Ga. Photo by Art Powell/Marine Corps

- Rebuilding trust with the military families and military members.

- Providing accountability at all levels within DOD and by MHPI companies to perform oversight as originally intended at the outset of housing privatization.

- Providing transparency and communications to tenants and the department.

- Ensuring the long-term financial viability of the MHPI projects and program.

The department issued a revised MHPI tenant bill of rights

on Aug. 1. That now includes all 18 rights, she said.

“Based on our work with the MHPI companies that own and operate privatized housing projects, they have voluntarily implemented these safety rights at all but five of the nearly 200 installations with privatized housing,” Coury said.

While the department continues to pursue agreements with the MHPI companies at the five remaining installations, nearly 96 percent of the military families who reside in privatized housing have access to all 18

rights, she said.

“Our progress implementing the tenant Bill of Rights represents a foundational step in DOD’s ongoing efforts to improve the MHPI program and to rebuilding trust and ensuring positive living experience for military members and their families,” she said.

In addition to issuing the revised Tenant Bill of Rights, Coury said DOD has taken other actions to improve oversight. Those include:

- Implementing department-

wide quarterly programmatic reviews.

- Establishing new DOD uniform housing standard and inspection requirements.

- Working with private-sector MHPI companies to accelerate project investment to renovate or construct new housing units and improve the condition of existing privatized housing.

“Our priority going forward is

Budget funds military to accomplish today’s, tomorrow’s missions

by Jim Garamone

In the 21st century, military establishments that don’t innovate “get left behind,” Secretary of Defense Lloyd J. Austin III told the House Armed Services Committee April 5.

The fiscal 2023 Defense Budget Request provides the funds to ensure the U.S. military can keep innovating, he said.

The \$773 billion request is firmly based on the new National Defense Strategy and provides the funds to ensure the United States can thrive in a world with China as the pacing challenge and deal with the Russian invasion of its neighboring country.

The budget also provides the funding to deal with the threats posed by North Korea, Iran and violent extremists, Austin said.

The key priorities for the U.S. military are to defend the country, take care of the people of DOD and succeed through teamwork, he said.

The request puts its money where its mouth is by seeking more than \$56 billion for airpower platforms and systems, and more than \$40 billion to maintain U.S. dominance at sea. This includes funding nine more battle-force ships. The budget calls for almost \$13 billion to support and modernize combat credible forces on land.

The budget continues the bipartisan call to modernize the three legs of America’s nuclear deterrent.

All these capabilities are powered by people, and the budget calls for a 4.6 percent pay raise for military and civilian members of the department. It also calls for more and better childcare facilities in

see **Budget, page 4**

NAVY NAMES FUTURE OILER SHIP AFTER RUTH BADER GINSBURG

by Alison Bath
Stars and Stripes

A Navy ship will bear the name of former Supreme Court Justice Ruth Bader Ginsburg, a pioneering women’s rights and gender equality advocate who took a leading role in a landmark decision striking down a military academy’s male-only admissions policy.

It is the first Navy ship to bear her name.

The future USNS Ruth Bader

Ginsburg, a John Lewis-class replenishment oiler, honors the late justice’s commitment to civil and human rights, the Navy said in a statement last Thursday.

“She is instrumental to why we now have women of all backgrounds, experiences and talents serving within our ranks, side by side with their male sailor and Marine counterparts,” Secretary of the Navy Carlos Del Toro said in the statement.

Del Toro also named Ginsburg’s daughter, Jane Ginsburg, as the ship’s sponsor, according to the statement.

Ginsburg, who was nominated by President Bill Clinton and confirmed in 1993, died in September 2020 at age 87. She was the first Jewish woman and second woman to serve on the court and was viewed at the time as a moderate consensus-builder.

Despite her diminutive stature

and frilly collars, Ginsburg was known for her steely determination and fiery dissents in many of the court’s decisions, which earned her the moniker “Notorious RBG.”

Shortly after her appointment to the court, Ginsburg wrote the majority opinion in 1996 for United States v. Virginia, which struck down the Virginia Military Institute’s admissions policy that excluded women.

“The Court has repeatedly

recognized that neither federal nor state government acts compatibly with the equal protection principle when a law or official policy denies to women, simply because they are women, full citizenship stature-equal opportunity to aspire, achieve, participate in and contribute to society based on their individual talents and capacities,” Ginsburg wrote.

John Lewis-class oilers, named for the civil rights ad-

vocate and U.S. congressman from Georgia who died in July 2020, are designed to transfer fuel to the Navy’s carrier strike groups.

The oilers can carry as much as 162,000 barrels of fuel and have significant dry cargo capacity and aviation capability. The ships measure 742 feet in length with a full load displacement of 49,850 tons and can travel at a speed of about 23 mph, the Navy said.

Your FREE weekly paper

Take one!

Career and Education

Staying focused during global crises

See page 8

AutoMatters & More

Slow down to go fast (ends with a crash, captured on video)

See page 9



VETERANS ASSOCIATION OF NORTH COUNTY

We are the Veterans Association of North County. VANC is a 501(c)(3) non-profit organization created by Veterans for Veterans and active duty service people and their families to help them navigate life during and after service. We serve as a one-stop resource center for all active-duty military, Veterans, and their families. We centralize services from diverse agencies to assist with jobs, education, benefits, health, and wellness. We also support our local community by providing an exceptional space perfect for meetings, banquets, workshops, presentations and more.

For more details on events visit <https://www.vanc.me/>.

1617 MISSION AVE, OCEANSIDE CA 92058
www.VANC.me 760-722-1277

- | | |
|--|---|
| Saturday, April 9
9-10:30 a.m. Involved Men of Oceanside
11 a.m.-1:30 p.m. Buffalo Soldiers | Tuesday, April 19
10-11 a.m. Wounded Warrior Yoga |
| Sunday, April 10
10 a.m.-1:30 p.m. Jewish War Veterans | Thursday, April 21
6-7:30 p.m. Marine Corps League |
| Monday, April 11
6-7 p.m. Legion Post 760 | Friday, April 22
7 a.m.-4 p.m. GMS Tabletop Exercise |
| Tuesday, April 12
10-11 a.m. Wounded Warrior Yoga | Saturday, April 23
10 a.m.-1 p.m. MOWW Board/General Meeting |
| Wednesday, April 13
1-2:30 p.m. Military Order of Purple Heart | Tuesday, April 26
7 a.m.-4 p.m. GMS Tabletop Exercise |
| Thursday, April 14
6-7:30 p.m. American GI Forum Meeting | Wednesday, April 27
1-3 p.m. Republican Women of CA - Oceanside |
| Saturday, April 16
11 a.m.-2 p.m. San Diego Veteran writers Group | Friday, April 28
5-6:30 p.m. Wounded Warrior Project |
| | Saturday, April 30
5-10 p.m. Becky's Way Charity Poker Tournament |



For more information on these events visit the USO San Diego web site at <https://sandiego.uso.org/events/> or their facebook pages at facebook.com/ usosandiego or facebook.com/USOCampPendleton or call (619) 235-6503. Registration on line may be required so be sure to check in advance.

USO Liberty Station
2790 Truxtun Road Suite 110 San Diego, CA 92106
(619)235-6503 • Facebook @usosandiego

VOLUNTEER SHOUT OUT! Gerry began volunteering with us at the beginning of 2020 and is a fan favorite at our Liberty Station Center. You can find her every Monday afternoon at the desk greeting families or working at our outreach events. She was the recipient of our Anchor Award in 2021 for her dependability and support. **THANK YOU GERRY!**
Toddler Tunes Tuesday. April 19, 10 a.m. Age 0-4. - Come play some instruments, learn some nursery rhymes and be entered in for an opportunity drawing for participating! For more information please visit our Facebook page or call (619)235-6503

USO Camp Pendleton
1104 Vandegrift Blvd Oceanside, CA 92058
(760) 385-0120 • Facebook @USOCampPendleton

Craft & Coffee: Tues, April 12, 9-10:30 a.m. - Join the USO and other military spouses in your community to build friendships, make connections, and find resources. Open to all spouses of currently serving military. Dates and times subject to change. Please register!

Join us for April's Shelf Indulgence book club! This month's book is *The Scent of Heat* by E.P. Sery. Discussions will be held April 11 and 25 from 6:30-8 p.m. Registered participants can pick up their books at the USO Camp Pendleton Center April 4-8, 8:30 a.m.-4:30 p.m.

April is Month of the Military Child and we have something planned for all our #MilKids each week. No registration will be required for our Purple floats April 11-15, but they will be while supplies last each day...rumor is that the Easter Bunny may be making an appearance that week as well. Follow us on Facebook to keep updated on events and times!

USO Transitions : Are you interested in resources for Employment, Education, Financial Readiness, Mentorship and Veteran Benefits? Connect with a Transition Specialist today at www.uso.org/transition . #usotransitions



ARMED SERVICES YMCA

San Diego Armed Services YMCA • 3293 Santo Rd, San Diego, CA 92124 • (858) 751-5755

Visit <https://www.asymca.org/events-san-diego-1> for more information on the following events.

