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SIXTY-SECOND YEAR

THURSDAY, MARCH 30, 2023

WELCOME HOME



NORTH AIR STATION ISLAND (March 23, 2023) In this pictorial essay, Nimitz-class aircraft carrier *Theodore Roosevelt* (CVN 71) returns to Naval Air Station North Island following a regularly-scheduled maintenance availability and completion of sea trials. The ship changed its homeport from Bremerton to San Diego after completing an 18-month docking planned incremental availability in Bremerton, Washington, during which the ship received extensive restorations and upgrades to support the F-35C Lightning II, E-2D Advanced Hawkeye, and CMV-22B Osprey, as well as future platforms such as the MQ-25 Stingray unmanned aircraft system. US Navy photo by MC2 Keenan Daniels. Insets: (Left) Sailors muster on deck and man the rails for their return to San Diego. (Right) Approaching Point Loma. Inset photos by MC3 Krescent Peters.

Carrier *Theodore Roosevelt* arrives in San Diego after docking period

by Ensign Jacqueline Cruz
USS *Theodore Roosevelt* (CVN 71)

SAN DIEGO - Aircraft carrier USS *Theodore Roosevelt* (CVN 71) arrived at Naval Air Station North Island March 23 after completing a 18-month docking planned incremental availability (DPIA) at Puget Sound Naval Shipyard & Intermediate Maintenance Facility (PSNS & IMF) and shifting homeport from Bremerton, Wash., to here.

Theodore Roosevelt's arrival in San Diego was a homecoming for many of the crew. When the ship departed San Diego on July 16, 2021, for Bremerton, many families opted to stay in San Diego. The ship's commanding officer, Capt. Brian Schrum, thanked the *Theodore Roosevelt* family and friends for their strong support, and gave a heartfelt "Well done!" to the crew for their unflagging work in throughout DPIA and successfully returning the ship to the fleet. "I'm amazed by and so grateful for our wonderful families whose constant support has helped us as a crew through the long maintenance period," said Schrum. "And to *Theodore Roosevelt's* crew, your unrelenting work and resiliency over the past year and a half are the epitome of professionalism. You successfully carried us through this monumental maintenance as a team." The work done during DPIA significantly modernized the ship's combat efficiency while also ensuring sustained operational readiness throughout its 50-year lifespan. Upgrades included a flight deck systems retrofit, expanding the ship's air dominance capabilities to support the F-35C Lightning II, E-2D Advanced Hawkeye, and CMV-22B Osprey, as well as future platforms such as the MQ-25 Stingray unmanned aircraft system. Other modernization efforts included installation of the machine gun system, and upgrades to an electronic warfare suite, consolidated afloat networks, ship self-defense system, surface search radar, and the fire control system. The crew habitability areas were restored. "Our Sailors have put in a tremendous amount of effort over the past 18 months to get our ship back in the fight," said CMDM Oneil Lewis, TR's command master chief. "Our crew is thrilled to be back in beautiful San Diego. This is a community that values our Sailors and provides us with countless resources. We look forward to continuing the outstanding relationship between San Diego and 'America's Big Stick.'"

Vietnam War Commemoration facts & figures

Honoring & thanking all who served and sacrificed

The Vietnam War 50th Commemoration celebration is March 29, and is the nation's opportunity to celebrate the veterans' and families' service and sacrifice.

We honor all who served on active duty and their families at any time between Nov. 1, 1955 - May 15, 1975, regardless of duty location.

Vietnam veterans represented nearly 10 percent of their generation. They fought under challenging conditions, and when their service ended, were not always welcomed when they returned home.

President Obama highlighted

that one of our country's most painful times was Vietnam and how we treated our service members who served there.

"You were often blamed for a war you didn't start when you should have been commended for serving your country with valor," he said. "You came home and sometimes were denigrated when you should have been celebrated."

The Department of Veterans Affairs estimates that more than 6 million U.S. Vietnam veterans live in America and abroad today, along with 9 million family members of those who served during this timeframe.



The U.S. Vietnam War Commemoration was authorized by Congress, established under the Secretary of Defense and launched by President Obama in 2012.

