

ARMED FORCES DISPATCH

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HAPPY BIRTHDAY

Army Enlisted Medical Corps (Mar 1)
 Navy Reserve (March 3)
 Navy Medical Corps (March 3)
 Army Dental Corps (March 3)
 Navy Seabees (March 5)

SIXTY-SECOND YEAR
 THURSDAY, FEBRUARY 23, 2023



DESERT CONNECTION: Marine Corps Sgt. Mariah Pandis, a satellite communications operator with 3d Littoral Anti-Air Battalion, 3d Marine Littoral Regiment, 3d Marine Division, sets up a multi-mission terminal during Marine Littoral Regiment Training Exercise (MLR-TE) at Marine Corps Air Station Yuma, Ariz., Feb. 5, 2023. MLR-TE is a large-scale, service-level exercise designed to train, develop, and experiment with the 3d MLR as part of a Marine Air-Ground Task Force operating as a Stand-in Force across a contested and distributed maritime environment. US Marine Corps photo by Sgt. Israel Chincio



DoD provides warning to military services regarding poppy seed consumption, military drug testing

Feb. 21, 2023

The Department of Defense recently issued a memorandum warning regarding poppy seed consumption and military drug testing. Recent data suggest that certain poppy seed varieties may have higher codeine contamination that previously reported. The memorandum warns service members that the consumption of poppy seed products could result in a codeine positive urinalysis result.

Out of an abundance of caution, the Department is encouraging all service members to avoid the consumption of poppy seeds in all forms to include food products and baked goods. As more information becomes available, the Department will revise the policy accordingly.

The Warning Regarding Poppy Seed Consumption and Military Drug Testing memorandum can be found at <https://media.defense.gov/2023/Feb/21/2003164614/-1/-1/1/POPPY-SEEDS-WARNING-MEMO-SIGNED-CONTACT-REDACTED.PDF>.

USS Zumwalt welcomes new skipper

SAN DIEGO - Capt. Matthew Hall relieved Capt. Amy McInnis as commanding officer of destroyer USS *Zumwalt* at Naval Base San Diego Feb. 17. In her departing remarks, McInnis said, "It has been a distinct honor and privilege to serve alongside this crew, and I'm humbled by the tremendous professionalism and resilience of every USS *Zumwalt* Sailor."

Crew-optional Apalachicola delivered

SAN DIEGO - Logistics ship USNS *Apalachicola*, with the ability to operate autonomously, was delivered to the Navy last Thursday, Naval Sea Systems Command announced. The Spearhead-class aluminum catamaran will operate in the Western Pacific in support of 7th Fleet. "The delivery of EPF 13 comes after several successful at-sea periods for the vessel, including Unmanned Logistics Prototype Trials to assess autonomous capabilities integrated into the shipboard configuration," said Tim Roberts, Sealift Program Manager. "The Navy and our shipbuilding partner, Austal USA, are proud of the work accomplished and look forward to EPF 13 providing capability and capacity to Military Sealift Command, the fleet, and the U.S. Marine Corps."

RED HORSE squadron works in the Philippines

BASA AIR BASE, Philippines - Airmen from the 819th RED HORSE Squadron out of Malmstrom Air Force Base, Montana, recently worked alongside their Philippine Air Force counterparts in a field training event. RED HORSE stands for Rapid Engineer Deployable Heavy Operational Repair Squadron Engineer. The training allowed both units to exchange knowledge and best practices on pouring a concrete pad, which will be used as a future training site for airfield damage repair, or ADR. "We were able to work together as a bi-lateral team to train on these capabilities for future ADR exercises," said U.S. Air Force Capt. James Hammons, 819th RED HORSE Squadron job site officer in charge.

Navy, California move forward on EV pilot programs

by Brian O'Rourke
 Navy Region Southwest

SAN DIEGO - The California Energy Commission recently approved nearly \$2 million for electrification programs at Navy and Marine Corps installations in California.

At their business meeting Jan. 25, the CEC approved funding for the Navy Electric Vehicle Pilot Program (\$414,000) and the Electrification Blueprint Studies (\$1,500,000) for three Navy and three Marine Corps installations. This is the first execution of projects that the Navy began working on with the CEC following a Memorandum of Understanding signing in December 2021.

"We're excited to be moving forward with these critical energy projects at Navy bases throughout the Southwest," said



File photo

Rear Adm. Brad Rosen, commander of Navy Region Southwest. "Our partnership with the California Energy Commission is unique to the Navy, and this forward momentum can only increase the chances of similar partnerships becoming available in the future."

The Navy programs receiving this critical funding are:

- Defense Innovation Unit Electric Vehicle Pilot: The CEC funds will be used to procure and install 10 Level 2 and four Level 3 chargers at Naval Base San Diego for charging personal and

government vehicles. The Navy will measure uptime, usage, duty cycle, vehicle types, ratio of government to personal vehicles, and max charging power

- Electrification Blueprints: Electrification Blueprints will be created for three installations chosen by Navy Region Southwest and three installations chosen by Marine Corps Installations West: NB San Diego, Naval Base Ventura County, Naval Air Station Lemoore, Marine Corps Base Camp Pendleton, Marine Corps Air Station Miramar and Marine Corp Air Ground Combat Center 29 Palms.

This project will develop specific transportation electrification blueprints for each selected base, to support the transportation electrification requirements of their civilian and military workforce.

The blueprint will provide quantitative analysis cost benefit analysis of leveraging innovative technologies in the electrification of transportation infrastructure, particularly those related to vehicle-to-grid integration (VGI) and EVSE to grid.

In December 2021, the Navy and the CEC agreed to conduct monthly conference calls, semi-annual in-person meetings to discuss energy and water related issues, utilize working groups to review open issues, and foster collaboration on mutual interest items in support of each organization's respective goals.

"Energy is critical to the nation and to the Navy," Rosen said, "and we are pursuing a deliberate energy strategy to reduce our vulnerability in partnership with the CEC."

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See page 5

Base Movie Schedule

Maybe I Do, Missing, M3GAN, Knock at the Cabin, 80 for Brady, Where the Crawdads Sing

See page 10

Still breathing: S.D. native, Marine returns to South Korea, shares lessons learned

by Cpl. Cesar Alarcon
III MEF Information Group
ARMY GARRISON YONG-SAN-CASEY, 41, SOUTH KOREA - The most important thing Marines learn in recruit training is to adapt and overcome. For Lance Cpl. Haideeth Porras, this is a lesson she would face first-hand sooner than expected.

Porras is a logistics and embarkation specialist with III Marine Expeditionary Force Support Battalion. The Fallbrook Union High School graduate, Fallbrook, CA, participated in Bushido Strike 23, a training event conducted in South Korea to evaluate III MSB's combat readiness. This was not Porras' first time in the Republic of Korea.

"The first time I was in South Korea was from July to September to support the Combined Forces Command, Combined Command Post Training," said Porras. "As an embarkation specialist, I focus on deployment and redeployment. I get things moving."

Logistics and embarkation specialists facilitate the transport of mission-essential resources, including ammunition, equipment, food, fuel and personnel. Embarkation specialists travel often, which is one aspect that attracted her to enlist in the Marine Corps in October 2020.

Porras decided to enlist early on in her life. As a kid growing up in sunny San Diego, Califor-

nia, she was captivated by the Marine Corps' culture of discipline and professionalism. She saw Marines walking in their uniforms. She pictured herself wearing the iconic Marines' uniform.

As a junior in high school, she completed the Marine Corps Junior Reserve Officers' Training Corps program. She told her parents about her desire to serve in the military. Her father supported her decision, but her mother had concerns. She eventually convinced her parents for written permission to join at the age of 17 and soon, she was on her way to Marine Corps Recruit Depot Parris Island, South Carolina.

"I always knew I wanted to join the military, then branch off and maybe become a police officer," said Porras. "I kind of forced my parents into signing. I told them if they didn't sign, they would only be delaying the process for a year. I left for boot camp two or three months after I graduated high school."

Instead of opting to be stationed in California, Porras took the opportunity to travel. She decided to request orders for overseas service in Okinawa,

Japan. South Korea was her first time traveling out of Japan. South Korea would be the first country other than Japan she



Lance Cpl. Haideeth Porras. US Marine Corps photo by Staff Sgt. Manuel Ser-rano

would set foot in, except it was all business. This was also her first test as an embarkation specialist.

