

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985
 Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-THIRD YEAR NO. 11
 THURSDAY, AUGUST 3, 2023



Displaying Courage: Army Lt. Gen. Xavier T. Brunson meets 'Courage,' the wedge-tailed eagle mascot of the Australian army's 2nd Cavalry Regiment, 3rd Brigade, 1st Division, during Exercise Talisman Sabre at Lavarack Barracks, Queensland, Australia, July 26, 2023. Talisman Sabre is the largest bilateral military exercise between Australia and the U.S., aimed at advancing a free and open Indo-Pacific. Official photo

Navy ship will honor tribal rights leader Billy Frank, Jr.

WASHINGTON - Secretary of the Navy Carlos Del Toro announced recently that a future Navajo-class Towing, Salvage, and Rescue ship will be named USNS Billy Frank, Jr. (T-ATS 11).

The future T-ATS 11 honors Billy Frank, Jr., who was a Nisqually tribal member and is an iconic Native American environmental leader and treaty rights activist. The name selection follows the tradition of naming towing, salvage, and rescue ships after prominent Native Americans or Native American tribes.

"I'm honored for the opportunity to name a naval ship after Billy Frank Jr., a man who was a proponent and leader for Native American rights," said Del Toro. "Billy Frank, Jr., spent his life serving others and his namesake ship will do the same as it travels around the world enabling humanitarian assistance and the maintenance of freedom."

After serving as a military policeman in the Marine Corps during the Korean War, Frank returned to Washington where he became an electrical lineman and continued to fish on his traditional grounds.

By the 1960s, the local salmon fishery was in decline due to increased sport and commercial fishing. In response, state officials began targeting and arresting Native American fishermen like Frank, blaming the decline in salmon stock on them instead. Escalating arrests and raids led to protests at the state capitol and "fish-ins" arranged by Frank and others. Over the course of these demonstrations, Frank was arrested over 50 times and became the face of the movement.

In 1974, the matter was taken up by the Federal District Court in Tacoma, Wash.. Judge George H. Boldt ruled in favor of the Native Americans for their right to fish in their "usual and accustomed places." Frank went on to serve as chair of the Northwest Indian Fisheries Commission for over 30 years and received the Albert Schweitzer Prize for Humanitarianism and the Martin Luther King Jr. Distinguished Service Award, among other accolades. He passed away in 2014. His son, Willie Frank III, serves as the chairman of the tribal council of the Nisqually tribe.

The Navajo-class ship will provide ocean-going tug, salvage, and rescue capabilities to support Fleet operations.

NAVAL REACTORS CELEBRATE 75 YEARS

WASHINGTON - August 4 marks the birthday of the Naval Nuclear Propulsion Program, a joint Department of Navy and Department of Energy organization responsible for all

aspects of the Navy's nuclear propulsion, including research, design, construction, testing, operation, maintenance, and ultimate disposition of naval nuclear propulsion plants.

In 1946, shortly after the end of World War II, Congress passed the Atomic Energy Act, which established the Atomic Energy Commission to succeed the wartime Manhattan Project and gave it sole responsibility for developing atomic energy. At this time, Capt. Hyman G. Rickover was assigned to the Navy Bureau of Ships, the organization responsible for ship design.

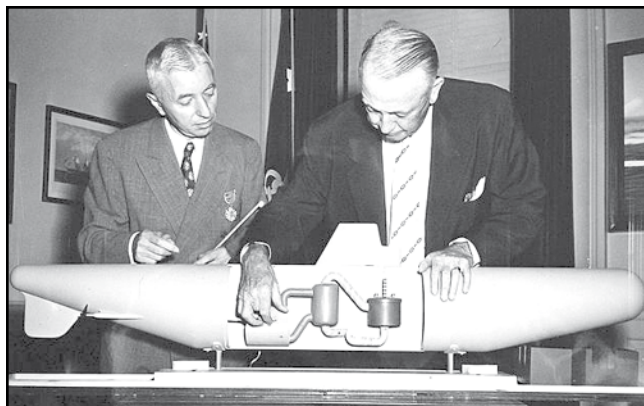
Rickover recognized the military implications of successfully harnessing atomic power for submarine propulsion and knew it would be necessary for the Navy to work with the AEC to develop such a program. He and several officers and civilians were sent to the AEC laboratory at Oak Ridge, Tenn., for a year to learn the fundamentals of nuclear reactor technology.

Although theories of nuclear

power were understood, the technology to build and operate a shipboard nuclear propulsion plant did not exist. There were several reactor concepts; the real challenge was to develop this technology and transform the theoretical into the practical. New materials had to be developed, components designed, and fabrication techniques worked out.

Furthermore, installing and operating a steam propulsion plant inside the confines of a submarine and under the unique deep-sea pressure conditions raised a number of technical difficulties. Faced with these obstacles, the team at Oak Ridge knew that to build a naval nuclear propulsion plant would require a substantial commitment of resources and a new level of Government and Industry commitment.

see **Reactors**, page 4



Secretary of the Navy Dan A. Kimball, (right), inspects a model of the Navy's atomic submarine, the Nautilus, after presenting Capt. Hyman George Rickover (left), the Gold Star at ceremonies in his office at the Pentagon. U.S. Navy photo

Military child beats huge odds to become the 2023 Gerber Baby

MILITARY TIMES - It felt like a "one in a million chance" that his baby daughter, Maddie, would be chosen to be the 2023 Gerber Baby, said Air Force Lt. Col. (Dr.) Jun Mendoza. But Maddie, now 10 months old, was the one baby chosen out of tens of thousands of entries and is now Gerber's "chief growing officer." Both her parents grew up in Navy families, and were high school sweethearts in San Diego. Mendoza is a doctor at the Air Force academy in Colorado Springs, where he specializes in allergy and immunology. He's also board certified as a pediatrician, and has served in the military for 16 years. Maddie's mother, Crystal, is a dentist.

Tuskegee Airmen recognize 75 years of trailblazing

JOINT BASE ANDREWS, Md. (AFNS) - Three Tuskegee Airmen joined Air Force Chief of Staff Gen. CQ Brown, Jr., at Joint Base Andrews July 26 to commemorate the 75th anniversary of desegregation in the military and officially induct a PT-17 Stearman into the National Museum of the Air Force at Wright-Patterson Air Force Base, Ohio. The event recognized the legacy of the Tuskegee Airmen and their impact of ensuring Airmen as well as other service members can serve to their full potential. On July 26, 1948, President Harry S. Truman signed Executive Order 9981, calling for the desegregation of the U.S. Armed Forces, renouncing 170 years of sanctioned discrimination.

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Career & Education

Graduate program fosters strategic leaders.

See page 5

Base Movie Schedule

See the latest movies offered on the bases for free or reduced prices. Check our weekly schedule.

See page 10



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* Requires additional paid ticket for even entry.



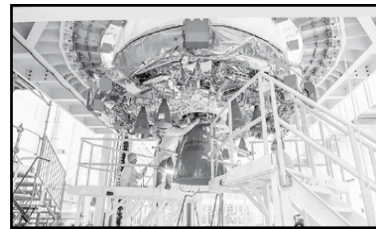
Tow to Test: Sailors tow the Vehicle Advanced Demonstrator for Emergency Recovery, a replica of the Orion crew module, into the Pacific Ocean, July 26, 2023, for underway recovery testing to prepare for NASA's Artemis II crewed mission that will send four astronauts beyond the moon. The Navy and NASA will conduct a series of tests to demonstrate and evaluate the processes, procedures and hardware used in recovery operations for crewed lunar missions. U.S. Navy photo by Petty Officer 2nd Class Joshua Samoluk

NASA conducts Artemis II Orion test capsule, recovery hardware demonstration

NAVAL BASE SAN DIEGO - NASA unveiled its newest test version of NASA's Orion spacecraft, as well as the hardware that will be used to recover the spacecraft and astronauts on its return from space for the Artemis II mission, here Aug. 2.

Team members involved with recovery operations from NASA and the Department of Defense were on hand to speak with attending media.