ASY Golf Classic • April 15, 2022

Celebrating its 26th anniversary in 2022, the ASY Golf Classic is now one of the largest charity golf tournaments in San Diego County. This annual event takes place at Sycuan Golf Resort

Food Distributions

Our Neighborhood Food Distribution takes place twice a month - on the 2nd Thursday at Bayview Hills and on the 4th Thursday at our Murphy Canyon location. The link to register will be posted the Friday before the distribution at 6pm on our Facebook (@ASYSanDiego)

Bayview Hills 2nd Thursday • 10 a.m.-noon. Pre-registration is required! Only one registration per family. Please do not register each family member. 1890 Sky Harbor Rd., #1816, San Diego, 92139

Murphy Canyon 4th Thursday 10 a.m.-noon. Pre-registration is required! Only one registration per family. Please do not register each family member. 3293 Santo Rd., Tierrasanta, 92124

Camp Pendleton Armed Services YMCA Office • Building 200090 Ash Rd, Wire Mountain Rd. • Oceanside CA 92058 • (760) 385-4921

Facebook @camppendletonasymca • Web: asymca.org/camp-pendleton-home

Neighborhood Exchange

We partner with Jewish Family Service and San Diego Food Bank to offer a free food & diaper distribution, plus resources and giveaways from community partners. Food selections range from fresh fruits and vegetables to meats, canned and dried foods. The event takes place on the fourth Friday of each month.

Operation Kid Comfort

Has your spouse recently deployed? If so, your child can be eligible for an Operation Kid Comfort quilt! Our volunteer quilters make personalized comfort quilts for children with a recently deployed parent! Quilts are personalized with photos of the child and parent and the child's name!

Volunteer

We rely heavily on volunteers and can't run certain programs or events without them. We offer a wide variety of programs and events year round. Age requirements range from 15-21 years of age depending on the program. We have positions every day of the week from 8 a.m-6 p.m.

Open to All Military Branches. Roger That.

We're here to help the military community and their families make the most of their money. Just by banking with us, members **earn and save an average of \$352* more per year.**

Visit navyfederal.org to join.

Insured by NCUA.

*Dollar value shown represents the results of the 2020 Navy Federal's Member Giveback Study. The Member Giveback Study is an internal comparative market analysis of Navy Federal's loan and deposit account rates as compared to the national average for similar products. Image used for representational purposes only; does not imply government endorsement. U.S. Air Force photo. © 2022 Navy Federal NFCU 14008-E (4-22)



Our Members Are the Mission

First lady, president commission Navy attack submarine *Delaware*

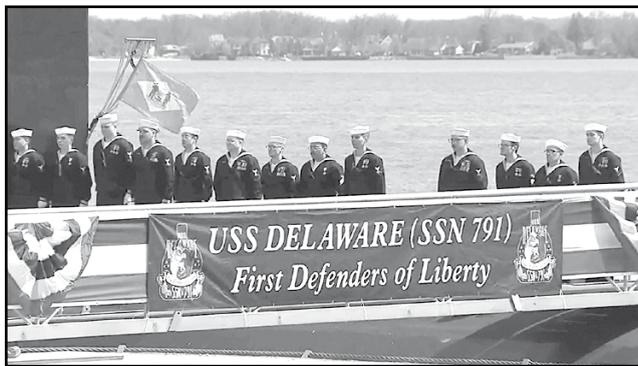
by C. Todd Lopez
DoD News

First Lady Dr. Jill Biden and President Joe Biden participated in the official commissioning of Virginia-class attack submarine *USS Delaware* at the Port of Wilmington in Delaware April 2.

The first lady serves as sponsor of the ship and participated

in its christening in October 2018. Officials had planned to commission the Delaware much sooner, but due to the global COVID-19 pandemic, the official commissioning ceremony was delayed in favor of an administrative commissioning in April 2020. The ship has been in operation since then.

In addition to the Bidens, Navy Secretary Carlos Del



Toro, Delaware Governor John Carney, Sens. Tom Carper and Chris Coons of Delaware, the ship's crew, and others officially commissioned the ship.

Sailors board USS Delaware for the ship's official commissioning ceremony in Wilmington, Del., April 2. DOD video still

As the ship's sponsor, Jill Biden has been involved in key events in the ship's history. She has also spent significant time during her husband's presidency and vice presidency working with and supporting the families of military service members, including those of the Delaware's crew.

Today marks the beginning of an incredible journey, the ship's long and faithful service to our country. ... We may not know what's to come, but we do know this: The challenges will be met with the honor, distinction and valor of the 125 sailors who serve on her decks. You will lead with unparalleled character and courage."

"Jill has watched over the progress of the USS Delaware for years," Biden said. "[As] the daughter of a Navy signalman during World War II, the mother of a member of the Delaware National Guard, and the grandmother of children who experienced having their father deployed away from home for a year at a time, she always holds our military and their families in her heart."

The president said he's proud of the work his wife has done on behalf of USS *Delaware*, but more so of the work she's done to support the families of the ship's crew and the families of service members across the nation.

"I'm deeply proud of the work she's doing as first lady with the Joining Forces Initiative," he said. "It's a true passion for Jill and for our entire family."

The first lady said she learned she'd been selected as the ship's sponsor back when her husband served as vice president.

"I'll never forget the pride I felt when I stood at the Pentagon with [then-] Secretary of the Navy Ray Mabus ... to announce that I would be the ship's sponsor," she said. "USS *Delaware* was nothing more than a drawing then."

In 2018, the first lady said she attended the christening of the ship in Newport News, Va., where the ship was built, and saw what had previously been only a drawing "come to life in a shower of champagne."

"I saw the truth of what Secretary Mabus said when it all began, that this vessel will always uphold the first state's motto of 'Liberty and Independence,'" the first lady said.

At the ship's official commissioning, Jill Biden told *Delaware's* crew of the confidence both she and the president have in their ability to carry out the mission of the ship and the Navy: defending the nation.

"Today marks the beginning of an incredible journey, the ship's long and faithful service to our country," she said. "We may not know what's to come, but we do know this: The challenges will be met with the honor, distinction and valor of the 125 Sailors who serve on her decks. You will lead with unparalleled character and courage."

Families who remain behind have a role, as well, the first lady said.

MCPON Smith's 129th CPO birthday message to the Fleet

(April 1, 2022) - On this day each year, we gather together around the world to reflect on what it means to be a Chief Petty Officer. 37,000 active and reserve Chiefs consistently display a selfless dedication to the mission, putting our Sailors, our requirements and our Navy ahead of our own needs. We commit ourselves daily to the strengthening of our technical expertise and warfighting skills, with a particular emphasis on the growth and development of our Sailors - those who will eventually relieve us. As a Mess, we work closely with each other, leveraging the power of connection along a horizontal axis to collaborate and find solutions to our most intense challenges.

This legacy of service has matured immeasurably over the last 129 years, but the core expectations of our Mess remain the same today as they did in 1893. This sentiment was best captured in an essay entitled "A Message to Garcia" by Elbert Hubbard; much like 1st Lt. Rowan, our Chief Petty Officers are not ones to incessantly question or lack conviction, but instead take the commander's intent and simply get the job done - "to do the things and carry a message to Garcia." It is our initiative, our willingness to boldly lead and perpetuate a culture of excellence focused on achieving best-ever performance - that is our true legacy. It has stood the test of time, and lies at the heart of what our officers expect from us - and what our Sailors demand of us.

Leadership is not an easy endeavor. Among other things, it requires tough decisions that not everyone will agree with, even though Chiefs specialize in building consensus among leaders with disparate points of view. Honor, integrity, duty and self-discipline infuse our every action, in such a way that those decisions we make and actions we take will survive the scrutiny of hindsight.

In difficult environments and often facing tremendous odds, our Chiefs work together to improvise solutions and win - this is what makes our Mess so strong. We are far stronger, wiser and more lethal together, and it is that unity of effort that a CO is expecting us to deliver on.

We do not celebrate ourselves, as we are professionals who do this difficult work every day. That said, this particular day provides us the chance to reflect on how far we've come, and to enjoy the fellowship and camaraderie of our herd as we remind each other of our shared history - the events that have shaped our development. More importantly, it affords us the opportunity to strengthen our internal ties - so critical to leveraging our unique organization and ensuring our Navy prevails in any mission our Nation requires.

Russell L. Smith
Master Chief Petty Officer of the Navy

KD VETERANS
MEDICAL ASSESSMENT

Veterans, if you need a nexus letter, Independent Medical Opinion, or Disability Benefits Questionnaire; please call KDVMA. Our physicians often find relevant medical information in your files that expressly connect your disability, occurrence or aggravation of a disease or injury in service. Visit us now at www.kdvma.com or call us at: **678-349-1816**

USS Midway
MUSEUM

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.

Visit this page of our website to watch fun videos about our different teams and participants:
<https://www.midway.org/give-join/volunteers/volunteer-opportunities/>

NEWS HEADLINES

Army

- Army picks L3Harris and Thales for radio modernization (C4ISRNET) The U.S. Army recently selected two companies to furnish voice and data radios as part of a broader effort to move away from aging assets and better secure military networks and communications.

- 3 Army Soldiers, 9 others accused in gun trafficking ring
- Why it took the Army almost 57 years to recognize a captured U.S. Soldier as a "prisoner of war"

Navy

- Navy identifies officer who died in Hawkeye crash off Virginia coast

- Biden says sub he commissioned will enhance U.S. security

- Navy SEALs can't use Washington parks for training, judge says

- 2 injured in naval submarine accident in Washington state

- USS *Harry S. Truman* chief petty officers talk about their unique role as Navy celebrates its standard-bearers (Daily Press) When USS *Harry S. Truman* took on supplies and fuels this week in the Adriatic Sea, it was up to its chief petty officers, such as Senior Chief Brian Epling, to organize the nerve-racking work on the hangar deck.