"Being alone for the first time with so many pieces of gear made me learn how to adapt to certain situations," said Porras. "It was stressful – it was very stressful. But I had a good team, and they were willing to help."

After a successful exercise, she was set to leave on September 29. But the date for her return kept getting pushed back. Unexpected inclement weather played a big part in the delayed travel and suddenly made her job more difficult than she anticipated.

In early September 2022, Typhoon Hinnamnor landed on the eastern part of South Korea. It flooded the city of Pohang, where Camp Mujuk is located.

Eleven people were killed when the storm made landfall, seven of whom were in Pohang, according to BBC News. As efforts were made to clear the rubble in the city, 50 Marines and Sailors from Camp Mujuk, the Marine Corps' only South Korean installation, joined together with nearly 200 Republic of Korea Marines to help with the crisis, according to Stars and Stripes news.

"My mission was on Mujuk, but several Marines went out into the city to help the locals with recovery and cleaning," said Porras. "It rained so much the river flooded. People lived by that river; their houses were destroyed."

The storm affected Porras' plans for her departure by ship. The waters were too rough, so a date for her departure could not be set.

"The date kept getting pushed back," said Porras. "Eventually, the ship just went into maintenance. So, we had to fly back on military aircraft. That changed everything because the documentation necessary for the ship is completely different from aircraft."

Even with major setbacks, Porras was determined to accomplish her mission successfully, something her team appreciated.

"She understood her role was critical," said 1st Lt. Angela

Jones, an assistant logistics officer with III MSB who was with Porras during CCPT.

"Once we were told that was the course of action, she immediately determined all the excess gear, documents, and inspections needed. Having her there was super essential for the mission."

- 1st Lt. Angela Jones, assistant logistics officer with III MSB

The delay would favor Porras as she was able to do some sightseeing around the country. She took advantage of the Single Marine Program tours on Camp Mujuk that offered trips to Busan, Daegu and Seoul. This was an opportunity Porras couldn't pass up.

After travelling for a month around South Korea, she landed in the Itaewon district of Seoul on Halloween night. It was a night that Porras remembers uneasily—almost with a feeling of disbelief.

"We went out that night because we heard it was the biggest place for Halloween [in South Korea]," said Porras. "You had to be there; it was absolutely crowded. It was like a mosh pit. I think we left 30 minutes before the crush went down."

Itaewon district was packed with partygoers. In the overwhelming surge, if one person fell, several hundred would

topple over with them. And that's what happened. In a few short moments, the massive crowd became a crush.

The incident led to 159 people tragically losing their lives. The Washington Post reported the common cause of death was compression asphyxia, when a victim is so congested their lungs are unable to expand. They suffocated that night. To Porras, the surreal feeling of almost becoming a part of the crush was not lost on her.

"The craziest part was we passed right by the alley where it happened," said Porras. "But we didn't think it was to the extremes of hundreds dying. The day after, we're driving past and just seeing body bags in the street. It was a sad time."

Porras would soon return to Okinawa a more experienced embarkation specialist. Porras knows she learned and grew significantly from her experiences, but there's always more room for growth. From being the middle child to becoming her own woman the first time away from home, she had to overcome adversity in her life.

"When I first arrived [in Okinawa], I was 18," said Porras. "When I left for boot camp, it was my first time being away from home. It was a new country and completely different culture from what I had become accustomed to. It was rough at first, see Porras, page 7



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Air Force grounds KC-135s, other aircraft until tail sections are checked for faulty pins

by Doug G. Ware
Stars and Stripes

WASHINGTON - The Air Force has grounded hundreds of utility aircraft, including KC-135 aerial refueling planes, until they are inspected and found not to have a faulty part in the tail section that helps keep them in the air, service officials said Feb. 15.

The Air Force Materiel Command said inspectors are looking for “non-conforming” pins in the vertical tail assemblies of the aircraft. Inspectors are checking the pins in the service’s fleet of KC-135 Stratotankers and two variants - the RC-135 reconnaissance plane and WC-135 radiation-detection aircraft.

If a vertical terminal fitting pin failed, the tail section could break off the plane.

“We’re taking this action out of an abundance of caution, after consulting with our engineering experts,” said Col. Michael Kovalchek, a senior materiel leader. “We are working closely with Air Mobility Command and all operational users and anticipate all potentially affected aircraft will be inspected.”

Each aircraft has two fitting pins in its tail section, one on each side, that attach the tail fin to the main fuselage. The tail section is critical to flight because it provides stability and helps the pilots steer the plane. There are hundreds of KC-135s, RC-135s and WC-135s in the Air Force fleet.

Wednesday’s order accelerates a previous directive to inspect the planes. The original order, given last week, called for the planes to be checked within 15 days. The new order states they now must be inspected before they can fly again.

“Although no mishaps have resulted, leaders elected to accelerate the inspection due to a lack of information to assess the risk of materiel failure in non-conforming parts,” according to an Air Force statement. “Planes that have already been inspected and found with proper pins have already returned to flying status.”

The Air Force said nearly 100 planes had been inspected by the start of this week, and 24 faulty pins were found. The defects include whether the pins are too small, made of the wrong material, have “insufficient plating,” or lack a stress layer that makes them stronger. **see Air Force, page 4**



A row of Air Force KC-135 tails from the Iowa Air National Guard on the ramp at the Iowa Air National Guard's 185th Air Refueling Wing in Sioux City in 2019. US Air National Guard photo by Vincent De Groot

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Navy removes failed fitness tests from records in bid to keep Sailor numbers high

by Alison Bath
Stars and Stripes

The Navy is wiping the slate clean for active-duty and reserve Sailors who have failed fitness tests, as the service tries to keep retention numbers up by easing the way for Sailors to reenlist or receive a promotion.

Service members who failed a physical fitness assessment on or before Feb. 15 will have their records reset to zero, the Navy said Feb. 17 in a statement.

Those Sailors also will be eligible for other career opportunities, such as a change of duty station, according to the announcement.

The policy cancels all administrative separations for officers due solely to successive failed PFAs. Enlisted Sailors must make a request to cancel a separation or retirement resulting from repeated fitness failures, the Navy said.

The reset gives Sailors, whose ability to prepare for and take PFAs was limited because of COVID-19 restrictions, an opportunity to meet fitness standards and stay in the service, the statement said.

During the pandemic, the Navy shifted to a single annual fitness testing cycle as outlined in a January 2021 memo. Prior to the pandemic, the service had two annual testing cycles.

Faced with missed recruitment goals, the Navy has renewed efforts to focus on retention, such as offering sizeable reenlistment bonuses and suspending for two years a program that capped how many years an enlisted sailor could serve.

Sailors with certain ratings can receive as much as \$30,000 per year of additional service in bonuses.

However, the total amount

a sailor can receive is capped at \$100,000, according to the Navy's online personnel portal. The bonuses can be reduced or stopped depending on the Navy's needs.

The policy change does not exclude counting failed PFAs in programs and processes such as officer commissioning, selection or screening boards and special duty screenings, the Navy said.

4 US troops, dog hurt during helicopter raid in Syria that killed senior ISIS leader

by Doug G. Ware, Stars and Stripes

The U.S. military carried out a helicopter raid in Syria that killed a senior Islamic State leader - an operation that also left four American troops and a military dog wounded, defense officials said Feb. 17.

U.S. Central Command, which runs operations in the Middle East, said the raid was conducted Thursday night in partnership with the allied Syrian Democratic Forces in northeastern Syria near Deir el-Zour. The raid targeted and killed senior ISIS leader Hamza al-Homsi, who oversaw the group's terrorist network in eastern Syria.

"An explosion on target resulted in four U.S. servicemembers and one working dog [being] wounded," CENTCOM said in a statement. "The U.S. service members and working dog are receiving treatment in a U.S. medical facility in Iraq."

The injuries suffered by the U.S. service members and the dog weren't immediately clear Friday, though CENTCOM said they're in stable condition. No other ISIS fighters were killed or captured during this raid. However, a separate raid that same night resulted in the death of an ISIS assassination cell leader, CENTCOM said.

The SDF is a Kurdish-led coalition of rebels and ethnic groups that have been fighting government forces and Syrian dictator Bashar al-Assad in a civil war since 2011. Russia and Iran have been Syria's top allies in the war and Moscow has provided military equipment to the government during the conflict. At the same time, U.S. and allied forces have also been fighting terrorist factions in Syria, which has long been home to the Islamic State. The top goal of ISIS is to establish an Islamic caliphate in Syria and neighboring Iraq.

