

ARMED FORCES DISPATCH



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

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Sailors from the Vietnam People's Navy Region Three welcome Rear Adm. Pat Hannifin, commander, Task Force 70/Carrier Strike Group 5, during a welcome ceremony after aircraft carrier USS Ronald Reagan anchored into Da Nang, Vietnam, for a routine port visit, June 25, 2023. U.S. Navy photo by MC2 Keyly Santizo



SAN DIEGO (June 12, 2023) - Team Navy's Cryptologic Technician [Technical] 1st Class Jiesyl Rama, from Santa Rita, Guam, receives the "Heart of the Team" award for Team Navy, presented by Army Gen. Gary Brito, commanding general, Army Training and Doctrine Command, at the Department of Defense Warrior Games Challenge 2023 send-off dinner here. The Warrior Games Challenge is composed of over 200 wounded, ill and injured service members and veteran athletes, competing in 11 adaptive sporting events June 2- 12 at Naval Air Station North Island. U.S. Navy photo by MC1 Kegan E. Kay

DOD ISSUES EXCEPTIONAL FAMILY MEMBER PROGRAM POLICY

by David Vergun
 DOD News

The Defense Department has issued its own Exceptional Family Member Program, a move that ensures consistency across the services for military

families with special needs.

"Service members can't focus on the mission when they have concerns about a family member's health or education needs," said Gilbert R. Cisneros

Jr., undersecretary of defense for personnel and readiness. "Enrollment in EFMP provides families access to critical services and support, no matter their service branch or location. And the department plans to continue our work to enhance EFMP to better serve our military families."

Previously, each service set its own processes and guidelines. Policies even differed from installation to installation because there wasn't standardized guidance from the department, said Tomeshia S. Barnes, associate director of DOD's Office of Special Needs.

"DOD has enhanced the Exceptional Family Member Program to improve the experience of military families while creating consistency across the EFMP," she said.

Assignment coordination is

one of the improvements.

"This ensures the family's special needs are considered during the assignment process. Enhancements include each service branch using the same criteria for determining the availability of services and the ability for service members to request a second review of assignment decisions. Importantly, service members now learn the reason for declined orders," Barnes said.

Standardization of the program across the services includes:

- Standardization of identification and enrollment ensures the process is consistent for families across services. Enrollment in EFMP is mandatory for active-duty, military members who meet enrollment criteria.

see EFMP, page 8



Kelly Welsh shows her 21-month-old son Sullivan a spring toy from a box of prize options while visiting informational booths at the Exceptional Family Member Program's meet-and-greet at Fort Leavenworth, Kan., Aug. 11, 2022. U.S. Army photo by Charlotte Richter

No dome - a first in Navy history

NAS NORTH ISLAND - A first for the Navy. On June 20, Fleet Readiness Center Southwest pilot, Cmdr. Matthew Ostrye, was dispatched to Fallon, Nevada, to ferry an E2D aircraft assigned to VAW-113 to here. Ferrying of aircraft in order to enact repairs is a normal occurrence for FRCSW's personnel, but this time was different. The E2 was to be flown without a rotodome, the large circular "top" to the aircraft. This was the first time an E2D was flown without a dome or pylon. The dome for this aircraft was damaged in a hail storm and will require dismantling and shipping before repairs can be enacted.

FIREWORKS GUIDE, PAGE 10



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WELCOME HOME, USS DECATUR

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Things To Do Around Town

Organ festival, San Diego County Fair, Cruisin' Grand Escondido, wildlife tracking walk.

See page 10

Intelligent robotics and autonomous systems

by Maj. Keenan Chirhart

Marine Corps Combat Development Command

QUANTICO, Va. - The U.S. has long enjoyed a technological advantage as our robust industrial base and strong economy have provided our military with exquisite combat systems. As a result, the U.S. has had been the preeminent global power since the end of the Cold War. However, the decreasing cost of technology combined with commercial availability of equipment that provide an asymmetric effect means the U.S. military must find new and innovative ways to leverage this growth in technology. To do so, the U.S. military must be prepared to incorporate new warfighting techniques to meet the growing threat of an increasingly technologically advanced adversary.



Marine Corps Cpl. Mark Bernal receives a package from a resupply unmanned aircraft as it lands to resupply Marines in the field during Balikatan 23 in Cerab, Philippines, April 21, 2023. U.S. Marine Corps photo by Cpl. Tyler Andrews

“ The Marine Corps requires unmanned air, surface, and ground systems to fully exploit our inherent expeditionary nature and capabilities. When operating forward, in small groups, under austere conditions, the ability to maximize unmanned systems to create outsized effects for our allies and against our adversaries is a key element of our future success. ”

- Gen. David H. Berger, Commandant of the Marine Corps

Today, the Marine Corps is leading the services in development and integration of these emerging technologies. Paired with the sound combined arms doctrine that defines our Marine Corps, Intelligent Robotics and Autonomous Systems (IRAS) provides vastly increased situational awareness across all echelons of warfare. All-domain sensors that detect the enemy throughout the electromagnetic spectrum and pass real time targeting data over vast distances

makes the battlefield increasingly transparent for the individual Marine and up through the chain of command, enabling sensors, weapons, and decision makers to rapidly close kill webs and destroy the enemy.

The ability to exploit the vast amount of information being received in the combat environment presents a cognitive challenge, as the commander's decision-making becomes increasingly overloaded. Conversely, the vast amount of information also

creates opportunity. Those forces that can most rapidly and effectively process information have a distinct advantage.

Software developments in artificial intelligence and machine learning lighten the mental burden by rapidly organizing data in a logical and prioritized manner. Through rapid prioritization, Marines can “make sense” and act before the enemy. By establishing this competitive advantage, the adversary targeting,

and decision cycle is disrupted, increasing survivability and expediting movement and maneuver. Ultimately, the combination of Marine decision makers with IRAS creates tempo that cannot be matched by the enemy.

As the operating environment becomes increasingly contested through the adversary's use of anti-access/area denial systems, the ability to sustain our operating forces inside the enemy weapons engagement zone presents a

see **Marines**, page 3



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Senate committee's defense bill includes \$2B for amphibious ship, a pay raise for troops and a report on DOD's abortion policy

by Doug G. Ware
Stars and Stripes

WASHINGTON - The Senate Armed Services Committee on Friday said its members have agreed to authorize about \$845 billion for the Pentagon for fiscal 2024 with funding to give troops a pay raise, more weapons to deter China and build a new amphibious ship.

The committee on June 22 passed its version of the 2024 National Defense Authorization Act, the annual bill that specifies the Defense Department's budget and expenditures. The vote was 24-1.

"The United States faces a dangerous and growing set of national security challenges," an executive summary of the committee's bill states. "To deter and overcome these threats ... Congress has a fundamental duty to take care of America's men and women in uniform, their families, as well as the civilian workforce. The passage of the National Defense Authorization Act for Fiscal Year 2024 is an important step toward achieving these goals."

The committee's bill proposes a little more than \$844 billion for the Pentagon and \$42 billion

for other defense programs. The \$886 billion is in line with President Joe Biden's defense funding request, and is the maximum that defense programs can receive next year under his deal with House Republicans to raise the debt limit.

Amphibious ships

The committee's version of the NDAA would restore almost \$2 billion in funding next year to build a San Antonio-class amphibious transport dock ship.

The Navy's budget request in March did not include money next year for a new amphibious ship. The Navy is required under the 2023 NDAA to have a minimum of 31 amphibious ships, which are used to deliver Marines, weapons and equipment from the sea.

"What we have done in the bill is order them to give us a shipbuilding plan that shows how they get to 31 [amphibious ships]," Sen. Tim Kaine, D-Va., who is a member of the committee, told reporters Friday during a conference call. "Within 60 days of the passing of the act, they need to get us a shipbuilding plan — which means they have got to rewrite the current shipbuilding plan."

