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THURSDAY, JUNE 24, 2021

NEW BOSS AT EXPEDITIONARY STRIKE GROUP

TO CONTINUE LEADING THE "WORLD'S MOST POWERFUL AMPHIB FORCE"

by Lt. Christopher Swain

Rear Adm. Michael Baze relieved Rear Adm. Philip Sobeck as Commander, Expeditionary Strike Group (ESG) 3 during a leadership turnover ceremony on board Naval Base Point Loma June 21.

Marine Corps Lt. Gen. Karsten Heckl, commanding general of I Marine Expeditionary Force (MEF), served as the guest speaker for the event. "The Navy and Marine Corps integration has proven its innovative capabilities and concepts make a lasting impact to our great nation under Phil Sobeck," said Heckl. "I'm grateful for his exceptional vision and significant leadership."

Rear Adm. Michael Baze, center, reports his assumption of duties as commander, Expeditionary Strike Group 3 to Vice Adm. Stephen Koehler, right, commander, 3rd Fleet, during a change of command ceremony. Baze relieved Rear Adm. Philip Sobeck, left, as commander of ESG 3. Navy photo by MC1 Jason Kofonow

As commander of ESG 3, Sobeck prepared all amphibious units within Third Fleet for a multitude of integrated operations and Amphibious Ready Group (ARG)/Marine Expeditionary Unit (MEU) deployments worldwide. He reflected on his time at ESG 3 during his remarks and thanked those who contributed to his success.

"I'm honored to have had the opportunity to serve the great men and women of this strike group and the Marines of I MEF," said Sobeck. "To have 15,000 Sailors and Marines in unison as the world's most powerful amphibious force speaks volumes to the work ethic and dedication of the men and women who serve our great nation."

"Rear Adm. Sobeck has truly elevated this globally responsive and scalable strike group to the next level of Blue-Green integration," said Vice Adm. Steve Koehler, commander, Third Fleet. "As a direct result of his leadership, ESG-3 Sailors and Marines go over the horizon equipped to deter our adversaries, assure our partners and, when directed, take the fight to any enemy, and win."

Baze most recently served as director for maritime headquarters (N4/5/8/9) at U.S. Naval Forces Europe and Africa, and Sixth Fleet in Naples, Italy. He commanded Helicopter Anti-Submarine Squadron Light 45 and USS *America* amphibious assault ship.

Full Tenant Bill of Rights implemented on Navy, Marine Corps installations

Military Housing Privatization Initiative, or MHPI, companies at all Department of the Navy installations have fully implemented all 18 rights contained in the Tenant Bill of Rights.

"The team did tremendous work with our privatized housing operators to arrive at full implementation of the Tenant Bill of Rights across the Department of the Navy's installations," said Todd Schafer, the acting Assistant Secretary of the Navy for Energy, Installations and Environment.

"Ensuring the implementation of the tenants' rights is an important step in our long-term plans to continue to improve transparency and communication for Service members and their families who live in public-private venture housing."

The MHPI Tenant Bill of Rights was created under the 2020 National Defense Authorization Act to ensure that Service members and their families who reside in homes and communities on DoD installations receive quality housing and fair treatment from the MHPI companies that operate and maintain privatized housing.

The universal lease framework, a key common document across the DoD, will begin to be rolled out for renewing or prospective new tenants over the next several months.

"We have privatized housing on 57 Navy and 19 Marine Corps installations. These installations are not only a workplace, but a home to many of our Sailors, Marines, DoN civilian employees and their families," said Schafer. "We owe it to our personnel to ensure access to safe, quality, and well-maintained homes."

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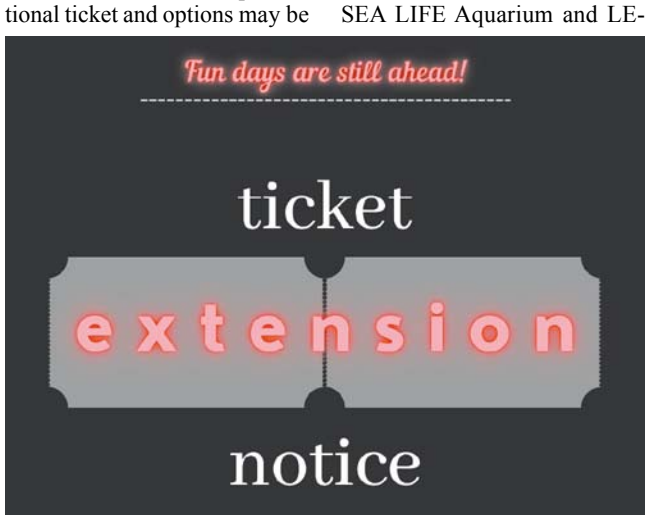

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Navy is struggling to retain surface warfare officers, according to watchdog report examining at-sea collisions

by Sarah Cammarata,
Stars and Stripes

WASHINGTON - Navy officers who focus on the safe operation of surface ships are switching jobs or leaving the military at higher rates than other service officers in similar positions, according to a government watchdog report released June 17.

The Government Accountability Office's report also found only 12 percent of female surface warfare officers stay in the job, compared with 39 percent of male SWOs. Overall, 33 percent of SWOs remain in the position compared with 45 percent of officers who are in similar Navy jobs.

A Sailor receives his surface warfare officer pin during a ceremony aboard littoral combat ship USS *Freedom* on Jan. 15, 2014. File photo by Donnie W. Ryan

Though Naval Surface Forces Command tracks separation rates for surface warfare officers by gender, it hasn't developed a plan to improve retention rates, according to the report titled "Navy Readiness: Actions Needed to Evaluate and Improve Surface Warfare Officer Career Path."

The GAO report is part of an ongoing response to two collisions at-sea that killed 17 sailors in 2017. That spring, guided-missile destroyer USS *Fitzgerald* collided with a merchant ship off the coast of Japan, resulting in the death of seven U.S.Sailors.

Later that year, John S. McCain *guided-missile destroyer* was struck by a chemical tanker off the coast of Singapore and Malaysia. Ten U.S. Sailors died as a result of the crash.

Some changes came after two internal investigations into the root causes of the 2017 collisions found challenges with training, qualifications and assignments as officers progressed throughout their career, according to the GAO report.

The Navy has taken small steps to improve officers' career paths, such as extending training and tours of duty to give more time to earn qualifications, but it has not fundamentally changed career paths for more than a century, the GAO said.

Rep. Rob Wittman, R-Va., said last Thursday during a House Armed Services Committee subpanel hearing that the "lack of leadership" among the surface warfare officers "continues to haunt" him. June 17 was the four-year anniversary of the USS *Fitzgerald* crash.

During the hearing, Wittman pressed Vice Adm. James Kilby, the Navy's deputy CNO for warfighting requirements and capabilities, on the results of the GAO report and how the Navy is addressing ongoing issues with surface warfare officers.

Specifically, Wittman pointed out a statistic from the report that found by a factor of four to one, surface warfare officers believe specialized career paths would better prepare them for their job than the current generalized career path.

"Without periodic evaluations of current approaches, including alternative career paths, and the use of those evaluations, the U.S. Navy may miss an opportunity to develop and retain proficient SWOs," the GAO wrote.

Surface warfare officers are "screaming for change," Wittman said during the hearing of the House subcommittee on seapower and projection forces to discuss the Navy's budget proposal for fiscal year 2022.

Kilby said he couldn't speak to the specific data from the study released publicly after the hearing ended.

However, he said: "We've done a lot of work, we feel, to professionalize and increase our mariner skill training. Some of those investments are still underway in Norfolk [Va.] and San Diego and will prove to be sufficient."

SWOs are trained to serve on all ship departments and all ship types. This training provides a generalist career path spanning across disciplines such as ship-driving, engineering and combat systems. But other Navy officers specialize in specific ship department areas.