By Presidential proclamation, the Vietnam War Commemoration will continue through Veterans Day, November 11, 2025.

In 2012, then-President Obama signed a presidential proclamation, designating March 29 as the annual observance of Vietnam War Veterans Day. The signing of the proclamation marked the 50th anniversary of the departure

of the last American troops from Vietnam - March 29, 1973.

The Vietnam War Veterans Recognition Act of 2017 was signed into law by President Trump, designating every March 29 as National Vietnam War Veterans Day.

You're invited to you to thank and honor Vietnam veterans and their families for their service and sacrifice. Since its inception, the Commemoration publicly thanked more than 3 million Vietnam Veterans at over 21,000 ceremonies. The United States of America Vietnam War Commemoration continues through Veterans Day, Nov. 11, 2025.

Lapel pins have been presented to Vietnam Veterans at many locations across America.

Navy conducts combined patrol in Arabian Sea

MANAMA, Bahrain - A destroyer from 5th Fleet completed a combined patrol in the Arabian Sea, March 23-24, with ships from Spain and Italy operating under European Union Naval Forces Operation Atalanta. USS *Paul Hamilton* (DDG 60), Spanish Navy frigate *Reina Sofia* and Italian Navy frigate *Carlo Bergamini* participated in a two-day professional exchange on boarding procedures, ship navigation and training designed to improve interoperability and integration. "We improved our overall ability to integrate and operate together as a multinational maritime force," said Cmdr. Jake Ferrari, *Paul Hamilton's* commanding officer.

Virginia N.G. installation redesignated Fort Barfoot

FORT BARFOOT, Va. - The Virginia National Guard's Fort Pickett was officially redesignated Fort Barfoot in honor of Col. Van T. Barfoot, a World War II Medal of Honor recipient with extensive Virginia ties, during a March 24 ceremony at the Blackstone Army Airfield. "Our family is so proud of the man we called dad, granddad, and great-granddad for the love he shared, the example he set and his life of service to others," said Margaret Nicholls, Barfoot's daughter. "As always, he wouldn't have felt deserving of this honor and humbly would have said God had a plan for him and he hoped he lived up to God's plan."

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Career Advice

How to disagree graciously from an office lecture, plus news about the well-being of military force and their families.

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Base Movie Schedule

Creed III, Ant-Man and the Wasp: Quantumania, Jesus Revolution, Scream VI, Lyle, Lyle, Crocodile, Black Adam...

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'No one ever felt good after giving up': Airman to compete in sports clinic for disabled vets, troops



by **Gianna Gronowski**
Stars and Stripes

WASHINGTON - Airman 1st Class Lauren Arduser said her life changed in one night.

The newly minted Air Force recruit had just arrived in 2022 for training at Goodfellow Air Force Base, Texas. She frequently went out with friends to explore the area and hike in nearby state parks.

One of those trips was halted abruptly when a car that she was

riding in unexpectedly flipped several times, crushing her vertebrae, breaking her neck and collapsing her lung.

"I remember feeling really, really tired that day," said Arduser, 22. "I remember blinking, and on the next blink I woke up 11 days later from a coma."

She awoke to find she was paralyzed from the neck down. After surgeries and physical therapy, she moved to the St. Louis VA Medical Center — Jefferson Barracks, where she now rehabs three hours a day, five days a week.

Arduser, now a quadriplegic, plans to ski for the first time in her life down the slopes of Snowmass, Colo.

She is one of just two active-duty service members who will participate in the 2023 National Disabled Veterans Winter Sports Clinic.

"Normally the active-duty who participate are in transition out of the service," said Jason Strickland, the communications director for the clinic.

Arduser and her fellow active-duty service member will join more than 400 veterans with qualifying disabilities at sports clinic out from Saturday through March 31. Hosted by the Department of Veterans Affairs and Disabled American Veterans, the clinic will offer disabled military members opportunities to participate in activities ranging from scuba diving and sled hockey to cross-country skiing and wheelchair self-defense.

Though Arduser has never skied before, she isn't nervous.

"I enjoy doing this kind of stuff. I enjoy kayaking, water skiing and other water sports," she said, noting the chaos of tubing can be a little daunting.