Several U.S. military operations in recent years have resulted in frequent turnover in the leadership of ISIS.

In February 2021, Abu Ibrahim al-Hashimi al-Qurayshi was killed in a U.S. raid in northwest Syria. ISIS founder Abu Bakr al-Baghdadi was hunted down by U.S. forces in a raid in October 2019. In October, the leader of ISIS, Abu al-Hassan al-Hashimi al-Qurayshi, was killed in battle with Syrian rebels in southern Syria.

The helicopter raid happened just a few days after parts of northwestern Syria were devastated by a 7.8-magnitude earthquake. The disaster has so far caused tens of thousands of deaths in Syria and neighboring Turkey and extensive infrastructure damage in both countries. Experts have said this week that the ongoing civil war and terrorist dangers have made it difficult to get humanitarian aid into Syria.

And it isn't permission for not meeting physical fitness standards, which, among other criteria, measure performance in activities such as running or swimming, and pushups.

"It remains incumbent upon individual Sailors to invest in their personal health and wellness in order to maintain warfighting readiness," the Navy statement said.

Top 5

- Troops can take three weeks off to travel for abortions, IVF treatment
- Biden wants 'sharper rules' on unknown aerial objects
- How enlisted troops' roles in Space Command operations are evolving
- US launches artificial intelligence military use initiative



Army

- Road to 2024 Paris Olympics: Army Soldier-athletes look to compete
- Army says it's saving money with JLTV recompute, expects new test vehicles within 18 months
- Georgia Ports, Army Corps sign agreement for Brunswick harbor project

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- Naval intelligence admiral: 'Naïve' American public has a 'China blindness' problem
- A final flight for Navy's Sea Knights: Helicopter squadron prepares to be shut down
- Man who lied about being a Navy SEAL to start Lexington horse business sentenced to prison
- Naval Information Force sending officers, enlisted Sailors to submarines

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- Lack of amphib is a training issue, says Marine Corps assistant commandant
- Do recruits need bonuses? No. 2 Marine expands on viral remark

Air Force

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- US Air Force fighter jets conduct back-to-back intercepts of Russian aircraft near Alaska
- No, an F-22 isn't rocking an aerial victory marking for that Chinese spy balloon — yet

National Guard

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- Guard names Soldiers lost in fatal Alabama helicopter crash

Veterans

- Bill would launch clinical trials on cannabis use for vets pain, PTSD
- Retired Navy pilot Frank Weisser, the real Top Gun Maverick, to be honored guest at banquet

Air Force

continued from page 3

The Boeing-made KC-135 is a mid-air refueling aircraft that's been in service since the late 1950s. The KC-135 was introduced in the 1960s and the WC-135 "Constant Phoenix" in 1965. The main function of the WC-135 is to conduct atmospheric tests to detect nuclear explosions. The Air Force said the inspections take about 30 minutes and most will be conducted at the Oklahoma City Air Logistics Complex. Officials said planes discovered to have faulty pins will get a one-time flight authorization to fly to the repair location.

In 1985, more than 500 people were killed when a Japan Air Lines 737 lost its tail assembly in mid-flight and crashed into a

mountain 60 miles northwest of Tokyo. It remains one of the deadliest plane crashes in history. It was later determined that a stress fracture caused an explosive decompression that took off the tail section.

Last September, an Air Force KC-135 was forced to make an emergency landing in Japan after its retractable nozzle, called a boom, broke as it was attempting to refuel a B-1 bomber over the Pacific Ocean. Both planes landed safely.

This isn't the first time the Air Force has grounded the KC-135 due to a possible issue in the tail section. It temporarily grounded a third of its KC-135s in 2000 due to a manufacturing defect with another part of the tail assembly, the stabilizer trim actuator.

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Put a leash on workplace worries

by Dr. Daneen Skube
Tribune Content Agency

Q: When I read your columns I always get good tips on questions I could start asking myself. What do you yourself consider one of the most important questions you ask yourself to end up with a successful career?

A: The most important question I've asked myself (and asked my clients) is, "What would you do if you weren't afraid?" People often freeze when I ask this question because they cannot imagine not being afraid. Fear of failure, embarrassment, or disappointing others is fundamental to most people's experience of the workplace.

When I ask this question, my clients often look at me like I asked, "What would you do if gravity didn't apply to you?" The idea of fear not chasing you is like free floating in space without gravity pulling you down.

Obviously fear has many important functions. Fear keeps us above ground, gets us to be proactive, and motivates preparedness for problems. Imagining no fear doesn't mean we don't use the upside of anxiety to get ready for challenges. Imagining no fear just lets us know where we may be limiting our options.

Even people who say they have no imagination have an abundance of imagination when it comes to fear. We can imagine worst-case scenarios all day long. We imagine that meeting with our boss will result in a layoff. We imagine co-workers laughing in the break room are making fun of us. We imagine members of an interview committee thinking we're stupid.

The problem is not our imagination, it's that we fail to hold these imagined fears lightly

and we act as if they are real. If co-workers are laughing about their weekends and you say, "Quit laughing about me," you

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turned an imagined problem into a real one.

It could be true that your meeting with your boss might result in a layoff but you don't know yet. Calm your anxious mind by repeating, "I'll suspend worry until I learn more about what is true." Worry without facts means little planning is possible.

If we exhaust our creativity through worry, we have no energy left if the problem turns out to be real. The bottom line when we worry is to ask ourselves what we can do about the problem. If you worry about losing your job, even if you're wrong, it never hurts to put your resume out in your industry.

I'm teaching and using advanced intuition and there's a difference between worry and intuition. If you have good intuition you can sniff bad weather coming your way. If you know you have amazing instincts and have an intuition something is going to happen, make the same plan you'd make if you had a fact.

Intuition can be our early warning system — so use it!

Now make a list of everything

you'd do if you weren't afraid. Notice how many options you're not pursuing because you're imagining you'd be a failure, be embarrassed, or be inadequate. Notice also that you have survived in the past and would survive in the future any of those negative experiences.

What people say on their deathbed is rarely that they regret what they did. Instead, they regret what they didn't do. Your life is short, your life is precious, and no one deserves to go after their dreams more than you do!

The last word(s)

Q: I seem to take the ending of workplace relationships more seriously than most co-workers. I get over it but I always feel quite sad. Is something wrong with me?

A: No, as Fyodor Dostoevsky, a 19th-century Russian novelist and journalist, wrote, "Pain and suffering are always inevitable for a large intelligence and deep heart. The really great men, must, I think, have great sadness on earth."

Army announces three student winners in xTechHBCU competition

by Melissa Hirsch

WASHINGTON- The Army xTech Program announced three winners of the inaugural xTechHBCU Student competition on Feb. 11. The winners were selected out of the 16 student finalists who delivered their final technology solutions pitches to a panel of Army judges at the 2023 Black Engineer of the Year STEM Conference in National Harbor, Md.

The xTechHBCU Student

competition provided eligible historically Black college and university undergraduate students with the opportunity to pitch their innovative technology ideas addressing climate change, preventative care for Soldiers' mental and physical health and implementation of artificial intelligence and machine learning.

Through its first-ever student prize competition, the Army awarded three promising young

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This training is customized to fit your FRG, whether the command is starting a group or reenergizing an existing group. Discuss the FRG instruction/policy, leadership structure, communication techniques, team-building ideas, fundraising guidelines, and ideas for fun activities.

•Wednesday, March 1 | 9 a.m.-4 p.m. | NBSD (IP)

Parenting Support

Active Duty Pregnancy Resources

Learn about policies and programs related to motherhood, developing your Family Care Plan, the Navy's Pregnancy Instruction, as well as childcare, financial resources and more!

•Wednesday, March 15 | 1-4 p.m. | KMB (IP)

•Friday, March 24 | 9 a.m.-12 p.m. | NBSD (IP)

Navigating Childcare Options

Finding reliable and affordable childcare can be an adventurous task for parents. This workshop explores the many childcare options available to military families in San Diego.

•Tuesday, March 21 | 9-10:30 a.m. | BVH (IP)

•Thursday, March 23 | 10 a.m.-12 p.m. | NBPL (IP)

•Tuesday, March 28 | 10 a.m.-12 p.m. | GVB (IP)

Kid's Craft

Come out and meet your neighbors while enjoying a small craft structured for kids 4-12 years old. Located at your Bayview Hills Branch, 1967 Sky Harbor Rd., San Diego.