Artemis II crewed mission, which will send four astronauts in Orion beyond the Moon, the agency



Work continues on Artemis II. NASA photo

In preparation for NASA's Ar-

temis II crewed mission, which will send four astronauts in Orion beyond the Moon, the agency

recovery operations for crewed lunar missions.

NASA Fact Sheet

With Artemis missions, NASA will land the first woman and first person of color on the Moon, using innovative technologies to explore more of the lunar surface than ever before. NASA will collaborate with commercial and international partners and establish the first long-term presence on the Moon. Then, they'll use what they learn on and around the Moon to take the next giant leap: sending the first astronauts to Mars.

"We're going back to the Moon for scientific discovery, economic benefits, and inspiration for a new generation of explorers: the Artemis Generation," according to a statement on <https://www.nasa.gov/specials/artemis/>. "While maintaining American leadership in exploration, we'll build a global alliance and explore deep space for the benefit of all."

Orion serves as the exploration vehicle that will carry the crew to space, provide emergency abort capability, sustain astronauts during their missions and provide safe re-entry from deep space return velocities.

Orion missions launch from NASA's modernized spacecraft at Kennedy Space Center in Florida on the agency's new, powerful heavy-lift rocket, the Space Launch System. On the first integrated mission, Artemis I, an uncrewed Orion, ventured thousands of miles beyond the Moon over the course of about six weeks.

The mission will pave the way for flights with astronauts beginning with Artemis II.

Armed Forces Dispatch (619) 280-2985

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

Publisher.....Sarah Hagerty

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U.S. general says Talisman Sabre prepares allies for high-end conflict

by David Vergun
DOD News

Exercise Talisman Sabre 23, a U.S.-Australia exercise that includes multiple allies and partners, is all about deterrence, said U.S. Marine Corps Brig. Gen. Kevin Jarrard, assistant division commander of the 1st Marine Division.

Deterrence means preventing war, he said, and the way to do that is through having as many allies and partners as possible that have like-minded goals: a free and open Indo-Pacific region where nations abide by the rule of law.

Jarrard was in Queensland, Australia, last week, where U.S. Marines with Marine Rotational Force-Darwin 23 rigorously trained to repel enemy forces in a contested logistics environment.

This year marks the 10th iteration of Talisman Sabre, a biennial exercise designed to advance a free and open Indo-Pacific by strengthening partnerships and interoperability among key allies. The spelling of the name — sabre vs. saber — reflects which country is leading the exercise: Talisman Sabre when

Australia leads and Talisman Saber when the U.S. leads.

Peace through strength is an important aspect of deterrence, Jarrard said. The Marine Corps is especially suited for this in the vastness of the Indo-Pacific region, which is largely a maritime environment where Marines can apply their expertise -- honed during World War II combat in the Pacific and refined by modern doctrine, tactics and equipment.

The Marine Corps, he said, is well-suited to operate over vast ocean distances aboard Navy ships and using Marine Corps aviation for close air support and insertion in inland locations.

Jarrard, who had combat tours in Iraq, said U.S. forces there had air superiority. In the Indo-Pacific region, a conflict could involve a peer adversary, so air superiority isn't a given.

A peer adversary would have advanced targeting capabilities, be it missile attacks against troops and equipment or hampering communications, he said.

To prevent that, Marines and allies participating in Talis-

man Sabre have dispersed their forces and moved them about frequently to avoid becoming big, fat targets, he said. Cyber measures are also being taken so command and control isn't compromised.

Spotlight: AUKUS: The Trilateral Security Partnership Between Australia, U.K. and U.S.

Also, casualties will have to be treated on the battlefield in a future war in the region because a large medical facility "in the rear," or away from the front lines, would present a juicy target for the enemy, he noted.

Corpsmen who treat wounds and injuries of these front-line Marines will be doing a lot more advanced care than they've traditionally done, as when helicopters could quickly evacuate casualties to field hospitals, he said.

Jarrard said he considers all Marines his sons and daughters, and he'll do everything he can to protect them and ensure they succeed on the battlefield should that become necessary.

"There is no better friend and no worse enemy than a U.S. Marine," he said.



Marines participating in Exercise Talisman Sabre load onto a CH-53E Super Stallion helicopter in Queensland, Australia, July 28. DoD photo by David Vergun



Access more Exercise Talisman Sabre photos at <https://www.dvidshub.net/image/7932306/distinguished-visitors-exercise-talisman-sabre-23>.

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Executive order changes how military handles sexual assaults

by C. Todd Lopez
DOD News

The president on Friday signed an executive order that changes how some crimes - including sexual assault, domestic violence, child abuse and murder - are handled within the military justice system.

The executive order makes changes to the Manual for Courts-Martial. The changes,

among other things, move responsibility for the handling of such crimes away from military commanders to independent military prosecutors, who are outside the military chain of command.

Many of the changes in the executive order are related to recommendations made by the Independent Review Commission on Sexual Assault in the Military, which was created in

early 2021 at the direction of Secretary of Defense Lloyd J. Austin III. The commission submitted its final recommendations to the president in June 2021.

Following his personal review of the commission's recommendations, Austin said he had a "strong bias" toward accepting them and added that doing so was part of taking care of the military's most important asset:

its people.

"Our most critical asset as a department is our people, and our people and readiness are inextricably linked," Austin wrote in a June 2021 memorandum.

To read the full story, refer to <https://www.defense.gov/News/News-Stories/Article/Article/3479106/executive-order-changes-how-military-handles-sexual-assaults/>.

Reactors continued from page 1

Rickover returned to Washington and used every opportunity from his post at Navy Bureau of Ships to argue the need to establish a Naval Nuclear Propulsion Program. On August 4, 1948, the Navy created the new Nuclear Power Branch (Code 390) with Rickover as its head within the Bureau's Research Division.

Just seven years later, Rickover and his team put the world's first nuclear-powered submarine, USS Nautilus (SSN 571) to sea. Three years later, on Aug. 3, 1958, Nautilus accomplished the impossible when the ship reached the geographic North Pole, 90 degrees North. Cmdr. William Anderson was in com-

mand and had a crew of 116 Sailors aboard.

"Such a journey was previously unthinkable," said Adm. Frank Caldwell, Director of the Naval Nuclear Propulsion Program. "But this single event demonstrated the awesome, asymmetric advantage that nuclear power afforded our submarines and America's national defense. Nautilus could go to any ocean in the world, anytime, and remain there virtually as long as desired."

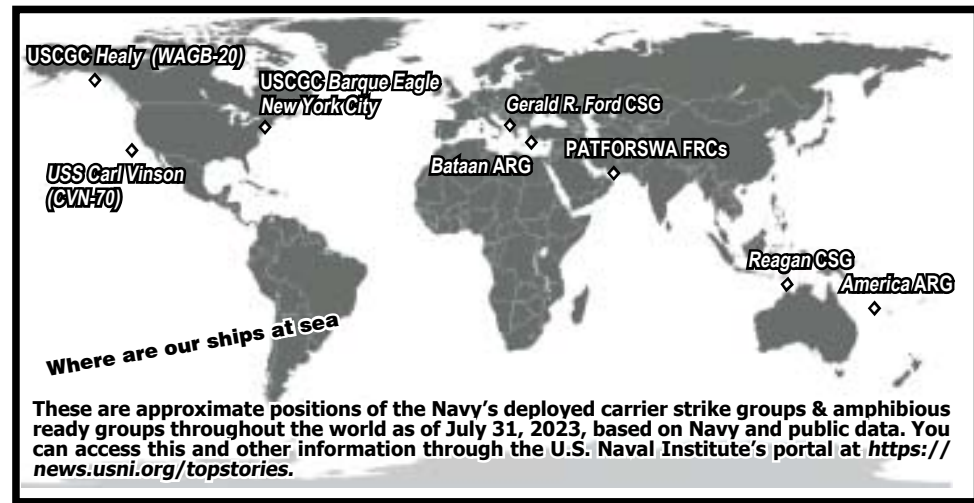
Ten years after the program started, the Navy was sailing four fully-operational nuclear-powered submarines and building the first nuclear-powered aircraft carrier, USS Enterprise (CVN 65), with eight reactor

plants. In the next two years, the first strategic ballistic missile submarine, USS George Washington (SSBN 598) went on its first strategic deterrent patrol.