The Senate bill also blocks the retirement of three of existing amphibious ships and the retirement of a cruiser.

Gen. David Berger, the Marine Corps commandant, has said the Navy needs at least 31 of the ships for optimal readiness, but Navy Secretary Carlos Del Toro paused construction of the ships last year to study their impact on the force.

Abortion policy

The committee's bill asks for clarification on the Pentagon's recent policy that covers the cost of a service member traveling to another state, if necessary, to receive reproductive health care, including abortions.

The Defense Department enacted the policy last year after the U.S. Supreme Court struck down its landmark 1973 abortion ruling in Roe vs. Wade, which legalized the procedure nationwide. The Defense Department policy is one of many that Biden's administration has enacted to protect reproductive health care. Many Republicans oppose the Pentagon policy and are demanding it be rescinded.

The committee's NDAA "directs a report on the legality,

oversight functions and processes" related to the Defense Department policy.

Sen. Tommy Tuberville, R-Ala., a member of the committee, has been blocking hundreds military promotions for months in a bid to force the Pentagon to scrap the policy — a fight that he said he won't give up, though multiple top military leaders have said his actions are compromising national security.

"My hold is not affecting readiness. And I will keep my hold until Democrats ... change the law," Tuberville said Wednesday.

The committee's executive summary does not make clear exactly when the Pentagon report on its policy would be due.

"We need to enshrine a basic statutory protection for women's reproductive freedom," Kaine said during his conference call, noting he has introduced a bipartisan bill in the Senate that seeks to establish basic reproductive protections.

Deterring China, Russia

The committee's bill fully supports the Pentagon's National Defense Strategy, which was issued last fall and identifies China

as the top pacing challenge in the world for the U.S. military. One facet of the strategy is the Pacific Deterrence Initiative.

The 2024 budget request from the Pentagon in March included more than \$9 billion for the initiative — the most ever requested and 40 percent more than the initiative received last year.

DoD said it's necessary for "investing in advanced capabilities, new operational concepts and more resilient force posture in the Indo-Pacific region," as well as enabling "groundbreaking posture initiatives" in other parts of the region

such as the Philippines, Japan and Australia.

For example, the committee's 2024 NDAA proposal establishes and fully funds a joint program between the Pentagon and the National Nuclear Security Administration to develop a nuclear-armed, sea-launched cruise missile to "address China's nuclear breakout and Russia's continued aggression."

Some other items included in the NDAA proposal can be found by continuing reading at <https://www.stripes.com/theaters/us/2023-06-23/senate-defense-bill-abortion-pay-raise-ships-10531268.html>.

significant logistical challenge. The physical burden on Marines to carry more supplies and ammunition inhibits their ability to rapidly displace and maneuver, creating exposure to the enemy and risk to the force. IRAS will lighten the Marines' physical load, expedite staging and transfer supplies across vast distances in the maritime environment. Using a range of air, land, and surface logistical connector vehicles will enable ship-to-shore sustainment of maneuvering units, while reducing the risk to legacy manned resupply aircraft.

To maximize the these systems must networked, collaborate. By fusing data from

Marines continued from page 2

and operating from common mission controllers, individual warfighters will be able to control multiple platforms and payloads to accomplish their mission. Working with leading industry partners and research agencies, the Marine Corps is developing vehicles that will be able to conduct swarming maneuvers and attacks. These swarming vehicles leverage numerous systems to sense each other across the network, process information at machine speeds, and enable kinetic effects with maximum efficiency. This technology will decrease the number of munitions required to create strategic effects, rapidly closing kill webs and further decreasing the logistics burden.

See the Marine Corps NewsStand at <https://www.marines.mil/News/News-Display/Article/3436190/intelligent-robotics-and-autonomous-systems/>.

benefits of IRAS, operate through orative, autonomy, distributed platforms

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USS Carl M. Levin commissions in Baltimore

by Julie Ann Ripley

Baltimore, MD -- The Navy commissioned its newest Arleigh Burke-class guided-missile destroyer USS *Carl M. Levin* (DDG 120), June 24 here.

Carlos Del Toro, the 78th Secretary of the Navy, was the principal speaker.

"It's imperative that we, the United States of America, stand ready to support our international partners and our allies as we confront common challenges," said Del Toro. "In order to do so, our nation needs to maintain a strong joint force. Our nation needs to maintain a strong Navy and Marine Corps as the foundation upon which the success of that joint force exists."

"This ship before you and our entire naval fleet supports not just the strike force, but our entire nation by guaranteeing our unencumbered access to a free and open maritime commons and serves as the lifeblood of our economy."

Guest speakers for the event also included Adm. Michael Gilday, Chief of Naval Operations, and Sen. Carl M. Levin's daughters, Kate Levin Markel, Erica Levin and Laura Levin.

"Senator Levin lived a life of service with integrity, and his example inspires us as we commission this ship with this crew today," Gilday said. "The men and the women of USS *Carl Levin* represent some of the best and the brightest in our Navy. They are ready! They are prepared to go into harm's way if required and they will carry

out the orders of our nation."

Laura, Kate and Erica all participated in the keel laying, mast stepping, and christening ceremonies.

Gilday said, "To the ship's sponsors, Senator Levin's daughters Kate, Laura, and Erica, thank you for your family's support to our Navy and to our Sailors. It is not lost on us that the man that we call professor, Assistant Attorney General, and Senator, you call Dad. Thank you for sharing his legacy with us and we hope that you feel welcome as extended members of our big Navy family."

"Dad noted that for more than 50 years, Senate Armed Services Committee members had managed to work through their disagreements to pass the Defense Authorization bill with bipartisan support for a single reason. As Dad put it, those who served in the military 'have inspired us, year after year, to come together across lines of party and ideology to support them,'" said Laura Levin. "They not only protect us, they unite us." So as we gather to send off this great ship, the three of us remember our Dad by thanking and congratulating the entire crew of USS *Carl M. Levin* who protect us and also unite us."

Carl M. Levin's commanding officer, Cmdr. Kelly Craft, reported the ship ready. "It's been an honor and a privilege to have served as the Commanding Officer of a Pre-Commissioning Unit. It was amazing being able to sail down the Kennebec and out to sea for the first time," Craft said.

July's monthly observances: Dogs, Bikinis, Grilling, Deli Salad

Alopecia Month for Women
Bereaved Parents Awareness
Bikini Month
Bioterrorism/Disaster Education & Awareness
Cell Phone Courtesy Month
Dry Eye Awareness Month
Eye Injury Prevention Month
Family Golf Month
Fireworks Safety Month
Fragile X Awareness Month
Fuel Safety Month
Get Ready For Kindergarten
Grange Month
Hemochromatosis Screening Awareness
Herbal/Prescription
Interaction Awareness
Independent Retailer Month
Int'l Blondie and Deborah Harry Month
Nat'l Deli Sandwich
Int'l Group B Strep Awareness Month

Nat'l Anti-Boredom Month
Juvenile Arthritis Awareness
Nat'l Baked Beans Month
Nat'l Black Family Month
Nat'l Blueberries Month
Nat'l Child-Centered Divorce Awareness and Prevention
Nat'l Contract Sewing Month
Nat'l Cord Blood Awareness
Nat'l Culinary Arts Month
Nat'l Deli Salad Month
Nat'l "Doghouse Repairs"
Nat'l Grilling Month
Nat'l HIV Awareness Month
Nat'l Horseradish Month
Nat'l Hot Dog Month
Nat'l Ice Cream Month
Nat'l Make A Difference to Children Month
Nat'l Minority Mental Health Awareness Month

