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**National Military News**

House panel aims to save five ships from retirement, rejecting Navy's plan to decommission them

**See page 3**

**AutoMatters & More**



Ferraris at Bella Cielo in Rancho Santa Fe

**See page 9**

Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH

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SIXTY-SECOND YEAR NO. 8  
THURSDAY, JUNE 9, 2022

## BY THE POWER VESTED IN ME BY THE U.S. NAVY

### DUAL-MILITARY COUPLE IN POINT MUGU HEARS, "I NOW PRONOUNCE YOU REENLISTED"

by Ensign Drew Verbis  
Naval Base Ventura County

POINT MUGU, Calif. - Capt. Robert "Barr" Kinnach III, commanding officer, Naval Base Ventura County (NBVC), reenlisted a dual-military couple, Aviation Electrician's Mate 1st Class Patrick Frazier, assigned to Fleet Readiness Center Southwest and his wife, Yeoman 2nd Class Kaleigh Frazier, assigned to Point Mugu May 27.

"We're proud of the Frazier's," said Kinnach. "Making a joint-decision to reenlist demonstrates they are aligned with balancing fleet readiness and supporting mutual career goals. I'm sure they are setting the example for others of how to manage a dual-military partnership."

Dual-military couples account for about 7 percent of active-duty members and about 3 percent of Reserve/Guard components.

"The "Sun Kings" E-2C static display was the perfect place to hold our reenlistment," said Patrick. "We met while assigned to Carrier Airborne Early Warning Squadron One One Six (VAW-116) about 2-years ago."



Aviation Electrician's Mate 1st Class Patrick Frazier (left), and his wife, Yeoman 2nd Class Kaleigh Frazier, reenlist together on board NAS Point Mugu. US Navy photo by Electronics Technician Petty Officer 2nd Class Tyler Knotts

Kaleigh said that dual-military couples have the benefit of a shared experience, a basis of strength for many military marriages. But these couples also can face some unique challenges as well when it comes to careers.

"Balancing family and work duty can be a challenge," said Kaleigh. "But we understood

this when we took an oath to serve, and we work smart to request joint-assignments and reach out for support when we need it."

Spouse co-location assignments are fully supported by the Chief of Naval Personnel and when requested become the highest priority and main duty preference consistent with the needs of the Navy.

While the Frazier's manage both the benefits and complications of dual-marriage service, they are often entertained by the light-hearted remarks made by their shipmates.

"My shipmates always ask who the LPO is in the family," said Kaleigh. "Let's just say all requests are routed through AE1."

"No comment," said Patrick (with a smile). "But I can say that reenlisting with my wife is an honor."

Hueneme and San Nicolas Island.

It's Ventura County's largest employer and protects Southern Cal's largest coastal wetlands through its award-winning environmental program.

NBVC is comprised of three distinct operational facilities: Point Mugu, Port

### Blue Star Museums launches free admission for military families

The National Endowment for the Arts and Blue Star Families announced that museums across America are participating in the Blue Star Museums program this summer, now to Labor Day, Sept. 5.

This year's list includes approximately 15 museums from San Diego County.

"Museums educate and inspire, cause us to wonder and imagine, dream and remember," said Dr. Maria Rosario Jackson, chair of the National Endowment for the Arts. "Participating museums offer military personnel and their families an opportunity to feel connected to their community and to explore the world through the power of the arts, culture and design, contributing to each person being able to live an artful life."

Blue Star Museums is a collaboration with the Department of Defense and museums across America. The initiative began in 2010 as an effort to improve the quality of life for active duty military families, especially focusing on the approximately two million children who have had at least one parent deployed since 2001.

"We are thrilled to celebrate the launch of the 2022 Blue Star Museums program! This wonderful program is a lifeline for many military families, offering them the opportunity to connect with their community, explore new spaces, enjoy the arts, and make lifelong memories. I am grateful for the long-standing partnership with the National Endowment for the Arts and another summer of this tremendous program that benefits our military community so greatly," said Kathy Roth-Douquet, CEO Blue Star Families.

Museums may join the Blue Star Museums program all summer long so families are encouraged to keep checking the map for museums in their community or on their summer travels.

The complete list of participating San Diego museums can be found in our local military section, page 5.

## DOD IMPLEMENTS EARLY CHILDHOOD EDUCATION CURRICULUM

The Defense Department has implemented an early childhood education curriculum called, Early Learning Matters. This is the first early childhood education curriculum developed for DOD's child development program. The department created this curriculum in collaboration with early childhood experts at Purdue University.

Several military child development centers pilot-tested the curriculum. Service branches are voluntarily implementing the

program across the department. "The Defense Department is committed to providing the highest level of care for our military children. The Early Learning Matters curriculum allows us to provide children with an environment that promotes development and school readiness beginning at the earliest ages," said Deputy Assistant Secretary of Defense for Military Community and Family Policy Patricia Montes Barron. "The design allows child development pro-

gram personnel to customize the learning experience to each child based on their individual developmental needs."

The Early Learning Matters activity plans are staff guided and allow for child-directed play and experiential learning. These activities meet national accreditation standards set by the National Association for the Education of Young Children. The curriculum also comes with a wide range of resources and support for child care provid-

ers and parents. These include training and child-friendly materials.

The Early Learning Matters Academy staff at Purdue University offers subject matter expertise in initial, refresher, and specialized training, and consultations for installation personnel using this curriculum.

"By using a standard curriculum, Early Learning Matters gives military families a consistent and effective early childhood education program - no

matter where they're stationed or how many times they move," said Stacey Young, director of Military Family Readiness Policy in the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy.

Military families can reach out to their installation child development center to learn more about the Early Learning Matters curriculum.

About Military Community and Family Policy: Military

Community and Family Policy is directly responsible for establishing and overseeing quality-of-life policies and programs that help our service members, their families and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community. These DOD services can be accessed 24/7/365 around the world.

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## House panel aims to save five ships from retirement, rejecting Navy's plan to decommission them

by Svetlana Shkolnikova  
Stars and Stripes

WASHINGTON — House lawmakers will push to save five ships that the Navy is slated for retirement, rejecting the service branch's proposal to decommission 24 ships in its fiscal 2023 budget.

The House Armed Services Committee's subpanel on seapower and projection forces plans to prohibit the Navy from cutting cruiser USS *Vicksburg* as well as four landing dock ships from its fleet, according to committee aides. Lawmakers will recommend the changes to the full House committee this week as it drafts the National Defense Authorization Act, an annual sweeping military policy and funding bill.

"There's consensus that USS *Vicksburg* should be retained," an aide said, speaking on condition of anonymity. "With respect to [landing dock ships], there's strong support for the commandant of the Marine Corps' assessment that he needs no fewer than 31 amphibious ships so prohibiting the retirement of the [landing dock ships] certainly gets after that."

USS *Vicksburg*, a Ticonderoga-class guided missile cruiser that launched in 1991, is nearing the end of a nearly \$500 million modernization overhaul in Virginia that began in 2020. Rep. Kay Granger, the ranking Republican of the House Appropriations Committee, admonished Navy officials at a hearing last month for seeking to decommission the cruiser.

"At a time when the ship is still in its maintenance period, the Navy is proposing to scrap it," the Texas congresswoman said. "If the Navy experts expect Congress to support its vision for this fleet, it must do a much better job of managing the inventory it has. We will not stand idly by as valuable taxpayer funds are wasted."

Other cruisers on the Navy's chopping block include USS *Bunker Hill*, USS *Mobile Bay*, USS *San Jacinto* and USS *Lake Champlain*.

Retirements are also planned for two Los Angeles-class submarines, two oilers, two expeditionary transfer docks and all nine of the Navy's Freedom-class littoral combat ships, some of which have been in service less than five years. One of the four landing dock ships that lawmakers are hoping to keep - Whidbey Island-class USS *Tortuga* - is undergoing the same service-life extension repairs as USS *Vicksburg*.



**USS Vicksburg passes through the Strait of Gibraltar on March 31, 2015. The House Armed Services Committee's subpanel on seapower and projection forces plans to prohibit the Navy from cutting Vicksburg as well as four landing dock ships from its fleet, according to committee aides. US Navy photo by Anthony Hilkowski**

Navy officials said decommissioning will save about \$3.6 billion in the next five years, allowing the Navy to get rid of aging ships and systems that are expensive to maintain and instead invest in unmanned platforms and other technology. The "divest to invest" strategy has repeatedly frustrated lawmakers who are warily eyeing China's rapidly growing fleet.

Congress last year reversed the Navy's plan to retire seven cruisers, forcing the service to hang on to two, and ordered the Navy to build 13 ships instead of a requested eight. Next year's proposed \$180 billion Navy budget also calls for building eight ships - a plan that Rep. Elaine Luria, a retired Navy commandant, described as "anemic."

"The Navy has no strategy,"

Luria, D-Va., tweeted in March. "Stop saying you do, because if you did you would be able to explain how this fleet size will allow us to defend Taiwan."

Rep. Rob Wittman, the ranking Republican on the seapower subcommittee, noted last month that the Navy is congressionally mandated to have 355 ships. The Navy's proposed cuts would immediately shrink the current 298-ship fleet to 285 ships, he said.