"According to the commander, Naval Surface Forces, a generalist approach is the best career path for SWOs because commanding officers must know how to drive, fight, and lead on their ship, and SWOs with specialist career paths are less prepared for this responsibility than are SWOs with a generalist career path," according to the GAO report.

However, the GAO found a majority of surface warfare officers want a specialized career path. An estimated 65% of surface warfare officers want a specialized track, compared with 16 percnt who think a generalist model is best.

The GAO recommended the Navy develop a plan to improve retention, including female retention rates, and regularly evaluate its approach to training officers. The evaluation will then serve as a way to improve career options. The Navy concurred with all seven recommendations.

Navy
- USS Laboon Conducts Passing Exercise with British Royal Navy and Royal Netherlands Navy
- Naval Forces Rescue Mariners from Stranded Ship in Gulf of Aden
- BALTOPS 50 Comes to a Close
- Navy Seeks to Unleash the Potential of Unmanned Systems
- HSM-60 "Jaguars" Save Two Lives in Four Days

Air Force
- Air Force announces availability of final environmental study on Ground Based Strategic Deterrent ICBM recapitalization Test Program
- UIPE protective gear completes ground compatibility testing
- F-35A Demonstration Team storms over Deke Slayton Airfest
- Air, Space Forces leaders discuss, defend budget requests in congressional hearings
- Under Secretary of the Air Force nominee testifies during Senate Armed Services Committee hearing

Army
- AFC chief: 'Preference is deterrence' in regards to new capabilities for joint force
- Golden Knight, TV show host skydive above Army museum to honor former president
- 4th ID Soldiers first to receive counter UAS threat training at home
- Sustained funding necessary to ensure future readiness, vice chief says

Coast Guard
- Coast Guard, NOAA enforce Lacey Act off Florida coast
- USCGC Tahoma returns from 79-day counter-narcotics patrol working with Allies, partners
- Coast Guard, Navy conduct joint agency oil pollution response exercise
- Coast Guard kicks off Operation Be Whale Wise
- California, Oregon Coast Guard crews rescue 6 from sailboat taking on water 80 miles west of Crescent City
- Coast Guard suspends search for missing mariner near Port Angeles, Wash.
- Coast Guard welcomes new vice commandant

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U.S. officials continually assess status of Afghan retrograde

by Jim Garamone,
DOD News

U.S. leaders continually assess the progress of the retrograde from Afghanistan and the state of operations in the country and adjust accordingly, Pentagon Press Secretary John Kirby said June 21.

Secretary of Defense Lloyd J. Austin III has said the retrograde from Afghanistan is on pace. But, it is a dynamic situation in the nation.

The Taliban have attacked Afghan government bases and units. Kirby said that Austin and military leaders in the Pentagon, at U.S. Central Command and in Afghanistan, "are constantly looking at the pace we're going at, and the capabilities we have, and the capabilities that we're going to need throughout to complete the withdrawal," Kirby said. "So as we said, from the very beginning; while there is a schedule, we are mindful that that schedule could fluctuate and change, as conditions change."

Kirby said there are only two aspects of the Afghanistan retrograde that will not change: The first is the U.S. military will withdraw all U.S. forces from the country, and the second is the withdrawal will be finished by the September deadline set by President Joe Biden.

Other aspects of the Afghan situation are still being studied, Kirby said. Commanders at many levels are wrestling with what over-the-horizon counter-insurgency and over-the-horizon logistics will look like. The U.S. military can already provide the over-the-horizon support that the Afghan government will need, Kirby said, those capabilities already exist. Leaders are looking for better ways to perform the missions.

"[People] tend to forget that we already do have over-the-horizon capability when it comes to the counterterrorism threat in Afghanistan," he said. "Is it robust enough? Is it sustainable for the long term? Well, that's what we're looking at."

Austin has extended aircraft carrier USS *Eisenhower* in the region. He has deployed a bomber task force to the area. "Nobody is discounting how difficult this is," Kirby said. "But as the secretary said, difficult doesn't mean impossible, and we have the ability right now to reach any scrap of Earth that we believe we need to, should the risk warrant it."

Planners continue to look at ways to provide contractual support to Afghan forces once the retrograde is completed. "There's a range of options that we're looking at for how to continue to provide contractual support … specifically the Afghan Air Forces," Kirby said. "We're very actively working our way through that right now. We're looking at a range of options."

Defense, State agree: Diversity, inclusion important for mission success

by C. Todd Lopez,
DOD News

Diversity and inclusion are as important to the State Department's ability to conduct diplomacy as they are to the Defense Department's ability to defend the nation.

At a town hall meeting at the Pentagon for the department's industrial policy community, Stacy A. Cummings, who is performing the duties of undersecretary of defense for acquisition and sustainment, met with Ambassador Gina Abercrombie-Winstanley, the chief diversity and inclusion officer at the State Department, to discuss the importance of diversity and inclusion in the success of their respective agencies.

"The [secretary of defense] looks at the department, leading through values. And diversity, equity, and inclusion are part of our values as a country and our values as a department," Cummings said. "His intention is that we incorporate that into our work and everything that we do. It is a strategic imperative, and it's critical to mission success and accomplishment that diversity and inclusion are included in our strategies."

Cummings said leaders across the defense department have been challenged by Secretary of Defense Lloyd J. Austin III to leverage the strength of the total force, including military personnel, civilians and in the acquisition and sustainment community, industry partners as well.

> *We can only do that when we create an environment that's open for everyone to have ... not just a seat at the table, but a voice - and actually be able to share their thoughts.*

"The way that I personally think about diversity and inclusion is from the perspective of competing for talent," Cummings said. "In order for us ... to get the best possible capability, we need to have a structure and an environment that incorporates the totality of the United States of America as well as the capabilities of our allies and partners. And if we want to get the best skills, the best capability, the best thought, the best innovation, the only way for us to do that is to encourage everyone to want to compete to be part of our team."

When diversity and inclusion are at the forefront of defense leaders' decision-making, Cummings said, the best people will come forward to be part of not just the A&S team, but also to be a part of the teams that make up the industry partners who provide capabilities for warfighters. Diverse teams, she said, create diverse ideas that are more capable of providing the department with what it needs to keep the nation safe.

Those diverse ideas, she said, answer the call for the innovation and modernization at the center of the president's interim national security strategy.

"It is very strongly focused on bringing in innovation and modernization in a way that's affordable so that we can balance innovation and modernization with sustainment or continued current readiness," she said.

Refer to https://www.defense.gov/Explore/News/Listing/.

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Total Navy Battle Force: 296

Ships underway
Deployed ships: 62
Non-deployed ships: 33
Total ships: 95

Ships deployed by fleet
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4th Fleet: 2
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Total: 99

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Got returning-to-work trauma? How best to adjust

by Dr. Daneen Skube,
Tribune Content Agency

Q: *I was upset when I had to suddenly take my work home and only work remotely. Now, I'm doing well and am surprised that I'm upset and worried about returning to work in-person. How I can best adjust to returning to my office?*

A: You're in good company if you're feeling somewhat traumatized by the prospect of returning to in-office work. We're all creatures of habit, and once we adjust to something, we resist yet another change.

Psychological researchers have discovered that even positive changes like a better job, new baby or new marriage are extremely stressful. Being upset by change doesn't mean you're weaker than everyone else -- instead it is proof you're human.

Research on change breaks the concept into three categories: too little change/challenge, just right change/challenge (the "Goldilocks" zone), and too much change/challenge. Interestingly, if we have too little change in our lives, we get bored and stagnant -- and that is also stressful.

Since your company is discussing a return to offices, look closely at the timeline and details. Make a list of all the things you now enjoy about working from home. Make small changes now to find out how you can still enjoy these new habits while working more from your office.