Nat'l Parks & Recreation
Nat'l Picnic Month
Nat'l Roadside Traffic Safety Awareness Month
Nat'l Rodeo Month
Nat'l Vacation Rental Month
Nat'l Watermelon Month
Nat'l Wheelchair
Beautyfication Month
Sandwich Generation Month
Sarcoma Awareness Month
Self Care Month
Smart Irrigation Month
Social Wellness Month
Tour de France Month
Vehicle Theft Prevention
Wheat Month
Women's Motorcycle Month
World Watercolor Month
July Weekly Holidays
Nat'l Independent Living: 1-7
Nat'l Unassisted Homebirth: 1-7
Tom Sawyer Days: 1-4
Nat'l Farriers Week: 2-8

Freedom Week: 4-10
Nat'l Marijuana Facts: 4-10
Running of The Bulls: 8-12
Nat'l Cancer Survivor Sibling: 9-15
Nat'l Therapeutic Recreation : 9-15
National Vodka Week: 9-15
Operation Safe Driver: 9-15
Sports Clich Week: 9-16
Nude Recreation: 10-16
Nat'l Ventriloquism: 12-15
Rabbit Week: 15-21
Captive Nations: 16-22
Everybody Deserves A
Massage Week: 16-22
Hemp History Week: 16-22
Nat'l Independent Retailers Week: 16-22
Nat'l Zoo Keeper: 16-22
Beach Volleyball Days: 17-23
Restless Leg Syndrome Education & Awareness: 18-25
Nat'l Baby Food: 19-22
Comic Con Int'l: 20-23
Family Golf: 20-22

NEWS HEADLINES

Army

- Randomly received a smartwatch? Don't turn it on, investigators warn.
- Horriagan assumes command of USAG Italy
- Army fires 5th Security Force Assistance Brigade commander
- Family awarded more than \$91,000 in Texas military housing lawsuit

Navy

- Navy chief on destroyer *Ramage* dies on deployment to North Sea
- Navy receives Triton drone with enhanced surveillance abilities ahead of schedule
- Nimitz reports 'very professional' interactions despite U.S.-Chinese tensions
- The Jackson: Pursuing peace, but primed for battle
- USS *Ronald Reagan* makes a rare Vietnam port call
- Judge nixes bid to depose Pacific Fleet chief in Red Hill lawsuit
- 18-year-old charged with murder in carjacking crash that left Navy Sailor with fatal injuries

Marine Corps

- How soon is too soon? 'Six Days in Fallujah' out 18 years after battle
- Top Marine nominee unlikely to get confirmed before predecessor retires
- Enlisted Marines passed over for promotion can serve longer under new rule

Air Force

- Ex-airman asked 93 women to marry him to get more benefits, feds say
- Farewell 'Big Sexy': Airmen bid adieu to final East Coast KC-10 Space Force
- House lawmakers back Space Force fees for use of launch ranges
- Kendall: Air Force recruiting shortfall not a 'crisis'
- Airport incident sparks Air Force warning about mailing replica weapons
- Airmen compete for 'Top TACP' title, as Air Force plans deep cuts to career field

Coast Guard

- Coast Guard launches investigation into fatal Titan implosion
- Coast Guard cutter transits Taiwan Strait after Blinken's China visit
- Coast Guard temporarily relieves commanding officer of Sector North Carolina

National Guard

- National Guard closes end-strength gap, but recruitment woes persist
- Invaluable: Utah Guard, Morocco celebrate 20 years of military ties
- Those who serve: Army National Guardsman serves country on and off the dance floor

Your Military

- No one knows the cost of Titan submersible search for U.S. military
- U.S. troops will no longer learn Pashto, an Afghan national language
- Military in Alaska struggles with 'constant strain' of child care shortage

Veterans

- Lawmakers push to make it easier to discipline, fire VA workers
- 100-year-old veteran getting help seeking Purple Heart for WWII injury

Places of Worship

<p>Bethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd., Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 10:30am Sundays Bible Class, Wednesdays 10am (619)222-7291 LivingWaterSD7@gmail.com</p>	<p>Christ Community Church <i>Helping people love God and each other!</i> Services Onsite or Online Sundays 8:45 & 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</p>	<p>Mesa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) <i>Seeking Sinners; Saving Souls. Strengthening Saints</i> Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd., Poway • 858-485-6110 • www.mesaview.org</p>
<p>Bayview Church <i>Attract...Assimilate...Activate</i> 6134 Pastor Timothy J. Winters St., San Diego 92114 • (619) 262-8384 Sunday 6:45am, 8:30am, 11am Worship Service Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am www.bayviewbc.org info@bayviewbc.org</p>	<p>First Baptist Church of Coronado <i>"Reach Up, Reach Out, Reach Our World"</i> Jim W. Baize, Pastor www.fbcoronado.com Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am Meeting in person and online on YouTube or Facebook FB: First Baptist Church of Coronado email: secretary@fbcoronado.com 445 C Ave., Coronado, CA 92118 (619) 435-6588</p>	<p>Military Outreach Ministries Int'l Church <i>"Transforming the World, One Person at a Time"</i> Dr. Dennis Eley, Jr. Th.D., MBA • dennis@militaryoutreachministries.org 7997 Paradise Valley Rd, San Diego, CA 92139 Sunday Services In Person • 12-2pm Live Stream: 12:30pm on "Moministries" free church app www.militaryoutreachministries.org</p>
<p>Branches of the Cross Anglican Church <i>Retreat Center and Healing Center</i> Sunday Worship - 10:30am Bible Study - Wednesday 10:30am 801 Valley Crest Dr., Vista, CA 92027 • 760-290-8222 Email: office.branchesvista@gmail.com For more information visit us at www.branchesvista.org</p>	<p>New military families are moving to the area. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985</p>	
<p>Canyon View Church of Christ <i>"Love God, Love People, Serve the World"</i> Sunday Bible Classes for all ages 9am Sunday Worship 10am 4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org (Near corner of Balboa Ave. & Clairemont Dr.) www.canyonview.org (858) 273-5140</p>	<p>Grace Lutheran Church, LCMS <i>Proclaiming the good news of Jesus Christ since 1912</i> Join us for Sunday Worship at 8 and 10:30am Sunday School at 9:30 to 10:15am 3967 Park Blvd., San Diego 92103 Free lot parking behind church GraceSanDiego.com</p>	<p>Resurrection Lutheran Church <i>A Small Place with a Big Heart!</i> Worship Service Sunday at 10:15 am. (please see website for details) 1111 Fifth Street - Coronado, CA 92118 - 619.435.1000 secretary@resurrectioncoronado.com - www.rlchurch https://www.facebook.com/resurrectioncoronado/ The Rev. Dr. Brian Oltman, Pastor</p>
		<p>St. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. <i>We thank you for your service!</i></p>

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Navy to mull over possibility of a 3 carrier homeport on North Island

by Scott Sutherland
Staff writer

SAN DIEGO - The Navy announced this week that it has begun preparing a preliminary analysis regarding the possibility of homeporting a third aircraft carrier on Naval Air Station North Island.

By law, a Supplemental Environmental Impact Statement is required before improvements are made to support the Pacific Fleet's plan to add a Nimitz-class carrier here. Objectives of the SEIS includes current mission objectives, routine pier-side maintenance activities and proposed electrical power infrastructure.

"This may result in three aircraft carriers being in port at the same time at Naval Air Station (NAS) North Island for more days per year than analyzed in previous National Environmental Policy Act documents," according to Navy guidance. "The Navy will study how this action may impact traffic, air quality, socioeconomics, environmental justice, and other environmental resource areas."

The 45-day public scoping period began June 9, and ends July 24. The public should submit written comments for consideration in development of the Draft SEIS by July 24. The first two public scoping meetings were this week, at the Logan Memorial Educational Campus and Coronado Community Center. Tonight's third and final meeting is at the Burrell Auditorium, South Bay Union School District, 601 Elm Ave., Imperial Beach, from 5-7:30 p.m.