- Navy reports another fuel leak at Red Hill storage tanks in Hawaii

Marine Corps

- Changing how the Corps works? | Military Times Reports

- Procession, vigil honor fallen Marine ahead of burial

- Former U.S. Marine accused of rape in Ukraine (Task & Purpose) The victim is currently in Poland receiving medical attention for injuries sustained during the attack

- MCAS Yuma transitions last of its 4 Marine Attack squadrons to the F-35B

Air Force

- Air Force seeks more than \$5B to shore up outdated infrastructure

- Why the Air Force Wounded Warrior Program is a job from hell

National Guard

- 200 Connecticut National Guard Airmen, Soldiers welcomed home

- Indiana National Guard working with Slovakia to help Ukrainian refugees

Coast Guard

- The Coast Guard seized more than \$243 million of cocaine. They offloaded it in Miami Beach

Veterans

- Veterans unemployment drops to lowest level in three years

- Alabama Army veteran, who parked 'small armory' near Capitol on 1/6 gets prison

This has been a presentation of Early Bird Brief, DoD's morning round-up of the day's most important military and defense-industry stories, compiled by Rachel Nosttrand. Please send news tips and suggestions to early-bird@defensenews.com.

Armed Forces Dispatch (619) 280-2985

Published by Western States Weeklies, Inc.
2604 B-280 El Camino Real, Carlsbad, CA 92008
E-mail: editor@navydispatch.com

Publisher.....Sarah Hagerty

The Dispatch is published weekly on Thursdays, by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. The editorial objective of the Dispatch is to promote support for a strong military presence. Contents of the Armed Forces Dispatch are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the U.S. Navy or U.S. Marine Corps. The Department of Defense, the Department of the Navy, or any other DOD component, does not approve or endorse this company, its products or services. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Department of Defense or any other DOD component, this newspaper, or Western States Weeklies, Inc. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$70 per year to CONUS or FPO address.

Budget

continued from page 1

DOD and money to ensure the department is a safe and diverse workplace.

"We're also deeply focused on a terrible problem of suicide in the U.S. military," Austin said. "I'll keep on saying it: Mental health is health, period. The budget calls for increasing access to mental health care, expanding telehealth capabilities, and fighting the tired old stigmas that's against seeking help."

DOD is also implementing the recommendations of the independent review commission on sexual assault. "Our budget seeks nearly \$480 million for that enterprise," Austin said. "Sexual assault, as we know, is not just a crime, it's an ... affront to our values, and to everything that we're supposed to represent to each other and to this country."

This is a leadership issue, and you have my personal commitment to keep leading."

The United States needs to keep leading, too, the secretary said. Since Russia invaded Ukraine Feb. 24, American leadership has become even more crucial. "Countries around the world continue to look to the United States to provide that sort of leadership," he said. "With help from Congress, we've been able to rush security assistance to ... help the Ukrainian people defend their lives, their country and their freedom."

The United States is providing that leadership, and Austin reiterated the United States' unwavering support for Ukraine. He told the members of the committee that even before Russia's unprovoked invasion, the U.S. sent more than a billion dollars' worth of weapons and supplies to Ukraine.

DOD continues mission to stabilize the Middle East

by Terri Moon Cronk

Iran is the leading source of instability in the Middle East, and ISIS also remains a threat to the region, even though the organization does not hold territory anymore in Iraq and Syria, the deputy assistant secretary for defense for the Middle East said April 5 at the Wilson Center.

Dana Stroul said Iran's continued sponsorship and cultivation of violent proxies and terrorists, its proliferation of increasingly advanced and lethal unmanned aerial vehicles, or drones, its ballistic missile program, maritime aggression and smuggling activities at sea all comprise reasons why Iran is a threat.

"U.S. forces specifically, who remain present in northeast Syria to assist in the fight against ISIS through local partners, regularly experience threats from Iran and Iran-backed proxies," she said.

ISIS remains intent on reconstituting and continues to direct and inspire attacks in the region and beyond it, Stroul

added, she said Secretary of Defense Lloyd J. Austin III has reaffirmed U.S. commitment to maintaining U.S. forces in Iraq and Syria in an advise-and-assist capacity to support partner forces in their fight against ISIS.

The Middle East is a key theater for competing with China. It's not a pivot, but rather, it's how DOD "thinks through competing with China in the Middle East," she said. "Second, we as a department are leaning into multilateral security cooperation to effectively deter against Iran and Iran-backed threats, violent extremist organizations like ISIS and al-Qaeda, and other transboundary threats; and third, we support the State Department in implementing proactive diplomacy to reduce tensions and de-escalate ongoing conflicts."

DOD's Global Posture Review particularly emphasized the United States will maintain its presence in Iraq and Syria to support its partners' efforts to ensure the enduring defeat of ISIS, Stroul said.

Milley proposes rotational forces in permanent bases across Eastern Europe

by Jim Garamone

The future of American presence on the eastern flank of NATO may revolve around rotational forces in permanent bases, the chairman of the Joint Chiefs of Staff told the House Armed Services Committee April 5.

"Actual presence is always a good deterrent relative to a given threat," said Army Gen. Mark A. Milley.

The U.S. already employs rotational units in the Baltic Republics and Poland. Since the Russian invasion of Ukraine, more have deployed to the Baltics, Poland, Romania, Hungary and Slovakia. At the latest NATO Summit in March, leaders agreed to study the alliance's troop posture in Europe.

Representatives asked Milley about the possibility of American troops based permanently in the front-line states with Russia. "My advice would be to create permanent bases but don't permanently station," he said. This gives the effect of permanence by cycling rotational forces through these permanent bases.

By doing that, the military does not incur the costs of family moves, post exchanges, schools, housing and so forth, Milley said.

"So, you cycle expeditionary forces through forward-deployed permanent bases," the chairman said. "And I believe that a lot of our European allies, ... are very, very willing to establish permanent bases."

NATO is going through a process right now to examine the security architecture in Europe and how it should change given Russia's invasion of Ukraine. Austin said U.S. leaders expect to work with leaders from NATO allies on the troop posture picture.

"If NATO deems that it's appropriate to change its footprint, then certainly we will be a part of that," the secretary said.

"Our goal is to make sure that we continue to reassure our allies and partners, especially those that are on the eastern flank, and especially our allies that are in the Baltic area or Baltic region."

37th Annual
Easter Sunrise Service

In Balboa Park at the Spreckels Organ Pavilion

SUNDAY, April 17, 2022
6:30am-7:30am

Message
Pastor Glenn McKinney
St. Stephen's Church of God

Music
St. Stephen's Cathedral Choir
Norma Handy, Director
Joe Rodriquez at the Spreckels Organ

All Welcome - Free Parking
For Information call: 858-454-7324
Entire Offering Donated to the San Diego Rescue Mission for the Homeless

Where are our ships at sea

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of April 4, 2022, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

Total Navy Battle Force: 298
Ships underway
Deployed ships underway: 68
Non-deployed ships underway: 12
Total ships underway: 80
Ships deployed by Fleet
Fleet Forces, 0: 3rd Fleet, 0
4th Fleet, 2: 5th Fleet, 12
6th Fleet, 32: 7th Fleet, 70
Total 116

4 www.armedforcesdispatch.com THURSDAY, APRIL 7, 2022

Places of Worship

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

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

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

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

First Baptist Church of Coronado
"Reach Up, Reach Out, Reach Our World"
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

La Jolla Lutheran Church
"We Follow Jesus"
Sunday 9:30am Worship
Wednesday 6:30pm Bible Study
7111 La Jolla Blvd., La Jolla, CA 92037
(858) 454-6459
LaJollaLutheranChurch.com

Living Water Lutheran Church
"Whoever believes in me, streams of living water will flow from within him."
Meeting at Hampton Inn
Corner of Carmel Mountain Rd. and El Camino Real
Join us for worship at 8:45am
(858)792-7691 LivingWaterSD7@gmail.com
Pastor: Rev. Steven Duescher

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

Military Outreach Ministries Int'l Church
"Transforming the World, One Person at a Time"
Dr. Dennis Eley, Jr, Th.D., MBA dennis@militaryoutreachministries.org
7997 Paradise Valley Rd., San Diego, CA 92139
Sunday Service In Person 12:30-2pm • Children's Church 1pm
Live Stream: 1pm on "Moministries" free church app
Or www.militaryoutreachministries.org click on 'live stream' blue button

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

St. Luke's Lutheran Church
5150 Wilson Ave., La Mesa, CA 91942
Phone: (619) 463-6633
website: www.st-lukes-la-mesa.org
Worship: 9am
Pastor: Mark Menacher, PhD.
We thank you for your service!

Place your ad in our "Places of Worship" directory....as low as \$15 per week!

Coast Guard crew offloads \$223 million worth of drugs in San Diego



SAN DIEGO - Coast Guard Cutter *Kimball's* WMSL 756) crew offloaded more than 11,300 pounds of cocaine and more than 4,000 pounds of marijuana worth more than \$223 million March 31 here.

