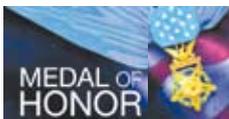


Veterans News



A story of courage & stamina from the Vietnam War.

See page 6

AutoMatters & More



After a two-year interruption, the San Diego County Fair rebounds.

See page 9

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SIXTY-FIRST YEAR NO. 8
THURSDAY, JUNE 17, 2021

HONORING THE HISTORY OF DRILL INSTRUCTORS MCRD SAN DIEGO REDEDICATES THE D.I. MONUMENT

by Lance Cpl.
Zachary Beatty

One hundred years ago, Marine Advanced Expeditionary Base, San Diego was created. Although the base was originally home to multiple regiments and the 2nd Marine Division, its main mission was evident, to forge recruits into Marines. In the 1970's, this mission became even more evident as the now designated "Marine Corps Recruit Depot San Diego", was given the responsibility of recruiting throughout the entire Western Recruiting Region. A responsibility that it still holds to this day.

In its 100-year history, MCRD San Diego has forged millions of Marines. How has the depot accomplished this mission so effectively? It's because of the combined efforts of the WRR recruiters and the legendary Marine Corps drill instructor.

The responsibility of being a drill instructor is quite possibly the hardest the Marine Corps has to offer. A drill instructor will get little sleep, little rest, and spend long durations away from family and friends. All to accomplish the toughest task in the Marine Corps: making Marines.

According to the Recruit Training Regiment Sgt. Major, Paul F. Agan, "being a drill instructor is the most rewarding thing a Marine can do."



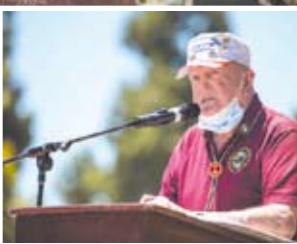
Marine Corps Recruit Depot San Diego's Drill Instructor monument was created in order to honor all drill instructors who have served at MCRD San Diego, past and present. (inset) Sgt. Major Bill Paxton, a retired drill instructor, attends the rededication of the Drill Instructor Monument. Marine Corps photo by Cpl. Zachary T. Beatty

On June 11, a crowd of active and retired Marines came together to rededicate the Drill Instructor Monument at MCRD San Diego. "This helps keep a connection with the lineage of drill instructor's we have here," said Agan.

The ceremony involved numerous Marines and Sailors from MCRD San Diego as well as

retired Marines, many belonging to the West Coast Drill Instructor Association. Within the group of retired Marines sat Sgt. Major Bill Paxton, a Vietnam War veteran and one of the Marines responsible for the creation of the Drill Instructor Monument. Without, Paxton, this sacred site for all drill instructors of MCRD San Diego would not exist.

The monument is a "place of



gathering for drill instructors and their families for promotion ceremonies, award ceremonies, and reenlistment ceremonies," said Sgt. Maj. Abel Leal, sergeant major of MCRD San Diego and the WRR, during the ceremony.

"It's also a place where we will pass on our traditions to one another, and it is a place to most of you where you will say your goodbyes as you leave the depot."

Marines can never undervalue the need for its drill instructors. The men and women who are responsible for ensuring that each and every new recruit who arrives to the depot will never fall short of upholding the standards and demands of the Marine Corps.

The drill instructors are the ones entrusted to this mission, and as long as they wear those distinct campaign covers, they will be working day and night

to ensure the future of the U.S. Marine Corps is secure.

Later this month, Brigadier Gen. Ryan Heritage, the commanding general of MCRD San Diego and WRR, will pass on his command to Brigadier Gen. Jason L. Morris. With Morris in command, MCRD San Diego will be in good hands as we continue our mission of making the Marines who will fight and win our nation's future battles.

White House to nominate Carlos Del Toro as Navy secretary

by Caitlin Doornbos, Stars and Stripes

WASHINGTON - President Joe Biden will nominate Carlos Del Toro, a Navy veteran and a CEO for an engineering and consulting firm, to serve as Navy secretary, Sen. Jack Reed, D-R.I., the chairman of the Senate Armed Services Committee, said in a statement June 11. Del Toro now serves as president and CEO of government contractor SBG Technology Solutions, which he founded in 2004, according to the company's website. The business, which is based in Alexandria, Va., specializes in engineering, cyber security and information technology modernization and governance. The nomination comes as the Navy works to modernize its force, devoting as much money - about \$22.6 billion - on research and development efforts as the service has to ship procurement in its proposed 2022 budget. The pick for the service's top civilian leader is a Naval Academy graduate who spent 22 years on active duty in the Navy, according to his biography on the academy's alumni association website. Del Toro also spent five years as a civilian employee for the Navy, including as senior military assistant to the director for programs analysis and evaluation. During Del Toro's time in uniform, he served as a tactical action officer in Operation Desert Storm and was the first commander of USS *Bulkeley* guided-missile destroyer, according to his biography.

DIGITAL AND VIRTUAL WAYS TO GIVE BACK TO MILITARY AND VETERANS

(Statepoint) While there are certain holidays and events each year dedicated to members of the U.S. military, the need to support veterans and active-duty military members and their families is an ongoing effort.

The good news is that there are plenty of ways you can give back all year long from your smartphone:

Volunteer and donate virtually: Volunteering doesn't have to be in-person these days. Soldier's Angels has numerous virtual ways to make an

impact in a service member's life, from supporting deployed service members by collecting and sending care packages to adopting a family for the holidays and hosting virtual baby showers.