Over the last 75 years, Naval Reactors has operated 273 reactor plants, taken 562 reactor cores critical including 33 different designs, and steamed more than 171 million miles with over 7,500 reactor years of safe operations. The Naval Nuclear Propulsion Program and the Navy's nuclear-powered warships have demonstrated clear superiority in defending the U.S. - from the Cold War to today's unconventional threats and strategic competition - Naval Reactors ensures the American Sailor and the nuclear-fleet are ready to fight and win the nation's wars.

There is no substitute for presence and nuclear-powered aircraft carriers remain the most survivable and versatile airfields in the world, while nuclear-powered fast attack and large payload submarines hold adversaries at risk in both contested seas and open oceans. Today, the Navy operates 99 reactors and 79 nuclear-powered warships - including the largest, most capable warship ever built, USS *Gerald R. Ford* (CVN 78) which is on its maiden deployment in European waters, underway on nuclear power.

"It's an exciting time in the Naval Nuclear Propulsion Program; we're fully embracing our responsibility to continue powering maritime dominance for the next 75 years," said Caldwell.



Ships Underway
Total Battle Force
299 (USS 240, USNS 59)
Deployed
103 (USS 70, USNS 33)
Underway
80 (54 Deployed, 26 Local)
Ships Deployed by Fleet
2nd Fleet - 0
3rd Fleet - 2
4th Fleet - 6
5th Fleet - 12
6th Fleet - 23
7th Fleet - 60
Total - 103

Army

•I still have more to give: Country singer Craig Morgan reenlists in Army at 59

•3rd Infantry Division is fighting wildfires in Greece



Navy

•Indo-Pacific: Ensuring peace and commerce in a contested region

•Navy's newest destroyer is named for a Marine who saved his company from annihilation

•Mid-ocean birthday celebration breaks out aboard USS *Ronald Reagan*

Marine Corps

•Drill instructor acquitted of homicide in 2021 death of Marine recruit

•Marine Corps widow pushes back after claims deadly Osprey malfunction is 99 percent fixed

•59 Marines are now certified to use amphibious combat vehicles in surf

•Marines practice their air-assault and extraction skills at Australian airfield

•The Few, the Proud aren't so few: Marines recruiting surges while other services struggle

Air Force

•New Air Force detachment supports RC-135 recon jets in Alaska

•Air Force maverick who warned of war with China sticks to his guns

•Travis gets its first new KC-46 as tanker deliveries resume

•Microscopic contaminants pose 'low risk' to F-35 engines, JPO says

Coast Guard

•Coast Guard rescues 5 from burning vessel at Pictured Rocks National Lakeshore

Your Military

•Leave no pet behind: Returning U.S. Soldiers, diplomats work to bring home furry friends

•For 50 years, recruiting a volunteer military was salesmanship. Now, few are buying.

•America's military trails Russia and China in race for the melting Arctic

•Confidence in U.S. military lowest in over two decades

Veterans

•New law expands benefits for vets, widows with Agent Orange, burn pit exposure claims

•State attorneys general urge Congress to restore Black veterans' benefits

Education & Transition

•SpouseLink helps veterans and spouses

Military Culture & History

•It's a miracle, say family of Japanese soldier killed in WWII, as flag he carried returns from U.S.

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website: www.st-lukes-la-mesa.org
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Pastor: Mark Menacher, PhD.
We thank you for your service!

Graduate program fosters strategic leaders

by David Vergun, DOD News

The Secretary of Defense's Strategic Thinkers Program is a highly competitive, 10-month, graduate program that produces officers and civilian leaders educated in strategic thinking, as well as coalition operations and interagency decision-making, according to Navy Cmdr. Charles R. Harmon, director of STP in the Defense Department's Office of Force Education and Training.

This program is unique in its focus on developing strategists who can operate in unknown environments, deal with unanticipated challenges, and adapt non-military approaches to security issues, he said. It is helping the department build leaders who can navigate a rapidly evolving operating landscape and be responsive to the ever-changing demands of national defense.

Drawing on the disciplines of applied strategic studies and history, STP uses interactive case studies and war games as problem-solving experiences to generate an understanding of topics in depth and context, he said.

"Students gain the advanced cognitive, communications and analytical skills necessary to engage and advise civilian and military leaders in an unbiased and forthright manner on the development and conduct of strategy and military operations in the broader context of national policy objectives," he said.

Air Force Lt. Col. Clifford Lucas, an alumnus of the Class of 2022, said STP uses the study of history to give participants the tools to understand the relationship between war and strategy. Through extensive reading, writing and debate, students extract lessons and build critical thinking skills to enable better decision-making in future command and staff positions.

"In the profession of arms, we strive to master our craft. This course did more to that end, beyond tactical expertise, than any other I have attended," he said.

Lucas, who is a Joint Staff political-military planner for the Iran branch of the deputy directorate for the Middle East and Africa, said he now approaches

problem-solving differently, using the critical-thinking skills he learned to wholly grasp a problem, apply appropriate connections across broad contributing factors, add context where required, and present more nuanced solutions.

A group of people sit and stand on the grass under a tree, as another woman stands on a sidewalk in front of the group.

Air Force Lt. Col. Ashley-Marie Cook, who is also part of the 2022 class, agreed, sharing that STP is unlike any other professional military education program. It pushed her beyond her normal comfort limits as both a student and as a professional. She said that STP cultivated her critical thinking skills, enabling her to solve DOD's most challenging problems.

In her current position as the joint staff strategic assessments branch chief, Cook uses lessons from STP to approach problem solving in a more well-rounded manner.

"Providing my leadership with options and context has guaranteed a more holistic conversation around intent, desire and outcome. Before the program, I would have been content with the most straightforward or direct route. Now, I understand the depth and width of a problem, allowing myself to explore a multitude of approaches," she said.

Upon successful completion of the program, graduates like Lucas and Cook receive a master's degree in international public policy from the Johns Hopkins University School of Advanced International Studies.

They go on to accept meaningful, mission-critical follow-on



Students in the Strategic Thinkers Program visit the Australian Embassy, Aug. 30, 2022. From left are: U.S. Air Force Lt. Col. Asha Padmanabhan, Australian air force Col. Hannah Jude-Smith, and U.S. Air Force Lt. Col. Ashley-Marie Cook. Courtesy photo

assignments to joint and service strategy and planning positions, where they play a critical role advising senior military and civilian executives.

Marine Corps Lt. Col. Arlon Smith, another class of 2022 member, said that earning the STP credential opened new doors beyond the reach of traditional career paths. "After spending a year immersed in the study of war and strategy, my dream job was to have the opportunity to directly support and learn from the undersecretary of defense for policy. I was fortunate to be afforded that opportunity." Smith is a military assistant to the undersecretary and deputy undersecretary of defense for policy.

His STP classmate, Navy Capt. Holman Agard, likewise emphasized the benefits of STP to his post-program role and future positions.

"On a practical level, I am able to apply more intellectual rigor to my writing and oral presentations. The program also helped increase my ability to extrapolate

key themes – such as the reciprocity of war and strategy and learning and adaptation – from previous military campaigns and apply them to my current assignment while preparing me for my next command-at-sea opportunity," he said.

Agard is currently serving as the destroyers branch head in the office of the chief of naval operations.

STP is a rigorous and fulfilling educational opportunity for rising military and civilian leaders. "As the Department of Defense seeks to prepare the next generation of strategic thought leaders to confront an uncertain future characterized by conflict, crisis and rapid change, STP stands as a crown jewel in the portfolio of PME programs," said Smith.