"We don't expand our naval capacity and capabilities by subtracting more than we add," the Virginia congressman said. "The budget request definitely does not support [Defense] Secretary [Lloyd] Austin's stated intent of pacing the Chinese naval capabilities whose force is expected to exceed 460 ships by the turn

of this decade, at which point our fleet will be only two-thirds the size of the People's Liberation Army Navy."

Despite the criticism, the subcommittee will recommend sticking to the Navy's shipbuilding plan, committee aides said. The Navy is aiming to acquire two Virginia-class attack submarines, two Arleigh Burke-class destroyers, one frigate, one amphibious transport dock, one oiler and one towing, salvage and rescue ship.

House lawmakers will also seek to set a statutory floor of 31 amphibious ships and require the Navy secretary to consult with the Marine Corps commandant on all major decisions concerning amphibious force structure and capability, committee aides said.

Other recommendations by the subcommittee include allowing the Air Force to retire eight of its C-130 transport aircraft and 13 of its air-refueling tanker aircraft and authorizing the Navy secretary to enter into procurement contracts for up to 15 guided-missile destroyers and up to 25 Ship-to-Shore connector crafts, according to aides.

The House Armed Services Committee will announce parts of its legislative agenda for the 2023 NDAA during six subcommittee markups this week, with a full committee markup scheduled for June 22. The Senate Armed Services Committee will begin unveiling its version of the bill next week.

### Trip to Indo-Pacific allows Austin to continue outreach ...

Secretary of Defense Lloyd J. Austin III's trip to the Indo-Pacific comes at a critical junction for the region, senior defense officials speaking on background said.



The secretary will give a major speech at the Shangri-la Dialogue in Singapore, visit with defense leaders and American troops in Thailand and then move on to Brussels for a NATO Defense Ministerial meeting and a meeting of the Ukraine Defense Contact Group.

Chinese defense leaders have requested a meeting with Austin on the fringes of the Shangri-la Conference. "We did in fact this week receive a formal request from the for a meeting and we're currently discussing potential time, location and duration of such a meeting," a senior defense official said. "But I don't have any more details at this time except to say we expect, from our perspective, the substance of that meeting to be focused on managing competition and regional and global issues."

This is the first in-person dialogue since the beginning of COVID-19. Still, this is Austin's fourth trip to the region since becoming defense secretary and should allow him to resume the work of "advancing a free and open Indo-Pacific alongside our allies and partners," the official said.

The meetings are a perfect opportunity to hammer home America's enduring commitment to the Indo-Pacific region. "The secretary has said that the Indo-Pacific is the department's priority theater," the official said.

The trip itself comes on the heels of President Joe Biden's trip to South Korea and Japan last month. It is another instance of the importance America places on the region. Senior U.S. officials continue travels to the region and continue to interact with leaders in the Indo-Pacific.

**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/>



Welcome to the Early Bird Brief, Department of Defense's most recent round-up of the day's most important military and defense-industry stories. Please send news tips and suggestions to [earlybird@defensenews.com](mailto:earlybird@defensenews.com).

#### Army

- Soldiers in Hawaii accused of blow-darting cats
- At Raleigh event, Fort Bragg official outlines renewable energy efforts
- West Point superintendent slated to lead US Army Europe and Africa

#### Navy

- Navy fighter pilot dies in California Super Hornet crash
- Naval Special Warfare Sailor dies, 4 others injured in California traffic accident
- US naval officer in Japan faces prison over deadly crash
- Navy, General Dynamics lay the keel for newly renamed USS District of Columbia

#### Marine Corps

- New Marine innovation unit plants flag in New York
- Marine veteran sentenced for running drug trafficking ring

#### Air Force

- Ex-Air Force sergeant who killed guard sentenced to 41 years in prison
- Air Force revives sled testing for hypersonics work
- Five US aircraft left to certify with KC-46 tanker
- Air Force dominates in first-ever video game tournament with other services
- Siblings promoted and commissioned in same ceremony at Keesler Air Force Base

#### Space Force

- How the US Space Force plans to police outer space

#### National Guard

- SC National Guard who refuse COVID-19 vaccine required to turn in equipment

#### Coast Guard

- US Coast Guard completes transition to new planes

#### Your Military

- Military patient being treated for probable monkeypox in Hawaii
  - Across the military, basic training is changing with a focus on mentorship, not yelling
- #### Veterans
- Florida mom channels grief into fight against vet suicides
  - Unemployed veterans dropped by more than half-a-million in last two years
  - Retired Army sergeant among 4 killed in Tulsa shooting
  - World War II's Army Rangers set to receive Congressional Gold Medal

#### Other categories

#### Military History & Culture

- World War II veterans honored a day before D-Day anniversary
- Veterans remember Battle of Midway, one of Navy's greatest victories, 80 years later
- Troops leave scathing Yelp reviews for military dining facilities

#### Cyber, Space & Unmanned

- Special operations forces need AI that can explain its decisions, says military data chief
- Strategic review to guide US approach to space weapons, classification, Liquori says

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**U.S. Marines and Mexican Marines ride aboard combat rubber raiding crafts during exercise Tradewinds 2022 at Bacalar lagoon, Mexico May 10. US Marine Corps photo by Sgt. Matthew Teutsch**

## U.S.-Colombian relationship thrives during Exercise Tradewinds

MIAMI - Marines and Sailors from U.S. Marine Corps Forces, South and U.S. Marine Forces Reserve participated alongside military and interagency partners from 22 nations in Belize and Mexico during a major multinational exercise recently.

Exercise TRADEWINDS is a multinational exercise sponsored by U.S. Southern Command and hosted by various countries in and around the Caribbean. This exercise focuses on building the capacity, knowledge, and expertise of participating nations in the Caribbean to better respond to security threats.

Participating for the first time in the field training portion of this exercise, Colombia supported TW22 by sending elements of the Colombian Marine Corps to participate in the riverine training events and elements of the Colombian Army to participate in the jungle training events. The riverine training took place along the Hondo River near Chetumal, Mexico and consisted of several key events to include small boat operations, maritime navigation, water survival, boat

maintenance, beach landing, maritime interdiction, riverine patrolling, helocasting, heliborne latter extractions, and ship to shore movements.

“The Colombian Marines displayed a high pedigree of rigor, professionalism, proficiency, and motivation. It is apparent they are extremely competent and thoroughly enjoy training with American and multinational partners,” said Master Sgt. Billy Ross, the Training Chief for Third Force Reconnaissance Company. “Having the Colombians here to train and exchange knowledge was extremely beneficial to all partners involved.”

Colombia is a regional leader in riverine operations and has much to teach military units from all over the world. They operate a Riverine Center of Excellence at their training facility in Turbo, Gulf of Uraba which is designed to be the premier riverine training center in the region to teach and exchange their expertise to partners. Additionally, Colombia is actively engaged in security missions

within their country focused on counter-narcotics, counter-terrorism, and counterinsurgency which contributes to their capabilities and effectiveness in riverine operations. This experience allows them to develop, refine, and validate new approaches to littoral operations helping to ensure regional security and stability.

“Their operations in and around the littorals have provided some fundamental insights on tactics, techniques, and procedures associated with riverine and littoral operations,” said Gunnery Sgt. Julio Castellanos, MARFORSOUTH engagement chief who spent three years in an exchange program with the Colombian Marine Corps. “There is so much they have taught us already and that we can continue to learn from them to advance our own capabilities and concepts.”

The U.S. and Colombian Marine Corps have a historic relationship that is strengthened through shared challenges, shared visions, and shared values. Each year the two forces

conduct multiple subject matter expert exchanges that provide a venue to learn from each other on topics such as amphibious planning, expeditionary logistics, and leadership development. Littoral and expeditionary operations are a major focus of the two nations’ and facilitate increased interoperability and unity of effort.

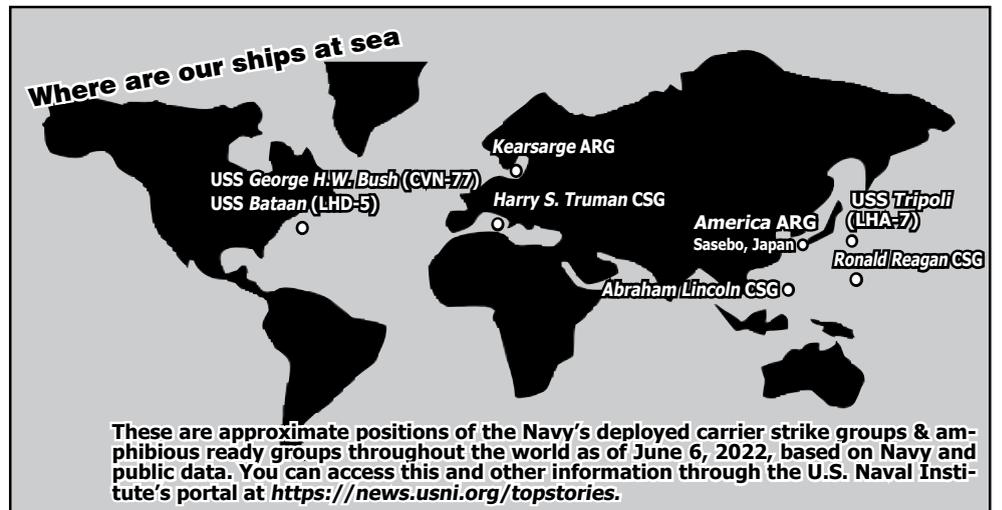
TRADEWINDS is a key opportunity to expand upon this relationship and allow Colombia

to continue its role in exporting security throughout the Western Hemisphere. Not only does it provide participating nations the opportunity to conduct combined, joint, and interagency training focused on complex multinational security operations, it enhances cooperation and interoperability throughout the region as well.