It's never too late to donate your quarantine wardrobe and de-clutter the house. Organizations like Vietnam Veterans of America accept gently-used clothing and household items and will even pick up donations safely from your home. Providing reliable transportation is another way to help. Programs

like Vehicles for Veterans and Recycled Rides provide donated cars and vehicle maintenance and repair assistance for veterans in need of a ride.

Take Honor Flights to the next level: The Honor Flight Network enables vets to visit war memorial monuments and museums at no cost, but for vets unable to travel to Washington D.C., T-Mobile and virtual reality mental fitness solutions company Healium are bringing a virtual Honor Flight experience to veterans where they live. Veterans can tour

the Washington war memorials from the comfort of their own homes using virtual reality goggles and a hotspot, powered by T-Mobile's 5G network.

Give a gift the gives back: The next time you need to buy a birthday gift or stock up on household essentials, make a purchase you can feel good about. American-made apparel company Oscar Mike donates 100 percent of their proceeds to help injured military members stay active. Boss Dog provides tasty and nutritious food and treats for your four-legged

companions while giving back to disabled veterans and service dog organizations like Victory Service Dogs and Pets for Vets. Providing a fun night out for service member families is a way to boost mental health and well-being. Non-profit organization Vet Tix provides tickets to concerts, sporting events and more to families in need of a little fun.

How your business can help: Large or small, your business can make an impact. Offering a veteran or military discount at your business will

not only show appreciation and support, but will also drive business. Some companies offer discounted military smartphone service plans and support programs like Hiring Our Heroes, a U.S. Chamber of Commerce initiative to help provide military members and their families with meaningful employment opportunities.

Those who serve in the Armed Forces have given so much of themselves. These are just a few ways we can continue to show our gratitude.

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Milley says budget request balances readiness, modernization

by Jim Garamone,
DOD News

President Joe Biden's fiscal year 2022 defense budget request strikes a balance between readiness today and future modernization, Gen. Mark A. Milley, chairman of the Joint Chiefs of Staff, told the Senate Armed Services Committee June 10.

The \$715 billion request preserves present readiness, the general said, but it's also a down payment on future readiness. "It is now that we must set ourselves on a path to modernize the Joint Force," Milley said. "And this budget contributes to doing that."

The U.S. military is the most capable force on Earth, and any country that doubts the effectiveness of the military or the will and grit of the American people would be wrong, Milley said.

"Alongside our allies and partners, American troops are currently training or conducting combat operations or other operations in 165 countries to keep Americans safe," Milley said. "We are conducting major exercises as we speak in Europe. We are monitoring the [demilitarized zone] in Korea. We are

conducting freedom of navigation operations in the strategic waterways of the global commons. We are sustaining operations in space, and cyberspace. We are supporting our allies and partners in Africa, Asia and Europe, and we are patrolling the skies of the Middle East. And, as we speak, our joint force is conducting a safe, responsible and deliberate strategic retrograde from Afghanistan in good order, while ensuring continued support [of] the Afghan National Security Forces."

Milley said the purpose of the United States military is to protect and defend the Constitution

of the United States of America against all enemies, foreign and domestic. He said this mission remains the same, but the conditions and strategies continually change.

"We are in an era of increased strategic competition," Milley said. "The current strategic landscape is witnessing rapid change and the potential for increased threat to the peace and stability of various regions and, indeed, the world. States and non-state actors are rapidly transforming technologically, and we are bearing witness to a fundamental change in the character of war."

Milley also said China is increasing its military capability at a very serious and sustained rate, and the United States must retain the competitive and technological edge against this pacing threat.

"Readiness, modernization and combat power are key to deter war and maintain the peace, and equally important are the combat multipliers of teamwork, cohesion and well-led units," the general said. "We must resolve the issue of sexual assault and confront the issue of extremism. Both are corrosive to the very essence of what it means to be in the military. And they

destroy cohesion, they destroy teamwork, and they reduce combat power. Additionally, we must continue to invest in [the] leader development and talent management required for the future operating environment. And, finally, we must continue to nurture and sustain a key strategic source of our strength, which is our network of many close allies and partners around the world."

The fiscal 2022 budget request does this, he said. "The Joint Force will deliver modernization with this budget of our armed forces and security to the people of the United States at the FY22

budget request," he said.

The budget required hard choices, but overall, it would deliver a "ready, agile and capable joint force that will compete to deter and win across all domains, and which is postured for continued dominance in the future," Milley said.

"Our job is to be your joint force," he said. "Our contract with the American people is that we, the United States military, will be able to fight and win. When called upon, we will support and defend the Constitution, always and forever."

Total Navy Battle Force: 296
Ships underway
 Deployed ships underway: 62
 Non-deployed ships underway: 39
 Total ships underway: 101
Ships deployed by fleet
 Fleet Forces: 1 3rd Fleet: 2
 4th Fleet: 2 5th Fleet: 22
 6th Fleet: 18 7th Fleet: 53
Total: 98

Where are our ships at sea

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of June 14, 2021, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

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One of the Navy's top shipbuilders to hire 3,000 full-time workers amid service's push toward 355-ship fleet

by Caitlin Doornbos,
Stars and Stripes

WASHINGTON - Huntington Ingalls Industries, one of the Navy's main shipbuilders, announced plans to hire about 3,000 full-time workers to build ships at its Pascagoula, Miss., shipyards as the service pushes toward its 355-ship fleet goal.

The nation's largest military shipbuilder is launching the hiring campaign "as part of its future growth plan," the company's shipbuilding division, Ingalls Shipbuilding, said in a statement issued June 9.