Application for the 2024-25 school year is currently open. To apply, contact Cmdr. Harmon at charles.r.harmon.mil@mail.mil or visit the Johns Hopkins University website to learn more: <https://sais.jhu.edu/admissions/masters-program-admissions/how-apply/us-military-and-veteran-applicants/strategic>.

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Wednesday, August 9 | 1300 - 1500 | NBPL (IP)

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Wednesday, September 6 | 0900 - 1100 | NBSD (IP)

•Capstone

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Thursday, August 10 | 0800 - 1130 | KMB (IP)

Thursday, September 7 | 0800 - 1130 | KMB (IP)

•Job Search Strategies

Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?

Thursday, August 31 | 1000 - 1200 | (V)

Wednesday, September 13 | 0900 - 1030 | 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.

Wednesday, August 16 | 0900 - 1030 | NBSD (IP)

Friday, August 18 | 1000 - 1130 | KMB (IP)

Wednesday, August 23 | 1300 - 1500 | NBPL (IP)

Tuesday, September 5 | 1000 - 1200 | GVB (IP)

Thursday, September 7 | 0900 - 1100 | BVH (IP)

•Spouse Employment, Empowerment and Development

Are you a military spouse looking for work in San Diego? Attend this workshop and gain insights about the San Diego job market, as well as educational benefits, networking, resume writing and more.

Thursday, August 31 | 0900 - 1100 | KMB (IP)

Tuesday, September 19 | 1000 - 1200 | GVB (IP)

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Thursday - Friday, August 17-18 | 0730 - 1630 | KMB (IP)

Thursday - Friday, August 24-25 | 0730 - 1630 | KMB (IP)

Thursday - Friday, August 31-September 1 | 0730 - 1630 | KMB (IP)

•Winning Interview Techniques

Make your dream job a reality! Gain information and resources to develop expert interviewing skills.

Wednesday, August 23 | 0900 - 1030 | NBSD (IP)

Thursday, August 24 | 1000 - 1200 | NBC (IP)

Friday, August 25 | 0900 - 1030 | KMB (IP)

Wednesday, September 6 | 1300 - 1500 | NBPL (IP)

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Wednesday, September 27 | 1300 - 1500 | NBPL (IP)

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SEAL BEACH: Work continues at naval ammunition pier replacement project

by Scott Sutherland
Staff writer

NAVAL WEAPONS STATION SEAL BEACH - In December 2019 construction began on a Navy project here to build a replacement ammunition pier, associated waterfront facilities, causeway and public boating channel inside Anaheim Bay.

As the project continues, civilian boaters at Anaheim Bay - not

realizing there's been an access change on the bay - are still adapting to the new configuration, and are often approached by Navy security patrol boats with Navy personnel reminding them of the change.

The new civilian boating channel through the Anaheim Bay opened to the public on Jan. 21, 2021. With the new channel opened, the old channel has become part of the

Naval Weapons Station Seal Beach restricted area and is now blocked off.

Besides boaters violating water space within a U.S. military installation, air space violations are also drawing the ire and interest of Navy security forces here.

"There is an ongoing problem with drones violating restricted air space here," said Gregg



Official U.S. Navy photo of Seal Beach ammo replacement pier.

Smith with the weapons station Public Affairs Office. "It's not only a problem for us - it's happening at many U.S. military installations."

The latest update on the project was issued July 17. In a post on the Navy's official NWS Seal Beach website for special projects (<https://cnrsw.cnrc.navy.mil/Installations/WPNSTA-Seal-Beach/Operations-and-Management/Environmental-Program/Projects/Ammunition-Pier/>), pier fender pile driving work was completed while current work focuses on the pier deck, support building construction and the finishing of a small inner breakwater at the south end of the new pier.

A aerial video posted on the project's website shows updated construction progress .

A disclaimer notes that "all images are simulated and meant to show general progress only (areas for equipment laydown, temporary storage of rock or earth and dune creation aren't shown). The Navy also issued a reminder that scenes from the video "aren't intended to be used

for navigational purposes."

The project is scheduled to take five years to complete.

For more information on the project's background and environmental documentation visit <https://sealbeachea.com/>. Address all information requests or questions to Gregg Smith at the base Public Affairs Office at nwssbpao@us.navy.mil.

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Osborne relieves Root at I Marine Expeditionary Force Information Group

by Sgt. Alize Sotelo

I MEF Information Group

CAMP PENDLETON - Marine Corps Col. Kevin R. Root (shown on the right in photo) relinquished his duties as commander of I Marine Expeditionary Force Information Group to Col. William V. Osborne (in photo, at left) during a change of command ceremony here July 28.

Lt. Gen. George W. Smith Jr., commanding general, I Marine Expeditionary Force, was the presiding officer for the change of command ceremony. Smith noted the growth and impact I MIG has made over the past two years since Root took command.

“No other three-star headquarters in the joint force has anything like [I MIG]. It’s what enables us to fight jointly in a combined environment, in all domains, in the 21st century,” said Smith. “That is how important these Marines and Sailors are that stand behind me, which speaks to the culmination of two years of phenomenal work and leadership by Col. Kevin Root.”

Root highlighted the Marines of I MIG, with over 140 military occupational specialties, and how they support I MEF, the MAGTFs and every major subordinate element.



While facing the formation of Marines, Root said, “Your teamwork and initiative has been the hallmark of what the MIG has done over the past four to six years, but certainly the last two years. I appreciate everything you’ve done at the individual level...so continue to do that.”

Osborne faced the audience and said, “I’m honored to stand here today, and I look forward

to continuing to build and provide the capability and capacity our nation needs to win in the Western-Pacific and across the globe.”

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NMCSO sets sail with cardboard vessels at MWR event

The Moral Welfare and Recreation (MWR) team at Naval Medical Center San Diego (NMCSO) hosted a Cardboard Boat Regatta for Sailors that tested their ingenuity and ability to stay afloat in choppy waters at the command's aquatic center swimming pool July 27.

"Today 65 Sailors were able to show their sea-worthiness of their designs and see if they were able to win in three separate categories either via speed, sinking the other ships the fastest, or just being able to hold the most people inside with the best design," said hospital corpsman 2nd class Samuel Goodwin, NMCSO physical therapist.

With San Diego now feeling the southern California heat, the MWR team is committed to ensuring fun-filled activities are available to the command to take part in.



"Our staff at NMCSO takes medical care of our fleet, but who takes care of them," poses Jeff Stuart, NMCSO MWR site manager.

"It is my department's core duty to ensure that our Sailors have outlets that offer them an opportunity to enjoy another

important aspect of military service, and that is the camaraderie that holds this team together."

With a diverse range of MWR activities offered at NMCSO, to include fishing days trips off the coast of San Diego, some activities bring out the truly competitive and STEM aspect

of NMCSO.

"The innovation that our regatta teams have incorporated in the design of their vessels is worthy of admiration," expressed Stuart. "While the event is held in our aquatic center pool, there is no doubt that these cardboard vessels would endure the surf off the coast — at least for a short while. I wouldn't expect any less from our sea-going and expeditionary service members of NMCSO."

The integrity in design of the cardboard vessels displayed at the regatta is second only to the resiliency of NMCSO.

"Ultimately, what this is about is for us to be able to strengthen our mental, physical, and spiritual resolve so that Navy Medicine can support the warfighter downstream whenever needed," emphasized Goodwin.