Colombia and the U.S. have a lot to offer in this regard and the two nations are currently in dis-

cussions to increase participation and co-lead a training lane during TW23, hosted by Guyana.

“Exercises such as TRADEWINDS play a significant role in enhancing maritime security throughout the region and highlights the importance of working with our partners and allies to achieve common objectives and regional security,” said Col. Brian Ecarius, MARFORSOUTH Director of Plans and Exercises.



**These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of June 6, 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>.**

4 www.armedforcesdispatch.com THURSDAY, JUNE 9, 2022

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**USS Tripoli hosts Japanese defense officers**



by MC1 Peter Burghart  
USS Tripoli Public Affairs

PACIFIC OCEAN - Commanders from each branch of the Japan Self-Defense Force (JSDF) visited amphibious assault carrier USS Tripoli for a tour June 3.

Vice Adm. Hideki Yuasa, commander in chief, Self-Defense Fleet, Lt. Gen. Kizuki Ushijima, chief of staff, Ground Component Command, Japanese Ground Self Defense Force, and Lt. Gen. Takehiro Morita, vice commander of Air Defense Command, Japan Air Self-Defense Force came aboard to discuss the F-35B Lightning II operations.

Capt. Joel Lang, Tripoli's commanding officer, provided a brief that detailed the capabilities of the ship and the options Tripoli offers to numbered fleet commanders. These include the ability to operate as a lightning carrier, employment of the F-

35B, or operating as the flagship of an amphibious ready group with a traditional Marine expeditionary unit embarked.

The guests, who are interested in their own F-35 program, had a lot of questions for Capt. Lang and his team. These focused on ship design features that optimize air operations, Navy/Marine Corps integration, Tripoli's ability to operate independently, and challenges the crew worked through to operate at such a high level.

The visit also included a tour of Tripoli, visiting primary flight control and the hangar bay, which also included a training exhibition of the F-35B. The guests were able to see and discuss the innovations which Tripoli employs in order to support air operations, to include: a reconfigured flight deck, larger fuel capacity, and more depot-level maintenance facilities.

USS Tripoli is operating in the

**Members of Japan Self-Defense Force walk across the flight deck of Tripoli amphibious assault carrier June 3. US Navy photo by MC1 Peter Burghart**

U.S. 7th Fleet area of operations to enhance interoperability with allies and partners and serve as a ready response force to defend peace and maintain stability in the Indo-Pacific region.



**Lt. Richard Bullock**

**Super Hornet crashes near Trona, Calif.; Navy pilot killed**

by Commander

Naval Air Forces Public Affairs  
SAN DIEGO - Navy pilot Lt. Richard Bullock was killed when his F/A-18E Super Hornet crashed in the vicinity of Trona, Calif., June 3.

Bullock was assigned to Strike Fighter Squadron (VFA) 113 based at Naval Air Station Lemoore, and was flying a routine training mission at the time before his aircraft when down in a remote, unpopulated area. No civilians were harmed as a result of this incident.

The incident is currently under investigation and the scene of the crash is secured by Navy and local authorities while recovery efforts are ongoing.

The Navy mourns this tragic loss alongside the family, friends and shipmates of Lt. Bullock.



continued from page 1

- Bonita**  
Bonita Museum And Cultural Center
- Campo**  
Motor Transport Museum
- Carlsbad**  
Miniature Engineering Craftsmanship Museum  
Museum Of Making Music
- Coronado**  
Coronado Historical Association
- La Jolla**  
Museum Of Contemporary Art San Diego
- Oceanside**  
Oceanside Museum Of Art
- San Diego**  
Gaslamp Museum At The Davis-Horton House  
Japanese Friendship Garden  
Mingei International Museum  
Museum Of Contemporary Art San Diego  
Museum Of Photographic Arts  
New Children's Museum  
San Diego Automotive Museum  
San Diego Mineral & Gem Society Museum  
San Diego Museum Of Art  
Visions Museum Of Textile Art

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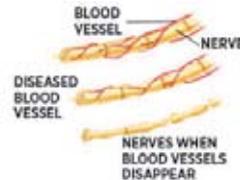
The most common method your doctor will recommend to treat your chronic pain and/or nerve pain is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta, and Neurontin, and are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

Chronic pain and/or peripheral nerve pain is a result of damage to the nerves often



causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet, which causes the nerves to begin to degenerate due to lack of nutrient flow. As you can see in Figure 2, as the blood vessels that surround the nerves become diseased they shrivel up, causing the nerves to not get the nutrients to continue to survive. When these nerves begin to "die" they cause you to have balance problems, pain, numbness, tingling, burning, and many additional symptoms.

The main problem is that your doctor has told you to just live with the problem or try the



drugs which you don't like taking because they make you feel uncomfortable. There is now a facility right here in San Diego that offers you hope without taking those endless drugs with serious side effects. (See the special nerve pain severity screening at the end of this article).

In order to effectively treat your nerve pain three factors must be determined.

1. What is the underlying cause?
2. How much nerve damage has been sustained?

**NOTE: Once you have sustained 95% nerve loss there is likely nothing that we can do for you.**

The treatment that is provided at San Diego Pain Relief Center has three main goals.

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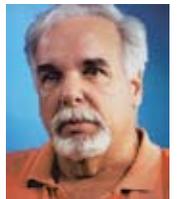
Depending on your coverage your treatment could be little to no cost to you.

The amount of treatment needed to allow the nerves to fully recover varies from person to person and can only be determined after a detailed neurological and vascular evaluation. As long as you have not sustained at least 95% nerve damage there is hope! San Diego Pain Relief Center will do a chronic pain and nerve severity screening to determine the extent of the nerve damage as a public service to you and/or your family and friends.

The nerve pain/chronic pain severity exam will consist of a detailed sensory evaluation, extensive peripheral vascular testing, and a detailed analysis of the findings of your pain.

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- Tom Schmidt, San Diego

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# MCAS Miramar awarded \$29 million for aviation supply facility repairs

Naval Facilities Engineering Systems Command (NAVFAC) Southwest awarded to Harper Construction Company, Inc., a \$29 million task order issued from a multiple award construction contract on June 2 for a design-build project to repair a large aviation supply facility at Marine Corps Air Station Miramar.

“Award of this whole building repair and renovation will correct the deteriorated components throughout the facility as it will continue to be used in the foreseeable future,” said Abbas Ibrahim, NAVFAC Southwest project manager. “This will provide the much needed critical repairs and upgrades to meet the current building, life and safety

codes. This is a special thank you to the MCAS Miramar Public Works Department and NAVFAC Southwest Team for all of their hard work and efforts to make it possible to successfully award this project.”

Harper Construction Company, Inc. is contracted to complete design and full building repair of the 180,769 sq. ft. facility, which was built in 1954. Project includes repair/replacement of the fire protection system, interior finishes and hardware, electrical and mechanical systems, plumbing, flooring, interior fencing, patching and painting

of interior and exterior surfaces, and seismic upgrades. Project includes testing and abatement of asbestos and lead-based paint throughout the building. Areas affected by repair will be in compliance with applicable codes and standards for anti-terrorism and force protection (ATFP), fire protection, seismic, and accessibility upon completion of the project.

The sprawling air base at Miramar is located north of San Diego, approximately 15 miles from downtown San Diego. The mission of MCASM is to maintain and operate air station

facilities and property while providing services, material support, and training venues that promote combat readiness and support the missions of 3rd Marine Aircraft Wing and other tenants aboard the installation. On order, MCAS Miramar will act as a power projection platform to support Joint Force operations in the Indo-Pacific Command.

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



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**Admit One**

## AFN hits the 80 year mark of broadcasting

by George Smith, AFN Broadcast Center

The American Forces Network (AFN) celebrates its 80th year of providing the overseas military community with a touch of home, but the “presents” are going to its audience.

The Armed Forces Radio Service began May 26, 1942. Since then, America’s military broadcast network has operated under many different names. AFN followed American warriors wherever they served, even on Navy ships afloat. Today, the overseas military audience we serve knows their network simply as “AFN.”

While millions of Americans serving overseas have tuned in AFN for popular entertainment, the network has served as a crucial tool for commanders to reach the force and their families, both on and off military installations, with critical information.

During World War II, the network communicated messages to American forces advancing in Europe via mobile radio vans. In 1991, broadcasters in the Philippines became a lifeline when the Mt. Pinatubo volcano erupted catastrophically and forced evacuation. Amid the horrors of September 11, 2001, AFN communicated force protection guidance from commanders, regarding additional security measures and threat vulnerabilities, updates on airline flights and travel and provided information on the changing global threat level. When the 2011 Tohoku earthquake and tsunami hit Japan, AFN coordinated its radio, TV and social media platforms to provide real time updates on damage, recovery efforts and ongoing hazards. Following the 2016 terrorist attack at the Brussels airport, AFN Benelux be-

see **AFN, page 8**

## FLEET AND FAMILY SUPPORT PROGRAMS

### June Programs & Workshops

The following are some featured FFSC offerings. You're interested in attending a class, call the Centralized Scheduling Center at 866-923-6478.