A significant positive change of the pandemic is the flexibility employers will have about work from home. If your job worked well remotely during the pandemic, it isn't too early to start selling your manager on allowing at least part of your job to continue remotely.

Make sure you talk to your manager about their perceptions on critical in-person events in your office. When you propose continuing remote work, you must factor in your manager's priority for in-person events or they will simply turn you down.

When you list the benefits you discovered in working from home, think creatively about how to continue them in office. One of my clients dropped 50 pounds by turning most remote work meetings into walking opportunities. He's installing a walking desk in his in-person office so he can continue with his health improvement program.

The more you criticize yourself by thinking you're a wimp because you're upset about returning to your office, the harder your adjustment will be. We cannot fight ourselves and problem-solve creatively in the outside world at the same time.

Consider carefully how to do as much preparation as you can now so you keep yourself in that Goldilocks change zone. Don't wait until the last minute trying to ignore that you'll eventually have to return to some amount of in-person work.

What you want to aim for is that Goldilocks zone where you don't have to adjust to big change, so plan in advance the small steps you can take for an optimum return to your office.

The last word(s)

Q: I graduated from college a few years ago and have been trying to learn a lot of new skills in my current job. I succeed about 50% of the time. Do you think my failures will end up defining me as I start out my career?

A: No, as Samuel Barclay Beckett, Irish novelist, playwright, and poet advised, "try again, fail again, fail better." By being brave enough to fail with enthusiasm, we put ourselves in the optimum position to learn more and faster than anyone else around us!

Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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Fleet and Family Support Centers Career Services

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If you would like to schedule an appointment with one of their providers, call Centralized Scheduling at 1-866-923-6478. If you haven't been fully vaccinated against COVID, please wear a mask.

Looking for help with your resume? View our Resume Preparation video on our YouTube channel or download it from the download section.

FFSC's Employment Readiness and Transition Assistance programs are geared towards assisting military and family members finding meaningful employment. Sailors and their family members can come in for one-on-one assistance or attend workshops addresses launching a job search, career planning, resume writing, interview techniques, federal employment information, self-assessments, goal setting, and vocational tests.

FFSC workshops include Finding Federal Employment, Winning Interview Techniques, Owning Your Own Business, and Resume Writing. The FFSC Career Centers also offer computers, the internet, and job postings for your use.

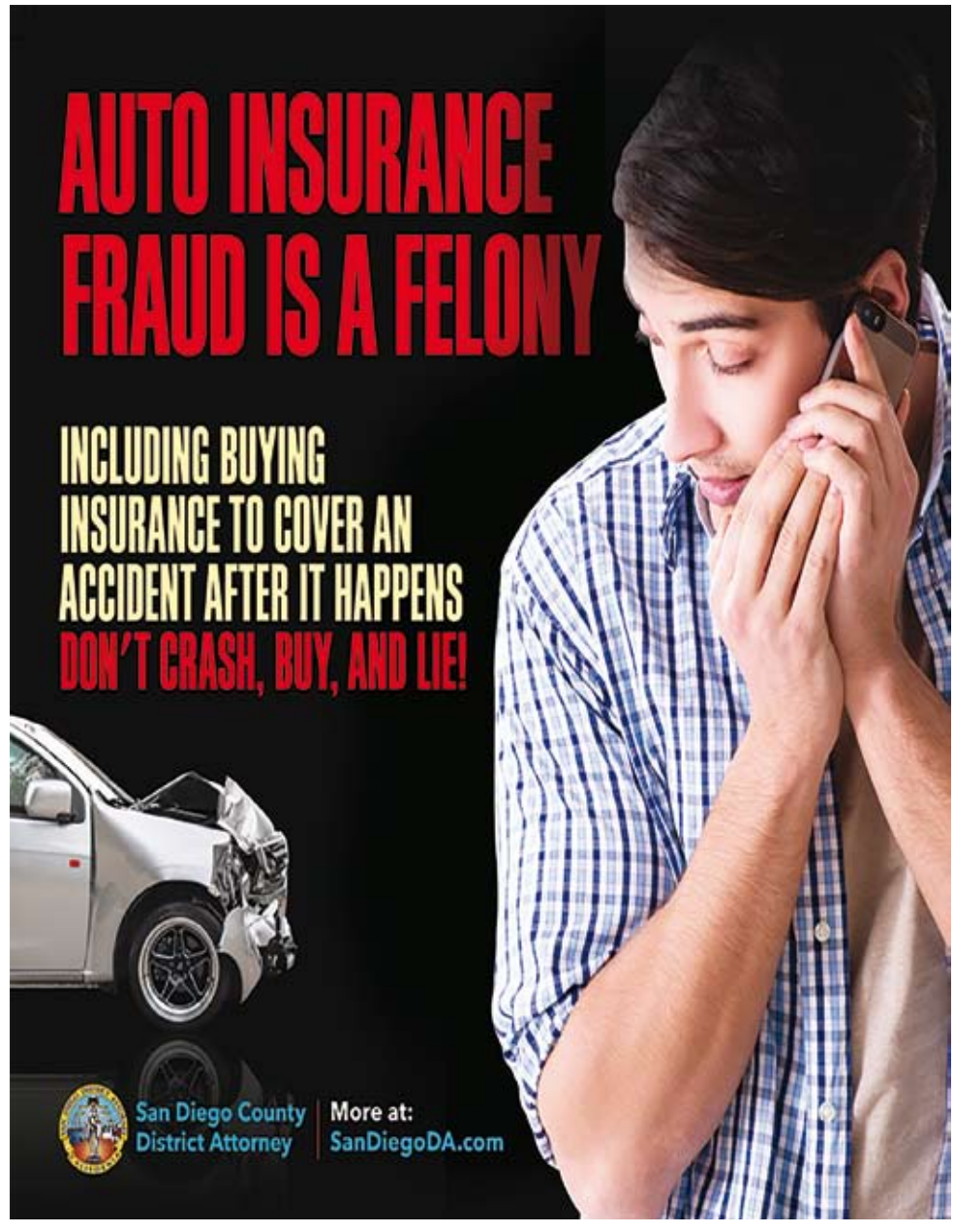
Transition Assistance Program prepares Sailors and family members to be substantially better prepared for civilian life. Service members depart the military "career ready" and with strategies that augment the job search process in today's market. Information on Veterans Benefits and resources are identified and reviewed.

TAP workshops are required for every service member separating from the military. The workshops are scheduled through your Command Career Counselor and your command, orders are required.

The Fleet and Family Support Center also provides services such as relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy and the transition assistance programs.

USO Summer Tour

- Join USO San Diego on June 29 for the return of USO tours.
- Entertainment line-up includes country music duo Locash, Miss America Camille Schrier, comedian Taylor Williamson, Lauren Daigle, Wilmer Vvalderrama, and DJ J Dayz
- The show begins at 8 p.m. at the Pacific Beacon on board Naval Base San Diego.
- View the registration link for further information, at *https://docs.google.com/forms/d/e/1FAIpQLSegTfKaHSYIiYWMua3yh2Jlvnm2Kvvwi-oiz72XSaY-aFVHVTQ/viewform.*
- *Important note for NMCI users: registration link will not be accesible from NMCI computers. Please use a non-NMCI computer to complete your registration.*



VA responds with record number of Fourth Mission assignments to assist America during pandemic

WASHINGTON - In response to the COVID-19 pandemic, since March 2020, the Department of Veterans Affairs has completed 150 Fourth Mission assignments nationwide.

COVID-19 mission assignments are carried out in coordination with the Federal Emergency Management Administration.

Assignments range in scope from:
- Deploying staff to other VA facilities.
- Placing VA staff in community medical and long-term care facilities.
- Caring for civilian in-patients at VA facilities.
- Helping local governments in need of COVID-19 testing, vaccines and staff.