•Wednesday, March 1 | 1-2 p.m. | BVH (IP)

•Wednesday, March 8 | 1-2 p.m. | BVH (IP)

•Wednesday, March 22 | 1-2 p.m. | BVH (IP)

Effective Parenting

This multi-session workshop discusses topics affecting today's family, including: consistent and effective discipline, understanding developmental stages, communication with children or young adults, building child self-esteem, and dealing with bullies.

•Thursday-Friday, March 30-31 | 9 a.m.-4 p.m. | NBSD (IP)

Competition Winners

1st Place: Deneen Royal, Fayetteville State University: "AI For Independent Surveillance Missions (ASIM)"

2nd Place: Lirane Mandjoupa, University of the District of Columbia: "Ground-based remote sensing for Airdrops precision system: A data acquisition approach to mitigate supply chain and climate change risks"

3rd Place: Shirley Jacquet, Fayetteville State University: "QTL Mapping and Correlation Analysis of Amino Acids Contents in Soybean [Glycine max (L.) Merr.] Population"

scientists and engineers \$8,000 for first place, \$5,000 for second place and \$2,000 for third place. The winning students also have the opportunity to develop a prototype or seek a patent for their technology solution.

In addition to their innovative technology pitches at BEYA, students also had the opportunity to network with Army and industry leaders from across the research and technology ecosystem and discuss their future careers in

STEM. Many of the finalists received on-the-spot interviews and job offers from the Army and industry organizations in attendance that were recruiting at the conference.

The finalists were invited to take part in an eight-week xTech Accelerator program that prepared students for their pitches, educated them on Army priorities and areas of interest, and provided insight into Army career pathways.

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Buildathon inspires the next generation of citizen developers

by Lily Chen

Naval Information Warfare Systems Command (NAVWAR) hosted its inaugural Buildathon recently, facilitated by the NAVWAR Office of the Command Information Officer (OCIO) and Acquisition and Program Management competency,

alongside Program Executive Office Digital and Microsoft.

Centered around the Microsoft 365 Power Platform tools that are accessible to the entire NAVWAR workforce through Flank Speed, the Buildathon's primary goal was to get people

more comfortable using Power Apps, Power Automate, Power Business Intelligence, Dataverse and Microsoft Teams through two separate tracks that ran concurrently through the event.

Track 1 was for the six teams that have been involved with the Buildathon since the planning stages last October. These groups identified problems within their organization at an envisioning session in December and participants without any prior Power Platform tools experience underwent basic training leading up to the Buildathon. Organized under a team lead with an adviser from Microsoft, these teams built their functioning solutions for legacy workflows entirely within the three-day confine of the event.

Track 2 was intended for the NAVWAR community interested in learning more about Power Platform tools. Taught by Microsoft experts, students got hands-on experience with Power Automate, Power Apps and Power BI by running labs within those programs. There were three workshops held during the event, along with an Ask Me Anything session hosted by a Power Panel of NAVWAR Power Platform users.

NAVWAR Commander Rear Adm. Doug Small spoke at the

Buildathon's kickoff ceremony. He expressed his excitement at seeing what these teams would come up with in three days' time.

"Foundational to the Navy's Get Real Get Better is the ability to self-assess. You all have identified a problem to solve and have taken action to try and improve

development" as the creation of business applications and features by the employees who use them and is an opportunity for business users to stretch beyond their day-to-day activities with innovative ways to improve their own business processes.

The Power Panel of "OG Citi-

bers of the Power Panel, also known as "ringers," checked in with all the teams as they roamed around to provide feedback or input as needed and served as a supplemental instructor during the Power Platform 101 workshops of Track Two.

During the closing ceremony, NAVWAR Executive Director John Pope spoke about his excitement of everyone coming together across the enterprise for the Buildathon. "I'm extremely impressed with everything I've witnessed over the past few days, seeing how everyone is innovating and collaborating as early adopters," he said. "That attitude of coming together across groups, looking at ways to solve problems differently and caring about your workforce and partners - those are the kinds of things we hope our leaders can embrace, wherever you are in the organization."



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“ Foundational to the Navy's Get Real Get Better is the ability to self-assess. You all have identified a problem to solve and have taken action to try and improve that. ”

- Rear Adm. Doug Small

that," he said. "We have these Power Platform tools at our disposal and we have the ability to innovate towards positive outcomes that can have broad applications throughout the enterprise."

Command Information Officer Tonya Nishio introduced the concept of a citizen developer to the audience, identifying the teams and workshop participants as innovators who choose to look beyond and broaden their horizons. "There are three skills needed to be a successful citizen developer," she said. "Knowledge of the problem, willingness to learn and hunger to do better."

Microsoft defines "citizen

zen Developers" each spoke on how they became involved with Power Platform tools to better automate legacy workflows over the past two years since Flank Speed was implemented.

Throughout Buildathon, mem-

Local flag officer announcements

Secretary of Defense Lloyd J. Austin III announced Feb. 17 that the president has made the following nominations:

Rear Adm. (lower half) **Joseph F. Cahill III**, for appointment to the grade of rear admiral. Cahill is currently serving as commander, Carrier Strike Group Fifteen, San Diego.

Capt. **Amy N. Bauernschmidt** for appointment to the grade of rear admiral (lower half). Bauernschmidt is currently serving as commanding officer, USS *Abraham Lincoln* (CVN 72), San Diego.

Capt. **Michael B. Devore** for appointment to the grade of rear admiral (lower half). Devore is currently serving as chief of staff, Naval Surface Force, U.S. Pacific Fleet, San Diego.

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Sergeant Major of the Marine Corps visits I MEF, SOI-West Marines across Camp Pendleton

by Staff Sgt. Dana Beesley
I Marine Expeditionary Force
CAMP PENDLETON - Marine Corps Sgt. Maj. Troy E. Black, the 19th Sergeant Major of the Marine Corps, visited Marines across I Marine Expeditionary Force and School of Infantry – West at here Feb. 7-8.

Black visited the headquarters and training area of 1st and 5th Marine Regiments, 1st Marine Division, meeting with Marines to discuss quality of life matters and answer questions regarding force modernization associated with the Commandant of the

Marine Corps' Force Design 2030.

“Our priority as a Marine Corps is warfighting, at I, II and III MEF,” said Black. “What supports the warfighter? Maintaining the quality of life. This includes equitable pay, income, good healthcare, and a decent place to live. All of those are fundamental to who we are as a force and those are the things that encourage people to serve, but also encourage them to stay.”

◆**On Commandant of the Marine Corps Gen. David H. Berger’s guidance to continue**

a lot of Marines get to do after MCT. I believe it is something to take advantage of and retain, because you never know when something can happen.

With the prospect of training on the horizon, Porras paused to reflect on her journey and gain a better understanding of how she copes with tough situations. For her, the key is simple: keep breathing.

“I always say, things happen, but I’m still breathing, so I’ll be fine,” said Porras. “If I’m having a rough time, or I’m dealing with a difficult situation, I’m not going to put myself in a corner. If I’m still breathing, then I’ll be fine.”

to retain and mature the force by sustaining quality Marines, Black said, “The Marine Corps invests in a Marines’ education, training and experience, so we need new and effective ways to retain them. As a service we have to understand that it’s more important to invest and keep talent than it is to find new talent.”

◆**On challenging Marines to invest in all aspects of the warfighting concept, especially those facets that make the Corps spiritually and mentally resilient:** “If a Marine was a machine, we would treat them differently. Black said, “Physical human performance is of high importance to us as Marines, but what we don’t realize is it’s those other aspects that result in the great physical performance. Whether we are talking about mental health or spirituality, I’m more concerned about winning the day and keeping people in the fight, to fight tomorrow.”

◆**On plans for improvement of facilities moving forward:** “We have got to get better at investing in our barracks. Some of the things I saw today in these barracks were the same things I saw in the same barracks from 2004 to 2007. We must do better. We must provide relentless attention, care and resources to our Marines so they can focus on the mission – not the state of their living conditions.”



Sgt. Maj. Troy E. Black, at a staff noncommissioned officer senior leader panel at Camp Pendleton. US Marine Corps photo by Cpl. Gabrielle Zagorski

◆**To the SNCO senior enlisted panel:** “The biggest advantage from today’s senior leader panel was the opportunity it provided to staff noncommissioned officers from across I MEF to speak with their senior enlisted leaders about Force Design and quality of life from the fleet’s perspective and feed that into the feedback loop. We know that Marines are subject to the same life stressors as all Americans in addition to the stressors that are associated with being warfighters.”