INDEX: (V)-Virtual; (IP)-In Person; NBSD - Naval Base San Diego; NBPL - Naval Base Point Loma; NBC - Naval Base Coronado; KMB - Kearny Mesa Branch; GVB - Gateway Village Branch; VSM - Village at Serra Mesa Branch  
BVH - Bayview Hills Branch

#### Finding Federal Employment

Get the latest information & resources to navigate the federal employment process. Learn tips on how to create the perfect federal employment resume. Friday, June 24 | 9-10:30 a.m. | KMB (IP)

#### Job Search Strategies

Are you looking to get back into the job market? Learn how to find, federal, state, county or local jobs. Tuesday, June 28 | 9-10:30 a.m. | NBSD (IP)

#### Resume Writing

Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume. Tuesday, June 21 | 1-3 p.m. | NBPL (IP)

#### Boots-2-Business

Veterans are natural entrepreneurs - disciplined and goal-oriented self-starters. This workshop covers important steps related to business ownership as a post-military career. Thursday - Friday, June 30 - July 1 | 8 a.m. - 4 p.m. | KMB (IP)

#### Navigating Child Care Options in San Diego

Explore the many childcare options available to military families in San Diego. Wednesday, June 22 | 1-2:30 p.m. | VSM (IP)

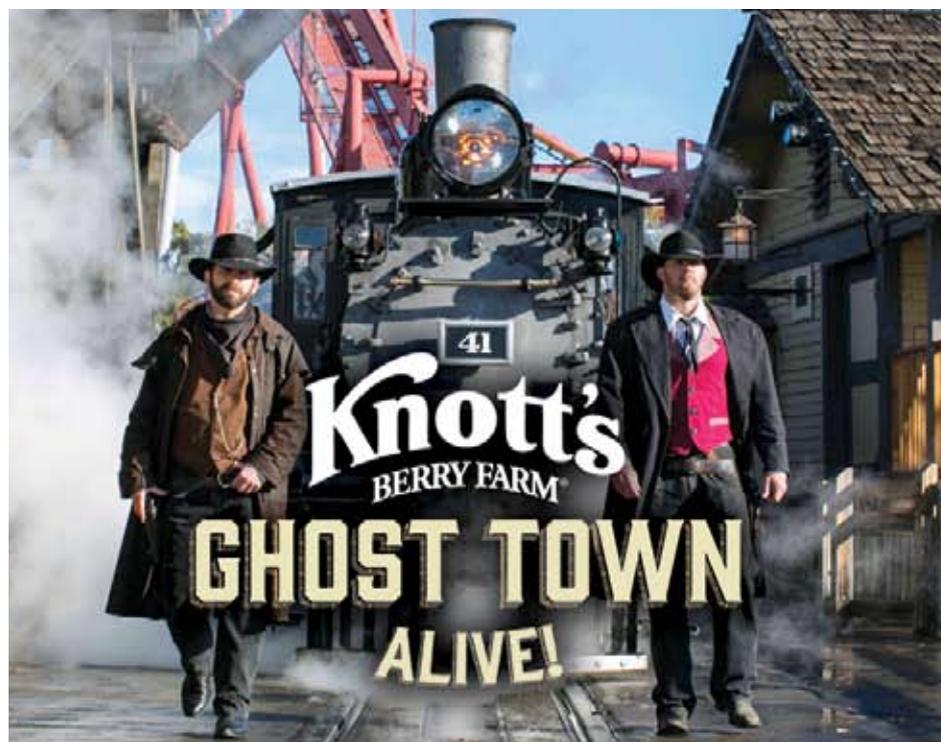
#### Active Duty Pregnancy Resources

Pregnant active duty service members learn about policies and programs related to your Family Care Plan, the Navy's Pregnancy Instruction, as well as childcare, financial resources and more. Wednesday, June 15 | 9 a.m. - 12 p.m. | KMB (IP)

#### Parents Parenting Apart

You may be parenting apart due to deployment, separation/divorce or by choice. Learn ways to parent as partners no matter the circumstances. Thursday, June 23 | 4-5 p.m. | KMB (IP)

<https://www.navylifefsw.com/ffsc>



## Summer at Knott's Berry Farm

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**Sgt. Jacob Zarzycki named Camp Pendleton Male Marine Athlete of the Year**



Marine Sgt. Jacob Zarzycki, the heavy equipment chief with Combat Logistics Battalion 13, Combat Logistics Regiment 17, 1st Marine Logistics Group, is Camp Pendleton's Male Marine Athlete of the Year. He's shown here with a trophy on May 31. Zarzycki participated in the Ironman 70.3 World Championship and a 32.5-mile ultramarathon, and has completed smaller races, such as half-marathons and various triathlons. Zarzycki is a native of Clinton Township, Mich. US Marine Corps photo by Lance Cpl. Mhecaela J. Watts

**Marine leaders gather in Brazil to discuss security, defense of the Americas**

RIO DE JANEIRO - The ninth iteration of the Marine Leaders of the Americas Conference recently concluded. It's main purpose brought together the most senior leaders of the Marine Corps and Naval Infantry from North, South, and Central America to foster professional relationships and discuss key topics in security and defense.

The MLAC is a bi-annual event conducted in various locations throughout Latin America. This year's MLAC was held in Rio de Janeiro and Marine/Naval Infantry participants include: Argentina, Belize, Bolivia, Brazil, Cameroon, Chile, Colombia, Dominican Republic, Ecuador, France, Guatemala, Netherlands, Honduras, Great Britain, Mexico, Namibia, Nicaragua, Paraguay, Peru, Portugal, Republic of Korea, Sao Tome and Principe, Uruguay, and the U.S.

**"We all have a deep relationship through shared challenges, shared values, and a shared neighborhood in the Western Hemisphere."** - Lt. Gen. David Bellon, Commander, U.S. Marine Corps Forces, South

Co-hosted by the governments of Brazil and the U.S., MLAC 2022 is primarily run by the Brazilian Marine Corps and offers a critical venue for key leaders to discuss and

collaborate on the complex challenges that face the region. The theme for this year's event was "Security and Defense of the Americas: the present and the future."

"The importance of gathering our Marine and Naval Infantry leaders together at the MLAC cannot be overstated. We all have a deep relationship through shared challenges, shared values, and a shared neighborhood in the Western Hemisphere," said Lt. Gen. David Bellon, commander, U.S. Marine Corps Forces, South. "These opportunities to come together are significant in advancing our collective security. We are grateful to our Brazilian hosts for organizing this year's event and continuing to stand out as a leader in the region."

Brazil is a leader in naval operations and maritime domain awareness due to their size, strong economy, established defense industry, operational experience, and global projection of military forces.

In addition to hosting the MLAC this year, Brazil is hosting exercise UNITAS 2022, the longest-running multi-national maritime exercise in the world, which also coincides with their bicentennial anniversary of the Brazilian Navy.

**Marine earns 'lifesaving medal' for rescuing overturned Sailors off Okinawa**

by Frank Andrews  
Stars and Stripes

CAMP HANSEN, Okinawa - A little more than a year after the ordeal, a Marine first lieutenant was decorated for helping save a man from drowning after a sailing mishap off the Okinawa shore.

Brig. Gen. Brian Wolford pinned the Navy and Marine Corps Medal onto 1st Lt. Steven Ladine, 25, from Whitinsville, Mass., during a formation June 7 here.

Ladine, of the 9th Engineer Support Battalion, was walking along the beach near Onna village on last May 15 when he spotted an overturned outrigger sailing canoe just offshore, he told *Stars and Stripes*.

"I thought for a second, they might be OK, then I said, 'You can't just flip a sailboat back over easily,' so I put on my fins and goggles and swam out to them," he said.

A sudden gust of wind had flipped the 21-foot-long sailboat, tossing its two occupants, driving the mast into the sea bottom and trapping Tom Burkard's right leg between the mast and the hull. Burkard's sailing buddy, Marine Lt. Col. Caleb Eames, surfaced clear of the boat.

"I came up out of the water, got my bearings, I looked around and I didn't see Tom,"

Eames told *Stars and Stripes* by phone Monday. "I swam around to the other side, still didn't see him. Then I started to get concerned. Then I spotted Burkard's body underneath the hull."

Eames grabbed Burkard's chin and pulled him to the surface but could only get his nose and mouth above the waterline, Eames said. "He came up yelling pretty good, and he said, 'My leg is stuck'" Eames said.

Eames, 45, said he worked to free Burkard, but the boat weighed flat on the collapsed mast, holding Burkard fast. "I was giving up hope when I heard a voice say, 'Hey you guys need help,'" Eames said.

Burkard was celebrating his 63rd birthday that day and said he thought it could be his last.

"When Ladine showed up and he was 10 to 15 feet away from me, his head popped out of the water, and I was just like, oh, lord Jesus thank you," Burkard told *Stars and Stripes* by phone Monday.