"VA nurses, doctors and other staff have volunteered for more than 5,000 deployments supporting missions in State Veterans Homes, community medical facilities and nursing homes across the nation," said Acting Under Secretary for Health Richard Stone, M.D. "This past year has undoubtably been a challenging time in our history. Seeing VA staff rise to the challenge and volunteering to help others has remained a point of hope throughout this pandemic."

In addition to mission assignments, VA has provided nearly 1 million pieces of personal protective equipment to states and local governments since the start of the pandemic and admitted over 480 non-Veteran patients for COVID-19 care at VA medical centers.

VA's Fourth Mission is a statutory requirement to support states, territories, tribes and other federal agencies by providing resources and support in times of emergency. An independent report published by the Government Accountability Office in May, found VA in coordination with FEMA successfully achieved its mission serving as back-up for the nation's health care system.

Medal of Honor recipient from Iwo Jima battle welcomes great-grandson into the Marines

by Chad Garland,
Stars and Stripes

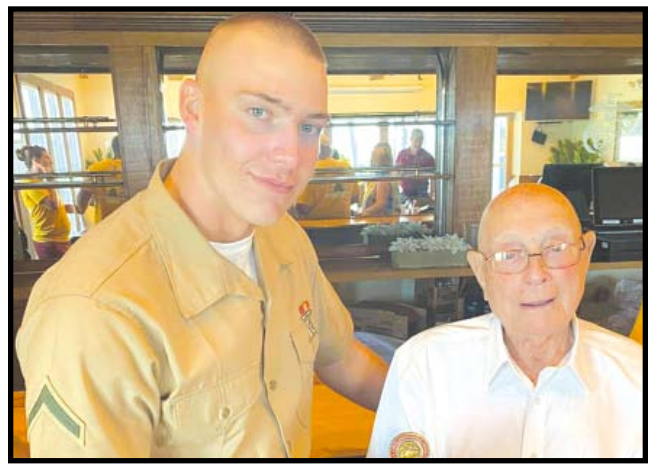
Cedar Ross got a word of advice before Marine Corps boot camp from a family member who knows a thing or two about the service himself.

His great-grandfather is Hershel "Woody" Williams, 97, the last living Medal of Honor recipient from World War II and a retired chief warrant officer.

"The only advice I think I gave him was to do the very best that he could and then do a little more," Williams said in a CBS Evening News interview.

Going "above and beyond the call of duty" at the risk of his own life earned Williams the country's highest medal for combat bravery during the Battle of Iwo Jima in 1945, while he was serving with the 3rd Marine Division.

Marine tanks were maneuvering in vain to clear a path for the infantry through a network of reinforced concrete pillboxes when Williams, then a corporal, volunteered his services, the award citation says.



Pfc. Cedar Ross, left, exchanged a challenge coin with his great-grandfather, retired Marine Hershel "Woody" Williams, right, the last living recipient of the Medal of Honor from World War II, after Ross graduated from Marine Corps boot camp June 18. Photo by Brent Casey

"Covered by only four riflemen, he fought desperately for four hours under terrific enemy small-arms fire and repeatedly returned to his own lines to prepare demolition charges and obtain serviced flamethrowers," it says.

He struggled back, "frequently to the rear of hostile emplacements," to wipe out seven machine guns, one-by-one.

At one point, he mounted a pillbox and inserted the nozzle of his flamethrower through an air vent, "killing the occupants and silencing the gun."

At another point, he charged Japanese riflemen who tried to stop him with bayonets and "destroyed them with a burst of flame from his weapon."

Williams is the namesake of expeditionary sea base USS *Hershel "Woody" Williams*, currently deployed to the U.S. 6th Fleet to support operations in Europe and Africa.

Ross was about halfway through boot camp before his drill instructors realized he was the descendent of the legendary Marine, CBS News reported.

"The chief drill instructor told me, 'Ross, you're going to have big shoes to fill,'" Ross said in an interview seated beside his great-grandfather. "I said, 'Yes, sir. Thankfully, I wear size 15.'"

Williams laughed. Last week, he visited Parris Island, S.C., to watch his great-grandson and some 350 other new Marines cross the parade deck during a boot camp graduation ceremony.

For his efforts during the rigorous 13-week training, Ross earned a meritorious promotion to private first class, a program for the event indicated.

June 18's ceremony was the first that family members were allowed to attend in-person since the COVID-19 pandemic began, and Williams was decked out in his dress blues to honor the newest Marines.

"They have said by their taking that oath, 'You may take my life, but you cannot take my country or my freedom," Williams said.

Veterans Village of San Diego leader presents homeless testimony to House subcommittee

Akilah Templeton, president and chief executive officer of Veterans Village of San Diego (VVSD), presented "Veteran Homelessness in the Wake of COVID-19" to the U.S. House of Representatives Subcommittee on Economic Opportunity June 16.

"COVID-19 has forever changed my opinion on what is possible in the veteran service space," said Templeton in her testimony. "I know that we can solve the problem of veteran hmelessness if we chose to approach it with the same sense of urgency used to respond to the virus.

"Our response to COVID-19 caused us to think outside of the box, that we act quickly, take risks and put our differences aside," she said. "We had one goal to beat COVID-19 before it beat us. COVID-19 proved that we can put our money, time and effort where it mattered when we agree that problem is worth solving."

Templeton said the heart and soul of the industry and how this virus has helped us to come together in ways before unimagined.

To watch the hearing in its entirety, visit *https://veterans.house.gov/events/hearings/veteran-homelessness-in-the-wake-of-covid-19.*

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Carrier Strike Group One arrives in Hawaiian Islands operating area

“Our strike group is prepared to carry out the full spectrum of missions, from humanitarian relief to combat operations. When a carrier strike group gets underway, we have to be ready for any contingency.”
Rear Adm. Dan Martin, commander, CSG-1

by MC1 Felicito Rustique

PACIFIC OCEAN - Navy units assigned to Carrier Strike Group (CSG) 1 are operating in the Hawaiian Islands Operating Area (HIOA) and continue to integrate operations with the Army, Marine Corps, Air Force, and Coast Guard.“Operating in Hawaii provides unique opportunities for Vinson to train jointly while positioned to respond if called,” said Vice Adm. Steve Koehler, commander, U.S. 3rd Fleet. “They train to a variety of missions, from long range strikes to anti-submarine warfare, and can move anywhere on the globe on short notice.”

USS *Carl Vinson* aircraft carrier transits the Pacific Ocean June 13. *Vinson* is currently underway conducting routine maritime operations in 3rd Fleet. Navy photo by MC3 Olympia O. McCoy

CSG-1 flagship *Carl Vinson* aircraft carrier, operates alongside Carrier Air Wing 2, Destroyer Squadron 1, guided-missile destroyers USS *O’Kane*, USS *Howard*, USS *Chafee*, USS *Dewey* and USS *Michael Murphy*.

“Training in the HIOA is an exciting opportunity to integrate with the other services in order to promote peace and maintain a free and open Indo-Pacific,” said Rear Adm. Dan Martin, commander, CSG-1. “We look forward to enhancing partnerships within the joint force as well as strengthening relationships with our allies and partners in the region.”

High level, joint and combined training among U.S. Navy forces ensures the U.S. military remains the preeminent military power in the region, capable of honoring its security commitments to allies, partners, and friends. Subsequently, Vinson will be conducting Combat Efficiency Operations to include integrated flight operations between CVW-2’s carrier-based aircraft and land-based Marine Corps and Air Force fighter squadrons, as well as U.S. Coast Guard C-130s.

In August 2020, *Vinson* completed a 17-month maintenance availability to receive major upgrades in order to support 5th generation aircraft, making Vinson the first aircraft carrier equipped to support both the F-35C Lightning II and CMV-22B Osprey. Upgrades include enhanced jet blast deflectors able to take the increased heat generated by the F-35C and the addition of the Autonomic Logistics Information System, which is the new computer network that supports the unique maintenance and tactical operations functions of the advanced aircraft.