Comments must be submitted by July 24 to be considered in the development of the Draft SEIS. The Navy encourages the public to visit the project website (www.nepa.navy.mil/northislandCVNs/) to learn more. Com-

ments should be related to the scope of the analysis, including potential environmental issues and viable alternatives.

All impacts will be studied and will support the final decision. Impacts include infrastructure needs, operational, deployment, maintenance schedules, traffic, air quality, socioeconomics, and environmental justice.

Residual impacts include, but not limited to, biological resources, cultural resources,

geology and soils, hazardous materials and waste, visual resources and water resources. The Navy welcomes public input for the environmental review process, including resource areas to study.

In a Navy statement, NAS North Island is a major port for aircraft carriers and a key support facility for the West Coast fleet. Its aircraft carrier berths are critical to the Navy's presence and military readiness in the Pacific Ocean.



CAMP PENDLETON - Col. Christopher Steele, right, the outgoing CO of 5th Marine Regiment, passes regimental colors to incoming CO, Col. Brian Mulvihill, center. U.S. Marine Corps photo by Cpl. Cameron Hermanet

SAN DIEGO (June 15, 2023)

USS Boxer Communications Officer Chief Warrant Officer 2 Tyler Smith displays a card sent to Radioman 3rd Class Richard Gurnett from a Sailor on board USS Boxer (CV-21) during the Korean War. His son, Scott Gurnett, donated the card to Boxer's Radio Division, wanting the artifact returned to its namesake. U.S. Navy photo by MC2 James Finney



Destroyer Fitzgerald's Sailors, observing the 6-year anniversary of a collision at sea June 17. U.S. Navy photo

USS Fitzgerald honors the fallen in June 17 collision remembrance ceremony

SAN DIEGO - The crew of Arleigh Burke-class guided-missile destroyer *Fitzgerald* hosted a ceremony aboard the ship June 17 in remembrance of those who made the ultimate sacrifice when a collision between *Fitzgerald* and the MV ACX Crystal took the lives of seven Sailors.

Sailors who perished in the subsequent flooding were Chief Fire Controlman Gary Rehm, Gunner's Mate 1st Class Noe Hernandez, Personnel Specialist 1st Class Xavier Martin, Fire Controlman 1st Class Carlos Sibayan, Yeoman 3rd Class Shingo A. Douglass, Sonar Technician (Surface) 3rd Class Ngoc T. Truong Huynh and Gunner's Mate Seaman Dakota Rigby.

Commemorative observances began with an invocation from Lt. Brandon Greene, *Fitzgerald's* chaplain. Seven members of the crew then read the biographies of the fallen and dedicated a flower at the ceremony table in their honor, and after a rendition of the National Anthem, stood fast in a moment of silence while the ship's remembrance flag flew high and proud above the service.

Fitzgerald's Commanding Officer, Cmdr. Jayson Larsen reflected on the somber sentiments of the day.

"They were not mere names or ranks; they were our shipmates, our friends, and our family," said Larsen. "Each one of the Sailors aboard that evening possessed a unique spirit and embodied the core values of our Navy-honor, courage, and commitment."

The ceremony concluded with a rendition of TAPS.

"The brave actions of the *Fitzgerald* crew, who fought to save the ship and their fellow shipmates cannot be understated," said Larsen. "Because of the actions of Sailors wearing the uniform you wear today, our ship is still here and more lives were not lost."



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Chief Petty Officers Jassidy Baugh and Elizabeth Ramos man the rails in Dress Blues as Decatur enters Busan Harbor in April. U.S. Navy photo



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USMC innovation: How one sergeant changed the game with his invention

by 2nd Lt. Jorin Hollenbeak
 CAMPENDLETON - When searching on the internet, dirt is defined as "a substance, such as mud or dust, that soils someone or something." However, for Marines, dirt is simply a coat of honor worn after a day, or more often, months' worth of hard work.

This same substance, "Dirt," is exactly what powdered off Sgt. John Evans, a Marine Corps Bulk Fuel Specialist with 7th Engineer Support Battalion, on each step taken as he walked back to his barracks room after a long stint in the field. Evans hung his uniform on the wall, took a shower, finally sat down to relax, and was immediately ambushed by a familiar feeling that often plagued his calmer hours... boredom.

However, in this specific moment of boredom, Evans opened Microsoft 3D paint and created an 11.24 MB file that would eventually evolve into a groundbreaking invention, improving productivity and safety for all bulk fuel specialists and water support technicians.

Marines are no strangers to innovation and problem-solving; Evans exemplifies this. The innovative device that Evans created can attach to any existing hose reel base

unit. The device then allows one Marine to safely reel and unreel hoses, which usually takes three to four Marines. Additionally, Evans's invention enables the Marine to stand at a safe distance of three to five feet from the hose reel base unit, improving safety and mitigating injuries immensely.

Evans has already gone operational with a prototype model, saving his Marines from extra work and injuries.

The voyage Evans's original drafting underwent, from Microsoft Paint to implementation, is almost as miraculous as the invention itself. On the same night as its creation and eager to share his invention, Evans pitched his rough blueprints to his barracks duty.

"One of my corporals was on barracks duty that night, and for my own amusement I went and pitched my blueprints to him," Evans said, "And as fate would have it, the officer of the day that night was a warrant officer who was in charge of the fabrication shop. He overheard my conversation and told me to let him know if I needed any help."

Sgt. John Evans, Marine, Innovator, and self-proclaimed small-town farm boy from

the middle of nowhere, took that Warrant Officer up on his offer.

After coordination with the warrant officer and 7th ESB leadership, Evans briefed his invention to the First Marine Expeditionary Force command. The invention received full acceptance and approval from I MEF, and the construction of Evans's first prototype commenced.

Over the next two years, Evans worked diligently and tirelessly with 1st Maintenance Company to create a working prototype. After much coordination and improvements of his blueprints, Evans Prototype was fabricated.

"I've researched roughly what it would cost to make my invention with aircraft aluminum, and I could easily make final product units for under \$1,200," said Evans. "Not only that but with this budget, higher quality supporting materials could be used, resulting in a durable and effective product that can be packed up and easily transported in the back of a car."

Innovation has always been at the forefront of Marine Corps tactics and training. As Marines strive towards the requirements of Force Design 2030, the Corps



has placed a focus on encouraging innovation as a means of adapting to ever-changing threats and environments. At the heart of this effort is the Marine Corps Innovation Unit, which is composed of Marines and civilian innovators tasked with identifying new technologies and ideas that can help the Marine Corps achieve its goals.

While technology certainly plays a role in innovation, the

Marine Corps recognizes that the most powerful weapon at its disposal is the minds of its Marines, like Sergeant Evans.

Evans hopes his invention will be mass-produced and issued to each Bulk Fuel and Water Support Technician Unit. He intends for his innovation to enable Marines to do more with less and save them from the potentially severe injuries that traditional methods of reeling hoses can incur.

Marines lift a hose from a hose reel base unit, demonstrating the number of Marines required to safely stow a water or fuel hose. Sgt. John Evans, a bulk-fuel specialist, designed a device enabling a single Marine to safely stow and unreel water and fuel hoses during field operations. U.S. Marine Corps photo by 2nd Lt. Jorin Hollenbeak

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Pentagon honors POWs/MIAs at poster unveiling

by David Vergun
DOD News

Dignitaries, friends and family members of prisoners of war and troops missing in action honored the sacrifices of those service members yesterday at the unveiling of the 2023 POW/MIA poster.

One of the attendees at the Pentagon ceremony was Jeanie Jacobs Huffman, who was just two weeks old when her father, Navy Cdr. Edward J. Jacobs Jr., was reported missing in action in the Gulf of Tonkin off the coast of North Vietnam, Aug. 25, 1967.