The two Marines devised a strategy: Eames leaned on the upside-down keel while Ladine went underwater and pulled Burkard away from the mast. Burkard was free within 10 minutes. *Continue reading at* <https://www.stripes.com>.



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**AFN**

continued from page 6 came the American military's trusted source for real-time information, synchronizing radio coverage and Facebook posts in a series of force protection updates spanning the attack and its aftermath. Most recently, AFN has kept the force informed throughout the COVID-19 pandemic.

Today's AFN stations enjoy advantages unimagined generations ago. Once a single channel, radio now offers a dozen different audio services and streaming Internet radio. A single channel of AFN television was a big deal a generation ago. Now, the network offers eight and a video on demand,

TV streaming service is under testing. Social media didn't exist in 1942. Now every station and the AFN Broadcast Center use social media to interact with the audience.

What hasn't changed in the past 80 years is that the American Forces Network continues to provide the most deserving audience in the world, America's warriors, with a touch of home, by providing real time force protection messages, and the very best live entertainment, news and sports from the U.S.

See how AFN has served the overseas military over the past 80 years with a look back in time at <https://myafn.dodmedia.osd.mil/afn80>.

**USS Curtis Wilbur named 2021 Bloodhound winners**

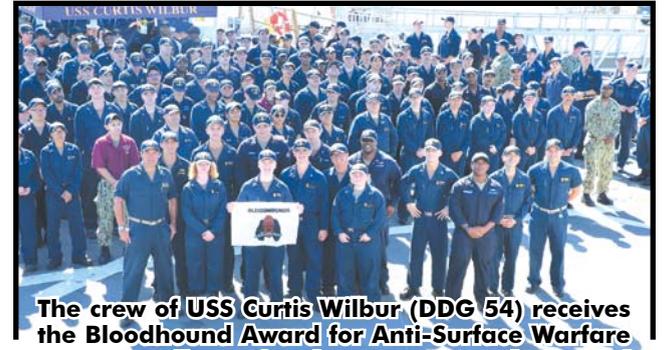
SAN DIEGO - Commander, Naval Surface Force, U.S. Pacific Fleet awarded guided-missile destroyer *Curtis Wilbur* the 2021 Anti-Submarine Warfare (ASW) Bloodhound Award for the Pacific Fleet, May 12.

The ASW Bloodhound Award is awarded to one ship in the Atlantic Fleet and one in the Pacific Fleet each year for exceptional performance in the ASW mission area. *Curtis Wilbur* was selected for consistently demonstrating technical prowess, high levels of equipment readiness, and the overall level of skill and training of her operators.

"We have the best Sonar Technicians in the Fleet, there is no doubt about that," said Ltjg. Elijah Vernon, the combat acoustics division officer. "I was able to witness first hand our Sailor's capabilities and there is no one else I would rather fight alongside with."

Over the past six years, this is *Curtis Wilbur*'s third time receiving this prestigious award, previous years include 2016 and 2018.

Throughout 2021, *Curtis Wilbur* conducted training events, bi-lateral and multi-national exercises, and operations through-



The crew of USS *Curtis Wilbur* (DDG 54) receives the Bloodhound Award for Anti-Surface Warfare (ASW) excellence for the year 2021, their third award in the last six years. US Navy photo by Intelligence Specialist Senior Chief Michael Tolbert

out the Indo-Pacific that tested the crew's ability to conduct both strike group and theater ASW. Working alongside regional partners and allies, *Curtis Wilbur*

integrated proven tactics and techniques with emerging technologies to sharpen independent, joint, and multi-national ASW proficiency.

**LOCAL PHOTO GALLERY**



USS *SPRUANCE*, at sea June 4, 2022

Sailors aboard destroyer *USS Spruance* salute the ensign during the National Anthem while two EA-18G Growlers, assigned to the "Wizards" of Electronic Attack Squadron (VAQ) 133, conduct a fly-by during a ceremony held in reverence of the Battle of Midway. *Spruance* is deployed in support of the *Abraham Lincoln* Strike Group in the U.S. 7th Fleet area of operations. US Navy photo by MC3 Class Taylor Crenshaw



USS *PORTLAND*, at sea June 1, 2022

Sailors prepare to enter a vertical hatch to rescue a casualty during a toxic gas drill aboard *Portland* amphibious transport dock ship. The ship is underway conducting routine operations in the 3rd Fleet. US Navy photo by MC2 Devin Kates



CAMP PENDLETON May 18, 2022

Navy Hospital Corpsman 2nd Class Chante Moore, a corpsman with 1st Marine Logistics Group, I Marine Expeditionary Force, receives the Junior Sailor of the Year award during a quarterly awards ceremony on. Moore was recognized and awarded for her exemplary service and performance in her duties. US Marine Corps photo by Lance Cpl. Kristy Ordonez Maldonado

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## 101st commemorates 78 years since bloody cabbage patch fighting in France

by Lt. Col. Karolyn McEwen

NORMANDY, France - Soldiers from the armies of the United States, France, and Germany, alongside French civil servants honored veterans of World War II at a memorial June 3 in Carentan, France, at what was once a cabbage patch.

The Cabbage Patch Square, eight miles inland from Utah Beach, and behind what were once enemy lines, is the location where 78 years ago, U.S. paratroopers began the bloody, close combat battle, to liberate the city of Carentan.

The Cabbage Patch got its name from the fields where the German occupiers allowed the French population to grow food for survival. On June 11, 1944, those same humble fields bore the fruit of future victory.

The cabbage patch has an official name, Hancock Field, named for Captain Fred Hancock, a 34-year-old company commander in the 502nd Parachute Infantry Regiment, 101st Airborne Division. Hancock was awarded the Silver Star for his company's action during the campaign and a Purple Heart.



**World War II veteran Gil Nadeau gives a "thumbs up" as he is escorted to a ceremony at the Cabbage Patch Square in Carentan, France, on June 3. Photo by US Army Staff Sgt. Amanda Fry**

This year marks 80 years since the 101st Airborne Division first activated on August 16, 1942. In June 1944, the division wasn't yet two years old, but the Screaming Eagles found themselves in skies over Normandy, preparing to fight to the death for the free world, in a country they'd never visited, and for people whom they had never met.

Jean-Pierre LHonneur, mayor of Carentan, hosted the event.

Speaking to the veterans who attended the ceremony, LHonneur said, "You know the value

of peace and your presence reminds us of the price that you and your comrades in arms had to pay 78 years ago to restore it."

During the ceremony, the French Government bestowed two veterans the French Legion of Honor, the highest French award for merit.

Other notable veterans attended the ceremony including well-known Screaming Eagles Vinny Speranza and Tom Rice.

"Allow me to greet in particular Mr. Tom Rice, a friend of

Carentan-les-Marais, whose parachute jump illuminated the 75th anniversary of the D-Day landings in front of the cameras of the entire world," Lhonneur said.

In his remarks to the Soldiers, veterans, city officials, and civilians, Maj. Gen. JP McGee, commanding general of the 101st Airborne Division, said the Allied soldiers who landed in the cabbage patch were not alone in their efforts to free Carentan, but were aided by the support of the local people of Normandy, and by members of the French resistance, "forever solidifying the bonds between this part of France and the 101st Airborne Division."

During the ceremony, the attendees took several opportunities to recognize the veterans, between the ages of 97 and 101, who traveled to France with a standing ovation and a round of applause.

Despite the accolades, McGee reminded those gathered that anyone can take on the spirit of those WWII-era Screaming Eagles - the spirit to rise to any challenge and win - and apply it in their daily lives.

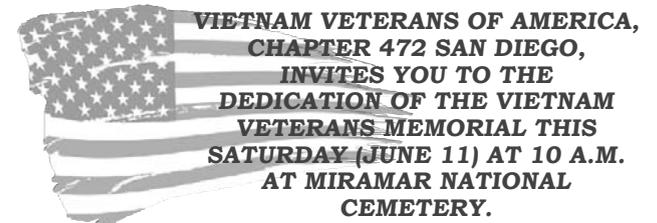
"The Soldiers of the 101st

Airborne were not superheroes," said McGee. "They were ordinary people who rose to the challenges of their day and fought through cabbage patch fields in the Norman countryside. They rose to this challenge with courage and a tremendous will to win and helped restore freedom and liberty."

The translation of the inscription

on the monument at Hancock Field reads:

*June 11, 1944  
"It's from here where it started in the Cabbage Patch, the decisive assault of the 502nd Regiment, paratroopers from the 101st Airborne, disrupted the Germans permitting the liberation from Carentan."*



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## A pleasurable pain in the grass

Take three and a half acres of property, and subtract one 1500 square-foot brick ranch with a detached garage, then carry the seven, and you know what you're left with? A hellova lot of grass to cut.

That painful fact of life significantly impacted my childhood. My father was raised on a boardwalk at the Jersey Shore, but he fancied himself a wanna-be farmer. So in 1977, he and my mother bought a house with lots of land.

Everyone knows that large developed parcels require maintenance, but my father had two workers at the ready: My older brother and me. In the summertime, while our friends were gallivanting off to the community pool in flip flops and terry cloth, my brother and I were doing forced labor.