PHOTO GALLERY



ABOARD USS HARPERS FERRY (July 28, 2023) Cmdr. Gabriel Burgi, left, commanding officer, *Harpers Ferry*, and Rear Adm. Randall Peck, right, commander of Expeditionary Strike Group 3, exchange salutes here. U.S. Navy photo by MC2 Evan Diaz



CORONADO (July 10, 2023) Navy SEAL candidates run with an inflatable boat on their heads during training at the Naval Amphibious Base here. U.S. Navy photo



SAN DIEGO (July 30, 2023) Commander, Navy Region Southwest Rear Adm. Brad Rosen, administers the oath of enlistment to future Sailors, Soldiers and Marines during halftime on Military Appreciation Night for the United Soccer League San Diego Loyal SC soccer match vs. Colorado Springs Switchbacks FC at Torero Stadium. U.S. Navy photo by Todd J. Hack

Cardio fitness class with Bruno



MARINE CORPS RECRUIT DEPOT SAN DIEGO (July 17, 2023) Marine Corps Pvt. Bruno, the mascot at the depot, runs towards a weighted ball at the Fitness Center. The Fitness Center helps boost Marines' moral on base and provides a safe environment for Marines to train. Marine Corps photo by Lance Cpl. Francisco Angel

8 www.armyforcesdispatch.com THURSDAY, AUGUST 3, 2023

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U.S. military integration spawned peerless fighting force

by C. Todd Lopez
DOD News

Seventy-five years ago, President Harry S. Truman signed two executive orders that, for the first time, desegregated the U.S. military and the federal workforce.

On July 26, 1948, Truman put his signature on Executive Order 9980, titled "Regulations Governing Fair Employment Practices Within the Federal Establishment." Following that, he signed Executive Order 9981, titled "Establishing the President's Committee on Equality of Treatment and Opportunity in the Armed Services."

We can draw on the talents and the strengths of skilled and brave Americans of every color, creed and background."

Together, those executive orders opened doors within the federal workforce and the nation's military that had previously been closed to people of color.

During a commemoration event at the Pentagon July 26,

Defense Department leaders reflected on the opportunities those orders created for generations of Americans and how eliminating barriers benefited not only federal workers and service members, but the nation as a whole.

"President Truman's actions have created progress well beyond this department," Deputy Defense Secretary Kathleen H. Hicks said. "Any legal or moral justification for segregation crumbled in the wake of it. In the decades that followed, seg-

regation in the nation's public schools and public spaces also came to an end. These decisions moved the entire nation closer to the promise of racial equality."

Since 1948, Hicks said, service members of color have

proven through their actions what Truman knew to be true when he signed Executive Order 9981.

"Service members of color have risen through the ranks — commanding destroyer squad-

rons and submarines at sea ... launching to space and returning back home again ... breaking the glass ceiling and leading as four-star generals and admirals ... and representing the United States of America overseas," she said.

VA and NAACP announce partnership to improve quality of life for Black and minority veterans

WASHINGTON - VA and the NAACP recently announced an agreement to work together to advance and improve the quality of life for all veterans, including minority veterans.

As a part of the partnership, VA and the NAACP will seek to increase the number of Black veterans enrolled in VA health care, increase awareness of VA benefits and services among Black veterans, and increase recruitment of culturally-competent providers at VA. VA and the NAACP will also meet regularly, share expertise and knowledge, and coordinate on outreach to minority veteran communities.

"At VA, it's our mission to serve all veterans, their families, caregivers, and survivors as well as they've served our country," said VA Secretary Denis McDonough. "This historic partnership with the NAACP will help us deliver on that promise, enhancing our outreach to Black veterans and helping ensure that we provide every veteran with the world-class care and benefits they deserve."

"As we commemorate the 75th anniversary of the integration of our armed forces, we must acknowledge the fact that Black veterans have not always received the just treatment they deserve," said NAACP CEO Derrick Johnson. "That's why the NAACP is proud to embark on this historic partnership with VA to further our commitment to ensuring that representation does not come without

respect. We look forward to all that we'll accomplish together on behalf of our Black veterans."

This partnership will be critical to VA's goals to eliminate barriers and inequalities for vets who have historically been underserved, and to provide world-class care and benefits to all vets, their families, caregivers, and survivors. As a part of these efforts, VA also recently created a new Agency Equity Team - known as the I*DEA (inclusion, diversity, equity, and access) Council - which is responsible for helping VA improve outcomes for historically underserved Veterans, identifying and eliminating any disparities in VA health care and benefits, creating and implementing a VA Equity Action Plan, listening to and learning from historically underserved veteran communities, and more. The Council is also working to eliminate disparities and barriers to recruit, hire, develop, promote, and retain employees, including those from historically underserved communities.

Data recently released by VA shows that since 2017, VA has delivered disability compensation benefits to a higher percentage of Black veterans than other veterans. However, grant rates for Black veterans were lower. Through this partnership and VA's Agency Equity Team, VA is actively looking into these differences and working to address them.

Secretary of Defense Lloyd J. Austin III is traveling in the Indo-Pacific Command's theater of operations and was unable to attend the commemoration in person. His thoughts on the commemoration were made public on DOD's official website and were also read aloud at the event.

"The U.S. military is the finest fighting force on Earth because of our strategic advantages: We can draw on the talents and the strengths of skilled and brave Americans of every color, creed and background," Austin said. "As we reflect on the tremendous progress that our country has made over the past 75 years, we recommit ourselves to continue the noble work of all those who broke down barriers, fought prejudice, and worked to ensure that America's peerless military embodies the democratic ideals that it so proudly defends."

AutoMatters™ & More by Jan Wagner



With all that there is to do in and around San Diego, this summer has been absolutely insane! This week's column will be an overview of one of the biggest and most popular annual events in town: the 2023 edition of San Diego Comic-Con.

As I write this, I am in the process of transferring the 4,119 pictures (including a few videos) that I took at this event. Thank goodness I have lots of memory cards because, until today, I have not had time to even transfer my pictures of Comic-Con, let alone write something about it and share it with you. Each night when I returned home, I emptied my cool swag/freebies collected; added the day's memory cards to a growing stack, including a quickly scribbled note about what was on the cards; and loaded blank memory cards and fresh batteries, along with my camera and swag bag/backpack, into my car for the next day.

As usual, I recommend that visitors to San Diego Comic-Con utilize the quick, convenient and inexpensive San Diego Trolley. Even Spider-Man did! Parking is free at various Trolley locations and service to and from downtown San Diego is frequent.

Of course, you do have the option of parking downtown. A lot near the Petco Park Interactive Zone was charging \$75 per day, marked up from what was looked like the covered-up price of \$70/day. On the plus side, I saw plenty of available

2023 San Diego Comic-Con

parking spaces in that lot.

Hot on the heels of my preview coverage of the great new and existing exhibits at the Comic-Con Museum in Balboa Park (an AutoMatters & More column about that will hopefully be published soon), and at the same time as the Hollywood writers and actors strikes, San Diego Comic-Con took over the Gaslamp Quarter and beyond. Key streets were closed to vehicular traffic, to provide plenty of room for visitors (with or without Comic-Con badges) to check out the cosplayers and restaurants. Except for the lack of the usual actors in the panels, you'd hardly have known that there were those strikes going on — except for a small, peaceful representation of picketers.

I spent much of my time at mostly off-site activations this year, where TV and streaming networks, and studios, built interactive activities themed to popular TV programs and movies. Thanks to offsites providing food to visitors, I never had to pay for meals!

My favorite activation this year was in celebration of the 30th Anniversary of "Jurassic Park." Inside, several scenes were recreated, complete with dramatic lighting, sounds and special effects. It was several blocks away from the Convention Center but well worth the effort.

Other activations that I covered were "The Lodge" for Paramount+, "Quantum Leap" (NBC), carnivals at Adult Swim and at the COSI TV celebration of a vintage episode of "Rosanne," "Animayhem" (HULU) and FX.

I also had a great time — and collected a bunch of free Funko merchandise — at Funko's Camp

Fundays, one evening at the Rady Shell, in celebration of their 25th Anniversary.

I stopped in several times to check out exhibits and make purchases from vendors in the Convention Center.

I actually ran out of time and only managed to attend one panel this year: "Success in Creativity: Making the Best of Your Resources." This panel is traditionally held in the last time slot of the final day (Sunday) of Comic-Con, and I always learn something from it.

For information about the 2024 editions of San Diego Comic-Con (Thursday, July 25th to Sunday, July 28th, plus Preview Night on Wednesday, July 24th), WonderCon, the Comic-Con Museum, merchandise and to get on the mailing list for the very first sailing of Comic-Con: The Cruise in 2025, visit <https://www.comic-con.org>.