Arduser said she grew up in her family with a sense of duty, with her great aunt and uncle each serving in the military.

"My aunt worked at the Pentagon," she said. "I kind of looked up to her, and when it was my turn to figure out what I was going to do with my life, it came back to that."

Arduser would later find out

through resurfaced records that her great-grandfather had a military career as well.

Confident she wanted a career in intelligence, Arduser sat down with a recruiter and produced a list of goals that she wanted to accomplish during her military career, including learning to speak Russian.

Though doctors originally thought she might not survive the car crash, Arduser said she was set on proving them wrong.

"I've always been one of those people who doesn't like being told you can't do something. Maybe it's stubbornness," she said.

Arduser said she has always been somewhat of an adrenaline junkie. Her injuries have not changed that.

At the time her recreational therapist recommended the clinic to her, Arduser did not have the level of mobility that she has today. "My therapist reassured me there's people participating with all sorts of injuries," she said.

Arduser said her plan for the week at the sports clinic is to simply go with the flow.

"My recreational therapist is going to advise me what to do," she said, expecting to go a little

outside her comfort zone.

The clinic challenges disabled military members to overcome perceived limitations, allowing them to build upon their experience and continue to lead active, healthy lives, Strickland said.

Arduser said she approaches life now by allowing her emotions to help her, as opposed to bottling up her feelings.

"If I'm struggling to get up off the floor, I'm going to use that anger to push through, power through, because you're going to get stronger. A lot of it is mental resilience," she said. "No one ever felt good after giving up."

'We're not going anywhere': USS Nimitz arrives for naval drills in South Korea

by **David Choi**, Stars and Stripes

BUSAN, South Korea - A Navy carrier strike group steamed into South Korea's largest port March 28 for a joint exercise a day after North Korea fired two ballistic missiles.

Roughly 7,000 U.S. Sailors and Marines from Carrier Strike Group 11 and its flagship, USS *Nimitz*, docked at Busan for an ongoing, large-scale drill by U.S. and South Korean naval forces.

The two-week Ssangyong Exercise in and around the Korean Peninsula is the largest U.S.-South Korean maritime drill in five years. Over 30 ships and 70 aircraft, and roughly 50 amphibious assault vessels, are scheduled to participate in the exercise until Monday, according to South Korea's Ministry of National Defense.

The scheduled exercise is taking place in international waters in a "professionally safe" manner, the strike group commander, Rear Adm. Christopher Sweeney, told reporters on the *Nimitz* flight deck.

Two weeks ago, spokesman Wang Wenbin of China's Foreign Affairs Ministry said Beijing was "gravely concerned" about the exercise.

"The current situation on the Korean Peninsula is highly complex and sensitive," Wang said at a March 14 news conference in Beijing. "All parties concerned should remain restrained and do more things that are conducive to peace and stability on the Korean Peninsula, not otherwise."

Tensions on the peninsula are at a "critical point," North Korea's state-run newspaper Rodong Sinmun said March 28. It said the U.S. is "undisguised in their attempt of aggression" against North Korea.

"All the demonstrative military exercises of the

enemy clearly show that they are military actions of preemptive attack, which can no longer be overlooked as they are conducted ...," Rodong Sinmun reported.

North Korea launched two short-range ballistic missiles March 27, its eighth day of testing this year.

The U.S. does "not seek to contain China" nor a conflict with North Korea, but is "not going to be bullied," Sweeney said.

"We aren't going to be coerced and we are going to stay here, fly and operate under international norms to [assure] all our allies and partners," Sweeney said. "We're not going anywhere."

Nimitz's arrival in Busan, its first in 10 years, comes six months after a visit by aircraft carrier USS *Ronald Reagan*.

Two days before arriving, *Nimitz* and destroyers USS *Wayne E. Meyer* and USS *Decatur* conducted anti-submarine and air defense drills with the Japan Maritime Self-Defense Force, according to a Navy news release.

On Monday, *Nimitz*, *Meyer* and *Decatur* joined two South Korean destroyers off the southern South Korean island of Jeju, according to a Ministry of National Defense news release.