After Camp Pendleton, Black continued visiting installations throughout the Marine Corps, speaking to Marines throughout the Fleet Marine Force.



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*food and/or drink items every hour.

Porras

continued from page 2

but I quickly adjusted to my life and my job there. I'm still growing and learning every day.”

Porras returned to the Republic of Korea merely two months after leaving. This trip will provide her with more than added experience; she will get an opportunity to partake in the training with the rest of the MSB Marines. The last time Porras trained with a rifle in her hand was Marine Combat Training, more than two years ago.

“I think it’s cool to go back to that,” said Porras. “The training is essential and not something



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Naval Surface Warfare Center, Port Hueneme Division's Denzel Bridges named Black Engineer of the Year

by Patrick Maio
 NAVAL BASE VENTURA COUNTY - Denzel Bridges, a Naval Surface Warfare Center, Port Hueneme Division (NSWC PHD) combat systems reliability engineer, won a Black Engineer of the Year Award (BEYA) as a Modern-Day Technology Leader for his leadership and technical and analytical skills during the COVID-19 pandemic.

Bridges is "rapidly developing into a capable leader in everything he touches," wrote Jing Li-Kole, a branch manager who nominated Bridges for the BEYA award.

The awards were presented at the 37th BEYA STEM (science, technology, engineering and

math) Conference Feb. 9-11 at a waterfront convention center south of Washington, D.C.



Denzel Bridges. Courtesy photo

The BEYA Modern-Day Technology Leader awards are presented on behalf of US Black Engineer and Information Technology magazine, published by

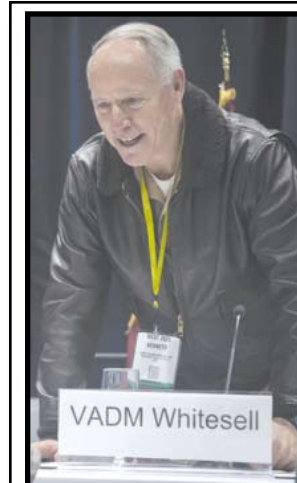
Career Communications Group Inc., and the Council of Engineering Deans of the Historically Black Colleges and Universities.

The awards recognize primarily Black men and women who demonstrate outstanding performance in STEM-related fields and serve as inspirations for future engineers, scientists and innovators.

Bridges, a mechanical engineer in the Combat Systems, Test and Evaluation Department (C Dept.), grew up in Riverside, Calif., where his father worked in security with shipping giant FedEx Corp., while his mother worked with a social services agency with Riverside County.

"I've always known I wanted to study engineering since my freshman year of high school when I was inspired by my cousin," said Bridges, who earned a bachelor's degree in materials science and engineering from Cornell University in Ithaca, New York, and a master's degree and doctorate in mechanical engineering from University of Tennessee in

Knoxville. "I initially thought I wanted to study chemical engineering because I thought I wanted to pursue a career related to renewable energy," Bridges said. "When I looked at the course requirements with four semesters of chemistry and two semesters of physics in the first two years of school, I decided to go a different direction."



SAN DIEGO (Feb. 14, 2023) - Vice Adm. Kenneth Whitesell, commander of Naval Air Forces, speaks at the West 2023 conference. US Navy photo by MC2 Keenan Daniels



SOUTH CHINA SEA (Feb. 13, 2023) - Navy Aviation Ordnanceman Airman Patrick Tripp inspects an M61A2 20 mm gun aboard aircraft carrier Nimitz. US Navy photo by MC3 Caylen McCutcheon



MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS (Feb. 7, 2023) - Marines conduct a platoon-level training event during Marine Littoral Regiment Training Exercise. US Marine Corps photo by Cpl. Scott Aubuchon

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Wreckage of long-lost US submarine from World War II found off Japanese coast

by **Corey Dickstein**
Stars and Stripes

The long-lost wreckage of a U.S. Navy submarine credited with sinking nearly a dozen enemy ships during World War II before vanishing in late 1944 has been found off the coast of northern Japan, Navy officials announced Feb. 16.

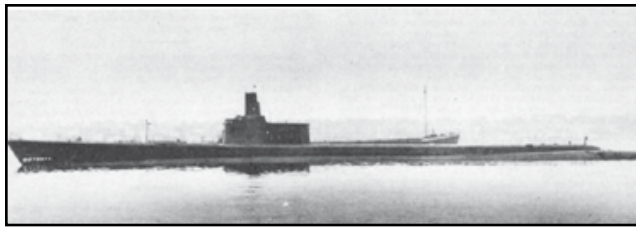
USS Albacore's wreckage was confirmed by the Naval History and Heritage Command's Underwater Archaeology Branch after it was located recently off the coast of Hokkaido, the northernmost of Japan's main islands, the Navy said in a news release. The NHHHC used information and imagery provided by Tamaki Ura, a University of Tokyo professor who has specialized in developing autonomous underwater vehicles to confirm the identity of the submarine. Albacore disappeared while patrolling in the Pacific Ocean and had at least 85 sailors aboard.

"As the final resting place for [U.S.] sailors who gave their life in defense of our nation, we sincerely thank and congratulate Dr. Ura and his team for their efforts in locating the wreck of Albacore," Samuel Cox, the

director of the NHHHC, said in a statement. "It is through their hard work and continued collaboration that we could confirm Albacore's identity after being lost at sea for over 70 years."

Albacore was last heard from by the U.S. military on Oct. 28, 1944, when it stopped at Midway for fuel en route for its 11th combat patrol in the waters off northern Japan, according to Naval records. The Gato-class submarine was believed sunk in a Nov. 7, 1944, underwater explosion reported in Japanese military records, likely the result of hitting an underwater mine. The location of the ship's wreckage appeared to confirm those details, according to the Navy.

Before the sub's sinking, Albacore had proved a capable warship. The vessel was built by the Electric Boat Company and commissioned into the Navy on June 1, 1942. The Navy credited the submarine with sinking at least 10 enemy ships during its brief tenure - earning the Albacore nine battle stars for meritorious participation in battle and four Presidential Unit Citations for extraordinary heroism in combat. The Navy said Albacore might have been responsible for



USS Albacore off Groton, Conn., in May 1942. Note the large conning tower and periscope sheers. Photo courtesy of Navy History and Heritage Command

sinking three additional ships during the war, but those have not been confirmed.

Among the sub's known sinkings were Japanese destroyers, freighters and the 31,000-ton Japanese aircraft carrier Taiho, then the newest and largest carrier in the Japanese fleet. Taiho sunk hours after being struck by a torpedo fired by Albacore during the Battle of the Philippine Sea, according to the Navy. Albacore's crew didn't know at the time that they had sunk the flagship after diving deep to escape incoming aerial attacks. Months later, Albacore's top officer at that time, Lt. Cmdr. James Blanchard, was awarded the Navy Cross, the service's second-highest honor for combat heroics, for his role in sinking the Taiho.

The Navy said Ura used unmanned underwater craft to locate the Albacore based on Japanese records documenting the Nov. 7, 1944, explosion off Hokkaido.

"Strong currents, marine growth and poor visibility on site made it challenging to fully document the wreck or obtain comprehensive images," the Navy statement said. "However, several key features of a late 1944 Gato-class submarine were identified in the video."

Those features included the presence of a SJ Radar dish and mast, a row of vent holes along the top of the superstructure and the absence of steel plates along the ship's upper edge consistent with the Albacore's construction at the time that the submarine

was last seen, according to the Navy. Albacore's wreckage now falls under the NHHHC's jurisdiction and is protected from intrusion by U.S. law, the Navy said.

"The wreck represents the final resting place of sailors that gave their life in defense of the nation and should be respected by all parties as a war grave," the Navy statement reads.

MyPlate for Older Adults is an icon to provide food, fluid and physical activity guidance specifically tailored for older adults. In 2015, the USDA Human Nutrition Research Center on Aging partnered with AARP Foundation in conjunction with the updated 2015-2020 Dietary Guidelines for Americans to revamp MyPlate for Older Adults. The current plate gives special attention to fully target various demographics and food access issues relevant to the 50+ population. MyPlate resources were developed to help individuals achieve and maintain a healthy weight. Tools and handouts encourage pregnant, breastfeeding individuals, and families to include a variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates every day and be physically active.