"It's vital to our mission that we have a quality workforce with the capacity to fulfill all current and potential naval contractual obligations," Huntington Ingalls spokeswoman Kianna Mitchell said last Thursday. "As we continue to execute on our significant backlog, account for normal attrition and enter into new contracts in the coming years, we will continue to bring new shipbuilders to our team."

In February, the company had a backlog of shipbuilding projects worth \$46.5 billion to complete in 10 years, *The Virginian-Pilot* reported at the time.



Ingalls Shipbuilding in Pascagoula, Miss., has been awarded a contract with a potential total value of \$724 million for planning yard services in support of in-service amphibious ships. Huntington Ingalls Industries Facebook

Since then, Ingalls Shipbuilding has won more than \$3.6 billion in new Navy contracts for work including advance procurement of a yet-to-be-named America-class amphibious assault ship and the refueling and overhaul of aircraft carrier USS *John C. Stennis*, according to its website.

It's also the only American designer, builder and refueler of nuclear-powered aircraft carriers and one of just two shipyards that can design and build nuclear-powered submarines, according to the company's website.

The move comes as the Navy works to increase its fleet by nearly 60 ships to reach its congressionally mandated goal of a 355-ship fleet. Congress in the 2018 National Defense Authorization Act, which sets annual spending and policy priorities for the Pentagon, ordered the service to work toward 355-ship goal "as soon as possible."

However, the Navy's proposed 2022 budget asks for just eight new ships - an amount not enough to help the service reach its goal, Rear Adm. John Gumbleton, deputy assistant

secretary of the Navy for budget, has recently said.

The company didn't specify whether the hiring campaign was directly linked to the Navy's promised growth, but the initiative aims to "attract the talent we need to build ships that protect and defend our nation," the company's Vice President of Human Resources and Administration Edmond Hughes said in the statement.

Ingalls Shipbuilding's acquisition team held a hiring event in Pascagoula last Thursday to help find candidates for the 3,000 positions after recruiting trips across Mississippi, Alabama and Louisiana. Once hired, the shipbuilders will join the more than 41,000 H-I employees, according to the statement.

"Workforce development is critical to the sustainment of a strong talent pipeline," Ingalls Shipbuilding Vice President of Operations George S. Jones said in the statement. "We maintain longstanding partnerships with local schools and community stakeholders to make training opportunities readily available to those who want to start their career in shipbuilding at Ingalls."

The hiring campaign also comes as Congress mulls the Supplying Help to Infrastructure in Ports, Yards and America's Repair Docks Act of 2021, or SHIPYARD Act, which would

provide \$4 billion to private shipyards such as Huntington Ingalls and another \$21 billion to the Navy's aging public shipyards for infrastructure improvements during a 20-year period.

Air Force

- Royal Danish Air Force brings deployment tradition to Shaw
- Current PCS, household goods affected by supply shortages
- Air Force coins official Maintenance Duty Uniform, adds immediate wear of tactical OCP caps
- Air Guard's 'Baby Doc' overcomes early health condition to become leader in pandemic battle
- Air Force readdresses women's hair standard after feedback

- Crash in the ocean: Air Force aids TBM Avenger pilot
- Alaska Air Guardsmen build homes for Cherokee veterans

Army

- 4th ID Soldiers first to receive counter UAS threat training at home
- Sustained funding necessary to ensure future readiness, vice chief says
- Longer distances, remote teamwork to drive Project Convergence 21
- 2nd SFAB leaders discuss recent Africa mission, plans to extend advisory footprint
- Promotion boards to receive adverse information earlier when considering officers



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Medal of Honor Spotlight: Air Force Col. William A. Jones III

by Katie Lange, DOD News

Pain can often cloud your judgment, especially under extreme duress, but not for Air Force Col. William A. Jones III. As a pilot in Vietnam, he remained in control of his charred plane long enough to fly nearly 90 miles to relay information that would help save another pilot's life. For his valiant effort, despite his many injuries, he earned the Medal of Honor.

Jones was born May 31, 1922, in Norfolk, Va. He grew up in the town of Warsaw before his family moved to Charlottesville at age 7. Jones' mom was a teacher, his dad was an attorney and his grandfather, the senior William Jones, had been a U.S. representative who authored the bill that granted independence to the Philippines.

Jones finished high school early and went to the University of Virginia, where he graduated at age 19 with a degree in Spanish. From there, he entered the U.S. Military Academy in 1942. At West Point, he was known to be determined, confident and a scholar who competed on the school's fencing team.

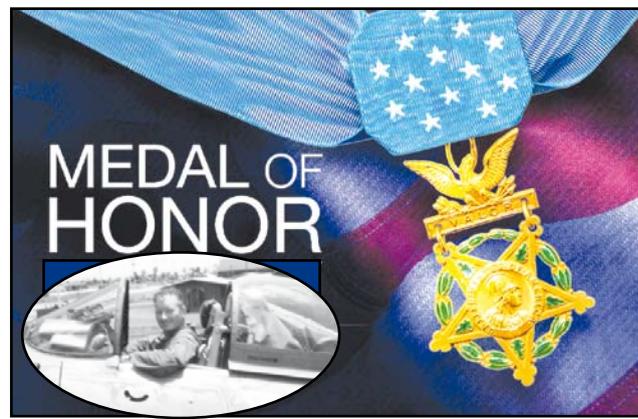
Jones was commissioned into

the Army Air Corps in 1945, eventually transitioning to the Air Force when it became its own service in 1947. Within the first few years of his piloting career, he met and married Lois McGregor, and they had three daughters.