The drugs were interdicted in international waters of the Eastern Pacific Ocean off the coasts of Central and South America, including contraband seized and recovered during eight interdictions of suspected drug smuggling vessels between late February and early March.

Cutter *Kimball's* crew offloads about 11,300 pounds of cocaine and roughly 4,000 pounds of marijuana March 31 in San Diego. Coast Guard photo by Petty Officer 3rd Class Alex Gray

"At-sea interdictions of pure cocaine are the most effective way to limit cartel's destabilizing effects throughout the Western Hemisphere," said Vice Admiral Michael McAllister, Coast Guard Pacific Area commander. "Coast Guard national security cutters like *Kimball* are the service's most capable asset to strengthen maritime governance, but when team partners from the Royal Canadian Navy and U.S. Navy Littoral combat ships they leverage our network of international and interagency partners to reduce the availability of illicit drugs in the Western Hemisphere and facilitate U.S. Attorney's efforts to close the cycle of justice."

The drugs were interdicted by the following ships:

The total amount listed below is 11,301 pounds of cocaine and 4,076 pounds of marijuana.

Kimball's crew was responsible for one interdiction seizing

approximately 2,295 pounds of cocaine.

Coast Guard Cutter *Legare's* (WMEC 912) crew was responsible for four interdictions, seizing approximately 4,714 pounds of cocaine and 1,826 pounds of marijuana.

Coast Guard Cutter *Spencer's* (WMEC 905) crew was responsible for one interdiction seizing approximately 635 pounds of cocaine and 2,250 pounds of marijuana.

Jointly, Her Majesty's Canadian Ship *Yellowknife* (MM 706) and *Kimball's* crews were responsible for one interdiction, seizing approximately 331 pounds of cocaine.

Jointly, the crews of *Kimball* and *Legare* were responsible for one interdiction, seizing approximately 3,326 pounds of cocaine.

"This marks the first of likely many counter-drug patrols for *Kimball* and I am extremely proud of our crew's preparation and hard work to make this an ex-

remely successful deployment. *Kimball's* crew demonstrated that through teamwork we were able to remove over \$100 million dollars of cocaine, preventing it from ever crossing our borders or entering our neighborhoods, and further removing a source of illicit revenue from transnational criminal networks," said Capt. Thomas D'Arcy, commanding officer of the *Kimball*.

"It's not just the teams on-board *Kimball* that made this patrol a success; we also leveraged important collaborations with interagency partners and international allies, like the Canadian crew of *Yellowknife*, who expanded the reach and capabilities of our joint counter-drug team to achieve greater success together."

Numerous U.S. agencies from the Departments of Defense, Justice, and Homeland Security cooperated in the effort to combat transnational organized crime. The Coast Guard, Navy,

Customs and Border Protection, Federal Bureau of Investigation, Drug Enforcement Administration, and Immigration and Customs Enforcement, along with allied and international partner agencies, play a role in counter-drug operations.

Air Force partners with Navy to enhance medical training

by Airman 1st Class
Erin Zimpfer

hospital, according to NMCSO officials.

A group of 19 Airmen from the 445th Aeromedical Staging Squadron consisting of nurses, medical technicians and medical administration specialists arrived in San Diego March 14, to perform their two-week annual training at Naval Medical Center San Diego.

Lt. Col. Kathy Miller, 445th ASTS, mission officer in charge, along with the NCO in charge/team lead, Senior Master Sgt. Zachary Fontaine, nursing services superintendent, were excited the Airmen from their unit were able to participate in this unique opportunity for real world training.

"We have two main annual tour opportunities that offer hands-on training for our medical folks and the slots are very limited due to COVID-19," said Miller. "We are very fortunate to have this opportunity."

NMCSO is a 268-bed, multi-specialty hospital and ambulatory complex. The hospital is part of the Navy Medicine Readiness and Training Command, and is the Navy's largest West Coast

The 19 annual training participants from the 445 ASTS assisted in the intensive care unit, emergency department, post-anesthesia care unit, pediatrics, simulation training lab and patient administration.

To remain current and maintain their readiness as reservists, the medical Airmen have training requirements or comprehensive medical readiness program (CMRPs), that must be signed off on annually.

"It is an incredible opportunity for our folks, who may not work in the medical field outside of the Reserve, to work in a full capability treatment facility in order to maintain proficiency in their core set of skills," said Fontaine.

"Practicing these skills on a mannequin at the squadron every month is just not the same," he added. "Many of the younger Airmen have not had the chance to do annual training away from home station."

Senior Airman Bishma De-
continued, next page



WE SUPPORT OUR TROOPS

\$1,500

Sign-on BONUS for any position
good through 5/31/2022

Housekeeper

Servers

Line Cooks

RCA - Resident Care Assistants

EMT Safety Officer



Apply NOW - Ridgeview

ridgeviewhealthcenter.com/careers/current-openings

Apply NOW - The Glen

theglenatscrippsranh.com/current-openings

FALL IN LOVE WITH
The art of the automobile
APRIL 22-24, 2022

A fully immersive weekend of luxury, extravagant parties, artisan bites, and 150+ rare automobiles, set against the stunning backdrop of the Pacific Ocean.

DISCOUNTED MILITARY TICKETS AVAILABLE NOW:
LAJOLLAONCOURS.COM

LPL Financial

Pacific Sotheby's

SYMBIO

OFFICIAL FERRARI DEALER FERRARI OF SAN DIEGO

ALFA ROMEO

O'GARA

ROLLS-ROYCE

74 Coit Collection

FRASER

RISK

BENEFITING THE LA JOLLA HISTORICAL SOCIETY

Air Force

continued from page 5

sai, medical technician in 445th ASTS, is not only able to complete annual training, but cross off many of the requirements needed for upgrade training to advance to the next skill level for his job. Three other Airmen on this tour are also receiving invaluable instruction in their upgrade training.

“This is a great experience because there is a lot of hands on training opportunities. Transitioning from what we do in staging to in-house patient care is very beneficial,” said Desai. “I came back from tech school

last year, and this is a great opportunity to get a lot of stuff signed off. I received a lot of pointers on doing IVs and EKGs [electrocardiogram]--things I rarely get to do.”

Another unique characteristic of this training opportunity is the chance to work with another service in joint operations. The Navy’s hospital corpsmen are working hand-in-hand with the Airmen, helping them to gain useful training and experiences outside of their usual environment.

“I enjoy the fact that we get to work with other branches to see

the way they do things, and be able to take some aspects back to our squadron,” said Staff Sgt. Mary Czarnecki, 445th ASTS medical technician.

“I really like the hands-on training because we don’t see this every day so it is really valuable. If you don’t do certain skills regularly, you can lose your proficiency. This is much better than watching computer-based trainings or performing procedures on a mannequin. We are getting really good practice, and I am so grateful for the opportunity to be here.”

Five Airmen from ASTS’ medical administration also received valuable experience by assisting NMCS D with digitizing more than two million records.

“We don’t usually get to deal with patient medical records at our unit because our unit’s mission is patient movement,” said Tech. Sgt. Angela Thompson, medical readiness NCOIC, 445th ASTS. Another 445th ASTS health service management journeyman, Senior Airman Ryan Faris, gained valuable knowledge while working at the naval hospital.

“It’s been nothing but learning to be honest,” said Faris. “Working with a different service, we gain perspective and process insight of how the Navy does things versus how the Air Force does them. It has been very cooperative. We can pick up new skills from them and show them how we do things as well.”

While these medical administrators learn to do all of these things in their career field’s technical training, being at a staging squadron, it is not the same as handling the massive amount of information that the hospital processes.

“The tasks we do in our unit are a little more admin focused since we are not assigned to a medical treatment facility. Now we have the opportunity to understand mortuary affairs, inpatient and outpatient records, and patient records requests. All of these things are adding up and giving us a clearer picture,” said Staff Sgt. Ramello Rhodes, 445th ASTS health service management journeyman.

“The Sailors here have been really good advocates to get us exposure and training with all of these different record sections.”

Photo Gallery



SAN DIEGO (March 28, 2022) Aircraft carrier USS Carl Vinson (CVN 70) departs Naval Air Station North Island, March 28. Carl Vinson is conducting routine operations in the Pacific Ocean. Navy photo by MCSA Isaiah B. Goessl



CAMP PENDLETON (March 31, 2022) - Educator Morgan Jefferson from ELITE public schools, 12th Recruiting District, sights in during an Educators' Workshop at Edson Range here. Educators spent the morning learning about marksmanship and the M16A4 Service Rifle. Marine Corps photo by Cpl. Anthony D. Pio



NAS NORTH ISLAND (March 17, 2022) - Naval Aircrewmen (Helicopter) 1st Class Nathan Reed, left, secures Naval Aircrewmen (Helicopter) 1st Class Kristopher Sellmeyer, right, into a rapid deployment flotation system, a personnel recovery apparatus designed to provide fast water rescue, during tactic, technique and procedure testing in the pool here. The SKEDCO is used primarily in overland search and rescue operations, as opposed to the SAR medical evacuation litter or Stokes, which is the current industry standard. Navy photo



WORK THE RAILS
Volunteer at Pacific Southwest Railway Museum!