Armed Forces Dispatch
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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

During the darkness of mid-winter, it's easy to get the blues. On dreary, cold days when the snow is dingy with soot, the car is hazy with salt, and your skin is as flakey as a stale croissant from the day-old bin at Stop & Shop, you can slide into negative thinking as easily as snot slips from your toddler's nostrils.

In those bleak moments, military spouses might wonder, "Why do I live this difficult life with all its moves and deployments? Why do I put up with the inconveniences and hardships? Is my destiny to never pursue my career? Will our kids ever be able to stay in one school where they can make long-term friends and pursue their interests? If I have to iron another uniform, will I have a nervous breakdown? Will I stick a fork in my eye if I see one more moving sticker? Will the commissary ever carry unsweetened oat milk?!"

I'm here to tell you, it's not as bad as you think. In fact, I've discovered eight ways that military life actually makes you a better person.

1. Military spouses are random-car-search-ready. On the off chance that they are pulled over while driving through the base gate, military spouses periodically clean up the stale Goldfish, french fries, crayons, used tissues, juice bags and gummy bears under the minivan seats to minimize any potential embarrassment.

Eight ways military life makes you a better person

2. Military spouses never stop honing their social game. From boot camp to retirement, military spouses are forced to seek new friends throughout active duty life. With each successive move or housing turnover, military spouses revisit their middle school insecurities and wonder, "Does anyone like me? Will I be included? Will I ever win Crystal Bingo?" To meet this continuous challenge, military spouses constantly self-assess in order to adapt to the diverse people they meet.

3. Military spouses bring it. They aren't strangers to wearing pajama pants all day; however, military spouses know how and when to gussy up for formal events. On ball days, a military spouse might pick her kids up from school in sweatpants, but by nine-o'clock, she's elegantly sheathed in beaded silk, respecting protocol, and gracefully setting her champagne flute on the dining table before she hits the dance floor to do the Stanky Leg.

4. Military spouses purge stuff regularly. Single Polly Pocket shoes, dried up markers, snagged sweaters, rusted bikes, dog-chewed flip flops, and scratched furniture get discarded before each move. Half-used bottles of cocktail sauce, jars of jelly and boxes of chicken patties are given away to neighbors. Bags bursting with gently used clothes and household goods are given to charity. Military spouses are rolling stones — they gather no moss, nor excess Legos.

5. Military spouses are free to let their freak flags fly. Patriotic fashions, home decor, and behavior that

may seem obnoxious to every-day civilians is embraced by military families. Navy families make their beds with nautical sheets and get misty when they see a grey ship. Army spouses carry camo diaper bags and hang paintings of tanks in their living rooms. Marines think nothing of barking "oorah!" in public. Air force kids have every airplane toy ever made.

6. Military spouses develop sophisticated palates. Having to live in different locations means getting to sample indigenous cuisines. Granted, this experience isn't always enjoyable, like the time I ordered "Sukrut Royale" in Europe, not knowing that I'd requested steaming organ meats, or when I bought boiled peanuts thinking they might actually taste like peanuts. But every bad meal is worth every local delicacy such as Roman-Jewish Fried Artichokes, Southern Shrimp and Grits, Korean Budae-Jjigae Stew, and German Schneeballen.

7. Military spouses are strong and flexible. I'm not talking yoga poses here — although putting your foot behind your head is certainly an admirable feat — I'm referring to military spouses' ability to adapt to varying environments, to spin multiple plates in the air, to run entire households solo, to handle constant change, and to manage military life's many curveballs with grace and agility.

8. Military spouses are awesome. More than 700 thousand active duty spouses and nearly 12 million veteran spouses are living proof that, despite the obvious challenges, military life has its perks.

AutoMatters™ & More by Jan Wagner



As a decades-long fan of STAR TREK, I grew up longing for my very own universal translator. At the 2023 Consumer Electronics Show in Las Vegas, my wish finally came through in the form of a review sample of the WT2 Edge translator earbuds, from a company named Timekettle.

Of course, I was skeptical. Who wouldn't be, but I am skeptical no more. They've actually done it. Consider my mind blown.

At first glance it would look to the casual observer that I was wearing a common earbud, like what you might use with your cell phone to conduct phone conversations or listen to music, but the WR2 Edge (available in white and black) is anything but common. It enables its wearer, several wearers of other WR2 Edge earbuds and people within earshot of the speaker and microphone of a cell phone, to conduct conversations in two different languages, bi-directionally and simultaneously, translated in real time, with very little delay between the people speaking.

I have only just begun to use this, so I'm sure I will learn more of what it can do. However, for my needs it already accomplishes what it was designed to do.

The Timekettle WT2 Edge has three distinct modes of operation: "Simul Mode," "Touch Mode"

Your own Universal Translator - Timekettle WT2 Edge

— where any single user can take control of the microphone and deliver their translated speech to all participants, and "Speaker Mode." I was in my office doing this review and needed the assistance of a foreign language speaker but, since I was the only person here, I used "Speaker Mode" in conjunction with the Timekettle App for the WT2 Edge. The app enabled me to select my desired mode ("Speaker Mode"). Then, with my iPhone on my desk a couple of feet from my computer's speaker, my iPhone's microphone captured the sound of my computer reading the text of one of my columns in Spanish (further refined to the language as it is spoken in Mexico). It was a simulation of me having a conversation with a Spanish speaker, while I was speaking English.

Here is exactly what I did. First I took the left earbud out of its charger and opened the Timekettle WT2 Edge App. The app instantly recognized the earbud as a "New Connection" and connected to it. It even showed me its remaining power level.

I clicked OK and, on the next page, I clicked on "Speaker Mode." I had already chosen the two languages (Mexican English and U.S. Spanish). I attached the handy over-the-ear hook to the earbud (to keep it more securely in place), slipped it over my left ear and then selected a paragraph of text in one of my columns. I was about to right click on that text (on my iMac Pro) and select "Translate," but as I was about to do that I mumbled something to myself. A moment later, and to

my complete surprise, my iPhone repeated what I had just said, but translated into fluent Spanish! I was having a conversation with myself — in two different languages! In practical terms, it was as if I was having a conversation with someone else, with me speaking English and the other person speaking Spanish. A written copy of the text of our conversation was also being generated on the Timekettle app as we spoke, to be exported for later use, if need be.

I have only just begun to scrape this surface of what the Timekettle WT2 Edge is capable of being used for. I need more practice with it and the Timekettle App, but what I have seen so far is very encouraging.

Dual microphones with noise reduction allow the WT2 Edge to accurately distinguish between ambient noise and speech. It is capable of simultaneous bi-directional, real-time translation, breaking a major technological barrier. When used online, it supports up to "40 languages and 93 dialects" (with optional language packs), and it can also translate offline with nine of the most common languages. "With 15 servers deployed worldwide, translation speed can be as rapid as .5 seconds."

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue 'years' boxes and browse. Copyright © 2023 by Jan Wagner — AutoMatters & More #780

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ROY'S SUDOKU

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THINGS TO DO AROUND TOWN

Museum Month: February remains the perfect month to discover (or re-discover) the story of San Diego during Museum Month with 50% off admission to more than 60 San Diego County museums, historic sites, gardens, zoo/aquariums and more. Explore a rich world of cultural experiences, including virtual activities, behind-the-scenes tours, and other special museum moments you can only find in San Diego.

Love on a Leash, Ongoing Fridays, 3-4:30pm. Enjoy dogs with Love on a Leash. This program is geared toward children ages 6-10. Free. Poway Library, 13137 Poway Rd, Poway.

San Diego Gulls Home Game, Feb 24, Coachella Valley Firebirds.. Pechanga Arena San Diego, Midway District.

Walk for Animals North County, Sat, Feb 25, 7-11am. Fundraiser. Kit Carson Park, 3333 Bear Valley Pkwy, Escondido, 92025.