Jones hopped duty stations for several years, including a stint in the Philippines in the late 1940s. He went to the Air War College in Alabama and received his master's degree in international affairs in 1965 before switching to an administrative role. But he longed to return to the air, so as a lieutenant colonel, he was sent to Vietnam to command the 602nd Special Operations Squadron. The air commandos were operating out of Nakhon Phanom Royal Thai Air Base in Thailand.

On Sept. 1, 1968, Jones led a flight of four propeller-driven A-1H Skyraider aircraft to escort two helicopters sent to rescue Capt. Jack Wilson, the pilot of an F-4 Phantom that went down near Dong Hoi, North Vietnam. Wilson successfully ejected but landed near a well-defended enemy supply road.

During the rescue mission, Jones' aircraft was repeatedly hit by heavy antiaircraft fire as he made low passes over the ground to search for Wilson. One hit filled his cockpit with



(inset) Lt. Col. William A. Jones III smiles in the cockpit of a Douglas A-1H Skyraider while in Vietnam in 1968. Official Air Force photo

smoke, but he kept looking for the downed pilot.

Jones soon saw Wilson near a giant vertical rock formation. However, rescuers couldn't get to him because enemy gunners at the top of the rock were firing at Jones, who couldn't fire back for fear that he would hit Wilson. Once another crew told Wilson to move locations and had confirmation that he'd done so, Jones went back and fired on the enemy gunners with cannon and rocket fire. However, on his second pass, Jones' aircraft was hit several times.

One round struck the ejection mechanism right behind Jones' headrest, igniting the system's rocket that propels the pilot upward. Flames erupted

in the plane's central fuselage and engulfed the cockpit. To survive, Jones set off the system to jettison the canopy. According to his Medal of Honor citation, "the influx of fresh air made the fire burn with greater intensity for a few moments, but since the rocket motor had already burned, the extraction system did not pull Col. Jones from the aircraft."

A retelling of the incident in a 2014 edition of the *Air Commando Journal* said that Jones' oxygen mask was burned beyond use and that his helmet visor and the gauges and knobs on his instrument panel had melted. Jones himself suffered burns all over his body.

Miraculously, the plane was still able to fly. Even though

Jones was in searing pain, he managed to get the aircraft to climb. He tried to let the other aircraft know where Wilson and the enemy gunners were, but his transmissions were blocked by the other pilots' calls to him to bail out. Quickly, most of Jones' transmitters stopped working. He was left with only one receiving channel and no way to communicate.

Jones decided his best option was to fly the still-operable aircraft to his home base so he could pass on the vital information about Wilson's whereabouts. He used hand signals to let his wingman know what he was doing. That wingman then helped direct him back to their base about 40 minutes away.

Once Jones landed the damaged aircraft, he refused medical help until he was able to relay the information about the downed pilot. Thanks to his courageous efforts, Wilson was rescued later that day.

Jones was transferred to Japan and then Brooks Army Hospital at Fort Sam Houston, Texas, where he received extensive treatment for his burns. When he fully recovered, he requested to return to his combat tour.

Tragically – after surviving all of that – Jones died 15 days later on Nov. 15, 1969.

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C4 explosives recovered months after disappearing from Marine Corps base in California



by Chad Garland,
Stars and Stripes

Several pounds of C4 explosives have been recovered nearly six months after they went missing from a Marine base in California, investigators said, but no suspects have been arrested.

The Naval Criminal Investigative Service is continuing the probe that began after the powerful explosives were reported missing from Marine Corps Air Ground Combat Center Twentynine Palms in January, spokesman Jeff Houston said in a brief statement June 15.

“No arrests have been made and no charges have been filed at this time,” Houston said. “Out of respect for the investigative process, NCIS will not provide further details while the investigation is ongoing.”

Military officials suspected the roughly 10 pounds of plastic explosive might have been stolen during an exercise, San Diego’s ABC10 News reported earlier this year.

About 3,500 Marines and Sailors from the 2nd Marine Division from Camp Lejeune, N.C., the 1st Marine Division from Camp Pendleton, and other units from and North Carolina were taking part in the Integrated Training Exercise 2-21 at Twentynine Palms at the time.

Located about 150 miles east of Los Angeles in the Mojave Desert, the training installation is the largest Marine base in the world at 932 square miles. More than 11,000 Marines and sailors are stationed at the combat center, a base website says.

C4 is a powerful, pliable explosive that usually comes in thin, 1 ¼-pound blocks or packed in white plastic containers.

Some 1,900 military firearms

Marines detonate obstacle-breaching Bangalore torpedoes during an exercise at Twentynine Palms-November 2019. Nearly six months after they went missing from Twentynine Palms, several pounds of C4 explosives have been recovered, an official said, but no suspects have been arrested. Marine Corps photo by Colton Brownlee

were lost or stolen from 2010 to 2019, *The Associated Press* reported Tuesday in an in-depth investigation that found some of those weapons had turned up later on America’s streets. While the report focused on firearms such as machine guns and automatic rifles, explosives had also disappeared, the AP

reported, including armor-piercing grenades that wound up in an Atlanta backyard.

Sen. Richard Blumenthal, D-Conn., on Tuesday called the report “blood curdling,” and urged Army leaders to investigate during a Senate Armed Services Committee hearing.

Navy, Coast Guard conduct operations in Eastern Pacific

by MC1 Felicito Rustique

PACIFIC OCEAN - The Navy and Coast Guard are conducting integrated operations in the Eastern Pacific Ocean in support of the Tri-Service Maritime Strategy.

Navy guided-missile destroyers USS *O’Kane*, USS *Howard*, USS *Chafee*, USS *Kidd* and USS *Michael Murphy* (DDG 112) along with Coast Guard cutters *Midgett* (WMSL 757) and *Oliver Berry* (WPC 1124) are operating together to promote joint force interoperability.