Large-scale joint drills like Ssangyong by U.S. and South Korean forces returned this year after a long absence on the Korean Peninsula.

Earlier this month, soldiers from South Korea and the U.S. 2nd Infantry Division held their largest Warrior Shield field exercise in six years, while U.S. Forces Korea and the U.N. Command conducted the tabletop Freedom Shield exercise.

The U.S. may deploy more of its military assets to Seoul in the future.

Ships Underway
Total Battle Force
296
(USS 238, USNS 58)
Deployed
106 (USS 71, USNS 35)
Underway
79 (46 Deployed, 33 Local)

Where are our ships at sea

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of March 27, 2023, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

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Milley tells House panel joint force is at 'inflection point'

by Jim Garamone
DOD News

The United States joint force is at an inflection point, Army Gen. Mark A. Milley told the House Appropriations defense subcommittee March 23.

The joint forces "must balance current operations' readiness with future modernization, and must not allow ourselves to create the false trap that we can either modernize or focus only on today: We must do both," the chairman of the Joint Chiefs of Staff said.

The U.S. military must fully integrate developing technologies, including precision long-range fires, hypersonic weapons, quantum computing, artificial intelligence, robotics and pervasive all-domain sensors. "The time is now, and we have very little margin to waste," the general said.

The chairman essentially told the committee not to rob Peter to pay Paul. The U.S. joint force today is "the most lethal and capable military in the world," he said. "Our troops are the best lead, best equipped and best trained force anywhere because of your support."

The U.S. military must be ready to fight and win in all domains of conflict, the chairman said. This idea is at the heart of all deterrence. "Our priorities are simple: Maintain high states of readiness while simultaneously modernizing for the future operating environment and taking care of our people and their families," he said. "Our end-state is that America is secure, and great power war is prevented. Readiness now and readiness in the future through modernization is our No. 1 priority. And there is no other No. 1."

Milley said the international rules-based structure that has kept great power peace since the end of World War II is under stress. "For the first time in the nation's history, the United States is facing two major nuclear powers whose vital national security



Army Gen. Mark A. Milley. Official DoD photo

interests are in competition with the United States," he said. "Both the People's Republic of China and Russia have the means to threaten our interests and our way of

life. But war with Russia or China is neither inevitable nor imminent."

The fiscal 2024 defense budget request "is driven by

our strategy and deters war. This budget maintains our capabilities," the general said. "It maintains our strengths, our high levels of readiness now, and it prepares us for the future."

China is the pacing challenge. "The PRC intends to be the regional hegemon in the western Pacific and Asia within the next 10 years and exceed the United States' overall military capability by 2049," Milley said.

Russia is an acute threat and remains dangerous, he said. Russia's illegal and unprovoked war against Ukraine threatens peace on the European continent and global stability. "We are supporting Ukraine and its fight to protect

its sovereignty and supporting our NATO allies with the United States forward presence in every single nation on NATO's eastern flank," he said. "This fight is not just in Ukraine's interest, it is in the U.S. interest to protect the system that has prevented great power war for eight decades."

Iran continues to disturb the peace in the Middle East by continuing its support for terrorists and proxy forces. "Also, Iran is taking actions to improve its capabilities to produce a nuclear weapon," the general said. "The United States remains committed, as a matter of policy, that Iran will not have a fielded, nuclear weapon. And we, the United States military, have developed multiple options for

national leadership to consider if, or when, Iran ever decides to develop an actual nuclear weapon."

Milley told the lawmakers that U.S. military operational readiness rates are higher now than they've been in many years. "There are 10,330 units in the United States military, with 4,680 of them are active duty," he said. "Sixty percent of our active-duty force is at the highest states of readiness right now and could deploy to combat in less than 30 days; 10 percent could deploy to combat in less than 96 hours.

"This military is ready," Milley said. "We are prepared to fight now, and we will continue to be prepared to fight in the future."

U.S. responds to attack that killed U.S. contractor in Syria

by Jim Garamone
DOD News

The U.S. response to the attack on a coalition base in Syria that killed a U.S. contractor and wounded six others highlighted that the U.S. military will do what it must to protect its personnel.