With its recent modifications, no other weapons platform has the responsiveness, endurance, multi-dimensional capacity, inherent battlespace awareness or command and control capabilities of CSG-1.

Other components of the air wing include three U.S. Navy Strike Fighter Squadrons that fly the F/A-18 Super Hornet, one Electronic Attack Squadron that operates the EA-18G Growler, one Airborne Command & Control Squadron that operates the E-2D Hawkeye, one Helicopter Maritime Strike Squadron and one Helicopter Sea Combat Squadron. Through multiplatform integration, CVW-2 will provide fleet commanders the ability to achieve the advantage across multiple domains.

In addition to joint flight operations, U.S. Navy guided-missile destroyers are conducting joint operations with Coast Guard cutters *Midgett* and *Oliver Berry* expanding interoperability between AEGIS weapons systems and unmanned systems.

“Our strike group is prepared to carry out the full spectrum of missions, from humanitarian relief to combat operations,” said Martin. “When a carrier strike group gets underway, we have to be ready for any contingency.”

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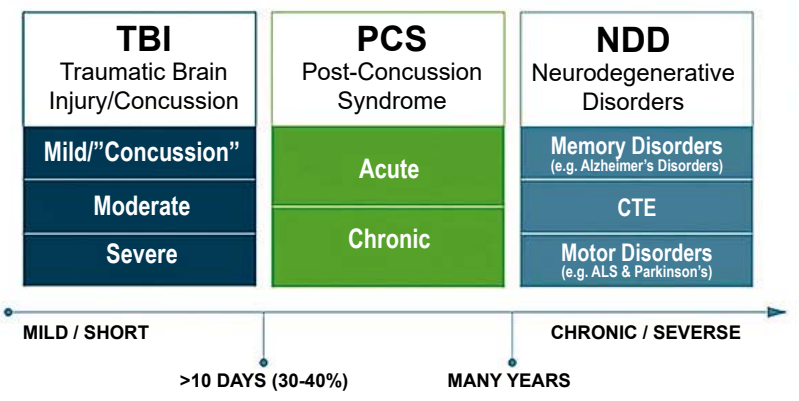

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Navy couple attached to IWTC San Diego and USS *Howard* reenlist together

SAN DIEGO – Although every Navy reenlistment is special, a recent one was even more meaningful as Senior Chief Sonar Technician Surface Ryan Markham and Chief Cryptologic Technician (Technical) Jennifer Ripslinger, husband and wife, reenlisted together aboard USS Howard (DDG 83).

Markham of Shreveport, Louisiana, the weapons department leading chief petty officer for USS Howard, and his wife, Jennifer Ripslinger of Davenport, Iowa, an instructor at Information Warfare Training Command (IWTC) San Diego, offered this was a serendipitous occasion as timing prevented previous attempts to reenlist together.

"Three years ago, my husband and I reenlisted within a week of each other, so for this one, we wanted to reenlist together," said Ripslinger. "Howard's schedule shifted dramatically, so I'm very appreciative that the ship and IWTC San Diego's chains of command were still able to allow us to conduct this very special reenlistment."

Vice Admiral Roy L. Kitchener, commander, Naval Surface Forces, who was already visiting USS Howard, served as the reenlisting officer for the couple.

"I greatly appreciated Vice Adm. Kitchener taking the time to conduct our reenlistment," added Ripslinger, "I am glad we were offered this unique opportunity."

"When the opportunity comes up to have the ceremony conducted by a three-star flag officer, we had to take advantage. I am also glad that I got to conduct our ceremony with my two boys," said Markham.

IWTC San Diego, as part of the Center for Information Warfare Training (CIWT), provides a continuum of training to Navy and joint service personnel that prepares them to conduct information warfare across the full spectrum of military operations.

With four schoolhouse commands, a detachment, and training sites throughout the United States and Japan, CIWT trains approximately 26,000 students every year, delivering trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200

see **Couple, page 9**

This week's snapshots

Cryptologic Technician (Technical) 1st Class Ryan Swope loads an inert chaff round into the Mk 53 decoy launching system aboard *Tripoli amphibious assault ship*. Navy photo by MCSN Chris Sypert

USS TRIPOLI, at sea
June 18, 2021

MCRD, San Diego
June 18, 2021

Brig. Gen. Jason Morris, commanding general of MCRD, San Diego and the Western Recruiting Region, speaks during a change of command. Morris accepted all duties and responsibilities from Brig. Gen. Ryan P. Heritage. Photo by Lance Cpl. Grace J. Kindred

San Diego City Council President Pro Tem Stephen Whitburn (District 3) (left) and Capt. Kim Davis, Navy Medicine Readiness and Training Command (NMRTC) San Diego's commanding officer (center), tour hospital facilities. Whitburn toured the hospital to gain familiarization of the hospital's capabilities and examine new technologies.

SAN DIEGO
June 18, 2021

Navy photo by MC3 Luke Cunningham

Marine Corps Capt. Ryan M. Perez, a Ch-53E Super Stallion pilot with Marine Heavy Helicopter Squadron 361, prepares for take off. HMH-361 Photo by Lance Cpl. R. Woodward

MCAS Miramar
June 15, 2021

PORT HUENEME
June 15, 2021

Equipment Operator Constructionman Logan Ireland of Naval Mobile Construction Battalion 3, operates a front-end loader for licensing training during a command post exercise. Navy photo by MC1 Michael Lopez

DCNO honors NPS graduates during in-person ceremony

by Petty Officer 3rd Class James Norket

For the first time in more than a year, the Naval Postgraduate School (NPS) celebrated a graduating class in person during a graduation ceremony for its Spring Quarter graduates, June 18, honoring and recognizing their remarkable achievements and resiliency. While these graduates mostly completed their education in a remote learning environment, during their time at NPS they were able to effectively adapt to overcome the adversity.

NPS President retired Vice Adm. Ann E. Rondeau addressed the graduating class praising them for their resilience during a global pandemic.

"As we reflect on what 2020 was like, this pandemic may have had the closest thing to the effects of what the Great Depression did, it forced on us separation and disassociation," said Rondeau. "And there was this extraordinary thing that happened in that virtually there was great learning going on, and you met the expectation of the mission. At NPS, we are you. We are military leaders, educators and staff serving those who serve our nation and serving each other. Together we solve hard problems and create solutions. You are the decisive advantage that we deliver. We are you. And that's the magic of NPS."

Commencement speaker, Deputy Chief of Naval Operations for Warfighting Development (N7) Vice Adm. Jeff Hughes, congratulated the 364 graduates, including 23 international students from 15 countries, conveying how the nation's warfighting advantage in the era of Great Power Competition will hinge on intellectual capital and technological innovation driving solutions.

"Germane to the mission of NPS is the rapidly changing character of war," said Hughes. "Whomever successfully develops and fields proven operating concepts that capitalize on emerging disruptive technologies will stand a higher probability of success within the competition continuum."

"While the fight must be prevented, that prevention is never guaranteed," he continued. "Central to our success is the strength of our intellectual capital and creativity. We require leaders of competence and character who think freely and leverage the strength of diverse thinking from their teams."

Hughes then noted, "You now possess knowledge, skills and abilities in an enhanced cognitive toolkit that will allow you to drive solutions."

Hughes charged the students to take their learning to the Fleet to drive outcomes to yield warfighting advantage.

"My charge to you is get comfortable being uncomfortable," said Hughes. "Be bold, seek advocacy for change, take calculated risks, fail fast and adapt. Never cease your desire for continued learning and drive it to tangible, measurable outcomes. And be resilient and gritty. The nation expects nothing less, and deep down, neither do you.