Jacobs piloted an RA-3B Skywarrior with two crew members on a night reconnaissance mission. As the aircraft approached the coastline, radar contact was lost and could not be reestablished, according to the Defense POW/MIA Accounting Agency. Jacobs and the entire crew remain unaccounted for.

The agency made one attempt to locate the plane in 2009, but their search didn't include going underwater, Huffman said.

She said she remains hopeful that the agency will make another attempt.

Edward James Jacobs III, Huffman's brother, was recently promoted to Navy commander and is now stationed in Germany, she said. "He's carrying on his father's military legacy."

A few months ago, Huffman said she and her husband started the veteran service organization Mission POW-MIA, www.missionpowmia.org, with the goal of bringing together family members of those missing in action, as well as prisoners of war.

"I'm very proud of my father's service. I want to keep his legacy going and find answers not only for my family, but also for the crew members' families, as well as thousands of others still miss-

ing from the Vietnam War and other wars," she said.

Secretary of the Army Christine Wormuth thanked the agency for its efforts to account for those missing in action and bring them home. "We renew our commitment to one of DOD's most sacred commitments," Wormuth said.

"Each of the more than 81,000, unaccounted personnel from designated conflicts represents a family that has not received the answers that they need or the closure that they deserve. And we know that this matters because every month there are families who do receive the news that they have often been waiting decades to hear," she said.

During this fiscal year, the agency has accounted for 81 individuals, including three from the Vietnam War, 26 from the Korean War, and 52 from World War II, she noted.

Kelly K. McKeague, director of the Defense POW/MIA Accounting Agency, said the Defense Department has a steadfast commitment to finding, recovering, identifying and repatriating the remains of its unaccounted heroes.

"The work is complex, arduous and often involves great risk.

Navy holds Point Loma (EPF 15) keel laying ceremony

MOBILE, Ala. - Austal USA held a keel laying ceremony for future USNS Point Loma June 27.

EPF 15 is the second Flight II Expeditionary Fast Transport under construction at Austal USA with one more under contract. EPF Flight II provides a Role 2E (expanded) medical capability which includes, among other capabilities, basic secondary health care built around primary surgery; intensive care unit; ward beds; and limited x-ray, laboratory and dental support.

Ship sponsor Beth Asher was



A poster highlighting National POW/MIA Recognition Day. Official DoD photo

It is also humanitarian effort that benefits from the strong cooperation of 45 partner nations," he added.

This year, National POW/MIA Recognition Day is Sept. 15. It's commemorated each year on the third Friday of September.



Artist's rendering of EPF.

joined by speakers Capt. Nathan Schneider, Supervisor of Shipbuilding Gulf Coast, Thomas Harker, former Acting Secretary

of the Navy, and Austal USA Vice President, New Construction Programs Dave Growden.

USNS Point Loma will be the 15th Spearhead-class expeditionary fast transport, operated by the Navy's Military Sealift Command. On July 16 2021, then-Secretary of the Navy Harker announced that she would be named after Point Loma, San Diego.



SAN DIEGO (June 17, 2023) A Sailor assigned to Ticonderoga-class guided missile cruiser USS Lake Champlain (CG 57) greets his family upon return from deployment. Lake Champlain was commissioned Aug. 12 1988 and returned home for the final time as it is set to decommission later this year. U.S. Navy photo by MC2 Erica K. R. Higa

EFMP

continued from page 1

•The program's family support providers enable families to become their own best advocates by helping them identify and connect with resources, expert consultations, education and community support. There is now a requirement for family support providers to complete at least one annual personal contact with each family assigned to their caseload and every family using their respective service's respite care program.

•There is guidance and transparency regarding the process and requirements for disenrollment. The policy standardizes how families are instructed to disenroll and how EFMP staff will monitor the process.

•Respite care provides short-term relief for primary caregivers. Although the policy has changed, the changes will be gradual and implemented through a phased approach to ensure each family's needs are met.

Barnes said revisions to respite care include:

- Providing a consistent number of respite care hours across the services. Depending on the service branch, hours will increase for some families and decrease for others.
- Creating a standard mechanism for determining eligibility for respite care across the services.

•Covering adult dependents who are now eligible for respite care.

•Eliminating the impact of external respite care on family eligibility for EFMP respite care.

•Giving families the ability to request additional services based on exceptional circumstances.

Barnes noted that these changes to the program don't mean there's no more room for future improvements.

"We serve and work to continually update and enhance the EFMP policy," she said, noting that DOD solicits feedback from families through social media, surveys and town hall meetings.

Families can access additional family support resources within the Military Family Readiness System. These resources can help families navigate services and gain direct connections to the support they need, Barnes said. The site can be found at: <https://www.militaryonesource.mil/parenting/family-life/military-family-readiness-system/>.

More information about the program and enrollment visit: <https://www.militaryonesource.mil/special-needs/efmp/>.



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Medal of Honor Spotlight: Army Maj. Carlos C. Ogden

by Katie Lange
DOD News

It takes a lot of bravery to move ahead in battle by yourself. That's what Army Maj. Carlos Carnes Ogden did when his unit was pinned down in the early days of the quest to liberate France during World War II. His dedication and leadership earned him the Medal of Honor.

Ogden was born May 9, 1917, and raised in Fairmount, Illinois, by his parents, Ray and Myrtle Ogden. He had two younger siblings, a sister named June and a brother, Robert.

After high school, Ogden attended Eastern Illinois University, where he was a standout on its football and basketball teams. However, by the spring of 1941, as the threat of World War II loomed, he was drafted into the Army. By November 1942, he'd been commissioned as a second lieutenant. He served as an instructor at Camp Roberts in central California before joining the 79th Infantry Division, which deployed to Europe in April 1944.

After the D-Day landings in

Normandy in June 1944, the Allies had gained a foothold into France. In order to keep it, they needed to secure the port city of Cherbourg. The 79th was one of the divisions sent to capture it from the Germans.

Allied troops reached the city by June 22 and found it well-defended, especially Fort du Roule, which was built deep into the rocks surrounding the harbor and was reinforced by German pillboxes, gun emplacements and other defenses. It took U.S. troops three days to push close enough to make their final assault on the town.

On the morning of June 25, 1944, the 79th's 314th Infantry Regiment was tasked with taking the fort. Then-1st Lt. Ogden had just taken over Company K of the 3rd Battalion from its wounded commander when they became pinned down by two enemy machine guns and an 88 mm gun.

Ogden knew he had to do something for them to survive, so he grabbed an M1 rifle, a grenade launcher and several grenades, then moved up a slope on his own toward the fort's emplacements. Along the way, a

machine gun bullet glanced off his head, knocking him down. The wound was painful, and more close-range enemy fire was headed his direction, but Ogden continued the climb anyway.



He eventually reached a vantage point where he was able to successfully take out the 88 mm gun using the grenade launcher. Then he chucked the hand gre-

nades, which knocked out the two machine guns.

Ogden was injured a second time in the process, but his heroics inspired the men around him to push harder and reach their objectives. The attacks gradually led to various sections of the fort's top level to surrender. When all of Cherbourg was taken, it gave the Allies the ability to use the port for essential supplies that would sustain American forces liberating France.

Ogden was nominated for the Medal of Honor and received it May 30, 1945, a few weeks after victory in Europe had been declared. Army Lt. Gen. Alexander Patch III presented it to the first lieutenant during a ceremony in Augsburg, Germany. Another

soldier from the 314th Infantry Regiment earned the Medal of Honor for his actions that day; however, Cpl. John D. Kelly, 23, didn't survive the war to receive it in person.