I have so much to share, but to do that I need help. Do you have strong Social Media skills? Are you skilled in Lightroom Classic? Would you like to share excellent media access to help me cover some of the huge variety of events that are in "AutoMatters & More" (with 801 columns to date, in over 20 years)? Let me know in the Comments. Perhaps we can make that happen.

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Milspouse social life: When three's a crowd

"She's been acting weird lately," my 22-year-old daughter, Lilly, said to her friend, Shannon, while they lounged lazily around our kitchen banquette. "I don't get it... I thought the three of us were good friends." They went on chatting while I buzzed around the kitchen, wiping fingerprints off of the appliances.

As a mom, one of my favorite things has been hanging out with my kids and their friends after sleepovers, listening to their stories and helping to analyze their social dilemmas.

When I was an adolescent, I didn't talk to my mother about my social life. Not only was Mom busy with her career, kids were taught to respect that parents worked hard and shouldn't be bothered with trivial things. In the eighties, children were to be "seen and not heard" while parents enjoyed their cocktails, cigarettes and "Columbo" reruns.

Conversely, today's parents are more involved in their children's lives. Naturally, my kids fought my interference when they were teens. But as young adults, they seem to enjoy including me in their conversations.

"Maybe she's jealous that you two have been getting closer," I suggested to Lilly and Shannon.

"Yeah, all of a sudden she's bad-mouthing you. It's like she wants to turn me against you," Lilly said to Shannon.

The story sounded all too familiar. I'd experienced problems with friend trios, which often work initially, but often deconstruct, forming new bonds and spitting

out a "third wheel." One friend always loses out.

As a young military spouse and mom, I frequently found myself on the fringe of social groups. But when the kids were small and I was working hard to manage our fam-

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

ily chaos during deployments and TDY, I thought I'd finally made a true friend.

We differed in that she was a runner, fashionable, and socially in demand. But we had other things in common — both Navy wives and stay at home moms with kids the same age. We met at Bunco, then set up playdates. Her second and my third pregnancies overlapped. They asked us to be Godparents to their baby girl, and we accepted. Our husbands enjoyed each other's humor. We had deep conversations on weekends in the driveway, while the kids rode scooters and chased lightning bugs in the cul-de-sac. To me, it felt right.

However, a few years in, a distancing began that slowly unraveled the friendship. More importantly, the distancing unraveled me, exposing surprising character traits in me that I didn't like.

Although there were many small clues along the way, I recall two specific "hard slaps in the face" — clear indications that my friend was moving on. One Saturday,

when our families had plans to meet up, she called and told me her "son was sick." The next day, her six-year-old daughter came over to play with Lilly, and I asked, "How's your brother? Poor guy. Did he throw up last night?"

"No?" she replied, seemingly confused. "The Rogersons came over and we had so much fun!" she smiled. The Rogersons were new friends that I knew, too. "Why did she lie to me? Why couldn't we all get together?" I thought, my ego bruised.

Another Saturday, four families, including my friend's family and the Rogersons, were playing cards and drinking beer. A bit tipsy, my friend and the Rogerson wife were calling each other "bestie," hugging, and proclaiming, "I love you!" I felt hurt and confused. Once alone, I cried. "What the hell is wrong with me?!" I thought, "I'm almost 40 for crimony's sake!"

Our family received orders to Germany, and we eventually lost touch. Through it all, I learned that feeling cast aside by someone I perceived to be "popular" brought out the worst in me. All of my deepest insecurities surfaced. She didn't mean to hurt me, she simply wanted to make new friends. I needed to find inner strength and confidence to avoid crashing when relationships transitioned, as they often do for military spouses.

"Girls," I advised Lilly and Shannon, "don't hide that you two are becoming closer, but be compassionate. The truth may hurt, and she may act weird. But it's natural for friendships to change. She'll eventually understand and appreciate your honesty."

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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.

Taste of Imperial Avenue, Fri, Aug 4, 4-9pm. \$20-\$30. 15+ food providers, 4 breweries offer tastes. Law games, DJ, local bands. Gilliam Community Space, 2835 Imperial Ave, SD, 92102

Rebellion, Fri, Aug 4. North Island Credit Union Amphitheatre
SD Padres vs. Dodgers, Fri, Aug 4-Aug 6.

Latin American Festival & Mata Ortiz Pottery Market, Fri-Sun, Aug 4-6, 10-5:30. Folk art, food, entertainment. Bazaar del Mundo, 4133 Taylor St, Old Town San Diego.

Cruisin' Grand Escondido. Escondido's Grand Ave from Orange St to Ivy St. Friday nights through September. Parade of pre-1970s. Vintage autos - from American Hot Rods, Classics, Antiques, and Customs - span seven blocks of the city's downtown. Great pubs, restaurants, breweries, stores, boutiques, and live performance venues. www.cruisingrand.net

Catfish stocked at Lake Jennings. Night fishing Fri & Sat til midnight. Shoreline fishing 8am-5pm every day at campground. \$4-\$12. lakejennings.org/

Birds on the Bay, Sat, Aug 5, 9-11am. Free. See hundreds of Elegant Terns as nesting season ends. Learn about shore birds on walk along the bay. Bring binoculars. San Diego Bay Refuge, 535 Florence St, Imperial Beach.
Wildlife Tracking Walk, Sat, Aug 5, 9:30-10am. Free. Learn from our trackers. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos, 92119. mtrp.org

Chollas Lake Wildlife Walk, Sat, Aug 5, 1-2:30pm. Free. Hike with a ranger & learn about animals. Meet N. end of parking lot. Chollas Lake, 6350 College Grove Dr, SD, 92115

Rod Stewart + Cheap Trick, Sat, Aug 5. North Island Credit Union Amphitheatre

Music of Joni Mitchell, Carole King, Carly Simon, Sat, Aug 5, 7:30pm. \$. The Rady Shell at Jacobs Park, 200 Marina Park Way, downtown SD.

San Diego Wave FC vs. Angel City FC, Sat, Aug 5, 7pm, Snapdragon Stadium, Mission Valley. https://sandiegowavefc.com

Heiva San Diego, A Tahitian Cultural Festival, Sat-Sun, Aug

5-6. Jr. Seau Oceanside Pier Amphitheater, 301 The Strand N, O'side. www.heivasandiego.com
ArtWalk Liberty Station, Sat-Sun, Aug 5-6, 10-5, Free. 175+ artists come to show and sell. Ingram Plaza at Liberty Station, 2751 Dewey Rd, Pt Loma.

Guided Nature Walk, Saturdays & Sundays, 9:30-11am. Free. Guided nature walk-learn about plants, animals, geology, history of park. San Carlos. mtrp.org
Bleached, Sat-Sun, Aug 5-6, 7:30pm. \$95+. Age 18+. Alt-pop/indie fest. Waterfront Park, 1600 Pacific Hwy, downtown SD.

Trombone Shorty & Orleans Ave and Ziggy Marley, Sun, Aug 6, 6pm. \$52+. The Rady Shell at Jacobs Park, 200 Marina Park Way, downtown SD.

Gaslamp Skate Sunday Series, Sundays: Aug 6, 13, 20, 27, Sept 1. 5-8pm. Free. The Sunset Roller Club is a diverse group of skaters at every level. Gaslamp Quarter, Fifth Ave, between Broadway & Harbor Dr.

Del Mar Thoroughbred Racing Season, Thru Sept 10. Where the Turf Meets the Surf. Del Mar Thoroughbred Club, Del Mar.