WANTED VOLUNTEERS

www.psrmm.org
email: volunteer@psrmm.org

Medicare & Veteran Resource Center
DO YOU HAVE Medicare but your needs have changed?
ARE YOU TURNING 65?
Are you TRICARE or a Veteran using VA Benefits?
Do you have Medicare Part A & B?
YES! Then you are **ELIGIBLE** for an **Additional \$145/month** added to your S.S.
Need Extra Help paying for Prescriptions?
TRICARE Dental Vision Hearing Plans **any age.**
Vince Parra • 619-763-2425
Specializing in Medicare & Veterans Health Plans
electo54@hotmail.com - CA LIC: 0M89123
Contact me for a \$0 cost, no obligation, and personalized review
Medicare Advantage, Medicare supplement, Medicare Prescription Drug Plans

El Indio
Mexican Restaurant and Catering

Family Owned & Operated Since 1940

"Best Mexican Food in San Diego"

3695 India Street • www.elindiosandiego.com • 619-299-0333

Open Daily 9am - 8pm
Free Parking! 10% Military Discount

SoCalTruck.com
ACCESSORIES & EQUIPMENT
10460 Mission Gorge Rd.
Santee, CA 92071
619-749-0742
Work Smarter, Play Harder!

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

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

BULLET LINER
An Accella Brand
Spray on Bedliners

MAIN AUTO REPAIR
"ALL WORK GUARANTEED"

FREE ESTIMATES - Serving Military for Over 23 years

BRAKE SERVICE SPECIAL from \$99.95 Per Axle, Parts & Labor included. Most Cars Standard Brake Packages	A/C Service and Repair	Body Work and Paint	CLUTCH \$219.95 Most Cars. Parts & Labor included. Includes: Pressure plate and disc. Adjustment. New throw out bearing. Pilot bearing. Inspect flywheel
TIMING BELT SPECIAL from \$129.95 Most Cars. Parts & Labor included	CV JOINT AXLE from \$119.95 Most Cars. Parts & Labor included	FUEL INJECTION SERVICE from \$39.95 Most Cars. Parts & Labor included	

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

Earth Day 2022: Ways to invest in our planet

Graphics by David Smith
Camp Pendleton

Camp Pendleton takes pride in its stewardship of our planet by ensuring operations don't interfere with ecosystems, while advancements are made to improve the planet we live on.

VOLUNTEER: Help your community by organizing or volunteering for area cleanups and planting trees;

EDUCATE YOURSELF: Research the importance and value of our natural resources so you can teach others;

CONSERVE WATER: Use less water for everyday tasks and replace old appliances with energy efficient products;

SUSTAINABLE ENERGY: Find ways to use clean and



renewable sources of energy created by solar, wind and water, and improve the efficiency of existing appliances;

PLANT A TREE: Trees provide food as well as help air quality. Find ways to use less paper products made from trees.

EVENTS

O'Neill Heights Housing Earth Day/Military Child Appreciation, on Friday, April 15, from 4:30-5:30 p.m.

Santa Margarita Elementary Environmental Presentation for Students, April 15, 5-6 p.m.

Camp Del Mar Earth Day Celebration with cleanup, awards, and chow, Thursday, April 21, 7 a.m. to 3 p.m.

Liberty's San Mateo Point Housing Earth Day/Military Child Appreciation, Friday, April, 5-6 p.m.

Oceanside's Earth Day Celebration and cleanup activities, Saturday, April 23, 9 a.m. to 1 p.m.

Stuart Mesa Elementary Earth Day Beautification, April 23, 9 a.m. to 3 p.m.

Camp Pendleton Views

A Marine attached to Marine Medium Tiltrotor Squadron (VMM) 165 (Reinforced), 11th Marine Expeditionary Unit, greets his family during a recent homecoming on Camp Pendleton. The squadron returned from the unit's Western Pacific 21.2 deployment in support of U.S. 3rd, 5th, and 7th Fleet area of operations as part of the Essex Amphibious Ready Group. Marine Corps photo by Sgt. Dana Beesley



Marine Corps Cpl. Thomas Rexrode, a reconnaissance Marine with Co. A, 1st Reconnaissance Battalion (1st Recon Bn.), 1st Marine Division, launches an RQ-20B Puma Small Unmanned Aircraft System (SUAS) from a rigid-hulled inflatable boat at Camp Pendleton. 1st Recon Bn. conducted the training to test off-shore reconnaissance capabilities. Marine Corps photo by Staff Sgt. Connor Hancock



Naval Hospital Camp Pendleton is now offering COVID-19 at-home test kits for those who are symptomatic or close contact.

To pick up your at-home COVID (rapid) test, visit Naval Hospital Camp Pendleton's "COVID Drive Through Testing Tent" located in the North parking lot Monday-Friday from 7 a.m. to 4 p.m.

(*Please note, the "COVID Drive Through Testing Tent" is closed on weekends and federal holidays).

Have have your military ID or DOD ID number ready.



VA



U.S. Department of Veterans Affairs



VETERANS MENTAL HEALTH PROGRAM

- **Long-term Inpatient and Outpatient Programs**
(Up to 10 months of treatment, housing, food, and transportation)
- **Combat PTSD and Veteran Specific Programs, Suicide Prevention, Many Others**
- **Veteran Specific Case Management, Coordination with VA and Connection to Veteran Specific Community-based Organizations**



619.709.4512
www.SolaraMentalHealth.com

Get the lasting healing you deserve today!

ADMISSIONS DIRECTOR

David Hughlett, Admissions Director
dhughlett@SolaraMentalHealth.com

Staying focused during global crises!

by Dr. Daneen Skube,
Tribune Content Agency

Q: Everyone in my office was optimistic about the end of the pandemic. Now everyone is depressed about World War III. I'm so tired of global problems making work impossible to focus on. My industry is finance and I'm obsessing about all the ways this war in Ukraine will ruin the economy. How can I get my head back into work?

A: You can get your head back into work if you do three things:

1. Do not worry alone
2. Get all the information you can on what you're worry about
3. Take all the action you can over the things you can control

The fact that you shared your fear and exhaustion with me is a good example of not worrying alone. Also talk to people in and out of your workplace about your concerns, even if you think you sound silly. A worry discussed becomes a much lighter worry.

Second, research credible sources on what you fear. Ask

yourself: "What is the worst thing that could happen?" It turns out that if we can imagine even an unlikely worst-case

Interpersonal Edge



by
Dr.
Daneen
Skube

scenario, we can prepare and take proactive action against it. Plus, we often find that once we say our worst fear out loud we can see that it's unlikely.

As you talk to people about your fears and research real data on your anxieties, you'll be in a more resilient and rational place to deploy the last step: taking all action you can to prepare for what you fear.

Many people that embrace a preparedness lifestyle have applied the advice I'm giving. They've saved up food, water, medical supplies. They have cash on hand, perhaps even alternate power sources, and have learned skills to thrive in

a less optimum society than we have today.

People that prepare well generally are not operating out of hysteria, but out of wanting to take power into their own hands. Looking at what you personally can do if what you fear comes to pass is reassuring and liberating, not frightening.

Obviously, nobody can be prepared for everything scary that might occur. No one thought three years ago we would have a lingering health crisis. Then, again, we have proven over the last three years how adaptive and resilient our economy, working habits, and coping skills can be.

The other interesting factor to notice is what the Irish used to say about adversity, "It's an ill wind that blows no good." In other words, even this tragedy unfolding between Russia and Ukraine may create some good. So far nearly every country in the world has denounced Russia for starting the war. They want to re-establish peace. Our ability to come together for peace, as one global community, is an astonishing positive development.

If you go to work this Monday

and get your head back in your game, you create the greatest good you can. You solve problems immediately in front of you which teaches you how to solve problems awaiting you in the future.

Our fears of the unknown can distract us so we don't live in the present where we have power.

You have a job because people value you, your skills and contributions. Before you read your morning news consider these truths first. Then go and give it your best shot today. Tomorrow will arrive with new challenges and the only way you will be prepared is to do what you can do today!

The last word(s)

Q: When I'm upset I try to rise above my emotions, but then I just end up saying or doing something stupid. Is there a way to rise above emotions without making bad choices?

A: No, the only way to avoid bad choices is to sink into your emotions internally and then roll out an intelligent, strategic response. What you're willing to feel will always keep your external behavior on an even keel.

NAVSUP welcomes companies with manufacturing and repair capabilities to upcoming events

by Matthew Morrison,
NAVSUP Public Affairs

The Naval Supply Systems Command (NAVSUP) small business community attended Sea-Air-Space 2022 this week in National Harbor, Md., and the 2022 Navy Gold Coast Conference, September 6-8, 2022 at the San Diego Convention Center. Small businesses with manufacturing and/or repair capabilities are encouraged to meet with the NAVSUP small business team at these events.

In support of these engagements, NAVSUP Weapon Systems Support has compiled a list of items that are candidates for additional source development. Vendors can obtain the source development candidate list and instructions on how to proceed here: <https://sam.gov/opp/cf86d7e256424a25838348f19a4fef81/view>.

Additionally, NAVSUP Fleet Logistics Center Norfolk has posted their FY22/FY23 Long Range Acquisition Forecast. The forecast listing can be found here: <https://sam.gov/opp/060367b11b5e4be89c4e682f0fcb1284/view>.