Iranian-backed militias in Syria were responsible for the drone attack on the coalition base near Hasakah in northeastern Syria. The coalition base houses personnel working to ensure the lasting defeat of the Islamic State of Iraq and Syria.

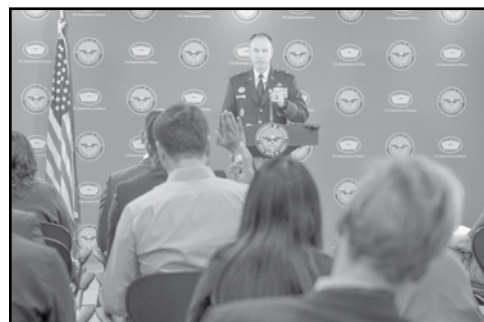
Secretary of Defense Lloyd J. Austin III, at the direction of President Joe Biden, authorized U.S. Central Command forces to conduct precision strikes into eastern Syria against facilities used by groups affiliated with Iran's Islamic Revolutionary Guard Corps, said Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder during a news conference today. "The airstrikes were conducted in response to yesterday's attack, as well as a series of recent attacks against coalition forces in Syria by groups affiliated with the IRGC," he said.

F-15E fighters assigned in

Centcom launched the attack at approximately 2:40 a.m. local time. "We're continuing to assess the outcome of the strikes," Ryder said. "Initial indications are that the facilities were destroyed. These precision strikes were intended to protect and defend U.S. personnel, and the U.S. took proportionate and

deliberate action intended to limit the risk of escalation and minimize casualties."

ment or facilities, Ryder said. "Our current assessment is that these these rocket attacks were conducted by IRGC-affiliated groups, that this rocket attack was done in an effort to retaliate for last night's attacks," the press secretary said. "Again, they did not cause any damage at the coalition facility. As far as any type of future action, I'm not going to talk about or preview potential future operations other than to say we will always reserve the right to respond appropriately if our forces are threatened."



Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder conducts a press briefing at the Pentagon, March 24. US Air Force photo by Tech. Sgt. Jack Sanders

Iran is a source of instability all around the region. Ryder noted Iranian proxies operate in Yemen, the Strait of Hormuz and Persian Gulf, and Lebanon. The Iranians have been supplying the drones that Russia is using to attack innocents in Ukraine, he said.

This morning, Iranian-backed groups launched 10 rockets that targeted coalition forces at the Green Village in northeast Syria. The attack resulted in no injuries to U.S. or coalition personnel and no damage to U.S. equip-

"The United States and our

coalition allies and partners ... are focused on trying to ensure stability, security in these regions," Ryder said. "And that will continue to be our focus.

We do not seek a wider conflict. With that said, if our people are threatened, we will continue to respond appropriately and proportionately."

Married colonels at Fort Hood fired following criminal investigations

by Rose L. Thayer
Stars and Stripes

AUSTIN, Texas - Col. Ann Meredith has been fired as commander of the 89th Military Police Brigade at Fort Hood, as she and her husband, also a colonel fired from his command post, faced separate criminal investigations, officials at the Texas base said March 23.

Meredith has been suspended since Jan. 5, and Lt. Gen. Sean C. Bernabe, commander of III Corps and Fort Hood, decided last Tuesday to relieve her command "due to a loss of confidence in her judgment following an investigation," said Lt. Col. Tania P. Donovan, spokeswoman for III Corps.

Meredith had been on the job since July and Lt. Col. Jeremy Prince is serving as acting brigade commander.

She won't face criminal charges or a court-martial and was disciplined through administrative action, Donovan said.

Col. Jon Meredith, her husband, was fired Oct. 3 as commander of the 1st Armored Brigade Combat Team of the 1st Cavalry Division at Fort Hood also for a loss of confidence, said Lt. Col. Jennifer J. Bocanegra, spokeswoman for the division.

"The Army [Criminal Investigation Division] investigation involving Col. Ann Meredith is distinct from the previous investigation of her husband, Col. Jon Meredith," she said. "For the investigation involving Col. Jon Meredith, the Army CID has exhausted all investigative leads and provided an interim report to 1st Cavalry Division. The 1st Cavalry Division does not provide comments during this stage of the process."