Embarcadero Waterfront Ghost Tour \$15/pp. Ongoing Sat 7-8pm, Sun 8-9. Schedule subject to change. Verify at murdermayhem.com

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

Waterski & Wakeboard on Mission Bay, Sundays 8-11am; Thursdays 5-8pm. Convoir Waterski Club active year-round on Mission Bay. Club provides two ski boats for waterskiing/wakeboarding, w/free instruction and equipment available on request. Meet: south end Crown Point Beach. Any skill level welcome. Info: convoirwaterskiclub@gmail.com. Crown Point, 3700 Crown Point Dr, SD, 92109

Hawk Talk with Huxley the Harris Hawk, First Sunday of month, 9am-noon. Stop by MTRP Visitor Center Lobby, 9-noon. Meet local falconer, Bob Gordon, and his feathered friend, "Huxley" the Harris hawk. Get up close and personal with this majestic bird of prey, while learning all about what makes it so special. mtrp.org

San Diego International Summer Organ Festival, Mondays, 7:30pm through Labor Day. Free. 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

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, Aug 3
6pm Ruby Gillman, Teenage Kraken pg
8pm Indiana Jones Dial of Destiny pg13
Friday, August 4
6:30pm Sound of Freedom pg13
Saturday, August 5
2:30pm Indiana Jones Dial of Destiny pg13
6pm Sound of Freedom pg13
Sunday, August 6
1pm Ruby Gillman, Teenage Kraken pg
3:10pm Indiana Jones Dial of Destiny pg13
Wednesday, August 9
6pm Sound of Freedom pg13
Thursday, August 10
6pm Joy Ride r

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

Family Friendly Movies:
Tues, Thur, Sat: 11 am. NDVDs
NDVDs -- Free Admission
Friday, August 4
5pm John Wick: Chapter 4 r
Saturday, August 5
11am Toy Story 3 g
Monday, August 7
5pm Transformers pg13
Tuesday, August 8
11am The Great Outdoors pg
5pm Old pg13
Wednesday, August 9
10am SPECIAL EVENT: COMMUNITY RECREATION
5pm 300: Rise of an Empire r

Lowry Theater - NASNI, 619-545-8479 ★

Bldg. 650
Outside food and beverage are NOT permitted. Debit/credit cards only.

Friday, August 4
6pm Sound of Freedom pg13
Saturday, August 5
1pm Sound of Freedom pg13
4pm Joy Ride r
6pm Indiana Jones Dial of Destiny pg13
Sunday, August 6
1pm Ruby Gillman, Teenage Kraken pg
3pm Indiana Jones Dial of Destiny pg13

Bob Hope Theater 577-4143 ★
MCAS Miramar Bldg 2242

Friday, August 4
6pm Joy Ride (R)
Saturday, August 5
3pm Sound of Freedom (PG13)
6:30pm Joy Ride (R)
Sunday, August 6
12pm Ruby Gillman, Teenage Kraken (PG)
3pm Indiana Jones Dial of Destiny (PG13)

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

Saturday, August 5
1:30pm Elemental (PG) *SENSORY FRIENDLY
Saturday, August 12
PRICE INCREASE: Effective August 12, there will be a \$1 increase on ticket prices for all groups except children 5 and under. Concession prices will also increase
1:30pm Indiana Jones Dial of Destiny (PG13)
Saturday, August 19
1:30pm Ruby Gillman, Teenage Kraken (PG)

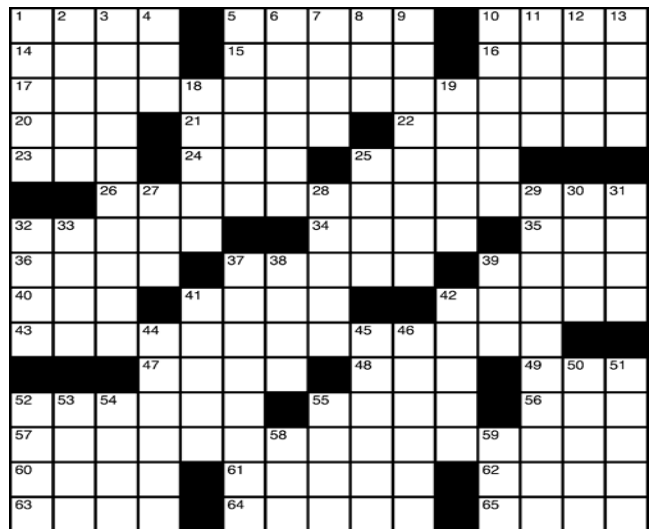
CROSSWORD PUZZLE

Across

- 1 Hang out in alleys
- 5 Sporty sunroofs
- 10 Job jar item
- 14 Cuatro y cuatro
- 15 Sprightly movement
- 16 Lamb pen name
- 17 Source of damaging rumors
- 20 Vietnam holiday
- 21 "What the Constitution Means to Me" award
- 22 Like Boo Boo and Baloo
- 23 Lead source
- 24 Novelist Deighton
- 25 Wile E. Coyote's supplier
- 26 Buzz among local gossips
- 32 Takes short cuts?
- 34 Part of S&L
- 35 FDR 34-Across org.
- 36 One of 1,225 in the first published edition of "War and Peace"
- 37 They have their pride
- 39 Put a halt to
- 40 Is for a few
- 41 Carson forerunner
- 42 Hostess snack cakes
- 43 Nickname of two Six Flags roller coasters
- 47 Tavern orders
- 48 Apollo vehicle, briefly
- 49 Many miles
- 52 Entertained
- 55 Vegas rival
- 56 Hot Dijon season
- 57 Question asked with a raised voice, as demonstrated in three long puzzle answers
- 60 Verdi opera
- 61 Pants style
- 62 Retin-A target
- 63 Altar words
- 64 Stall for Time?
- 65 Clarinet need

Down

- 1 Greet formally, as at the start of a sumo match
- 2 Earth tone
- 3 Mutant big cat
- 4 ___ Gatos, California
- 5 Late game show host with seven Emmys
- 6 "Gran ___": 2008 Eastwood film
- 7 ___ in a blue moon
- 8 Kissing on the kiss cam, for short
- 9 Even
- 10 Her Majesty's service?
- 11 Others, in old Rome
- 12 Put one's name on the line?
- 13 Immortal "Citizen"
- 18 Opinion surveys
- 19 Image creators, for short
- 25 Loads
- 27 Monkey relative
- 28 Biota growth
- 29 Undecided
- 30 Owl's call
- 31 Catches some z's
- 32 Places for hot waxes
- 33 One pulling in pushers
- 37 Outgoing officeholder
- 38 Perfect Portions pet food brand
- 39 Abel, to Adam
- 41 Throwback diet
- 42 Handmade stadium sign
- 44 Gut courses
- 45 Becomes less overcast
- 46 Playwright Ibsen
- 50 Even things
- 51 Said 63-Across a second time
- 52 Antioxidant-rich berry
- 53 Downton Abbey's Daisy, for one
- 54 Go back, on a PC
- 55 Default result
- 58 "Bali ___"
- 59 AirPod spot



ROY'S SUDOKU

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When hours count AEROMED is there in moments

Courtesy Story Air Mobility Command Public Affairs

In a groundbreaking demonstration of Joint Force Aeromedical Evacuation capabilities, Mobility Guardian 23 conducted the successful deployment of two specialized Aeromedical Evacuation teams operating on a C-130 Hercules. During this event, the crews effectively moved 48 patients on six unregulated missions.

The exercise highlighted the efficient and seamless integration of AE operations in a Denied, Degraded, Intermittent, and Limited (D-DIL) environment using existing theater airflow.

Under the newly developed Air Mobility Command guidelines, the AE teams were not assigned a dedicated line or aircraft for patient movement, but rather AE Crew Members were deployed in smaller, modular force elements attached to an Expeditionary Airlift Squadron. This updated arrangement places the MEDEVAC at or near the Point of Injury (POI) where capabilities can be provided immediately rather than waiting for a crew to be tasked and aircraft to be found to support the mission request. During MG23 this process demonstrated a revolutionary capability for the movement of unregulated patients in the D-DIL environment.

One of the key challenges addressed during the exercise was the Command and Control infrastructure in the D-DIL environment. Without Command and Control medics on the ground aren't able to request aid and the AE has no way to be directed to provide care, delaying patient transport to higher levels of care.