“These operations enable the Navy-Coast Guard team to maintain our nation’s advantage at sea,” said Cmdr. Scott Maloney, *Murphy*’s commanding officer. “Working with our Coast Guard counterparts has allowed us to expand interoperability between our AEGIS weapons system and their unmanned systems.”

“The Coast Guard is an indispensable partner in an integrated, all-domain naval force. Together, we remain ready to uphold maritime governance, support partners, and counter malign behaviors throughout the world.”

Maritime forces routinely operate together throughout the region to advance freedom of navigation, the rule of law, and other principles that underpin security in the Indo-Pacific.

“The U.S. Coast Guard provides a unique suite of capabilities and authorities to the joint force that complements Navy assets and capabilities,” said Capt. Alan McCabe, *Midgett*’s commanding officer. “Combined operations like this one provide the Coast Guard an opportunity to bolster our interoperability with the Navy and ensure readiness that facilitates a free and open Indo-Pacific consistent with international rules and norms.”

As an integral part of U.S. Pacific Fleet, U.S. 3rd Fleet operates naval forces in the Indo-Pacific in addition to providing realistic and relevant training necessary to flawlessly execute our Navy’s timeless roles of sea control and power projection. U.S. 3rd Fleet works in close coordination with other numbered Fleets to provide commanders with capable, ready forces to deploy forward and win in day-to-day competition, in crisis, and in conflict.

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3rd Fleet hosts RIMPAC Initial Planning Conference

SAN DIEGO - Commander, U.S. 3rd Fleet hosted the Initial Planning Conference for Exercise Rim of the Pacific (RIMPAC) 2022 at Naval Base Point Loma, June 1 to 10.

More than 300 personnel from countries scheduled to participate in RIMPAC 2022 attended the virtual IPC to begin preparations for the exercise. RIMPAC 2022 is currently scheduled to be in-person.

"This initial RIMPAC conference embodies our exercise theme of capable, adaptive partners. Working alongside familiar RIMPAC partner nations as well as new participating nations, the past 10 days have given us all the opportunity to establish relationships within a multi-national framework," said Vice Adm. Steve Koehler, commander, U.S. 3rd Fleet.

"The trust we develop today through this conference is what will give us the war-fighting edge tomorrow and we look forward to a robust

and successful RIMPAC next summer."

The event affords attendees the opportunity to disseminate information and initiate planning for RIMPAC 2022.

nation representatives have successfully ensured we are coordinating the necessary information to move on to more detailed planning."

RIMPAC 2020 featured



"The initial planning conference is the official stepping-off point for our multi-national planners to shape the exercise," said Australian Navy Lt. Cmdr. James Dobson, RIMPAC 2022 coordinator. "During the past two weeks, the team at Third Fleet alongside our partner

at-sea-only training events conducted around the Hawaiian Islands in light of the COVID-19 pandemic. The at-sea-only construct for RIMPAC 2020 was developed to ensure the safety of all military forces participating by minimizing shore-based contingents. Commander, U.S. Pacific Fleet crafted the modified RIMPAC plan as a way to conduct a meaningful exercise with maximum training value and minimum risk to the force, allies and partners, and the

people of Hawaii.

RIMPAC 2020 included 53 replenishment-at-sea events, 101 pallets of cargo distributed, over 16,000 rounds of small arms munitions shot, over 1,000 large caliber weapons fired, 13 missiles expended, and 1,100 pounds of mail delivered.

RIMPAC began in 1971 and was held annually until 1974, when it became a biennial exercise due to its scale. The founding nations were the United States, Australia, and



Operations Specialist Seaman Abigail Talton tracks surface contacts aboard USS *Rafael Peralta*. Navy photo

USS *Rafael Peralta* keeps U.S. presence in Sea of Japan

by Petty Officer 3rd Class Dan Serianni

Sea of Japan - San Diego-based USS *Rafael Peralta* (DDG 115) concluded a 5-day multi-domain maritime presence operation in the Sea of Japan June 15.

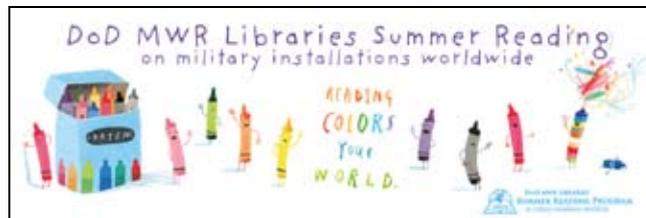
The Arleigh Burke-class guided-missile destroyer routinely operates across the U.S. 7th Fleet area of operations, maintaining the necessary readiness, flexibility and agility to respond to changes in the maritime environment.

"The Navy's presence in the Sea of Japan allows us to uphold the law of the sea, as part of the rules-based international order," said Cmdr. Jeffery Murawski, the ship's skipper. "Our ability to operate efficiently as joint and combined forces is a fundamental strategic interest and a defining factor for the future stability of the Indo-Pacific region."

Rafael Peralta performed multiple evolutions to include a live-fire gunnery exercise, maritime strike operations, flight operations, Tomahawk Land Attack Missile training and visit, board, search and seizure training. The Tomahawk strike team demonstrated the ship's ability to track, target, and engage threats from the sea, air or land in support of a range of mission areas. This training maintains tactical and technical proficiency, integrate

updated tactics, and utilize best practices to safely employ tomahawks. *Rafael Peralta* also conducted a complete high-caliber live-fire exercise using the close-in weapons system rail gun and Mk 38 25mm chain-fed machine gun.