"We underwrite all that the Constitution offers and must never take our role to support and defend these rights for granted. Your contribution is truly vital and will be judged by future generations. Let's make it count," concluded Hughes.

Immediately following the ceremony, Hughes and Rondeau paid special recognition to newly-minted NPS graduate Lt. Cmdr. Austin West by recognizing him as the recipient of the William S. Parsons Award for Scientific and Technical Progress, a national competitive award bestowed by the Navy League of the United States.

The award was established in 1957 to recognize extraordinary contributions to scientific and technical progress, and is given to a Department of the Navy (DON) officer, enlisted or civilian who has made an outstanding contribution in any field of science that has furthered the development and progress of DON.

West's research focused on quantifying the effectiveness of adaptive optics to compensate for the effects of atmospheric turbulence on the performance of the High Energy Laser Weapon System (HELWS), one of the most important, high priority capabilities being developed for defense of the fleet.

"Thank you to the Navy League for bestowing unto me such a prestigious honor," said West. "Thank you to my advisor for inspiring me and introducing me to the topic. Having just graduated, I am excited to return to the fleet and be a creative leader, and I hope I can tackle the problems that are emerging and the problems that are coming tomorrow."

Hear from West himself in the Spring Quarter class video, and check out the official graduation website for more information about the latest graduating class.

Vice Adm. Roy Kitchener, commander, Naval Surface Force, U.S. Pacific Fleet, conducts the reenlistment of husband and wife Senior Chief Sonar Technician Surface Ryan Markham and Chief Cryptologic Technician (Technical) Jennifer Ripslinger on the mess decks aboard USS *Howard* (DDG 83). Navy photo by MC2 Kevin C. Leitner

Couple

continued from page 8

courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

For more news from the Center for Information Warfare Training domain, visit *https://www.netc.navy.mil/CIWT*.

The Meat & Potatoes of Life

by Lisa Smith Molinari

The Unknown: A military spouse's greatest worry

"What's next? When will we move? Where will we live? Will I find a job? Where will the kids go to school? Will we make good friends? Will we be happy there?"

These are the questions that bombard even the most level-headed, military spouse's mind, especially during the summer months when about sixty percent of the 430,000 annual Permanent Change of Station, or "PCS moves", take place. Since military orders are issued only three to six months before report dates, military families are given very little time to make a long list of life-altering decisions about unknowns - housing choices, school placement, neighborhood demographics, local economy, employment options, etc.

Unlike most level-headed military spouses, I'm one of those people who never dealt well with unknowns during the 28 years when my Navy husband was active duty.

You know the type. The spouses who incessantly scribble lists entitled "Stuff I Gotta Do," "Movies I Wanna Watch on Netflix," "Household Projects I Never Quite Finished," "Weight Loss Goals I've Been Working on Since Ninth Grade," "Meals That the Kids Won't Hate," and "Embarrassing Questions to Ask the Doctor."

Yep, that's me.

Needless to say, military moves really stressed me out because I didn't deal well with unknowns. I needed something solid, an anchor of information to plan our family's life around. "I don't care if we live in a cardboard box under an overpass, just tell me where we'll live, and I'll plan where to hang the pictures," I've said often over the years.

All joking aside, there are legitimate unknowns that military families face every time they move. If we decide to "geobach" so the kids can finish school, how will that affect our marriage? Will I be able to find work in my field? If the kids change schools, will they struggle with a new curriculum, or will they have to sit through material they've already learned? Will they fit in? How can I make sure they won't experience social isolation?

During the many PCS moves our family endured, I often worked myself into a tizzy over the unknowns about our family's next duty station and our next home. To make matters worse, the anxiety over moving would make me mentally fragile, prone to completely unrelated and illogical apprehensions about our kids, the dog, our health, our parents, taxes, fruit flies, sugar substitutes, world peace, whatever.

During one move when two of our three kids were enrolled in college, my moving-stress-battered mind went to irrational extremes. "What if Anna's roommate has green hair and bolts in her face? Could someone's hot pot set the dorm on fire and ruin Anna's entire freshman experience? Will Hayden get snapped up by some tech firm after he graduates, and move halfway around the world to California? Will he learn how to iron shirts all by himself? Who is going to pair up all his mismatched socks? Will I have to fly all the way out there to disinfect his bathroom and make sure he's eating enough fruit? Will our youngest, Lilly, be forced to forgo college altogether because we will be flat broke by the time we pay tuition for Hayden and Anna? Could we all fit into a cardboard box under an overpass if we had to?"

It's not easy being a nut job.

I'd much rather drift contentedly through life like a twig on the shoulders of a mighty stream, banishing worry and embracing spontaneity while belting out Doris Day's best "Que, Sera Sera!" Do I have deep seeded "control issues" that might one day spiral into a psychotic episode and leave me wandering in front of the courthouse in a dusty wool coat and a tin foil turban, muttering something about campaign finance reform, and pushing a shopping cart full of empty tuna cans?

There I go again.

My rational side knows that all the worries in the world won't change two simple truths of military life: We'll never know what will happen until it happens. And, just like Doris said, whatever will be will be.

1957-59 Ford Fairlane 500 Skyliner retractable hardtop convertible

AutoMatters™ & More

by Jan Wagner

Earlier this month I had the pleasure of returning from the COVID shutdown to cover a major car show: "Fabulous Fords Forever." As I have previously done at this event, I especially sought out one particular model of automobile to photograph: the 1957-59 Ford Fairlane 500 Skyliner retractable hardtop.

The Ford Skyliner is a beautiful, fascinating car. It exemplifies the automotive excesses of the 1950s, where bigger was most definitely perceived as better, and high style — especially in its two-tone color schemes — took precedence over aerodynamics and objective practicality. This was an aspirational car, technologically advanced for the time — especially for one particular feature.

I discovered a sales brochure for the 1957 Ford Skyliner in The Old Car Manual Project's brochures' section, at www.oldcarbrochures.com. This brochure featured especially colorful, laudatory and persuasive language — typical of that era. It began with this bold, matter-of-fact statement, and soared spectacularly from there: "The exciting new Ford Skyliner… World's Only HIDE-AWAY HARDTOP."

"Here's the car the motoring public has dreamed of for years … the car many automotive experts said would never be mass-produced. Now, Ford has made this 'miracle' a reality. It's another first from Ford, the company that brought you low-cost V-8 power and created such automotive classics as the Thunderbird!"

"The Skyliner represents the beginning of a new era in automotive design. This newest new kind of Ford introduces to the motoring public the most dramatic idea in automobile design since Ford presented the first 2-door sedan in 1915. And remember, the same patient research, planning and testing that went into the Skyliner, goes into every model of the new kind of Ford for 1957."

"Just touch a button … in less than a minute the all-steel hardtop vanishes smoothly into the rear deck … and you're sitting in the most exciting convertible under the sun! It's literally two glamour cars in one … each a masterpiece of craftsmanship and distinction!"

"Designed to function with precision accuracy, the Skyliner's automatic operating top has been cycle-tested, continuously without fail, enough times to equal ten years of normal service. The top-operating system is driven by seven specially designed, high-efficiency motors which are sealed and permanently lubricated. All are protected by circuit breakers."

"The top operation is simplicity itself and completely automatic: first, after the dash control knob is pulled out to lower the top, the rear deck lid unlocks and rises to the 'up' position. Next, the top unlocks from the body and windshield header and begins to move upward and back. As the top moves, its forward section folds down and back to enable top to fit into trunk. The top continues its backward movement into the trunk. Here it comes to rest snugly on cushioning pads. Rear deck lid closes and locks itself tight. Entire sequence is reversed for converting back to hardtop. Transformation time is from 48 to 55 seconds."