Ogden remained in the Army for two more years, reaching the rank of major before leaving the service in 1947. For about a decade after that, he worked as a counselor for the Department of Veterans Affairs at a VA hospital in San Jose, where he chose to settle after the war.

At some point, he married a woman named Louise Sanford, and they had four sons.

In 1958, Ogden became a manager for the San Jose Chamber of Commerce. In 1967, he became the state's director of selective service on Gov. Ronald Reagan's recommendation. At that time, he was also vice president of the Congressional Medal of Honor Society, president of the United Veterans' Council and a former president of the San Jose Kiwanis Club.

He also turned down numerous requests to run for Congress,

according to Eastern Illinois University.

Ogden never forgot his military roots. His alma mater said that in 1956, he went to France as a member of the official U.S. delegation to attend the dedication of the Normandy American Cemetery and Memorial. Two years later, at the invitation of President Dwight D. Eisenhower, he served as an honorary pallbearer at the internment of the World War II and Korea Unknown service members at Arlington National Cemetery. Ogden was also invited in 1964 to serve as one of 15 people from the U.S. to attend France's 20th anniversary commemoration of the Invasion of Normandy.

According to the San Jose City Council, Ogden spent much of his post-war life participating in Cub Scouts, Boy Scouts and a variety of youth sports leagues.

Ogden died on April 2, 2001, in Palo Alto, California. His Los Angeles Times obituary said his death was due to complications from several strokes and a long battle with cancer.

Ogden is buried in Arlington National Cemetery.

Chewing worms: Mothering doesn't end with empty nest

The Meat & Potatoes
of Life



by
Lisa
Smith
Molinari

Five hours into my thirteen hour drive home from our annual family vacation, I got the call. "I'm in the ER," my daughter said in a groggy voice.

"What's wrong?" I replied urgently, steadying the steering wheel.

It had been an unusual vacation. Normally, my husband and I would reserve the same 1970s rental beach cottage in North Carolina's Outer Banks for us and our three children, now adults. We had been vacationing there since they were born. As a military family that moved often, the cottage had become like home to us. We also invited my mother each year, and sometimes my best friend and her family. We'd all pack into the little cottage with its ancient wood paneling and uncomfortable This-End-Up furniture, and spend a week or two taking a much-needed break from the grind.

But this summer, my husband was absent, due to recent surgery and scheduled follow-up appointments. And our son, Hayden, a young software engineer, had obligations at work that kept him from making the trip. With the two males in my family unable to come, our vacation

turned into a girls' trip. The group of women included me, my 80-year-old mother, my 25-year-old daughter Anna, my 22-year-old daughter Lilly, my BFF Patrice, and her 20-year-old daughter Olivia.

As the ostensible host, I stayed at the cottage for the full occupancy, but the others showed up when their work and travel schedules permitted. We overlapped for a few fun-filled days before they each took off for their respective homes and obligations. Anna flew back to her East Village apartment in New York City three days before I checked out and began my long drive back to Rhode Island.

"I was throwing up all night and my back hurts really bad," Anna said on the phone. "They said I have a kidney infection." Immediately, I wanted to crawl into the phone to get to her. The misery in her voice triggered something. For three decades of being a military spouse, I'd been the primary caregiver to our three children due to my husband's work demands. Even though our kids were mostly on their own, I still felt an urge to mother them.

I wasn't compelled to lick Anna's hindquarters or drop chewed worms into her mouth, but my animal instinct told me that I needed to go to her. Tuck her into bed. Take her temperature. Bring her juice. Make her soup. Clean her apartment. Kiss her on the forehead.

Stuck in my packed-to-the-gills car with our 18-month-old puppy, I careened northward on Route 13 through Maryland, prepared to detour to New York City if needed. "Are you

sure I shouldn't come?" I asked, or pleaded more accurately, as I crossed the George Washington Bridge and saw the Manhattan skyline in the distance.

"No, Mom ... I just need sleep," she instructed after she was discharged with a prescription for antibiotics. I reluctantly continued on, arriving home just before bedtime.

The next day, a hint of need in my daughter's text was all it took. "Do you need me to come to NYC?" I texted.

"Yeah it might help, but my apartment is really gross, I'm a bit embarrassed," she replied. Within minutes, I was on the way to my daughter.

For two days, I mothered. I ran errands. I brought toast, fruit and yogurt. I cleaned. I tucked. I gave medications. I did laundry. I made soup. Whether it filled a need in me, in Anna, or in both of us, I wasn't certain. All I knew is that it felt right.

On the second night, Anna turned the corner, and we decided I could go back home the next morning.

"Thank you so much for everything, Mom. You didn't have to do all that," Anna said as I packed my bag to go.

"Honey, believe it or not, it feels good to take care of you. I'm used to doing it, and it justifies my role as your mother," I heard myself say.

Back on I-95 headed northward again, I realized that motherhood doesn't end when the nest empties. We will always need our moms, and our moms will always need to mother.

Impromptu review of the 2023 Toyota Prius Prime SE plug-in hybrid

The Prius Prime is a stylish, especially economical, practical, affordable and overall awesome daily driver, and yet it still remains unfamiliar to many — even those who you'd think would know better. I will try here to change that.

Last week I dropped off my 2021 RAV4 Prime at Toyota Carlsbad's Service Department to solve an intermittent issue with Apple CarPlay. Since this would be a warranty repair, they agreed to provide me with a rental vehicle.

I asked the rental agent if she had something small and economical for me to drive. She offered me a Toyota Prius.

I checked to make sure that it had a full tank of gas, since that is how I was supposed to return it. It did. Beside a gas pump icon on the dash, it displayed 487 miles to empty. However, it also revealed something that I did not expect. There was a battery icon, although with a blank for miles remaining. To my surprise I realized that this was no ordinary Prius. It was a nearly brand new, 2023 Toyota Prius Prime SE plug-in hybrid!

That prompted me to return to the rental desk several times with questions. First, I asked the agent where the car's charging cable is (since I would rather save money by driving on electricity rather than gas).

Trying to be helpful, the woman at the rental counter helpfully suggested that I would not need a charging cable — that I could just use gas. I told her that I would rather use electricity, since the Prius Prime offers that op-

tion, adding that the solar panels on the roof of my house generate solar electricity, which enables me to save money driving my 2021 RAV4 Prime XSE Premium fueled by electricity instead of gas. Furthermore, it is far

AutoMatters™ & More
by Jan Wagner



more convenient, since I can merely plug the car in at home in my garage and recharge it, instead of needing to go to a gas station. I explained to her that is a huge benefit of the Prius Prime, which she should share with her rental vehicle customers.

She went and asked someone about the whereabouts of the charging cable, learning that it was actually in the trunk. We found it on the rear deck of the Prius Prime, still in its factory-sealed plastic packaging. I demonstrated to her where it is meant to be stored, under the luggage compartment deck.

With my RAV4 Prime in mind, I asked her if this Prius Prime has high-speed charging capability too, so that I could use my 240-volt vehicle charger at home? She said she did not know, but expressed concern that trying to do so might damage the Prius Prime if it does not have that capability.

Determined to confirm my expecta-

tion that it can do high-speed charging, I asked her for the owner's manual. She went back inside the building and got it for me. To my surprise, I could not find anything about high-speed charging. It just explained how to use the vehicle's included 120-volt charging cable.

Undeterred, I searched the Internet and found an independent review, which said the Prius Prime can indeed do both 120-volt (11 hours) and 240-volt high-speed (four hours) charging, as long as the vehicle plug on the charging cable is the same. I left and proceeded to do my real-world test drive and high-speed charging.