"This release further advances our initiative to improve proactive communication with industry on upcoming requirements," said NAVSUP Office of Small Business Director Chris Espenshade. "The earlier we can communicate mission requirements, the better we can position small business industry partners to compete. The FLC Norfolk and NAVSUP WSS procurement missions are critical to the Navy's sustainment success, so it's imperative we leverage the intangibles small business brings to the fight."

Industry partners should upload their capabilities or interest to the NAVSUP Interested Vendor/Capabilities Portal (https://www.navsupsupport.com/public/navsup/business_opps_vendor_form/) prior to onsite discussions.

Companies unable to meet the team at these upcoming engagements but have repair capabilities can reach out to: Espenshade; chris.espenshade.civ@us.navy.mil; Deputy Director, NAVSUP Weapon Systems Support Office of Small Business Annette Stevenson; annette.stevenson4.civ@us.navy.mil; or Small Business Technical Advisor, NAVSUP WSS Robert Hughes; robert.w.hughes.civ@us.navy.mil.



INVEST IN YOUR FUTURE

With Reduced Tuition Rates

MILITARY-AFFILIATED BENEFIT

CURRENTLY SERVING MILITARY MEMBERS, THEIR SPOUSES & DEPENDENTS AND INSTALLATION EMPLOYEES		SPOUSES & DEPENDENTS OF AFFILIATED INSTALLATION EMPLOYEES	
Undergraduate	Graduate	Undergraduate	Graduate
\$250	\$325	\$318.75	\$416.50
per credit hour	per credit hour	per credit hour	per credit hour

Visit Military.CCIS.edu or scan here




Columbia College

established 1851

SAN DIEGO

Slow down to go fast (ends with a crash, captured on video)

AutoMatters™ & More



by Jan Wagner

There is a simple, time-tested adage in motorsports, as in life, that basically says 'Slow down to go fast.' Those of us who have competed in motorsports know this well. Try to drive too fast and your vehicle will, eventually, break traction and go slower than it otherwise might — sometimes with the potential for devastating consequences, as happened at the 2022 Goodguys Del Mar Nationals autocross.

Goodguys is a Rod & Custom Association, but the 2022 Meguiar's Del Mar Nationals — billed as "America's Favorite Car Show," was, as always, much more than just a rods and customs show. Additionally, there were American muscle cars, lowriders, trucks, motorcycles, vendors and exhibitors (too many to count), a swap meet, "Cars 4 Sale Corral," model and pedal car show, live entertainment, "Goodguys Nitro Thunderfest," "Burn-out Competition," "Kids Model Car Make n' Take" (free), "All-American Sunday" (for all years) and, at the end of the three-day weekend, a long procession of amazing vehicles for photos and the presentation of awards.

This year, due to a conflict in my schedule to cover another major event (WonderCon in Anaheim), I was unable to cover the Del Mar Nationals on Sunday. Instead, I was there on Saturday.

As I approached the event I could hear loud engines and tires squealing. I know, as a previous competitor in the Goodguys All-American Sunday autocross, that this must surely have been coming from the Goodguys Autocross — and it was! I could not

resist the temptation to begin my coverage there.

Each autocross run consisted of the better part of two laps around the course, before exiting to the right and speeding towards the finish line and shut-down area, where ALL COMPETITORS MUST STOP.

The blue pickup truck was quick — its driver skilled — as he deftly negotiated his way through the sea of orange pylons, on what seemed to be the fine edge of maintaining control.

In earlier runs I had observed many competitors' vehicles skidding to a stop after the finish line, creating billowing clouds of tire smoke, before turning left and slowly proceeding away from the course. A Camaro even had a lazy spin, as you'll see in the video.

Sure enough, after the blue truck crossed the finish line it too began to skid — but it did not appreciably slow down or turn left. Instead, sickeningly, it crashed headlong into a double-set of heavy concrete barricades, breaking one in half and sending truck parts — including the truck's detached hood — flying through the air, where they were stopped in flight by a motorhome that was parked on the other side of the barriers.

Emergency personnel and track workers rushed to the scene, fire extinguishers in-hand, just in case. The truck was a mangled wreck. Fortunately, there was no fire, the driver and passenger seemed alert and, after a short time lying on a stretcher, the driver got up and was smiling.

Afterwards, when I looked at the video to see exactly what had happened, I observed that through most of the shut-down area, only the truck's front brakes were locked. The rear brakes did not lock until just before impact. Upon impact, the driver's head moved violently forward, and then returned to an upright position.

As I too experienced once, while a passenger in an off-road race truck, their heavy, unrestrained helmets added to the pendulum effect. Hopefully the driver and his passenger will not suffer from whiplash. The paramedics checked them out and fitted them with neck braces, as a precaution.

There is a fine line between going as fast as possible in motorsports competition, and going beyond that point. This accident showed a consequence of that. To see my VIDEO, go to AutoMatters.net and, once there, search for "Slow Down to Go Fast."

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit "AutoMatters & More" 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 #736

Medal of Honor Spotlight: Army Sgt. Gary Beikirch

by Katie Lange
DoD News

Army Sgt. Gary Burnell Beikirch made a post-military career out of helping veterans and children, a passion he discovered while healing from wounds he suffered in Vietnam that left him temporarily paralyzed. During the battle where he earned those scars, Beikirch saved several wounded men. For that, he earned the Medal of Honor.

Beikirch was born Aug. 29, 1947, in Rochester, N.Y. His parents, George and Norma, divorced when he was 4 or 5. Beikirch said that was the last time he and his younger brother, Larry, saw their dad.

Beikirch said he, his brother and his mother lived with various aunts and uncles over the next several years, moving so often that he attended 11 schools before he reached ninth grade. By that age, he was tired of the constant shuffle, so he moved in permanently with a close aunt and uncle in Greece, N.Y. He stayed there until he graduated high school.

Beikirch went to college in 1965 but dropped out after about two years. He decided he wanted to become a Green Beret, so he joined the Army in 1967, shortly before his 20th birthday. The young soldier was initially placed in an airborne infantry unit before going to Special Forces school. He eventually earned his Green Beret as a medic, a specialty he chose because he “wanted to help people more than anything else,” he said in a Library of Congress Veterans History Project interview.

By July 1969, Beikirch was as-

signed to the 5th Special Forces Group and was sent to Vietnam. He became the chief medical officer of Detachment B-24, Company B, based at Special Forces Camp Dak Seang near the border of Laos in central South Vietnam. At the base, there were about 2,000 villagers who lived nearby and worked closely with the Army. They were trained by Special Forces teams to protect their villages, according to the National Medal of Honor Museum, and they became close allies of the American troops.

By April 1, 1970, Beikirch had been in Vietnam for nearly a year and was about to take deployment leave when Dak Seang was attacked. Around 3 a.m., a well-concealed North Vietnamese force surrounded the camp, launching heavy fire on the Americans and the villagers.

Beikirch immediately jumped into action, running through the fire to help wounded comrades and get them back to a medical aid bunker. He was hit with shrapnel during this time but refused to get help for himself.

Throughout the attack, a Vietnamese teen named Deo followed Beikirch’s every move. Deo was assigned to be the 22-year-old Beikirch’s bodyguard, and in the months they’d worked together, they’d become close friends, Beikirch said.

As Beikirch was carrying a wounded soldier to the aid station, he heard an incoming rocket and threw himself on top of the injured man. The rocket exploded about 20 feet from the pair. It sent shrapnel throughout Beikirch’s body and into his spine.

“I remember feeling like I got kicked by a horse,” Beikirch said. “I actually remember seeing myself flying head over heels and getting slammed into sandbags - and then just falling onto the ground and collapsing.” He said his injuries were later described to him as “like a concussion to the spinal cord.”

Beikirch’s lower body was paralyzed, so Deo, who was also injured, carried him to the aid station. Despite their injuries, the pair continued to hand out medical supplies before going out once again to try to rescue more injured men.

Deo physically carried Beikirch around to do so until another rocket hit nearby. This time, Deo jumped on top of Beikirch’s body. The move saved the Green Beret, but Deo didn’t survive.

Beikirch said other villagers picked him up and took him back to the aid station. When Beikirch again refused to stay there, they carried him around to try to rescue more people. Beikirch was shot again and eventually collapsed, finally giving in to treatment. Two soldiers managed to get him to an evacuation helicopter, which flew him out of the besieged camp.

Beikirch said he was close to death in the first week after the attack. He was transferred to a hospital in Japan and eventually flown back to the U.S. He spent about seven months in a Pennsylvania veterans hospital, where he had to relearn how to walk.

After an extensive rehabilitation, Beikirch said he wanted to return to overseas duty; however,

his orders kept him stateside, and he had a tough time adjusting. He decided to leave the Army. After getting special permission to do so, he detached from the service in August 1971.

Beikirch went back to college as a pre-med student, but because his fellow students knew he was a veteran, they treated him poorly due to the war’s unpopularity and misconceptions about soldiers at the time. So, he dropped out again.