These exercises train Sailors on the ship's offensive and defensive capabilities against surface and air threats, and are designed to address common maritime security priorities and concerns, enhance interoperability and communication, and develop relationships to mutually benefit U.S. forces in the future.



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LOCAL SNAPSHOTS



MCAS MIRAMAR
June 11, 2021

Col. Charles B. Dockery, the commanding officer of Marine Corps Air Station Miramar, and Mark Wahlberg, an American actor, work out together at the F45 Training gym. Dockery, and a selected few other service members and civilians, worked out during the grand-opening of the F45 Training gym. Photo by Sgt. Jorge A. Rosales



CAMP SAN LUIS OBISPO
June 12, 2021

California State Guard 1st Lt. Kathleen King and Chief Warrant Officer 3 Suzy Shimonishi of the 26th Mounted Operations Detachment return from a Search & Rescue mission as part of their annual training exercise. Photo by Staff Sgt. Zak Lara



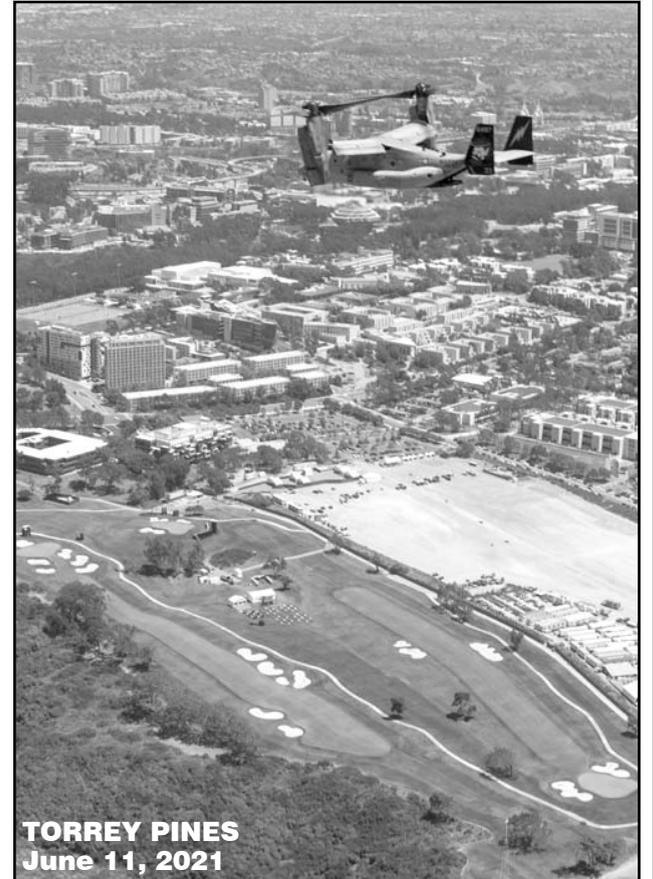
NAS NORTH ISLAND
June 11, 2021

Rear Adm. Dave Welch, commander, Carrier Strike Group 15, delivers remarks during CSG 15's change of command ceremony. Navy photo by MC2 James Hong



USS TULSA, at sea
June 13, 2021

USS Tulsa littoral combat ship (LCS 16) conducts routine operations in the Philippine Sea. Tulsa, part of Destroyer Squadron (DESRON) 7, is on a rotational deployment operating in the 7th fleet area of operations. Navy photo by MC2 Colby A. Mothershead



TORREY PINES
June 11, 2021

A Marine Corps MV-22B Osprey with Marine Medium Tiltrotor Squadron 362, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, conducts routine flight operations over Torrey Pines Golf Course during preparations for the 2021 U.S. Open. Marine Corps photo by Lance Cpl. Juan Anaya

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Mayonnaise & machinations: How I get my husband to eat his veggies

"Where's the mayo?" our daughter asked recently while standing in front of the open refrigerator doors. I misdirected her to a bin of condiments, and when she couldn't find it there, I thought we ran out and suggested mustard for her sandwich instead.

"Mayo's there. Bottom shelf, bang a left at the cheese," my husband Francis said without looking up from his newspaper. And there it was, a big jar of Hellmans, exactly where he said it would be. If he had been asked to locate a green pepper, almond milk, yogurt, carrots, or Brussels sprouts, we'd still be waiting, but he knows exactly where to find the mayonnaise.

When we were dating in the early nineties, and Francis showed me his apartment, I recall being amazed at how few food items his kitchen contained. Of course, there was a large jar of mayonnaise in the refrigerator, but it was only accompanied by a bag of onions, a gallon of milk, a bottle of ketchup, a block of Swiss cheese, and a package of bologna. Above the fridge sat a massive barrel of pretzels and a loaf of white bread. In the cabinet, nothing but garlic powder, coffee, a dusty can of soup, and a box of Shake 'N Bake apparently left there by his old girlfriend.

On the counter sat a lonely toast-

er, and most unfortunately, his cat Buffoon's litter box. (Experts say that women shouldn't try to change their men, but Francis could tell by the horrified look on my face that the cat box on the counter was a potential deal breaker. On my next visit, it had been banished to the bathroom.)

Like many men, Francis has never been a fan of vegetables, especially the nutritious ones. With the exception of corn (heaped in a buttered pile), potatoes (deep fried and accompanied by ketchup, practically a vegetable itself), and onions (which men like in crunchy raw rings that linger on their breath the next day), Francis avoids vegetables unless they are cleverly disguised.