Compost Workshop, Sat, Feb 25, 8:30-10am. Free. No registration req. Instruction & demo building/maintenance of backyard compost pile and worm bin. Escondido Community Garden, Centre City Parkway at Decatur Way, Escondido, 92026

Chamber of Commerce Senior Expo: Embracing Retirement, Sat, Feb 25, 9am-1pm. Free. The Encinitas Chamber of Commerce Senior Expo "Embracing Retirement" offers valuable information to those retiring soon, those that are retired and families of aging individuals, all who need a little help navigating this new life chapter. Exhibitors include health-care providers, housing options, senior lifestyle businesses, fitness & wellness, government agencies, financial and tax services, insurance and more. Activities include opportunity drawings, refreshments and breakfast hosted by the Encinitas Rotary's Home Team, a free community service for seniors having a difficult time. Encinitas Community and Senior Center, 1140 Oakcrest Park Drive, Encinitas, 92024

Pet Adoption Weekend, Sat, Feb 25, 10am-2pm. Free. Meet rescue dogs. Sesame Place San Diego, 2052 Entertainment Circle, San Diego, 91911

7th Annual Fido Fest, Sat, Feb 25, 11am-3pm. Free. Pet parents will have the opportunity to participate in multiple activities with their canine companions, including arfs & crafts and a fun costume contest. Town Center Community Park, 550 Park Center Dr, Santee.

Black Nerds Expo, Sat, Feb 25, 11am-4pm. Free. Attendees explore and celebrate black comics, books, art, video games, pop culture, content creation, science, tech, engineering, and math (STEM) alongside like-minded individuals. Event open to everyone. MiraCosta College, One Barnard

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Dr, Oceanside.
Seltzerland, Sat, Feb 25, 11am-6pm. Age 21+. \$29-\$39. Hard seltzer festival, entertainment, seltzer pong, ladder ball, cornhole. Port Pavilion Broadway Pier, 1000 N. Harbor Dr, downtown San Diego.

Birding Basics Class, Sat, Feb 25, 1-2:30pm. Free. Educational bird ID class. Bring Field Guide if you have one. Visitor Center, Classroom A. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos. mtrp.org

Black History, Black Freedom & Black Love, Sat, Feb 25, 2-5pm. Free. Film screening. RSVP online. Poway Library, 13137 Poway Rd, Poway.

Chula Vista Library Family Concert Series, Sat, Feb 25, April 22, June 3. Free. Open to all ages. Chula Vista Civic Center Library, 365 F St.

NASCAR Cup Series race, Feb 26, Fontana, CA, Second race of the NASCAR Cup Series regular season.

San Diego Blood Bank Community Blood Drive, Sun, Feb 26, 9am-3pm. Age 18+. One donation could save up to three lives! St. Catherine Laboure Parking Lot 4124 Mt. Abraham Ave, 92111

Bird Friendly Home & Garden Expo, Sun, Feb 26, 10am-6pm. Free. What can you do to help birds in your day-to-day life? Marina Village Conference Center, 1936 Quivira Way, SD, 92109

San Diego Legion VS New England Free Jacks, Sun, Feb 26, 4pm. Rugby! Snapdragon Stadium, 2101 Stadium Way, Mission Valley.

Line Dance Class, Free, Thursdays 6-7pm thru Feb. Comstock Bar and Grill, 316 West Mission Ave, Escondido

Thursday Storytimes, Free. Ongoing. Preschool Storytime geared toward age 3-5. All children welcome. Poway Library, 13137 Poway Rd.

Toddler & Preschool Storytime, Thursdays. Ages 2-5. Held outdoors. Mission Valley Library, 2123 Fenton Parkway.

Tai Chi, Ongoing Fridays thru June, 10-11am. Age 18+. Free. Tai Chi fitness class with gentle physical exercise and stretching. In the case of inclement weather, the class will be canceled. Poway Library, 13137 Poway Rd.

Fourth Sunday Bluegrass Jam Session. 1-3pm. Duck Foot Brewing, 8920 Kenamar Dr #210, SD, Miramar. sandiegobluegrass.org/
Escondido Cars & Coffee. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. Cars, trucks, bikes!

Promenade Market downtown San Diego. 10am, Ongoing Saturdays. Free. Enjoy crafts, coffee, and street food including Mexican, woodfired pizza, gyros, smashed avocado toast, kettle corn, waffles and crepes, more. Ruocco Park, 585 Harbor Lane, SD, 92101.

MOVIES AT THE BASES

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

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

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

Thursday, February 23
6pm Plane r

Friday, February 24
6pm Maybe I Do pg13

Saturday, February 25
3:50pm Maybe I Do pg13

5:50pm Plane r

Sunday, February 26
1pm Missing pg13

3:30pm Plane r

Thursday, March 2
5:50pm Maybe I Do pg13

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, February 25
1:30pm M3gan (PG13)

Saturday, March 4
1pm Plane (R)

Q-Zone - NAB

Bldg. 337 • 619-437-3190

Family Friendly Movies:
Tues, Thur, Sat: 11 am. NDVDs

Thursday, February 23
11am Penguins of Madagascar pg

5pm Jurassic World Dominion pg13

Friday, February 24
5pm Till pg13

Saturday, February 25
11am DC League of Super-Pets pg

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

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

Friday, February 24
3pm Maybe I Do pg13

Saturday, February 25
3pm Missing pg13

6pm Maybe I Do pg13

Sunday, February 26
1pm Maybe I Do pg13

3:30pm M3GAN pg13

Friday, March 3
6pm Knock at the Cabin r

Saturday, March 4
3pm Knock at the Cabin r

6pm 80 for Brady pg13

Sunday, March 5
1pm 80 for Brady pg13

3:30pm Maybe I Do pg13



Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, February 24
6:15pm Maybe I Do (PG-13)

Saturday, February 25
3pm Missing (PG-13)

6:30pm M3gan (PG-13)

Sunday, February 26
12pm Maybe I Do (PG-13)

3pm Plane (R)

CROSSWORD PUZZLE

Across

- Apple discard
- Cash dispensers
- Edinburgh resident
- Highest point
- Metal corrosion
- Novelist Tokarczuk who won the 2018 Nobel Prize in Literature
- Where to watch pillars and frames?
- Professional org.
- Big name in ridesharing
- Observe
- "Rugrats" dad
- "Almost Famous" director Cameron
- Low-scoring tie
- Guzzles (down)
- Serious hwy. crime
- One-sixth of an inch, to a typesetter
- Uncommon
- Where to watch Stonehenge and Big Ben?
- Bengay target
- Smell
- Ultrasound goop
- "Onwards!"
- Put a hex on
- Play idly, as a guitar
- Stitching target
- "Frankly," in texts
- Coup d'__: sudden regime change
- Modern creatures that are technically dinosaurs
- Where to watch tracks and tunnels?
- Facts and figs.
- Egg on
- Volcano on Sicily
- "The Martian" actor Damon
- Writes the wrong ZIP code, say
- Filter (through)

Down

- Spanish house
- Magnum __: masterpiece
- Gym sets, briefly
- Tell-all news story
- Flight update abbr.
- Ballet skirt
- "The Beat With Ari Melber" broadcaster
- Has the wheel
- Female pig
- From a short distance, with "at"
- Big, mean giant
- Help oneself to
- Ocean floor dwellers with many arms
- Sci-fi film with light cycles
- Aussie colleges
- Wave a red flag at
- Postal scale unit
- Workforce during the wee hours
- Amazon gadget activated by saying "Alexa"
- Set loose
- Unload for cash
- Start a card game
- Rock band with the album "Powerage"
- "__ we forget"
- Length of many TV dramas
- Joyful Spanish shout
- Mushroomed
- Power interruption
- Treats with petty malice
- City hall bigwig
- Barbershop request
- "Dirty John" actor Eric
- Ruler of imperialist Russia
- Solemn observance
- "All finished!"
- One of the Rice Krispies trio
- "Thanks a __!"
- QB stats

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From the battlefield to the football field: Air Force surgeon's skills knows no bounds

by Shireen Bedi

FALLS CHURCH, Va. — On January 2nd, when many football fans were watching the game between the Buffalo Bills and the Cincinnati Bengals, Lt. Col. Valerie Sams, an Air Force surgeon, was on call at UCHealth's University of Cincinnati Medical Center not knowing what she was about to face.

That night, Buffalo Bills' safety, Damar Hamlin's heart stopped during the game and he was immediately rushed to the hospital and directly into Sams' care. Relying on her experience and extensive training, Sams worked with her UC Medical Center colleagues to care for Hamlin during his time in the hospital's Surgical Intensive Care Unit.

"We have taken care of a lot of patients in the military similar to Damar Hamlin, and it is just a basic skill set in critical care," said Sams. "Working seamlessly with our UC Health colleagues to save a life only highlights what we can do for anyone. We have the capabilities in this hospital to deliver the best care to anyone that comes through these doors. Everyone from the cardiology team to the trauma team all came together for Mr. Hamlin. It was truly a remarkable experience to see different medical teams come together and save a life."