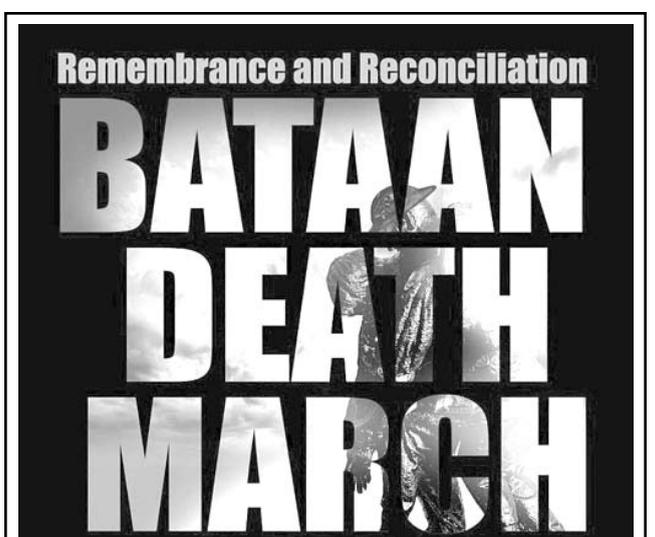
Around the same time, Beikirch was introduced to Christianity. He decided he wanted to serve in that capacity instead, so in 1973, he joined White Mountain Seminary in Lancaster, New Hampshire.

That fall, Beikirch learned he had earned the Medal of Honor. On Oct. 15, 1973, he received the nation’s highest award for valor from President Richard M. Nixon during a White House ceremony.

However, Beikirch said he didn’t want to celebrate it at the time because it brought back bad memories. He said he put the medal in a duffel bag and didn’t take it out again for a long time.

Beikirch returned to New Hampshire, earned a bachelor’s degree, met and married his wife, Loreen Wheeler, in 1975. They had three children.

Beikirch, who was considered quiet and modest, didn’t really talk about what happened to him in Vietnam. Beikirch died of cancer on Dec. 26, 2021, at the age of 74.



“
Bataan stands for high
courage in the face of
hopeless odds.
It stands for the finest
kind of self-discipline.”

by Don Biadog and Dan De Guzman

VFW Post 7907 Poway and the Poway community are hosting the 80th anniversary of Bataan Death March this Saturday. A team of volunteers planned the historical tribute on honoring and remembering the WWII veterans and thanking their families.

In retrospect, the Imperial Army of Japan launched a surprise attack on the Philippines, a U.S. Commonwealth, on Dec. 8, 1941, just 10 hours after the Japanese sneak and surprise attack on Navy’s Pacific Fleet, along with all other U.S. military bases and installations at Pearl Harbor and Wheeler Field. Japanese Imperial forces invaded the Philippines in a sneak attack on military installations in Luzon, 10 hours after

Pearl Harbor in Hawaii. Initial aerial bombardment was followed by landings of Japanese Imperial ground troops both north and south of Manila in the Philippines.

Gen. Douglas MacArthur, then-commander-in-chief all U.S. and Filipino commonwealth forces in the Philippines, consolidated all of his Luzon-based units on the Bataan Peninsula to fight against the Japanese Imperial army. By this time, the Japanese controlled nearly all of Southeast Asia. The Bataan Peninsula and the island of Corregidor were the only remaining Allied strongholds in the region.

This month is a special month of commemoration. The Poway commemoration on Saturday begins at 11 a.m. and concludes at noon. VFW Post 7907, Poway Veterans Park, and Poway’s city parks department, and the 80th anniversary of Bataan Death March Committee are co-hosting the memorial tribute and luncheon following the commemoration.

VA ingenuity affords formerly incarcerated vets valuable resources for rehabilitation ...

The Department of Veterans Affairs introduced new efforts to improve interagency coordination and expand outreach to criminal justice partners, to better help those reentering into society after incarceration. In conjunction with a presidential proclamation designating April as Second Chance Month, the initiative is part of the Biden-Harris administration’s goal to provide meaningful redemption and rehabilitation for formerly imprisoned persons. “Justice-involved veterans deserve an opportunity to fully reintegrate into society,” said VA Secretary Denis McDonough. “During Second Chance Month, VA is taking action to enable veterans committed to rejoining society, post-incarceration, by expanding the use of a web-based tool to identify and connect them to needed VA care, while also restoring VA benefits faster.”

VA Disability Claim Denied?

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

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

760-585-4665

www.VetDisabilityAid.com

The Meat & Potatoes



of Life

by
Lisa
Smith
Molinari

This month, the Army is implementing new Combat Readiness Testing (ACRT) that eases fitness standards for soldiers struggling to pass the former gender- and age-neutral test. After a long period of cancelled testing due to COVID-19, the new Navy Physical Readiness Test (PRT) is being implemented during the April 1 to September 30 Physical Fitness Assessment (PFA) cycle. The Air Force also rolled out a new PT test in 2022, as did the USMC. The Space Force is expected to launch its new PT program in 2023.

Although the new fitness policies aim to provide safer exercises and fairer scoring, all branches still require that service members pass weight standards. *Groan*

During his 28 years of active duty service in the Navy, my husband, Francis, sweated when the PRT rolled around. Although he exercised regularly and could pass the physical skills with flying colors, Francis

Beyond fitness standards: A Navy retiree’s nutrition wheel

carried a few extra pounds. A “big eater” who stretched the limits of his Navy-issue polyester khakis, Francis dreaded the PRT’s body composition testing.

About two weeks prior to each test, Francis would starve himself, hit the sauna, and pop diuretics in a desperate effort to make weight standards. He didn’t fit into the Navy’s standard height/weight charts, so he had to submit to tape measurements to determine the ratio between his neck and waist circumference. Francis employed any means necessary to endure this humiliating body composition test, including sucking in his gut, bulging out his neck, and shamelessly schmoozing the testing official.

Miraculously, he always passed.

Upon retiring from the Navy five years ago, Francis finally experienced life without military fitness limitations. Like many fresh retirees, he felt a new sense of liberation when answering questions like, “Would you like a side of fries with that?” and “Seconds, anyone?”

Naturally, Francis gained weight. Although his doctor ordered him to drop 40 pounds, Francis lacked the motivation to restrict his calorie intake, especially now that he’d

finally unleashed and expanded his culinary repertoire. After 28 years of Navy weight standards hanging over his head like a guillotine, Francis wasn’t about give up his newfound freedom.

But then, his college roommate made him a bet that if he lost 25 pounds on the South Beach Diet, he’d take him to South Beach in Miami. Soon, boxes of frozen meals, shake packets, and portion-controlled snacks arrived at our house. It cost a small fortune, but Francis won the bet and had a blast in Miami, where he ate enough pork Cubanos and drank enough margaritas to gain the pounds back.

To his credit, Francis walks 10,000 steps every day, and has created his own version of the nutrition wheel to keep his post-retirement health in check.

The standard USDA “My Plate” food wheel recommends a 2,000 per day calorie intake that includes 5.5 ounces of protein, 2.5 cups of vegetables, 2 cups of fruit, 6 ounces of grains, and 3 cups of dairy. It warns against excess fats, sugar and sodium, and is primarily intended to promote good health and longevity.

Francis’ nutrition wheel is somewhat different. It blatantly ignores

calories and encourages cocktail pairings. Like a pizza (which Francis loves, btw), it is divided into generous slices of Francis’ favorite foods in unrestricted amounts. Some wedges are small, like “Vegetables” for example, which wouldn’t be on the chart if it weren’t for onions and tomato sauce. “Fruit” made the wheel mainly due to Francis’ raisin intake.

On the other hand, “Meats” comprise a large wedge, generally in the form of cheeseburgers, sausages, bacon, meatballs and Slim Jims. “Grains” are also a significant piece of the pie, although the included foods—crackers, tortilla chips, hamburger buns, sub rolls, popcorn, and oatmeal cookies—are only “technically” associated with grains.

Francis’ dairy intake is covered by three distinct wedges labeled “Cheese” (eaten with crackers or melted on anything), “Half-and-half” (guzzled with coffee throughout the day), and “Ranch Dressing, Mayonnaise, and Creamy Dips” (no explanation needed). Finally, “Peanuts” make up the last slice, because Francis enjoys the salted legumes every night in front of the television.

All this talk of slices has me hungry for dinner. Pizza anyone



Farmer's markets: Enjoy fresh organic produce, locally prepared foods, handmade crafts

At daily San Diego farmers markets in neighborhoods throughout the county, you can sample fresh-from-the-farm produce from regional farmers and tasty treats from local artisans.

For more information about farmers markets around San Diego County, visit the San Diego County Farm Bureau website at <http://www.sdfarmbureau.org/farmers-market/>. Days and times are subject to change.