Jon Meredith was the second consecutive commander to be removed from 1st Brigade. He stepped into the role May 2021 after the previous commander, Col. Michael Schoenfeldt, was removed for bullying staff. The brigade was deployed to Poland at the time.



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- Abrupt closure of ketamine clinic chain blindsides veterans and others with severe depression and chronic pain
- Remains of soldier killed in WWII identified

Preparing Army leaders for a data-centric future

by Robert W. Mitchell

In line with the Army's plan to restructure its force into a data-centric organization, senior leaders from Program Executive Office Intelligence, Electronic Warfare and Sensors (PEO IEW&S) participated in the Army Data Driven Leadership Certificate Program, a collaborative executive training program between Carnegie Mellon University's Heinz College and the Army aimed at preparing government leaders to navigate the complexities of building and managing data-centric organizations.

PEO IEW&S leaders participated in recent cohorts of the program held in Pittsburgh, Penn. The week-long course covered a wide range of topics from data engineering, data visualization, data strategy and governance, to data maturity, data analytics, applied data science, building a data culture, and demystifying AI (artificial intelligence).

"It provided the right amount of information at the appropriate depths so that [Army] leaders can understand how a data-centric organization can help them achieve their strategic goals," said Col. Michael Williams, PEO IEW&S Integration Directorate Chief.

From an operational perspective, being data-focused serves to sharpen Army decision-making and planning at all levels, according to Williams.

"With the amount of data commanders have access to now, they are looking at how they can more efficiently deploy their forces in a more proactive, anticipatory manner," he said. "How can they use this sensor data that's being ingested and what is it conveying, what trends are being seen?"

"At all echelons, the operational force is very focused on being able to leverage all the data that they have access to and do more than what was done with it previously," he said.

For Greg Hartman, Deputy Proj-

ect Manager for Project Manager Intelligence Systems and Analytics (PM IS&A), the main benefit of this course is that it provides leaders with a foundational literacy about data, helps them understand how critical data is to the Army mission and shows them what is possible once they "are smart about understanding, managing and exploiting data."

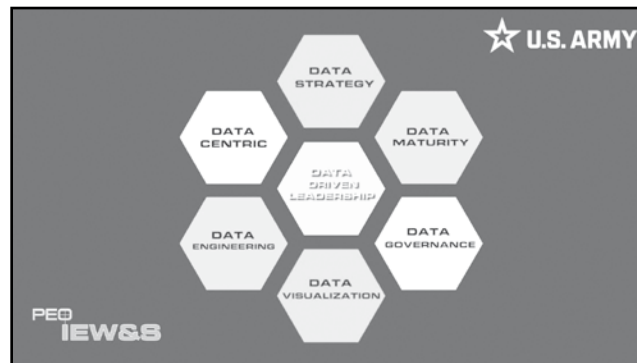
"We collect huge volumes of data in both what our systems do operationally and in the business of being acquisition professionals," he said. "There is a great opportunity

military operations perspective."

While the technical nature of data management and practical usage may leave some a bit apprehensive toward establishing a data-centric organization, the guidance and tools in the course may help to alleviate that, Hartman asserted.

"I think that's something that can be overcome through education and by developing data literacy amongst leadership and the entire workforce."

Throughout the course, industry



Army leaders at Program Executive Office Intelligence, Electronic Warfare and Sensors learned about data-centric organizations at the Army Data Driven Leadership Certificate Program, a collaborative executive training by the Army and Carnegie Mellon University's Heinz College.

here for the Army to take advantage of data-centric concepts that could make our enterprise more efficient and effective."

Hartman noted an uptick in discussions about the handling and usage of data and noticed a pivot in recent years toward how data can be optimized from both an operational and administrative perspective.

"We, across the whole Army, collect phenomenal amounts of data, but it has only been within the last few years that I feel like we have seen some real significant steps toward taking advantage of that data and being able to exploit that data to our advantage operationally, from both an administrative and a

leaders in the field of data science technology guide Army leaders at the GO/SES, COL/LTC, GS-14/15 levels, on how to use and apply data in the business decision-making process within their respective professions to ensure their programs and organizations are optimized (from a data perspective) to support the warfighter.