While Sams is an active duty Air Force surgeon and assigned to the U.S. Air Force School of Aerospace Medicine, she currently dons a white coat with the UC Health logo and looks like every provider at the hospital. As the director and member of the Center for Sustainment of Trauma and Readiness Skills, or C-STARS, program at Cincinnati, she is part of a small group of Air Force medics that are fully integrated into UC Health who also train Air Force medics attending the advanced Critical Care Air Transport, or CCAT, training course.

"Our partnership with UC Health

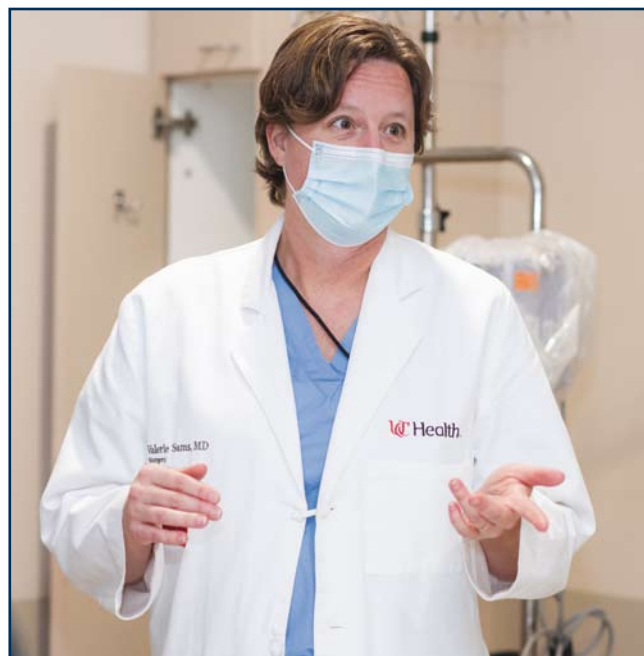
Heart month: Show your heart some love!

Heart disease is a leading cause of death in the U.S. for both men and women. But you can take steps to protect your heart and stay healthy.

To start, you can learn and keep track of some important heart health numbers, like your weight, blood pressure, cholesterol, and blood glucose (blood sugar). Then take action to improve your numbers.

One key number to know is your body mass index, or BMI. BMI is an estimate of body fat. Your BMI is based on your height and weight. Having a higher BMI is one factor that increases your risk for certain conditions, including heart disease and type 2 diabetes.

Get your blood pressure checked at least once a year by a health care professional, and ask what your target numbers should be. Then ask for tips to keep your blood



Lt. Col. Valerie Sams, director of the Center for Sustainment of Trauma and Readiness Skills, or C-STARS, program in Cincinnati, poses for a photo at the University of Cincinnati Medical Center in Cincinnati, Ohio on Jan. 31, 2023. Sams was the surgeon on call the evening Buffalo Bills' safety, Damar Hamlin, was admitted when his heart stopped during the game on Jan. 2, 2023. Courtesy photo by the University of Cincinnati Medical Center

provides us a unique opportunity to keep our CCAT training cadre clinically current and competent to ensure they can deliver specialized en route care when called upon," said Sams. "UC Health has given us the privilege to host our simulations and training, be fully integrated into their staff, and be able to learn advanced critical and trauma care with our civilian counterparts."

To understand how Sam was the responding physician in the Emergency Room when Damar Hamlin was admitted requires a brief look at Sams' 23-year non-linear Air Force and medical career.

"I always knew I wanted to join the military and I ended up in a junior [Reserve Officer Training Corps] in my senior year of high school," said

Sams. "I was able to get a full scholarship for college, transition from enlisted Army to Air Force ROTC and got commissioned."

Sams originally became active duty with the Air Force as a logistics officer. She later continued in the logistics field as an Air Force Reservist in Air Force Reserve Command's Individual Mobilization Augmentee program. It was during her time as a reservist that Sams attended medical school and her residency. After Sams finished her general surgery residency as a civilian, she transitioned to active duty and pursued a trauma fellowship at Brooke Army Medical Center, or BAMC, in San Antonio, Texas.

For Sams, her time at BAMC gave her a diverse amount of trauma

pressure under control. Keep track of your numbers.

Getting enough physical activity can help you meet your heart health goals. Aim for at least 150 minutes of moderate-intensity activity each week. Consider wearing a device that counts your steps to track how much you walk every day. Or simply jot down how much

time you spend each day with different activities.

Eat a heart-healthy diet and keep a record of what you eat and drink each day. This can also help you stay on track.

Find tips and tools for calculating your BMI, tracking your blood pressure, eating a heart-healthy diet, and more.

County's COVID-19 emergency declarations to end Feb. 28; Response continues

The County's Board of Supervisors accepted a COVID-19 update Tuesday stating the County's nearly 3-year-old coronavirus local emergency and local health emergency will end Feb. 28, matching the ending date of the state of California's previously announced plan.

The update also stated the County will continue to provide all the services needed to respond to the ongoing pandemic, including surveillance, testing, tracing, treatment, vaccinations and public engagement.

The Board first ratified the County's proclamation of a local emergency and declaration of the local health emergency on Feb. 19, 2020, becoming just the second county in California to declare a local emergency for the then-emerging coronavirus pandemic.

and critical care experience in particular her hands on experience with ECMO. ECMO, or extracorporeal membrane oxygenation, is a process that circulates blood through a machine to remove carbon dioxide and adds oxygen back to the body. ECMO is a life-saving procedure used in hospitals and during aeromedical evacuations of critically ill and injured patients.

"I was afforded opportunities to attend civilian training while also working to develop a course for military medics at BAMC and help credential ECMO providers," said Sams. "I also received training on continual renal replacement therapy, which is a skill set that not a lot of intensivists maintain, but one that is important to ECMO teams since it is a common accompanying therapy we would provide."

While at BAMC, Sams helped build the ground surgical team course curriculum and trained the first group. She also has received the training necessary to be part of a CCAT team. All that training and readiness set her up for some of the most challenging points of her career - two deployments to Afghanistan as a trauma surgeon with multiple ECMO missions.

"My whole goal as an Air Force trauma surgeon is to take care of those who put themselves in harm's

way for our nation," said Sams. "For me, deployments are massive learning experiences, and it is also incredibly humbling ones."

Shortly after returning from her second deployment in August 2019, Sams was giving a lecture at a training site in San Antonio, Texas, when her pager kept going off. The ECMO Director needed her to help transport a Soldier from Afghanistan to San Antonio, in an unprecedented, non-stop 8,000 mile flight through a combat zone, while carrying a critical patient whose injuries that added altitude restrictions. The soldier was cared for by an aeromedical evacuation, CCAT and ECMO teams.

"At the time, I was the only trauma surgeon on the ECMO team, so I quickly packed up and went," said Sams. "While the soldier did not require ECMO, he did require dialysis the whole flight back, which is common for ECMO patients and something we were prepared to do."

Sams stayed at BAMC until 2023 where she took over as C-STARS Cincinnati director on January 1. Sams attributes the success of that mission on the extensive training Air Force medics are afforded the importance of relying on the whole team.

"My training as a trauma surgeon and having been deployed, I have

seen all aspects of our teams, deployed capabilities and what we can do," said Sams. "I had familiarity to all the components that lead up to that mission - the walking blood banks, the damage control surgery. When I give talks about damage control surgery or resuscitation, I always talk about how it takes every member of the team. Our medics do understand the importance of developing teams that can deal with multiple casualties at a time, that can organize everyone's skill sets and ensure we can do the most we can with our capabilities."

From Damar Hamlin to the 8,000-mile aeromedical evacuation mission, Sams stresses the importance of always maintaining her vital skill sets and remaining current, something that shapes her as the C-STARS Cincinnati director.

"Those two events in my life have been successful because I have been given the opportunity to stay clinically current," said Sams. "The job we have as military medics requires us to make some important decisions pretty quickly to save a life, and you want them to be based on current skills and knowledge. We can't afford to be rusty because there will be moments where you will not have time to get ramped up or have time to do research. We have to remain current and ready."

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PRESIDENTS' DAY
SALES
EVENT

New 2022 Dodge
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Lease For **\$488**/Month For 36 Months

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