The Prius Prime is truly a joy to drive, and it is extremely economical in both its electric and gas modes (127 MPGe and 52 MPG gas estimated). Its styling is way more attractive than the rather homely styling of my previously owned 2006 and 2012 Prius models, and it is quick and nimble. Even in its base SE trim this car is well-equipped, with Toyota's "Safety Sense 3.0," which provides a full suite of driver assistance features, including Lane Departure Alert with Steering Assist; and Wireless Apple CarPlay and Wireless Android Auto. My only gripe is minor: the shallow view out of the steeply sloped rear window.

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The essence of America -- that which really unites us -- is not ethnicity, or nationality, or religion. It is an idea -- and what an idea it is: that you can come from humble circumstances and do great things. That it doesn't matter where you came from but where you are going."
-- Condoleezza Rice.

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2	2	2	2	4	9	1	8	8

THINGS TO DO AROUND TOWN

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

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

Catfish stocked at Lake Jennings. Night fishing Fri & Sat til midnight. Shoreline fishing 8am-5pm every day at campground. \$4-\$12. <https://lakejennings.org/>
Cruisin' Grand Escondido. Escondido's Grand Ave from Orange St to Ivy St. is the place to be on Friday nights through September. Sreets host parade of pre-1970s autos for Cruisin' Grand. Vintage autos -- from American Hot Rods, Classics, Antiques, and Customs -- span seven blocks of the city's downtown. In addition enjoy all that downtown Escondido has to

offer, including great restaurants, breweries and pubs, stores, boutiques, and live performance venues. www.cruisingrand.net

Wildlife Tracking Walk, Sat, July 1, 8:30-10:30. Free. Join tracking team on Oak Grove Loop Trail. Info: mtrp.org

Dog Days of Summer Event, Sat, July 1, 9am-noon. Free. Family friendly activities centered around 4-legged friends. Bring your dog. Come early. El Cajon Fire Station, 100 Lexington Ave, El Cajon

Guided Nature Walk, Saturdays & Sundays, 9:30-11am. Free. Guided nature walk-learn about plants, animals, geology, history of park. San Carlos. mtrp.org

Escondido Cars & Coffee. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. Cars, trucks, bikes!

San Diego International Summer Organ Festival, Mon, June 26-Sept 4. Spreckels Organ Pavilion in Balboa Park. www.spreckelsorgan.org

MOVIES AT THE BASES

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

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

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

Friday, June 30
6pm Spider-Man: Spider-Verse pg
Saturday, July 1
1pm No Hard Feelings r
3pm Fast X pg13
6pm The Boogeyman (2023) pg13
Sunday, July 2
1pm Spider-Man: Spider-Verse pg
4pm The Little Mermaid pg
5:20pm ?

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 29
6pm The Little Mermaid pg
Friday, June 30
5:30pm Spider-Man: Spider-Verse pg
8:20pm The Boogeyman (2023) pg13
Saturday, July 1
1pm No Hard Feelings r
3:10pm Fast X pg13
6:30pm Spider-Man: Spider-Verse pg
Sunday, July 2
1pm The Little Mermaid pg
4pm Spider-Man: Spider-Verse pg
Wednesday, July 5
6pm The Boogeyman (2023) pg13
8pm No Hard Feelings r
Updates: sandiego.navylifefsw.com
For updates check <https://sandiego.navylifefsw.com/movies/>

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, June 30
6pm The Boogeyman - 2023 (PG-13)
Saturday, July 1
3pm Fast X (PG-13)
6:30pm Spider-Man: Spider-Verse (PG)
Sunday, July 2
12pm The Little Mermaid (2023) (PG)
3pm Spider-Man: Spider-Verse (PG)

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)
Saturday, July 1
1:30pm Fast X (PG13)
Saturday, July 8
1:30pm No Hard Feelings (R)

Q-Zone - NAB
Bldg. 337 • 619-437-3190

Family Friendly Movies:
Tues, Thur, Sat: 11 am. DVDs
NDVDs -- Free Admission
Thursday, June 29
11am Hotel Transylvania pg
5pm Op Fortune: Ruse de Guerre r
Friday, June 30
5pm D&D: Honor Among Thieves pg13
Saturday, July 1
11am Super Mario Bros. Movie pg
Monday, July 3
11am Deadpool 2 r
Tuesday, July 4
11am The Legend of Zorro pg
Wednesday, July 5
5pm Something About Mary r

INDEPENDENCE DAY CELEBRATIONS



Please note some events are happening before July 4!



MILITARY BASE ACCESS REQUIRED

CAMP PENDLETON BEACH BASH, Del Mar Beach @ CPen. July 1-4. Fireworks, Monday July 3, 9pm. For military families. Kids free fun zone open 10a-3p on July 3&4. Military may bring civilian friends. Fireworks will be on Monday July 3. Read: www.mccscp.com/4thofjuly
FREEDOM FEST JULY 4: FreedomFest 2023, Harbor Drive Annex, 3-9pm. Fun & Fireworks on the Bay. Kids Run, Family Fun Zone, bean bag tournament. Food & beverages for purchase. Open to authorized base patrons and their guests. Access is limited to pedestrians only. Read the rules here: www.navylifefsw.com/freedomfest

COMMUNITY EVENTS

CARLSBAD: JULY 4: LEGOLAND July 4th 'Red, White & BOOM!' Fest & Fireworks at 8:30pm. A star-spangled celebration!

CHULA VISTA: JULY 4: 4th of July Fest & Fireworks: Elite Athlete Training Center. Free.

CORONADO: JULY 3: C4 Foundation July 3rd 'Land of Free' Benefit Concert. Nate Nathan & the Mac Daddy O's Band.

JULY 4: 50th July 4th Crown City Classic 12K, 5K & Kids' Run.

JULY 4: July 4th Parade, Navy Leap Frogs, Concerts & Fireworks. Jam-packed day of patriotic fun ends with fireworks at the golf course.

JULY 4: July 4th 'Big Bay Boom' Fireworks Show, 9pm, launched from four barges throughout the bay.

DEL MAR: JULY 4: 4th of July Parade: Powerhouse Park. Deck out your bikes, wagons, strollers, dogs and join the fun.

JULY 4: SD County Fair July 4th Fireworks. 9pm. Tickets available for Grandstand viewing.

EL CAJON: JULY 4: 4th of July Fest & Fireworks: Kennedy Park. Free, family activities & two live bands planned.

ENCINITAS: JULY 4: Olivenhain Fourth of July Parade. Annual family event at Olivenhain Meeting Hall.

ESCONDIDO: JULY 4: July 4th Independence Day Concert & Fireworks: Great Green. With music by Urban Renewal Project & Navy Band Southwest's 32nd Street Brass Band.

IMPERIAL BEACH: JULY 4: IB Pier 4th of July Fireworks.

JULIAN: JULY 4: 4th of July Parade & Flyover. Pie-eating contest!

LA JOLLA SHORES: 4th of July Drone Show, July 4, Kellogg Park, 8:45pm. Free. 100 drones 350 feet above the shoreline.

LA MESA: JULY 4: Lake Murray July 4th Music Fest & Fireworks. Food, fun, bands & fireworks.

MIRA MESA: JULY 2: Scripps Mesa July 2nd Fireworks Show: Wangerheim Middle School.

NATIONAL CITY: JUNE 30-JULY 4: Independence Weekend Carnival & July 1st fireworks. Note the date for fireworks is July 1, 9pm.

OCEAN BEACH: July 4, 9:05pm. Drone Light Show features hundreds of drones. North of Ocean Beach Pier

OCEANSIDE: JULY 3: July 3rd Fireworks celebration. Gates open at 5 p.m. & entertainment starts at 7 p.m.

JULY 4: July 4th Independence Day Flyover: Mission Pacific Hotel. Historic flyover by vintage Beechcraft T-34s.

OLIVENHAIN: JULY 4: Fourth of July Parade. Annual family event at Olivenhain Meeting Hall.