With over three acres of grass to cut, my father knew a riding mower wouldn't cut it (literally and figuratively), especially if his teenage children were going to have any semblance of a social life left. So he bought a legit tractor — orange paint job, long steering column and gear shift, little wheels in the front, big wheels in the back — and outfitted it with a twin-bladed mower deck. Before I could drive a car, tractor operation and grass cutting were added to my arguably abusive list of chores, which also included weeding my father's football-pitch-sized vegetable garden, trimming around trees with the push mower, and various scullery and janitorial duties inside the house.

Until he became a midshipmen

at the Naval Academy, my older brother shouldered most of the tractor operating while I was relegated to cutting around trees with the push mower. But when I was in 9th grade,

### The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

my brother left for Annapolis, and my adolescent summers changed drastically.

As soon as the spring rains coaxed those green blades from the earth like a snake charmer, I was on the tractor for hours on end. Speaking of snakes, several chore-related horrors were imprinted on my psyche, which generally involved inadvertently chopping things up in the whirring mower blades, including countless snakes, and once, a nest of bunnies.

There were other traumas associated with my grass-cutting duties, which were admittedly self-induced. Such as the time I got sleepy while mowing a particularly boring field, so I stopped, put my head on the steering wheel and snoozed. I was awakened by frantic shouting from a passerby on nearby Route 286. A driver saw me slumped over the tractor and was coming to rescue me from certain death by heat exhaustion. Thankfully cell phones hadn't

been invented yet and I was able to convince the Good Samaritan that I was alive and well before an ambulance was summoned.

Another summer day, I got lazy. To minimize my push-mowing responsibilities, I used the tractor to mow around the trees. I thought I was so clever, stooping low to avoid the branches, until a tree swing I'd tucked up into our apple tree fell as I was passing by and hooked itself over the steering wheel. I heard a "Crack!" before the swing broke loose. I knew I was in big trouble. Months of allowance was forfeited to replace that cracked steering column.

Somehow, I survived my teenage indentured servitude and escaped to college, law school, and then military marriage. Free and on my own in the world, I found that I missed it. There was a certain pleasure in the mind-numbing repetition of cutting grass, the soothing vibrations of the motor, the yin and yang of battling and bonding with nature, the satisfaction of doing physical work.

Therefore, I found opportunities to fiddle with flora and fauna even when we lived on base. I started my first vegetable garden on Fort Ord. I planted flowers on either side of the stairwell stoop on Patch Barracks. I put plants in pots on our porch at NAS Mayport. I grew massive zucchinis behind Quarters C in Newport.

My Navy retiree husband cuts our lawn nowadays, and I look on from my vegetable garden with envy, because I know that, like many things in life, pain in the grass has its pleasures.

AutoMatters™ & More



by Jan Wagner

You'll find many luxurious homes nestled amongst the lush landscaping of Rancho Santo Fe, California. Once again, the Ferraris have returned there, to Cielo Village, for the Ferrari Owners Club — San Diego Region's annual car show. Its name is Bella Cielo.

I have covered this event before. Ferrari aficionados and other car lovers alike can enjoy my extensive photography of the 2020 show. See *AutoMatters & More* 695: <https://automatters.net/passion-on-display-at-the-annual-ferraris-at-cielo-car-show/>.

Some of the cars have returned for the 2022 show, including my favorite, which is actually a beautiful, powerful replica: a street-driven Ferrari 330 P4. One lucky participant actually received an unforgettable ride in that car after the show ended. Hopefully his ride was on the marvelously winding, exquisitely scenic roadways that wind their way through Rancho Santa Fe.

As before, the weather was beautiful on the day of the show. The cars were displayed in two distinctly different areas of Cielo Village: in front of the shops and in the central plaza, which greets

## Ferraris at Bella Cielo in Rancho Santa Fe

visitors as they arrive; and around the fountain, tucked away around the corner, but not to be missed.

As visitors strolled around, they evaluated the Ferraris for their picks as Best of Show: divided into categories for automobiles up to and after 1990. There were so many beautiful cars that it was difficult for me to choose a second one, after my favorite — the 330 P4 replica. I did have a certain preference, however. If I ever owned a Ferrari — which is highly doubtful at this point in my life — mine would either be Ferrari red or bright yellow. These cars scream for attention. Why subdue that with a car color that is more subtle? My favorite color combination is red with a tan interior. What are your favorite interior and exterior colors?

Midway through the four-hour event there was an Italian buffet.

The show ended with an awards ceremony, where the winning owners were presented with a framed wall plaque.

The Ferrari Owners Club has over 150 members. Its member events, such as Bella Cielo, as well as drives, lunches and dinners, their shared enjoyment of Formula One races, and more enhance the Ferrari ownership experience. The San Diego Region is the largest of the national Ferrari Owners Clubs.

Upcoming events in 2022, for FOC members, include an

afternoon sail aboard the 139-foot-long racing yacht America, on Saturday, August 13th; a drive along the breathtakingly beautiful mountain road up to Big Bear Lake — complete with dinner at the famous "Captain's Anchorage" and a one-night stay at the Big Bear Chateau on Saturday, September 24th; "Cars & Coffee" at the newly renovated San Diego Automotive Museum in Balboa Park on Saturday, November 19th, followed by a caravan of Ferraris to a member's 300-acre homestead, for a guided tour of a fabulous private collection of automobiles and memorabilia; and, finally, the club holiday party on Sunday, Dec. 11, with brunch at the San Diego Yacht Club. Members are encouraged to bring an unwrapped toy for the club's "Toys for Tots" drive. The benefits of membership in the club, and of a Ferrari, are many.

For more information about membership, activities and additional benefits of the Ferrari Owners Club — San Diego Region, visit [www.focsandiego.com](http://www.focsandiego.com).

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit [Automatters.com](http://Automatters.com) at [AutoMatters.net](http://Automatters.com). On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2022 by Jan Wagner — AutoMatters & More #745

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Investigate before you invest! Make an informed decision before you invest money in any business. Call the California Attorney General (800) 952-5225 or the Federal Trade Commission (877) FTC-HELP or visit [www.ftc.gov/bizop](http://www.ftc.gov/bizop)

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## AROUND TOWN

**Gaslamp Quarter Announces Live Thursdays.** Neighborhood-wide Gaslamp music series celebrating live music in the heart of San Diego each Thursday June-August 5-8pm. Info: [www.Gaslamp.org](http://www.Gaslamp.org)  
**The County of San Diego's free "2022 Summer Movies in the Park"** season is underway. To see upcoming movies and venues visit [www.summermoviesinthepark.com](http://www.summermoviesinthepark.com)

**Rodgers and Hammerstein's Cinderella** at Moonlight Amphitheatre. Through June 25. [www.moonlightstage.com](http://www.moonlightstage.com)  
**SD County Fair theme is "Heroes Re-United!"** through July 4. Toast of the Coast, Distilled, Competitive Exhibits and Competitions, SD Int'l Beer Festival, Toyota Concert Series, Coors Light, Paddock Concert Series, Solid Gold, Gospel Festival, SD Fair Days & Ways to Save \$. [sdfair.com/](http://sdfair.com/)  
**The Outgoing Tide** at North Coast Repertory Theatre. Through July 3. [www.northcoastrep.org](http://www.northcoastrep.org)

**Chris Stapleton** at North Island Credit Union Amphitheatre, Thurs, June 9, 7pm. [www.ticketmaster.com](http://www.ticketmaster.com)  
**SD Padres vs. Colorado Rockies** at Petco Park. June 10-12. [mlb.com/padres](http://mlb.com/padres)  
**Dedication of Vietnam Veterans Memorial.** Sat, June 11, 10am. Vietnam Veterans of America Chapter 472 San Diego invites you to event at Miramar National Cemetery. <https://www.cem.va.gov/cems/nchp/miramar.asp>

**311 at San Diego County Fair,** Sat, June 11. Tickets [www.sdfair.com](http://www.sdfair.com)  
**San Diego Brew Fest** at NTC Park, Sat, June 11, 12-4pm. [sandiegobeerfest.com](http://sandiegobeerfest.com)  
**Oceanside Historical Society Downtown History Walk.** Sat, June 11. [www.oceansidehistory.org](http://www.oceansidehistory.org)

[oceansidehistoricalsociety.org](http://oceansidehistoricalsociety.org)  
**Volunteer Restoration Event** at San Elijo Lagoon Ecological Reserve, Sat, June 11, 9am-noon. [thenaturecollective.org](http://thenaturecollective.org)

**Tower of Power** at Pechanga Resort Casino, Sat, June 11, 8pm. [pechanga.com](http://pechanga.com)  
**Alley Art Festival** happens in Vista Village, Sat, June 11, 11am-4pm. [linktr.ee/alleyartfestival](http://linktr.ee/alleyartfestival)

**San Diego Smooth Jazz Festival** at The Rady Shell at Jacobs Park. Sat-Sun, June 11-12. [sandiegosmoothjazzfestival.com](http://sandiegosmoothjazzfestival.com)  
**Intocable** at Balboa Theatre, Sun, June 12, 7pm. [www.sandiegotheatres.org](http://www.sandiegotheatres.org)

**The "Pleasure of Your Company" music series** sponsored by Scripps Ranch Friends of the Library welcomes Grossmont Symphony Woodwind Quintet, Sun, June 12, 2:30pm performing works from their varied repertoire of chamber music, light classics and popular pieces. [srfol.org](http://srfol.org)  
**Flag Day. Tuesday, June 14.**