Coronado

Coronado Certified Farmers Market

Tuesday: 2:30pm-6pm
Coronado Ferry Landing, 1201 First St at B Ave, Coronado, CA 92118

Downtown /

Gaslamp Quarter

City Heights Certified Farmers Market

Saturday: 9am-1pm
On Wightman St from Fairmount Ave to 43rd St, San Diego, CA 92105

Gaslamp Artisan Market

Saturday & Sunday: 11am-4pm
Fifth Ave from Island Ave to J St. and Island Ave from Fourth Ave to Fifth Ave, San Diego, CA 92101

Little Italy Mercato Certified Farmers Market

Saturday: 8am-2pm
501 W Date St from Kettner Blvd to Front St, San Diego, CA 92101

Sunday: 8am-1pm
598 Harbor Ln - Fish Harbor Pier (near Tuna Harbor), San Diego, CA 92101

Hillcrest / Uptown

Hillcrest Certified Farmers Market

Sunday: 9am-2pm
3960 Normal St from Lincoln Ave to University Ave, San Diego, CA 92103

North Park Thursday Certified Farmers Market

Thursday: 3pm-7:30pm
2900 North Park Way from 30th St to Granada Ave, San Diego, CA 92104

La Jolla

La Jolla Open Aire Market

Sunday: 9am-1pm
7300 Block of Girard Ave at Genter St, La Jolla, CA 92037

Mission Bay and

Beaches

Ocean Beach Certified Farmers Market

Wednesday: 4pm-8pm
4900 Newport Ave from Cable St to Bacon St, San Diego, CA 92107

Pacific Beach Certified Farmers Market

Saturday: 8am-12pm
4150 Mission Blvd from Reed St to Pacific Beach Blvd, PB, CA 92109

Pacific Beach Tuesday Certified Farmers Market

Tuesday: 2pm-7pm
4500 Bayard St. from Garnet Ave to Hornblend St
San Diego, CA 92109

Mission Valley and

Old Town

Kearny Mesa Certified Farmers Market

Saturday: 10:30am-2:30pm
Service Road from Lightwave Ave to Spectrum Center Blvd, San Diego, CA 92123

South Bay

Chula Vista - Otay Ranch Certified Farmers Market

Tuesday: 4pm-8pm
2015 Birch Rd. and Eastlake Blvd. Chula Vista, CA 91915

Imperial Beach Certified Farmers Market

Friday: 2pm-7pm (April - Sept.)
Friday: 2pm-6pm (Oct - March)
Imperial Beach Pier Plaza, 10 Evergreen Ave, Imperial Beach, CA 91932

South Bay Certified Farmers Market

Wednesday: 3-7pm
4475 Bonita Rd. Bonita, CA 91902

East County

Borrego Springs Certified Farmers Market

Friday: 7am-Noon (October - April, closed May - September)
Christmas Circle, 700 Palm Canyon Dr and Borrego Springs Rd
Borrego Springs, CA 92004

La Mesa Village Certified Farmers Market

Friday: 3pm-7pm
La Mesa Blvd from Palm Ave and Allison Ave, La Mesa, CA 91942

Santee Certified Farmers Market

Wednesday: 3pm-7pm (March - October)

Wednesday: 2:30pm-6:30pm (November - February)

9600 Carlton Hills Blvd and Mast Blvd, Santee, CA 92071

Santa Ysabel Certified Farmers Market

Sunday: Noon-4pm
21887 Washington St at Hwy 78 and Hwy 79. Santa Ysabel, CA 92070

North Coastal

Carlsbad State Street Certified Farmers Market

Wednesday: 3pm-7pm (March-Oct)

Wednesday: 3pm-6pm (Nov-Feb)
2900 State St from Carlsbad Village Dr to Grand Ave, Carlsbad, CA 92008

Del Mar Certified Farmers Market

Saturday: Noon-4pm
Civic Center, 1050 Camino Del Mar, Del Mar, CA 92014

Leucadia Certified Farmers Market

Sunday: 10am-2pm
Paul Ecke Elementary, 185 Union St, Encinitas, CA 92024

Oceanside Certified Farmers Market

Thursday: 9am-1pm
Pier View Way and Coast Hwy 101, Oceanside, CA 92054

Rancho Santa Fe Certified Farmers Market

Sunday: 9:30am-2pm
Del Rayo Village Center. 16079 San Dieguito Rd, Rancho Santa Fe, CA 92091

Solana Beach Certified Farmers Market

Sunday: Noon-4pm
444 South Cedros Ave, Solana Beach, CA 92075

North Inland

Escondido Certified Farmers Market

Tuesday: 2:30pm-7pm (Oct-May)

Tuesday: 2:30pm-7pm (June-Sept)

200 East Grand Ave from N Juniper St and S Kalmia St, Escondido, CA 92025

Fallbrook Main Avenue Certified Farmers Market

Saturday: 9:30am-2pm
100 S Main Ave from Hawthorne and Fig, Fallbrook, CA 92028

Mira Mesa Certified Farmers Market

Tuesday: 3pm-7pm (February - October) ** Opens 2nd Tues in Feb.

Tuesday: 3pm-6pm (Nov-Dec, closed in January)

Mira Mesa High School, 10510 Reagan Rd. San Diego, CA 92126

North San Diego (Sikes Adobe) Certified Farmers Market

Sunday: 10:30am-3:30pm
Sikes Adobe Historic Farmstead, 12655 Sunset Dr, Escondido, CA 92025

Poway Certified Farmers Market

Saturday: 8am-1pm
14134 Midland Rd at Temple St
Poway, CA 92064

Rancho Bernardo Certified Farmers Market & Specialties

Friday: 9am-1pm
Bernardo Winery, 13330 Paseo Del Verano Norte, San Diego, CA 92128

San Marcos Certified Farmers Market

Tuesday: 3pm-7pm
250 North City Dr. (between Campus Dr. and Redel Rd.), San Marcos, CA 92078

Vista Certified Farmers Market

Saturday: 8am-Noon
County Courthouse, 355 South Melrose Dr (south of Hacienda), Vista, CA 92081

New app addresses service women's health care needs

by Adrienne Rubio (Ctr),
DHA Connected Health Communications

The Deployment Readiness Education for Service women app gives service women a one-stop resource for some of the most common questions and concerns before, during, and after deployment.

The app, developed through collaborative efforts from the Women and Infant Clinical Community, and based upon research by the Navy's Bureau of Medicine and Surgery, Office of Women's Health, provides health information relevant to the unique circumstances women.

"This app is the result several years of research, and from collaboration among the services and women's health subject matter experts," said Navy Capt. (Dr.) Shannon Lamb, chief medical officer, National Capital Region. "The project began as a handbook that was a part of the Female Force Readiness Strategy for the Navy and Marine Corps, and has evolved into an easily accessible app with information relevant to all military branches."

This DRES app covers topics like menstrual management, injury prevention, intimate partner violence, returning to duty postpar-



Deployment Readiness Education for Servicewomen, one-stop resource for some of the most common questions and concerns that servicewomen have around deployment. Photo courtesy of Connected Health.

tum, and family planning.

"Topics like mental health, nutrition, communicating with family while on deployment, and reintegration after deployment are also included in the app," said Lamb. "While the app was designed to provide education for servicewomen's healthcare needs, the app is a great resource for male and non-binary service members as well."

Some of the resources the app covers include topics that affect all service members.

Topics like deployment checklists, TRICARE navigation tips,

mental health resources, and how to report a sexual assault are also included in DRES. The app provides a great resource for leaders who want to help promote the health and readiness for their female service members.

DRES is a progressive web app which means instead of visiting an app store, users can find the free web app at mobile.health.mil/dres, (Deployment Readiness Education for Service Women) webpage. After downloading the app to a desktop or smart device, an internet connection is not necessary to access app content.

A Breakthrough Treatment for Depression Covered by Tricare

TMS is a non-drug therapy covered by Tricare that can help people who struggle with depression even after trying medication. It helps activate the natural function of the brain's neural pathways using a non-invasive magnetic field.

Because TMS is a non-drug treatment, people don't experience the side effects of antidepressants.

NO REFERRAL NEEDED

**CALL FOR A COURTESY CONSULTATION
619-304-9225**



BRUCE HUBBARD MD
TMS • PSYCHIATRY



Brucehubbardmd.com 1565 Hotel Circle South, Suite 310, San Diego, CA 92108

Healthy Living

Keeping red food red

Red plant pigments – often valuable antioxidants – can fade or turn color if the food is not handled properly.

Red cabbage turns blue if it is sauteed without acid; add a little vinegar and lemon juice



Red grapes should be added to cooked foods, especially sauces, at the last moment

Cherries turn blue in muffins; keep the batter acidic by adding buttermilk or soda

© 2014 MCT
Source: Shirley Corriher, Home and Garden Television, MCT Photo Service

Giant Gas Giveaway



SOUTH COUNTY
BUICK | GMC



\$500 GAS CARD

WITH THE LEASE OR PURCHASE OF ANY NEW VEHICLE

\$300 GAS CARD

WITH THE LEASE OR PURCHASE OF ANY USED VEHICLE

Must take delivery on or before April 30, 2022. Not eligible for employees, friends, and or other below MSRP or cost discounts. Bank must fund deal prior to the gas card being issued to customer. This can take up to three weeks. Voucher expires 90 days after the issue date. 1 per household. Valid only at South County Buick-GMC.

2022 Buick Encore GX
PREFERRED FWD



\$340 PER MO. + TAX
LEASE

\$1995 Out of pocket. 36 months @ \$340 mo. + tax. 10,000 miles per year.
This includes \$2250 Rebate. Includes \$500 Military rebate and \$2250 Buick/GMC lease loyalty.
Stk #099464, Vin #KL4MMBS2XNB099464

2202 National City Blvd.
619-419-0662
WWW.SCBUICKGMC.COM

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. Offer expires 4/30/22.



SUBARU

2017 KIA OPTIMA LX

Stk #HG141237



\$16,997

BELOW MARKET PRICE!

2019 SUBARU OUTBACK

2.5i Limited Stk #K3348528



\$30,473

BELOW MARKET PRICE!

2015 CHEVY SILVERADO LT

Stk #FZ396880



\$30,997

BELOW MARKET PRICE!

900 Arnele Ave., El Cajon
619-440-0404
www.SubaruOfElCajon.com

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. Offer expires 4/30/22