Enter mayonnaise. Husbands may turn their noses up at carrots or cabbage, but when shredded and swimming in heaps of mayonnaise sweetened with a little sugar, these vegetables become a delicacy — creamy cole slaw. I won't tell Francis that carrots are loaded with vitamin A and beta carotene, and cabbage is an excellent source of vitamin C, a potential turnoff to any man that regularly eats bologna.

After 27 years of marriage, I know how to get Francis to eat his veggies. While I haven't tried spooning them into his mouth while making airplane noises like I did with our three kids, I've learned that steamed broccoli will make its way into Francis's stomach when slathered with melted cheddar cheese. Green beans become edible when swimming in cream of mushroom soup and

topped with crunchy fried onions. Mushrooms must be stuffed with sausage. Peppers must be filled with rice and ground beef. Squash, zucchini, eggplant and spinach are palatable when layered in lasagne with ricotta and mozzarella cheese.

Although Francis' favorite salad — macaroni — contains no discernible vegetables, I serve him green salads on a regular basis. Keep in mind, however, that these cannot be tossed lightly in balsamic vinaigrette, unless I want Francis to nibble reluctantly at lettuce leaves and push radish slices around his plate. But with unfettered access to a bottle of ranch dressing, he's game. If I had a nickel for every time I've watched him squeeze unmeasured blobs of ranch dressing onto a perfectly healthy salad with an obnoxious "pplllppp, plllpppp, pppllllp" sound...

"Hey Dad," our daughters have joked, "how about a little salad with that ranch?"

Before I am accused of being an overly judgmental spouse, let me admit that I have my share of unhealthy eating habits: a raging sweet tooth and a penchant for crunchy snacks. As many times as I've grimaced at Francis while he gobbles mayonnaise, he's witnessed me methodically down an entire bag of Fun-Sized Almond Joys in one sitting, or turn a can of Pringles over my open mouth to tap in the last remaining crumbs.

Nobody's perfect, I guess. And when all else fails, there's always multivitamins.

AutoMatters™ & More



by Jan Wagner

In 2020, due to COVID-19, the San Diego County Fair had to be cancelled but, after a two-year interruption, COVID restrictions are being lifted and a somewhat scaled-back version of the fair has returned, just in time to welcome locals and out-of-state visitors in 2021.

This year's theme is "Home Grown Fun." You'll find plenty of live entertainment, fair food, rides, shopping and more.

Of course, this just would not be the San Diego County Fair without plenty of live animals. Returning to entertain young and old alike are the exciting "Swiftly Swine Racing Pigs."

Nearby are the agile and talented "Extreme Dogs," racing through the obstacle course and leaping into the air and over the water to grab a flying disc with their teeth.

Pacific Animal Productions introduces us to a variety of wildlife, including an owl, tarantula and a hedgehog, that you can see rolled into a ball.

Before, during and after all this fun, there is plenty of great fair food available to recharge your energy supply. Tempting your taste buds will be Australian Battered Potatoes, corn on the cob, Giant Smoked Turkey Legs, dipping dots, Chicken Charlie's totally fried frog legs and Buffalo Chicken Cones, and so much more.

Ride the giant Ferris Wheel, where you will be able to enjoy views not only of the fair, but also of the Pacific Ocean and inland.

After two-year interruption, the San Diego County Fair rebounds

There is a colorful, whimsical carousel and many more family-friendly rides. There's even a live pony ride!

Another fair favorite is the shopping. Exhibit Hall, Seaside Pavilion and Bing Crosby Hall are packed full of everything from convenient kitchen gadgets and home décor items, to spas, Russian nesting dolls, wooden carvings, movies on DVDs and so much more.

In Agri-Land, you'll discover kid-sized tractors and the Hollandia Dairy's daily milking demonstrations, to show kids (and yourself) where the milk in the fridge comes from. Continue your discovery at home, by planting the seed that you can take with you, where it will turn into a radish, head of lettuce, herb or sunflower.

As in years past the fair has beautifully crafted gardens, complete with dioramas and scale model trains, brought to you by engineers from the San Diego Garden Railway Society. You'll also see an exhibition of giant animated creatures!

You will marvel at the amazing ability of a juggler, as he wheels around the fairgrounds balancing atop his unicycle.

Godfrey the Magician is back once again to dazzle everyone with his magic tricks and sleight of hand.

Something else that you can always count on at the fair is live music. The "Jackstraws Surf Band" entertains with their own brand of home grown fun. They have served as the unofficial greeters of the San Diego County Fair for over a dozen years. Look for them between 11 a.m. and 3 p.m.

But that's not all. In addition to a variety of local musicians at the fair's West Gate, from 4 to 8pm check out the instrumental group

"Juice Box," as they perform on drums, keyboard, guitar and bass. Their repertoire ranges from Jimmy Hendrix to Herbie Hancock, funk, soul and jazz.

What would a county fair be without contests? On the Home Grown Fun Stage, daily contests will include bubble gum blowing, corn husking (it's not as easy as it looks. Trust me on that!), something called "Upcycled Aprons" and Patriotic Cupcakes.

Demonstrations on the Home Grown Fun Stage include photography, floral arrangement and other hobbies.

Don't miss the Paddock Tavern, where you will be able to make a crafty project to take home with Gather by Charity Wings.

Toyota and General Motors have displays of their new vehicles, as well as cool free gifts.

"Home Grown Fun" runs 11AM - 9PM (closed Mondays and Tuesdays) through the Fourth of July (closed Mondays and Tuesdays), capping off the fun with a special Fourth of July fireworks extravaganza.