**USA Surfing Championships** and Team Trials at Oceanside Harbor North Jetty. Tues-Sat, June 14-18. [usasurfing.org](http://usasurfing.org)  
**Cooper Family Juneteenth Event.** Sat, June 18, 11am-7pm. Free event, free entertainment, free lunch. Street fair with vendors, kid zone, history wall. Memorial Park (30th & Ocean View) 2 miles from 32nd St. base. [cfjuneteenth.com](http://cfjuneteenth.com)

**Del Mar Thoroughbred racing** is delighted to welcome you back on track when racing resumes July 22-Sept 11. Where the Turf Meets the Surf. [www.dmtc.com](http://www.dmtc.com)  
**SD Bay Festival** at Embarcadero Marina Park North, July 19, noon-10pm. [www.sandiegobayfest.com](http://www.sandiegobayfest.com)

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## MOVIES AT THE BASES

Movies & times subject to change. \* Indicates last showing  
Visit [navydispatch.com/entertainment\\_03movies.htm](http://navydispatch.com/entertainment_03movies.htm) to find your base theatre information

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

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

**Thursday, June 9**  
6pm Doctor Strange Multiverse pg13  
**Friday, June 10**  
6pm Memory r  
**Saturday, June 11**  
3:10pm Doctor Strange Multiverse pg13  
6pm Firestarter (2022) r  
**Sunday, June 12**  
1pm Doctor Strange Multiverse pg13  
3:40pm Firestarter (2022) r  
**Thursday, June 16**  
6pm Firestarter (2022) r

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

Outside food and beverage are NOT permitted. Debit/credit cards only  
**Friday, June 10**  
6pm Firestarter (2022) r  
**Saturday, June 11**  
3pm Doctor Strange Multiverse pg13  
6pm Firestarter (2022) r  
**Sunday, June 12**  
1pm The Bad Guys pg  
4pm The Northman r  
**Friday, June 17**  
6pm Downton Abbey: A New Era pg

**Bob Hope Theater** 577-4143  
MCAS Miramar Bldg 2242 ★

**Friday, June 10**  
6:00 PM Firestarter ( R )  
9:00 PM Memory ( R )  
**Saturday, June 11**  
1:00 PM Dr Strange in the Multiverse of Madness ( PG-13 )  
4:00 PM Memory ( R )  
7:00 PM Firestarter ( R )  
**Sunday, June 12**  
12:00 PM The Bad Guys ( PG )  
3:00 PM Dr Strange in the Multiverse of Madness ( PG-13 )

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

**Saturday, June 11**  
1:30pm The Bad Guys (PG)

**Q-Zone - NAB**  
Bldg. 337 • 619-437-3190 ★

Family Friendly Movies:  
Tues, Thur, Sat: 11 am. NDVDs  
**All movies below are NDVDs and have Free Admission**



## CROSSWORD PUZZLE

### Across

- Some artists' quarters
- Come to a halt
- About, on a memo
- All-\_: versatile machine
- Bizet's "Habanera," for one
- Handle roughly
- Holiday bloom
- Sketchbooks
- USO show audience
- All lathered up
- Magical lamp dweller
- Jong and Durance
- Oscar winner Kingsley
- Taft's University of Cincinnati position
- Things sometimes found under a tree
- Wolf cries
- 1959 folk hit with the line "Charlie couldn't get off of that train"
- Burden
- Gave out cards
- Animal house
- Time of your life
- Prolonged battle
- Number that's part of a nap
- UPS vehicle
- Plaines
- Familiarize
- Rice or wheat
- "Dilbert" creator Adams
- Day for voting: Abbr.
- Sleek, in car talk
- Parlor pieces, and a hint to each set of circles
- Dryer trap target
- MLB Tiger, for one
- Artist Max
- Grandson of Adam
- Heap affection (on)
- Continues intensely, as a storm

### Down

- Feudal lord
- Broadcasting
- Natural gas, coal, etc.
- Atlanta-based station
- Goes up and down
- Pamplona parlor
- Vacation choice
- Like a slippery garage floor
- Remit
- Be about to happen
- Palindromic bread
- Designer Gemreich
- "What \_ can I do?"
- Singer Diana
- Hair products
- Lions and tigers
- Lightning flash
- Support the team
- Composer Carmichael
- Young hooter
- Online advertising
- Arguing
- \_ a one: none
- Prod
- "Bus Stop" playwright
- Fizzles out
- Centers of activity
- Norse name similar to Stephen
- To a greater degree
- Numbskulls
- Campus cadets' org.
- Care for
- Exams
- \_-force winds
- Equestrian's strap
- River of Pisa
- Farm storage unit
- Tech news site
- Shrek, e.g.
- Bundle of cash
- Altar in the sky

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## Friends Don't make Friends Wait in Hot Cars!

### VEHICLE TEMPERATURE

Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°



## Taking on teeth grinding and clenching: Halt dental damage and jaw pain

Do you wake up with a tired or sore jaw in the morning? It could be a sign that you're grinding or clenching your teeth at night. Over time, this can damage your teeth and lead to jaw problems. It can cause teeth to crack, loosen, and even fall out.

Teeth grinding and clenching—also called bruxism—can cause serious issues if left untreated. And people aren't always aware that they're doing it.

"Someone may not know they grind their teeth at night until they're told by a bedtime partner," explains Dr. Dena Fischer, a dental health expert at NIH.

You can grind your teeth dur-

ing the daytime, too—although clenching your jaw is more common. Some experts think of daytime and nighttime bruxism as separate conditions. They may have different causes.

Your dentist may spot the telltale signs of teeth grinding and clenching. These can include wear and early cracks on the outer layer of the tooth. Teeth grinding and clenching can cause a dull headache or tired jaw muscles. Often, nighttime teeth grinding isn't diagnosed until there are significant symptoms.

Teeth grinding and clenching while awake is easier to recognize. It's thought to be caused by stress and anxiety. Some people may

### Easing teeth grinding and clenching

- Try to reduce your daily stress and use relaxation techniques.
- Practice good sleep habits. Seek treatment for sleep problems.
- Apply ice or wet heat to sore jaw muscles.
- Avoid eating hard or dense foods. Don't chew gum.
- Find ways to relax your face and jaw muscles throughout the day. The goal is to make facial relaxation a habit.
- Schedule regular dental exams. Your dentist can spot early signs of teeth grinding.

also grind or clench their teeth while deep in concentration. Once you realize that you're doing it, it's important to figure out when and why.

Situations that are stressful or frustrating can trigger the behavior. "People often mention that they

grind or clench their teeth while driving in traffic," Fischer says.

How do you treat bruxism? Fischer helps patients by having them set reminders to check their habits. People who grind or clench their teeth during traffic may find it helpful to put a sticky note on the wheel reminding them to relax their jaw. Setting an alarm to go off regularly at your desk can help if you tend to clench your teeth while deep in thought.

"An alarm or sticky note can be used as a reminder to make sure that your teeth are apart," Fischer says. "Tell yourself 'lips apart and teeth apart' to help make sure clenching isn't occurring."

Activities that reduce stress, like yoga and meditation, may help lessen daytime teeth clenching. Counseling can help you learn to



mouthguard as well. A dentist can make you a custom fitted guard to protect your teeth. You also may need to be tested for sleep disorders.

Researchers are examining if issues like sleep apnea, which cause people to stop breathing, contribute to nighttime teeth grinding. They're looking at whether brain activity and sleep stages are linked to sleep bruxism.

If you think you may be grinding or clenching your teeth, talk to a dentist. They can evaluate your mouth and recommend treatments.

Sometimes dentists will recommend reshaping the surfaces of your teeth to change your bite. But Fischer advises against approaches that permanently alter your teeth. She says to seek a second opinion and try less invasive treatment options first.

manage intense emotions, which may also ease the habit.

If these strategies don't help, you may consider wearing a plastic mouthguard while awake. Fischer says that a "boil and bite" mouthguard from a store may be enough to stop the problem.

Teeth grinding and clenching at night are usually treated with a

### Are you eligible for CalFresh benefits?

The County of San Diego Health and Human Services Agency and its partners are working together to get the word out about CalFresh benefits. CalFresh is a supplemental nutrition program for families and individuals who meet certain income guidelines. The program is designed to reduce food insecurity and increase food budgets to improve participant's access to fresh and healthy food.

Maximum monthly amounts for qualifying households range from \$250 for a single person to \$835 for a household of four an up to \$1,316 for a household of seven. San Diegans can also apply for CalFresh online at [GetCalFresh.org](http://GetCalFresh.org) and [MyBenefitsCalWIN.org](http://MyBenefitsCalWIN.org), or by calling 2-1-1 San Diego.