"From a Chief of Staff perspective, this (course) is the intelligence of data to run a PEO and optimizing data from a business intelligence perspective such as the day-to-day tasks, financial execution, and contract management," said Kyle Perkins, PEO IEW&S Chief of Staff.

Perkins attended the course along

with Williams and Hartman. His position involves frequently engaging people throughout the organization to obtain answers and insight on organizational activities, processes, and functions. However, he asserts, an increased focus on the application and management of data has the potential to streamline or perhaps significantly reduce those face-to-face actions going forward.

"I have to ask questions of people all of the time to get a lot of answers, but we have a lot of data," he said. "I should be able to structure and use the data to get answers to those questions without having to be a middle person."

The subject of the course, Perkins points out, lines up with the Assistant Secretary of the Army Acquisition, Logistics and Technology call to define and develop a digital transformation strategy. To this end, Perkins said, senior leaders at the PEO (and throughout the Army) need to acquire new skills and take on a new approach toward managing their programs.

"My mind is around digital transformation. Digital transformation requires a technical architectural strategy and all the underpinnings," he said. "It also requires an 'upskilling' of individuals. That's why I attended the course. I am embracing that, and I am putting a lot into 'upskilling' myself into everything data."

Perkins wants to optimize data from a business intelligence perspective, "so that we can be more effective managers and leaders of programs and businesses and be more responsive to the customers we serve." Whether it be a suspense from ASA(ALT) or a request for information from Congress, or programmatic questions from the PEO regarding execution timelines.

He said the Army data course was a great introductory level of instruction for senior leaders. of information at the appropriate depths so that [Army] leaders can understand how a data-centric organization can help them achieve their strategic goals," said Col. Michael Williams, PEO IEW&S Integration Directorate Chief.

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Career and Education

How to disagree gracefully from an office lecture

by Dr. Daneen Skube
Tribune Content Agency

Q: I have a co-worker who is always loudly spouting his opinions about something. Everyone on my team is tired of him lecturing at us. Is there something I can say to get him to shut up?

A: There's something you cannot say that would get him to cease lecturing. As long as you are busy saying, he'll be busy having a power struggle with you. If you take your ego out of the situation, you can afford your most powerful option: silence.

I often point out to stubborn clients that it's difficult to set dirt on fire. Aim to emulate dirt around people who love to lecture. An excellent phrase to disarm them is, "That may be so."

Just because someone is challenging you to a battle of wits, doesn't mean you have to respond. Spiritual teachers often observe that, "Those who know cannot say and those who say do not know." The idea is that big and true ideas are hard to fit into language and people who

use many words are often using them to say nothing.

People with genuine power often speak quietly, use few words, and don't talk when no one is listening. People who lecture are

Interpersonal Edge



by
Dr.
Daneen
Skube

fishing for controversy, conflict, and argument so when they receive silence there's less fuel for their sermons. Saying innocuous remarks like, "You have strong opinions on this" or "You want to provide your viewpoints," also don't encourage drama.

Any co-worker can invite you to a power struggle about anything but you have complete power over whether you attend. At one point, there was a popular bumper sticker that said, "What

if someone threw a war, and nobody came?" You can ask the same question about office power struggles? Just because you receive an invitation does not mean your attendance is mandatory.

One of the most important dance steps you can learn at work is how to sidestep a power struggle or war of egos. People at work have the right to have their opinions, and do, but you do not need to engage in arguing with them.

You're not betraying your viewpoints if you don't speak up to correct the opinions of others. You're simply choosing your peace of mind and effectiveness over the seductive allure of being right.

Silence does not mean agreement. Silence does not bless the opinions of the loudest person. Silence means you have the wisdom to know when your words are at best wasted and at worst inflame conflict.

Truth does not become less true if you are not the immediate verbal champion any more than

a huge ocean wave loses power if you don't convince people on the beach it is coming. Truth carries its own gravity, ultimately defends itself just fine, and when you're aligned with it you have the most power even in silence.

Observe that all the loud words your co-worker spouts are simply cheap talk. Just because his loud words are numerous doesn't make them valuable or persuasive. Guess who wins in the end when cheap talk meets golden silence? You, and that's the best prize of all!