POWAY: JULY 4: July 4th Old-Fashioned Festival, Veterans Ceremony & Fireworks. Fireworks launch from two locations!

RAMONA: JULY 4: 4th of July Family Picnic & Fireworks. The community tradition returns to Olive Peirce Middle School.

RANCHO BERNARDO: JULY 4: July 4th Parade, Concert & Fireworks. Fun-filled patriotic day starts with community fair & concludes with concerts & fireworks.

SAN DIEGO: JULY 4: 'Big Bay Boom' Fireworks Show. 9pm. California's Largest Fireworks Show--displayed from four barges on San Diego Bay at 9pm. Bring your lawnchairs, friends and boats to watch from these locations: Shelter Island, Harbor Island. North Embarcadero, Marina District, Coronado Ferry Landing, Boating/On The Water.

JULY 3: Mission Bay, 9pm. From Santa Clara Point to Fanuel Street Park and along Rivera Dr, the shoreline with a view of Sail Bay will offer best views.

JULY 1-4: SeaWorld FantaSEA of Dreams Fireworks. Nightly fireworks, plus Jordin Sparks concert on July 2nd.

JULY 4: Maritime Museum July 4th Picnic & Fireworks Viewing. Tickets on sale.

SAN MARCOS: JULY 4: 4th of July Festival: Stars, Stripes & Spurs: Lakehouse Resort. Patriotic dog contest, sack races, watermelon-eating contest, musical chairs, more.

JULY 4: 4th of July Concert, Kids' Fun & Fireworks: Bradley Park. "One of the most spirited 4th of July celebrations in North County."

SANTEE: JULY 4: 4th of July 'Santee Salutes' Fest & Fireworks. Parking passes required in advance.

SCRIPPS RANCH: JULY 4: 4th of July Run & Ride, 7am.

JULY 4: Scripps Ranch 4th of July Parade, 10am. "Ye-haw! Red, White, and Boots: Honoring American Cowboys."

UNIVERSITY CITY: JULY 4: Fun Run, 5K, Parade & Concert. Food, parade, games, booths & more.

VISTA: JULY 4: 4th of July Concert & Fireworks: Bregle Terrace Park. Live music from Cassie B Project.

Have a safe & happy 4th of July!

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°



ROY'S SUDOKU

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				1			2	
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			8	9	7			



LOOKING SHARP:

On Saturday, 24 June, Capt. Roberts, commander of NMRTC Camp Pendleton, and CMC George along with officers and enlisted Sailors from the command participated in the Oceanside Independence Day Parade.

Amputees benefit from innovative treatment by Navy surgeons

Naval Medical Center San Diego (NMCS D) stands at the forefront of Navy Medicine innovation, being the first military hospital on the west coast to implement osseointegrated amputation surgery.

“Osseointegration surgery is a technique whereby a metal implant is integrated into the patient’s bone and extends externally through an aperture, or opening, in the skin to allow for direct attachment of a prosthesis,” said Cmdr. James Flint, Orthopedic Oncology Surgeon assigned to NMCS D. “Osseointegration surgery represents the most advanced techniques available world-wide and offers the highest level of function and wellness for warfighters and patients who have sustained amputations due to trauma and cancer. Through the collaboration of multidisciplinary experts at NMCS D, University of California San Diego Health, VA system, and civilian partners, San Diego is rapidly becoming known for excellence in amputee care.”

The San Diego osseointegration program emerged from the Department of Defense’s osseointegration program at Walter Reed National Military Medical Center and brings together a multi-center, multi-disciplinary team, with experts in Orthopedic Surgery, Plastic Surgery, Prosthetics, and Rehabilitation.

“Through a multidisciplinary approach, we tailor this cutting-edge technology to advance the reconstructive care and rehabilitation of our amputee patients” said Cmdr. Yan Ortiz-Pomales, Specialty Leader for Plastic Surgery assigned to NMCS D.

“With so many amputees nationwide, many with service-connected injuries, it was apparent that a west-coast program was essential,” added Flint.

The procedure gives patients a more personalized prosthetic, in that it attaches directly to their bone, providing utmost patient sat-



isfaction and increased prosthetic utilization, according to Flint. By offering osseointegration surgery, NMCS D provides better and more personalized patient care and greater possibilities to those who would otherwise experience limitations.

“The procedure has taken guys who previously were not successful ambulators with a traditional socket and allowed them to be successful,” said Nathaniel Leoncio, Lead Prosthetist and first primary osseointegrated transfemoral amputee at NMCS D. “It has increased an amputee’s physical capabilities, and for some it has changed their lives dramatically!”

Advantages to this surgery include elimination of socket-related complications, including skin irritation and breakdown, poor fit, multiple revisions, and more frequent visits to the prosthetist. Additional advantages are improved biomechanics and proprioceptive feedback, faster prosthesis attachment and removal, improved comfort, increased range of motion and limb strength.

“Osseointegration grants patients advanced proprioceptive, or spatial, feedback and control of their limb, allows for simple attachment and removal of a prosthetic limb in as little as ten seconds, and bypasses the need

for a traditional liner and socket altogether,” remarked Flint. “Only a handful of surgeons in the nation are truly specialized in this surgery, including myself and Dr. Ortiz, Plastic Surgeon, at NMCS D.”

For patients considering osseointegration, they first meet with the multi-disciplinary team to ensure they meet the criteria for successful surgery. Options are discussed, covering differing types of implants available, including the nation’s only Food and Drug Administration approved osseointegration device.

“Once the patient is deemed a candidate, the doctors recommend a treatment plan to ensure optimal conditions for the patient to receive the implant,” said Leoncio. “For the FDA approved device, the patient will undergo two surgeries, three to six months apart. The first surgery has the implant placed into the patient’s bone, and the second will place the abutment (attachment for prosthesis) and securely affix the muscle and the skin to ensure proper functional control. The patient will typically be in therapy before and after each surgery, to strengthen the bone and ensure the patient is in the best physical health to start ambulating with an osseointegrated prosthesis. The demand on the patient’s muscles is greater than a traditional socket prosthesis, as more muscle groups

SAN DIEGO (May. 24, 2023) Naval Medical Center San Diego’s (NMCS D) Osseo-Prosthetics team, comprised of Cmdr. Yan Ortiz-Pomales, specialty leader for Plastic Surgery in the Navy, left, Nathaniel Ortiz, Lead Prosthetist, center, and Cmdr. James Flint, NMCS D Orthopedic Oncology Surgeon, right, pose for a group photo. NMCS D’s mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. U.S. Navy photo by Mass Communication Specialist Seaman Raphael McCoy

are recruited for prosthetic control, similar to a native leg.”

As someone who personally utilizes the osseointegrated prosthesis, Leoncio appreciates the efficiency and ease the prosthesis provides.

“It is the simple pleasures,” said Leoncio. “I love being able to stand in the shower on two legs, I could do this before but still needed to remove the socket to wash the stump, so I never did. Because the Above Knee Prosthetic socket

goes very high into the groin and captures the sitting bone it is not the most comfortable, it’s not terrible but not comfortable, I am so much more comfortable now. The prosthesis feels like a part of me now.”

For beneficiaries interested in learning more about this innovative procedure visit: <https://sandiego.tricare.mil/Health-Services/Specialty-Care/Comprehensive-Combat-and-Complex-Casualty-Care/Prosthetics> or call (619) 532-6044.



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While the duties of a volunteer may vary, the goal is always the same – to improve the quality of life of service members, boost their morale, and serve as the link between service members and the American people.

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Visit www.USOVolunteer.org.

- Navigate to the webpage and click on “Volunteer at a USO Center”
- Next click “Continental United States.”
- Then select “California”
- Finally, select the USO San Diego center nearest to you!

Positions may be available around San Diego county at:

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San Diego MEPS Center
Special Events





Happy 4th of July

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