"Lovely to look at, the Skyliner is a full 3 inches longer than other Fairlane 500 models … already the longest cars in the low-price field! This additional length is evident in the longer, low-line silhouette of the rear deck area — a smooth expanse of metal that comes right up to the rear seat! There's space galore to let you and your guests ride in comfort and luxury. And you'll find distinctive touches in the details, too, with such refinements as special visors, curved to fit windshield and header, special Airweave vinyl interiors, and unique two-tone instrument panel."

The Skyliner was quite well received, selling in the tens of thousands over the course of its three-year model run. Its name changed in the 1959 model year to Ford Fairlane 500 Galaxie Skyliner. Its complex retractable hardtop mechanism, which used electric motors as opposed to hydraulics, seems to have been reliable.

However, one very significant shortcoming of the car was a direct consequence of its unique retractable hardtop feature. This was a very long car, with a massive trunk. Yet, when its hardtop was retracted, that took up much of the trunk space, leaving room only for a relatively small, metal, box-like storage area in the middle. Ford sold custom-designed luggage to maximize use of what little trunk space there was.

To see additional photos and a VIDEO of the TOP IN OPERATION, visit www.drivetribe.com*, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #697" in their search bar. Please send your comments to A*utoMatters@gmail.com.

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Salute to Military: Honoring our local heroes
Bonita Museum and Cultural Center
Friday, June 25 • 4:30-8pm

Make your reservation for the Gala Fundraiser Dinner and preview of the new history exhibition "Permission To Come Aboard: The History of Navy Ship Design" at the Bonita Museum and Cultural Center. Enjoy dinner and a private tour through the exhibition with veteran and curator Joe Frangiosa, Jr. Find deals on fabulous items in our silent auction (proceeds from events support the exhibition and programming at the museum). Reservations required. Bonita Museum and Cultural Center, 4355 Bonita Road, Bonita CA 91902. Hours: Wed.-Sat., 10am-4pm. www.bonitahistoricalsociety.org

No burnt paws: Summer safety tips for your pets from San Diego Humane Society

Heat safety is essential to caring for your pets - and now that it's getting hotter, let's talk texture and surfaces!

A common tip for summer days is to put the back of your hand on the ground for 7 seconds to make sure it's not too hot for your pet's paws. And while this is great advice, it's important to remember that surfaces retain and release heat differently. For example, grass is cooler on a hot day than mulch. Cement is cooler than asphalt. And hot sand - well, it seems like everyone in San Diego has burned a toe or two on that at some point!

So while you're out and about, take note of the surfaces your pet's feet are touching and do temperature checks throughout your walks. And remember - an area that's shady now may have been in the sun for hours. That's why it's still important to check the temperature of the ground even during early evening walks. The good news is that by training yourself to take these precautions, your pup can have a safe summer even when temperatures soar!

Visit our website for other helpful tips!https:// www.sdhumane.org/

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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

Jet Boat Ride July 11
Who's ready for screams, speed and splashes on the Jet Boat ride?? Join us on Sunday, July 11, 2:15pm, $19. (*must be 40in tall). Register: https://runsignup.com/Race/CA/SanDiego/JetBoatRide71121

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

MCCS MIRAMAR

School Age & Teen Summer Camp 6/21-8/27
Call 858-577-4136 for information. mccsmiramar.com/cyp

L.I.N.K.S. for Spouses
June 26 • 8am-4pm. The program offers opportunities to understand and navigate the unique lifestyle of being a military family. To register call 858-307-4918.

New Parent Support Program: Infant Socialization Group
Fridays 11-11:45am Miramar Capeharts West Park. Info call 858-307-6585, mccsmiramar.com/behavioral-health-classes

The Paintball Park at Miramar
If you've been to the paintball parks in Camp Pendleton or 29 Palms, you'll love the Paintball Park on MCAS Miramar - they're created by the same teams! Check us out at https://miramar.thepaintballpark.com/

Miramar Travel Office here for you!
Are you excited to plan a road trip in the future or travel in general? Check out the Travel Office on base. You can reach them at (858) 307-6162 or miramartravel@usmc-mccs.org.

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

USO Four on the 4th virtual race
July 1-5

Put your fitness efforts toward a good cause and be a Force Behind the Forces® by registering to run, jog, walk, or bike with us. In addition to receiving a USO t-shirt, race medal, and race bib, your registration and support will directly impact the service men, women and families.

Be sure to register early to ensure you receive registration materials in time for the race! Visit https://sandiego.uso.org/ To learn more about the event, or if you have any questions, please contact Kyle Aube at kaube@uso.org

If you are interested in event sponsorship opportunities, please contact Charissa Gonzales at cgonzales@uso.org

Social Security Matters
Nuance to survivor benefit rules

Dear Rusty: When my father passed away and we went to update my mother's Social Security benefits, a question arose that I was confused by. We were asked "Do you want to claim just your father's benefit (which was larger) or claim my mother's benefit and the difference between the two?" Either way it would come to the same amount. Is there a reason to claim one way over the other? Perhaps a caveat that we are unaware of? Is there a loophole that we are missing that may potentially benefit the survivor? We are soon to face this question again as my father-in-law is very ill.
Signed: Curious

Dear Curious: Well, they are basically the same amount but there is a nuance in the rules that many survivors aren't aware of. Here's why Social Security asked that question: It is possible for a surviving spouse to claim only the survivor benefit and defer claiming their own SS benefit until a later age if their personal benefit would be more than the survivor benefit would be. A survivor benefit reaches maximum at the survivor's full retirement age, but their personal SS benefit can grow until they are 70 years old. Thus, claiming the survivor benefit (only) first, and allowing their personal benefit to grow up to age 70 is often a wise move. Doing so allows someone to collect survivor benefits upon becoming a widow(er), while still maximizing their personal benefit. When later claimed, the higher personal benefit will replace the smaller survivor benefit. Of course, this option only makes sense if one's personal benefit would later be more than their survivor benefit.

Social Security is required to ask this question because the person may be eligible for a higher benefit on their own if they wait until a later age to claim it, but the "survivor benefit only" option is useful only if the survivor has not yet reached 70 years of age. After age 70 they would always take whichever benefit is higher. In most cases SS pays the person's own benefit first and then a "boost" to bring the payment up to the higher amount due as a survivor. But the choice to claim the survivor benefit only is an option if the survivor has not yet reached 70 and if their own benefit could later be more than their survivor benefit.

So, the question is – which option did your mother choose? And is your mother-in-law under age 70? If your mother's own benefit at age 70 would not have been higher than her survivor benefit from your father, then it doesn't matter which way it was recorded. And if your mother-in-law is over age 70, it doesn't matter either. But if not and either personal benefit at age 70 would be more than their earlier survivor benefit, then opting for the survivor benefit only and waiting to claim their own later would be (or have been) a better choice.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Roy's sudoku

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

Friends don't make friends wait in hot cars!
When the outside temp is 90° your car heats up to 109° in 15 minutes and 124° in 30 minutes.
@cocotheadventurepup

Compiled by Madison Campbell

Tips on choosing and using sunscreen

How to get the most out of this essential sun protection measure

As summer heats up and we spend more time outdoors, The Skin Cancer Foundation would like to remind everyone how to use sunscreen safely and effectively as part of a sun protection routine.

"Though no single sun protection method is foolproof, research has shown that sunscreen use reduces your risk of developing skin cancer," says Deborah S. Sarnoff, MD, president of The Skin Cancer Foundation. "Understanding how to select the right product for you is the first step toward incorporating sunscreen application into your everyday routine."

What's on the Label?

Selecting a sunscreen can seem overwhelming — you'll encounter many different formulations, and language on product packaging may be unfamiliar (and sometimes unpronounceable!). However, The Skin Cancer Foundation believes everyone can find a sunscreen that works for their skin and lifestyle. Deciphering a sunscreen's label is the first step to finding your perfect match.