The fair is an excellent value for the whole family. Limited admission tickets are only \$10 per person, ages six and older, and a discount offer is available. Due to COVID restrictions, the tickets and parking may only be purchased online, in advance. For more information, and to order your tickets and parking, go to: <https://sdfair.com>

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #696" in their search bar. Please send your comments to AutoMatters@gmail.com. Copyright © 2021 by Jan Wagner - AutoMatters & More #696

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9	2	8	5	6	4	7	1	3
5	7	1	8	9	3	4	2	6
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SD NAVY COMMUNITY REC

Naval Base Point Loma Waterfront Programs

Kayak 101, June 19, Harbor Drive Marina, \$12
 Stand Up Paddle Board 101, June 20, Harbor Drive Marina, \$12
 Kayak Tour, Jun 26, Smugglers Cove, \$15

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Fri, June 18. Doors open 6:30. Take {Sive} On The Greens Grille & Bar, Bldg. 800, Sea N' Air Golf Course, NAB Coronado. Laugh the night away. Pre-order menu available. Register at navylifsw.com/sdc

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Coronado Camp Out on Breakers Beach Aug. 6-7

Naval Base Coronado is happy to host our annual Campout on Breaker's Beach Friday, Aug. 6-7! All registered patrons will enjoy camping under the stars to the soothing sound of waves, and outdoor movie, a live hula class instruction and a morning boot camp type workout, sponsored by NBC Fitness! Event is free, with option to add the Comfort Package of dinner & breakfast items for additional costs! All campers must supply their own camping gear and food is NOT included for free. Register now! <https://runsignup.com/Race/CA/Coronado/beachcampout>

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Roy's sudoku

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

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Friday, June 25
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Saturday, June 26
 3pm A Quiet Place (PG-13) - FREE SHOWING
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June is PTSD Awareness Month

Is It PTSD? When you have PTSD, it's hard to feel safe. The traumatic event – natural disaster, combat, sexual assault, accident – can take hold, and you find you can't stop thinking about it.

Maybe you have nightmares and trouble sleeping. Maybe you feel on edge and unsettled or don't find pleasure in things you used to enjoy. Maybe you feel it's just easier to be alone.

Feelings like these are common after going through a trauma. For most people, they pass in a few weeks or months, but for others they are long lasting. PTSD symptoms fall into four categories: reliving or re-experiencing the event, avoiding things or places that remind you of the event, negative changes in beliefs and feelings, and hyperarousal or being on guard.

For someone to be diagnosed with PTSD, they need to have symptoms in all four categories. PTSD symptoms can happen at any age, and they come and go. Only a mental health care provider can diagnose you with PTSD. And, knowing if you have PTSD is the first step to getting effective treatment.

So, it is important to talk with a doctor if you think you have symptoms. There are effective treatments even if you have been living with symptoms for years.

Keep in mind that you're not alone. And, there are treatments that will help you feel better and take back control of your life. Be the advocate – take that first step for yourself.

Learn more about PTSD symptoms at the National Center for PTSD. <https://www.ptsd.va.gov/>



Community Immunity: How vaccines protect us all

Parents know that kids are vulnerable to a host of infectious diseases. Research supported by NIH and others proves that the benefits of vaccines in preventing illness and death greatly outweigh the risks.

The list of childhood diseases can be overwhelming: measles, mumps, rubella, diphtheria, pertussis, polio, meningitis, influenza and rotavirus. In the era before vaccines, many children in the U.S. died or became disabled from these diseases. Many still do in countries and regions with lower vaccination rates.

With all the international travel in the world these days, it's im-

portant to keep vaccines, or immunizations, up to date. Here's just one example of what might happen if you don't. By 2000, immunization had practically wiped out measles in the U.S. But a measles outbreak in 2005 was traced to one unvaccinated U.S. resident infected during a visit to Europe. The returning traveler infected American children who hadn't been vaccinated because of safety concerns—despite studies showing that childhood vaccines are safe and effective.

A major epidemic didn't emerge that time. That's because enough people in the surrounding communities had already been vaccinated against measles.

"The important concept," says Dr. Marc Lipsitch of the Harvard School of Public Health, "is that vaccinating people protects not only them, but others in the community. If I'm protected, I can protect others."

This type of protection is known as "community immunity" or "herd immunity." When enough of the community is immunized against a contagious disease, most other members are protected from infection because there's little opportunity for the disease to spread.

Newborns, pregnant women or people whose immune systems are weakened may not be eligible for certain vaccines. Yet even they

will get some protection because the spread of contagious disease is contained.

"Epidemiologists think of infections as chain reactions, whose speed depends on contagiousness," says Lipsitch. "The more contagious the disease, the more vaccination is required. The data tells us that herd immunity works."

"Infectious disease eradication is possible," says Lipsitch. Even when a disease—such as measles or Haemophilus influenzae type b—hasn't been completely wiped out, immunizations can reduce disease transmission, so that epidemics become less frequent.

Most COVID-19 restrictions end

by Katie Cadiao, County of San Diego Communications

California officially retired its 'Blueprint for a Safer Economy' tier system this week, lifting capacity and physical distancing restrictions for most businesses and activities in the region. This means that almost all sectors of the economy can return to pre-pandemic capacity limits.

Certain COVID-19 guidance will continue to be in place for large-scale event settings. Organizers of these so-called mega events with more than 5,000 people indoors, or more than 10,000 people outdoors will need to take extra steps to ensure the safety of attendees. People who attend mega events indoor will be required to show proof of vaccination or a negative COVID-19 test before they arrive at the venue.

Face covering mandates will remain in effect after tomorrow in nine settings: on public transit, indoors in K-12 schools and in childcare settings, in healthcare settings, long term care facilities, detention centers, homeless shelters, emergency shelters and cooling centers.

The state guidance will remain in place until at least October 1.



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