This adjustment eliminates communication delay that would prevent rapid patient movement. "Patient movement cannot be



U.S. Air Force Master Sgt. Todd Olsson, Air Mobility Command Aircrew Training and Operations Branch command training manager, speaks with another Aircrew member during a Joint Force Aeromedical Evacuation training at Yokota Air Base, Japan on July 16, 2023. The training was a crucial aspect integrated into Mobility Guardian 23, a critical platform to showcase adaptability and proficiency of Joint Force Aeromedical Evacuation teams operating in challenging and dynamic environments.

delayed due to the inability to reach back to a C2 node thus requiring AE to shift the way it does business to allow for the transport of wounded warriors needing rapid evacuation." Master

Sergeant Todd Olsson, Command Training Manager, AMC Aircrew Training and Operations Branch. "We are challenging our AECMs to be prepared and proficient to respond quickly and efficiently,

wherever and whenever they are needed."

The guidelines used during this exercise emphasized the importance of sound clinical judgment and logistical consideration in delivering effective care.

"We must utilize our expertise, anticipate transport time, and make informed decisions while understanding the philosophy of the greatest good for the greatest number," said Maj. Weber Munsayac, Command Nurse Evaluator, AMC AE Standardization and Evaluation Branch. "Our resources need to be allocated to address severely wounded patients with the highest probability of survival."

MG23 served as a critical platform to showcase the adaptability and proficiency of the Joint Force Aeromedical Evacuation teams in operating within challenging and dynamic environments. The successful implementation of AE operations in a D-DIL setting proved patient care and movement could be executed without impeding force flow, especially important during a large-scale combat operation.

The exercise also highlighted the necessity for continuous innovation and adaptation in AE procedures. The insights gained MG23 will contribute to refining protocols, training, and equipment AECMs use, further enhancing their ability to render care in the

back of the aircraft and support future operations.

As AE capabilities continue to evolve, exercises like MG23 serve

as a testament to the dedication and professionalism of the AECMs and their commitment to saving lives in the most challenging circumstances.

Protect your eyes from sun damage

Most of us know that too much sun can cause sunburn and skin damage. But did you know that the sun's ultraviolet (UV) rays can also harm your eyes? UV light is invisible. It can't be seen by the human eye. But it can still damage your vision.

Sunlight has a mixture of both visible and invisible rays, or waves. The long waves, like radio waves, are harmless to people. But shorter waves like UV light can cause problems. There are two types of UV rays. UVA can cause wrinkles and aging of the skin. UVB is responsible for sunburns and most UV-related

cancers. Several eye problems have been linked to UV light as well. These include cataracts, which are cloudy areas in the eye's lens. Cataracts can make vision blurry, hazy, or less colorful. Excess UV light has also been linked to cancers of the eyelid.

Wearing sunglasses and a wide-brimmed hat is a safe and easy way to protect your eyes from UV light. To protect your eyes from sun damage, choose sunglasses that block at least 99% of both UVA and UVB rays. These might also be marked with a UV400 rating.

SOCIAL SECURITY MATTERS

When should my wife claim her Social Security benefits?

Dear Rusty: My wife turns 65 in November of 2023. She was born on 11/21/1958. I am a year younger with an 8/1/1959 birthdate. I know my wife is not at full retirement age, but the difference in her SS payment is not much and collecting 3 years of the lower amount far exceeds her waiting until age 68. My question is: because half of my SS is more than her SS, if she retires this year, will she still get 50% of my SS when I retire?

Signed: Planning Our Future

Dear Planning: Spouse benefits are one of Social Security's trickiest areas, so you're wise to get answers before either of you claim benefits. The short answer is, "No" - if your wife claims her own benefit this year, she will not get 50% of your benefit when you later claim. Here's how it works:

Born in November 1958, your wife's full retirement age (FRA) is 66 years plus 8 months, which she will attain in July 2025. Born in August 1959, your FRA is 66 years plus 10 months, which you will reach in June 2026.

Your wife will get a "spousal boost" to her personal SS benefit if her FRA entitlement is less than 50% of your FRA entitlement but, if she claims before reaching her FRA, her monthly payment when you claim will be less than 50% of your FRA entitlement (taking her own benefit early affects her total payment amount as your spouse). If, instead, your wife waits until her own FRA to claim her SS retirement benefit, her payment when you later claim will be increased to equal 50% of your FRA entitlement.

I assume your reference to your wife "waiting until age 68" refers to her age when you claim at your FRA, but there is no reason for your wife to wait past her own FRA to claim benefits because her spousal benefit will not be more if she waits longer. So, the question is whether your wife should claim this year and get a reduced payment when you later claim or, instead, wait until her FRA to claim her own benefit and get her maximum benefit later. And that depends on 1) whether your wife is working, and 2) what her life expectancy is:

1. If your wife is working and claims early SS benefits, she will be subject to Social Security's "earnings test" which limits how much she can earn before some benefits are taken away. The earnings limit for 2023 is \$21,240 and, if that is exceeded, SS will take away benefits equal to \$1 for every \$2 she is over the limit. The earnings limit lasts until she reaches her full retirement age.

2. If your wife's life expectancy is long (average for a woman your wife's current age is about 87), then maximizing her monthly benefit by waiting until her FRA to claim is likely her smartest choice.

If your wife's FRA entitlement is less than 50% of your FRA entitlement, waiting until her FRA to claim will result in getting her full personal amount first and then later her maximum entitlement (including her spousal boost). If she claims now, her later payment (which includes her spousal boost) will be less than half of your FRA amount. If your wife's life expectancy is at least average, waiting until her FRA to claim will likely yield the highest cumulative lifetime benefits.

But if your wife isn't working full time, by claiming now (vs. at her FRA) she would get her reduced personal benefit for an extra 2 years. If you divide the amount your wife would collect over those two years by the difference between her current benefit amount and her maximum spousal amount (half of your FRA entitlement), you will see how long it would take for your wife to recover those 2 years of benefits. And if her life expectancy is less than that length of time, then claiming earlier is likely the right move.

8	9	7	6	2	3	1	4	5
4	9	2	5	1	8	7	3	6
5	3	1	4	7	6	9	8	2
6	5	1	8	4	6	3	2	7
3	6	5	2	8	9	1	6	8
2	8	9	1	6	8	2	4	5
6	1	2	5	6	9	7	3	4
7	3	4	6	1	2	5	6	9
7	8	5	7	1	4	1	6	3
1	2	1	6	3	9	2	7	8

San Diego Outreach
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San Diego
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Volunteers are our greatest asset and the backbone of the USO. Whether helping a soldier with a connecting flight, distributing a Care Package, serving snacks with a smile, providing local information, or "welcoming home" troops from deployment, volunteers are vital to the success of the USO's mission. 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.

Ready to apply to be a USO San Diego volunteer?

Visit www.uso.org/volunteer. Once you navigate to the webpage, click on "Volunteer at a USO Center," then click "Continental United States." Next select "California" and then the USO San Diego center nearest to you!

Camp Pendleton USO Programs Include:

USO Transitions: <https://www.uso.org/programs/uso-pathfinder-transition-program>
Want to be better prepared for future success before transitioning from the military? Are you a military spouse looking for new opportunities? The USO Pathfinder® Transition Program extends the USO experience to active duty, Reserve, National Guard and military spouses by offering professional development services throughout the duration of military service as well as in preparation for life post-military.

MilSpouse Connect: Monthly events bringing military spouses together to connect and thrive.
Craft & Coffee: USO Camp Pendleton provides creative outlets for adults and children to create fun, whimsical or serious works of art through a variety of mediums. Signs up happen online and are usually advertised through the USO Camp Pendleton Facebook page.

Command Support: USO is here to support! We often help support command events across Camp Pendleton such as Family days and Morale Days. Commands can request support in a number of different ways, from outdoor games, a kids craft, or even our mobile photo booth. We also can help provide small refreshments. To request support, please email our Center Operations and Programs Manager, Crystal Gates at cgates@uso.org. All requests must be submitted within 30 days and although we try our best, not all requests can be granted.

<https://sandiego.uso.org>

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