The first thing to consider is the sunscreen's SPF, or sun protection factor. One way to think about SPF is in terms of percentages: SPF 15 filters out approximately 93 percent of all incoming ultraviolet B (UVB) rays. SPF 30 keeps out 97 percent and SPF 50 keeps out 98 percent. A sunscreen with a minimum of SPF 15 is fine for daily use, but if you're spending an extended amount of time outdoors, pick a water-resistant formula with an SPF of at least 30.

The second thing to check for on a label is the term "broad spectrum." It's vital that your sunscreen offers broad-spectrum protection, which means the product protects against both UVA and UVB rays. Both types of UV rays penetrate the skin and cause damage that can lead to skin cancer, so if a sunscreen only screens out one type, you're leaving your skin vulnerable.

Once you've decided on your SPF and checked that a product is labeled "broad spectrum," you can decide on other qualities based on personal preference and lifestyle. For example, check the list of active ingredients on the bottle. Look for a physical filter (zinc oxide or titanium dioxide) if you have sensitive skin — they're less likely to cause skin reactions than chemical ingredients. Many sunscreens combine both chemical and physical filters.

You can also look for the formulation and product "feel" that is right for you. There are quality sunscreen options available in lotions, gels, sticks and sprays. Many offer tinting, antiaging ingredients, a dry "sports" feel or benefits for acne-prone skin. The most important part is using the product correctly.

How Much, How Often?

You've selected an appropriate SPF, made sure your sunscreen is a broad-spectrum formula and found a product that you like. But it won't protect your skin if you don't use it properly, so understanding application is a must.

Use one ounce of sunscreen, about the amount that would fit into a shot glass, to cover the entire body. For the face, a nickel-sized dollop works. Slathering on sunscreen in the morning isn't enough to protect you all day though — when you apply matters.

The Skin Cancer Foundation recommends applying sunscreen 30 minutes before going outside, then reapplying every 2 hours and immediately after swimming or sweating. Water-resistant sunscreens typically offer 40 minutes or 80 minutes of protection while you're in the water. No sunscreen is truly waterproof, however, so in these situations, be aware how long the product claims to protect against moisture and keep an eye on the clock.

With reapplication, a person should use up one four-ounce bottle of sunscreen during a long day outdoors.

Eight dimensions of Total Force Fitness

The Total Force Fitness concept focuses on a Service Member's entire health throughout their career, connecting eight dimensions of fitness to optimize health, performance and readiness holistically.

Enhancing just one dimension, or even two or three, like physical fitness, preventive care and nutrition, misses the connections that collectively lead to wellness. All the domains play a role in optimal health and performance. Some individuals may need to focus more attention on strengthening one area. For example, a Service Member in the absolute peak of physical health can still have their performance impacted by financial problems, or by feeling isolated in a new duty station.

Physical Fitness

Physical Fitness is the ability to physically accomplish all aspects of your tasks while avoiding injury and it's inherently aligned to Department of Defense and individual Service medical standards and prerequisites for individual mission accomplishment and worldwide deployability. The goal is to be physically fit to so you can prevent injury or illness, and so you can have a speedy recovery if you are injured.

But, physical fitness is more than your body mass index, PT run time, or how many push-ups you can do. To optimize your physical fitness you need strength, flexibility, balance, and endurance all working together. For some, exercise is stress release, preventive health, social activity, or even spiritual expression.

Environmental Fitness

Environmental Fitness is the ability to perform your tasks in any operational environment. We all know instinctively that our environment affects our performance; running a mile in 95 degree heat isn't the same as an indoor track. We all need to be aware of environmental challenges and make sure they do not pose a threat to our health.

Some environmental factors affect our physical, mental, or spiritual health, and some just affect our ability to complete our job or mission. A well-organized work environment can also optimize performance, enhance mental or spiritual wellness, and help avoid potential hazards. Time spent organizing your environment is likely to pay off in the long term.

Medical and Dental Preventive Care Fitness

Medical and Dental Preventive Care Fitness is your ability to sustain your health and wellness and facilitate restoration to meet medical and dental standards for fitness for duty, return to duty, and medical readiness.

Nutritional Fitness

Nutritional Fitness is the ability to sustain your performance through foods, dietary supplements, and beverages in adequate quantities, quality, and proportions. Food fuels performance and the right "fuel" can help you perform at your best.

A good diet isn't just healthy and nutritious, it must be sustainable. Trendy or gimmick weight-loss diets can offer short-term success, but often are not sustainable and lead to long-term weight gain. Maintaining a healthy, balanced, and sustainable diet helps build wellness across many areas of health.

Spiritual Fitness

Spiritual Fitness is the beliefs and practices that strengthen your connectedness with sources of hope, meaning, and purpose. Spiritual fitness is critical to developing overall wellness. Spirituality can be very personal. Spiritual fitness relates to our ability to develop core beliefs, highest principles, and ultimate values, and if we can live our life accordingly.

This framework doesn't seek to identify "right belief" but asks each individual to assess how they are living up to their own standards, and see if that brings them fulfillment. When our spiritual fitness is misaligned, it can manifest our overall wellness, impacting mental health, social interactions, and family relationships. Spiritual fitness for Service Members also extends to commitment to service and sacrifice, our relationships with family, comrades, unit, community, the Nation, and society as a whole.

Psychological Fitness

Psychological Fitness is the ability to integrate and improve cognitive, emotional, and behavioral practices. Staying mission-ready means having a healthy, high functioning mind, which connects to every domain of Total Force Fitness.

Mental health and mental toughness are not binary-options with an "on/off switch" – they exist on a spectrum, and you can train the mind and learn skills to improve. Psychological health takes practice and training. Just like any other part of your body, the more you exercise it, the stronger and more resilient it gets.

Emotions are part of psychological fitness. We all have them for a reason and suppressing them is not the answer. Find constructive ways to express feelings and cope with difficult emotions that otherwise could affect mission readiness.

Social Fitness

Social Fitness is the ability to engage in productive personal and professional relationships, positively interact with unit and command networks, and use resources that promote overall well-being. Social fitness is like any other area – the more you practice or exercise it, the stronger your relationships will be.

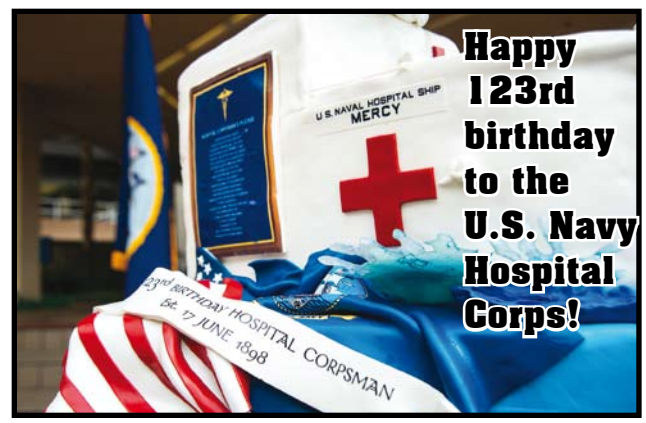
Some social behaviors can have negative effects, like using tobacco, alcohol consumption or gambling. While these activities can sustain relationships and help blow off steam, don't become over-reliant on these activities for social interaction, as they can be habit-forming and negatively impact other relationships or areas of fitness.

Cultivate positive relationships at work. Treating coworkers with respect and kindness can foster long-term dividends. Strong social fitness can bolster mental, spiritual, physical, and environmental fitness.

Financial Fitness

Financial Fitness is the combination of attitude, knowledge, and skills to make and exercise money management decisions that best support your life circumstances. Financial fitness can contribute to overall fitness in numerous ways, including reducing a source of stress, access to nutritious foods, and maintaining a healthy environment.

Military OneSource offers free financial counseling in person, over the phone, and through video chat. Some Military Family Life Counselors offer free personal financial management services.



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