## THINGS TO DO AROUND TOWN

**continued from previous page**  
**Night Fishing**, Thurs, June 9, 5-11:30pm. Parking \$4, permits \$6-\$10. Join us for a night of fishing in Lakes 1-4. No state fishing license required, only a permit from the General Store. Adults \$10, Jrs & Seniors \$6, Extra pole stamp \$4. Bring your lanterns! Santee Lakes Recreation Preserve, 9310 Fanita Pkwy, Santee. [santeelakes.com/fishing](http://santeelakes.com/fishing)

**Juneteenth La Mesa**, Fri, June 10, noon-4pm. Juneteenth, also known as Freedom Day, Jubilee Day or Emancipation Day, is a day to honor and celebrate liberation. It was 156 years ago, on June 19, 1865 that all Americans became free from slavery, an event finally taking place two years after the Emancipation Proclamation had been issued by President Lincoln. Today, the holiday is about celebrating Black Culture, history and life, bringing people together to honor all those who came before and who fought for the rights and privileges held today. La Mesa Community Center, 4975 Memorial Drive, La Mesa. Tickets: <https://lamesajuneteenthandfriends.com/>

**Cage Warriors California**, Fri, June 10, 5-10pm. \$60-\$250. Live mixed martial arts. Humphreys by the Bay, 2241 Shelter Island Drive, San Diego.

**Party in the Park: BeerFest**, Fri, June 10, 4:30pm. Party in the Park: BeerFest prior to the Padres vs. Rockies game. Live music, \$5 beer specials from local/national breweries in Gallagher Square. Petco Park, 100 Park Blvd, SD.

**Clothing optional Reggae Festival**, Fri-Sun, June 10-12, noon. Age Limit: 18+. \$75-\$95. DeAnza Springs Resort, 1951 Carrizo Gorge Road, Jacumba. Get tickets online [deanzasprings.com](http://deanzasprings.com).

**Geology Hike to the Waterfall Rock Formations**, Sat, June 11, 8-9:30am. Free. Moderately paced walk on mostly flat ground with guide. Meet at the very end of Park Village Road in Rancho Peñasquitos.

**Alley Art Festival 2022**, Sat, June 11, 11am-4pm. Free. Family-friendly event. Artist market, live music, variety of entertainment, special art-related children's activities. Green Oak Ranch, 1237 Green Oak Rd, Vista.

**The Great Outdoors Exhibition**, Sat, June 11, 4-6pm. Free.

Join local artists for the opening reception of the Great Outdoors. Collectively, ALL outdoor space. Escondido Arts Partnership Escondido Municipal Gallery, 262 East Grand Avenue, Escondido.

**Guided Nature Walk at Mission Trails Regional Park**, Sat, June 11, 8:30-10am. Free. Kumeyaay Lake Campground, Two Father Junípero Serra Trail, Santee. [mtrp.org](http://mtrp.org)

**California Marine Protected Areas**, Sat, June 11, 10-11am. Free. A free, family event that will focus on the 124 marine protected areas in California. These areas are a type of "underwater park" that protect our wetlands, coasts and ocean. There are 11 of these areas in San Diego County that protect our sandy shores, tide pools, kelp forests, submarine canyons, and lagoons, including Batiquitos. Come and learn how to help conserve these special places. Meet at the picnic tables next to the Nature Center. Batiquitos Lagoon Nature Center, 7380 Gabbiano Lane, Carlsbad.

**Nature Photography Day**, Sat, June 11, 8-11:30am. Local photographer and refuge volunteer Johnny Bradley and park ranger Nancy Fernandez will guide participants on established refuge trails where there will be many opportunities to photograph wildlife with the occasional stop to practice landscape photography. Email [Nancy\\_Fernandez@fws.gov](mailto:Nancy_Fernandez@fws.gov). Tijuana River Estuary, 301 Caspian Way, Imperial Beach

**Old Town Music Festival**, Sat-Sun, June 11-12, noon. Jamey Johnson, Nelly, LoCash, Uncle

Kracker, Colt Ford, Tyler Rich. Get tix online. The Temecula Stampede, 28721 Old Town Front Street, Temecula.

**The San Diego Smooth Jazz Festival**, Sat-Sun, June 11-12, 2pm. Rady Shell at Jacobs Park, 200 Marina Park Way, San Diego. Get tickets <https://purchasing.sandiegosymphony.org/>

**Free Interpretive Nature Walks**, Sundays June 12 & 19, 9-10:30am. Free. Walks are moderately paced on the lower creek trail and begin in front of the Elfin Forest Interpretive Center. Elfin Forest Recreational Reserve, 8833 Harmony Grove Rd, Escondido.

**Del Mar Summer Solstice**, June 16, 5-8pm. Good vibes, ocean breezes, and beautiful beach views mark the official beginning of summer. Wide selection of food from local eateries, craft beverages, live music, and activities to keep the summer fun going all evening long. Powerhouse Park, 1658 Coast Blvd., Del Mar. [www.visitdelmarvillage.com](http://www.visitdelmarvillage.com).

**Encinitas Cruise Night**, June 16, July 21, Aug18, and Sept 15, 5:30-7:30pm. On the third Thursday of each month, the finest hot rods, foreign automobiles, classic cars, and Woodies line the street along Coast Highway 101. Combination of historic cars and live music between D and K Streets. Every car in attendance is eligible for awards and there is no cost for displaying or viewing the cars. Parking is limited, so attendees should arrive early. Info: (760) 943-1950 or [www.encinitas101.com](http://www.encinitas101.com).

### SD County Fair: Superheroes, concerts, midway, unique food

**Heroes Reunite** is the theme of the 2022 San Diego County Fair. Superheroes are the stars of this year's Fair, so embrace your inner hero and visit the Fair through July 4 (closed Mondays and Tuesdays in June) at the Del Mar Fairgrounds. Adrenaline-pumping carnival rides, pose with your favorite superheroes, and taste your way through the Fair's amazing and unique food offerings! The San Diego County Fair is the largest annual event in San Diego County and one of the six largest fairs in North America, drawing more than 1.5 million visitors annually. Purchasing admission tickets and parking passes is easier because the Fair has now gone cashless and purchasing tickets and passes is done online. The San Diego County Fair admission on Wednesdays and Thursdays is \$15 for adults, \$12 for seniors, kids 6-12 is \$12, and 5 yrs or younger are free! Friday-Monday adults are \$20, \$17 for Seniors, \$17 for ages 6-12, and free for children 5 and younger! Fair hours: 11am-10pm Friday and Saturdays open til 11pm. Purchase tickets at [www.sdfair.com](http://www.sdfair.com) and concert tickets at [www.ticketmaster.com](http://www.ticketmaster.com). Get free admission to the Fair with a paid concert ticket.





A limited number of homes at La Brisa have been set aside for an Affordable Home Ownership Program!




Pricing under this program is anticipated to start in the \$400's

Located in South San Diego, La Brisa's modern condominiums feature open concept living that make moving throughout the home easy and accessible. Flexible floor plans, and the pricing to match, have been designed to fit a variety of needs – whether you're just starting out or always on the go.

The prices of our homes, included features, plans, specifications, promotions/incentives, neighborhood build-out and available locations are subject to change without notice. Stated dimensions, square footage and acreage are approximate and should not be used as a representation of any home's or homesite's precise or actual size, location or orientation. There is no guarantee that any particular homesite or home will be available. No information or material herein is to be construed to be an offer or solicitation for sale. Not all features and options are available in all homes. Unless otherwise expressly stated, homes do not come with hardscape, landscape, or other decorator items. Any photographs or renderings used herein reflect artists' conceptions and are for illustrative purposes only. Community maps, illustrations, plans and/or amenities reflect our current vision and are subject to change without notice. Maps not to scale. Some amenities may not yet be constructed. Builder reserves the right to change the size, design, configuration and location of amenities not yet constructed and does not warrant the suitability thereof for any use or for any person. No warranty or guarantee is made regarding any particular area public school/school district or that any particular public school/school district will service any given community. Schools/school districts may change over time. Our name and the logos contained herein are registered trademarks of Tri Pointe Homes, Inc. and/or its subsidiaries. © 2022 Tri Pointe Homes IE-SD, Inc. California Contractor's License No. 251810. The exclusive real estate firm of Tri Pointe Homes IE-SD, Inc. is Tri Pointe Homes Holdings, Inc. - California DRE License No. 02025660. All rights reserved.

For more information, please join the interest list by visiting this link:  
<https://www.tripointehomes.com/ca/san-diego-county/la-brisa-affordable/>



**SOUTH COUNTY**  
BUICK | GMC



# Huge

summer  
kickoff sale

# \$500

**DISCOUNT  
ON EVERY  
USED CAR**

Offer ends June 19, 2022

**FOR ACTIVE DUTY MILITARY, RETIREES, & CIVIL SERVICE**

*Hundreds of Vehicles to choose from  
Here is an example.*

2020 NISSAN  
VERSA 1.6 SV



# Giant Gas Giveaway



# \$300 GAS CARD

**WITH THE PURCHASE OF ANY USED VEHICLE**

Must take delivery on or before June 19, 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.

**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 6/19/22.

**SUBARU**  
**XPERIENCE**  
of El Cajon



# HUGE

Summer Kickoff

SALE



# \$500

**DISCOUNT  
ON EVERY  
USED CAR**

Offer ends June 19, 2022

**FOR ACTIVE DUTY MILITARY, RETIREES, & CIVIL SERVICE**

*Hundreds of Vehicles to choose from  
Here are a few examples.*

2017 ACURA  
MDX 3.5L



2020 FORD  
FUSION



2018 AUDI  
Q5 2.0T



**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 6/19/22.