The last word(s)

Q: I came up with an innovative idea and my co-worker stole it and presented it as her own. Is there a best way to handle this situation?

A: Yes, as Nikola Tesla, a Serbian-American inventor (1856-1943), said: "I don't care that they stole my idea. I care that they don't have any of their own." You're the golden goose that came up with the idea, your co-worker only stole one egg so next time only share those ideas with those you trust.

It's here: Six new measures to enhance well-being of military force and their families

WASHINGTON - Secretary of Defense Lloyd J. Austin III unveiled a comprehensive plan March 22, aimed at improving the lives of the dedicated military force and their families. The new plan consists of six additional actions that address essential needs in education, childcare, parental leave and career advancement. DoD is committed to working with Congress and other stakeholders to ensure the successful implementation of these measures. Austin is directing the implementation of the following:

Universal prekindergarten at DoD Education Activity schools: The DoD is collaborating with Congress to secure funding for universal prekindergarten at DoDEA schools. The program is set to undergo a phased implementation over a five-year period, providing high-quality early education for military children.

Dependent Care Flexible Spending Accounts for service members: To alleviate financial pressure on service members with dependents, the DoD will enable access to Dependent Care FSAs, allowing them to set aside up to \$5,000 in pretax income through payroll deductions for eligible dependent care expenses.

New military parental leave benefits: The DoD is actively promoting new parental leave benefits that provide 12 weeks of paid, non-chargeable leave to service members welcoming a child into their family through birth, adoption, or long-term foster-care placement. This initiative supports the well-being and work-life balance of our military families.

Improvements to the Exceptional Family Member Program: The DoD is committed to enhancing the EFMP to better support the unique needs of exceptional military families. Further improvements and streamlined processes will ensure that these families receive the necessary resources and assistance.

Expanded spouse eligibility for My Career Advancement Account financial assistance: To support career advancement for military spouses, eligibility for MyCAA financial assistance will be expanded to E-6 and O-3 ranks. This program provides up to \$4,000 in aid for obtaining a license, certificate or associate degree.

Portability and best practices for professional licenses: The DoD will continue efforts to make professional licenses portable for military families, working with states to encourage sharing of licensure best practices and approval of occupational licensure compacts. This initiative aims to reduce barriers to employment for military spouses.

Austin is dedicated to enhancing the quality of life for the U.S. military force and their families through these new measures. The DoD will collaborate with Congress and state partners to ensure the successful implementation and ongoing support of these initiatives.

The memorandum on Strengthening Our Support to Service Members and Their Families can be found at <https://media.defense.gov/2023/mar/22/2003184739-1-1/1/strengthening-our-support-to-service-members-and-their-families.pdf>.

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Local Military

Navy, Coast Guard begin Oceania Maritime Security Initiative patrol

Commander, U.S. 3rd Fleet

SAN DIEGO - The Navy and Coast Guard began their joint patrol in the Western Pacific under the Oceania Maritime Security Initiative, or OMSI, to reduce and eliminate illegal, unregulated, unreported fishing, combat transnational crimes, and enhance regional security, March 20.

Littoral combat ship USS *Mobile*, with an embarked Coast Guard law enforcement detachment from the Pacific Tactical Law Enforcement Team, supports maritime law with partner nations by enforcing the Western and Central Pacific Fisheries Commission Convention agreement and by suppressing illicit activities.

Pacific Fisheries Commission Convention (WCPFC) agreement is upheld within the Indo-Pacific region," said Cmdr. Richard Skinnell, USS *Mobile's* commanding officer. "This initiative allows us the opportunity to work jointly with other branches of the military as well as our allies and partners."

"OMSI is imperative to ensure that the Western and Central

OMSI, a Secretary of Defense program, improves maritime security and domain awareness

by enabling Coast Guard law enforcement personnel to conduct maritime law enforcement operations from Navy ships. These joint and combined operations ensure the U.S. military honors its security commitments to allies, partners, and friends.

"Collaborating with our partners throughout Oceania is essential in ensuring a free and open Blue Pacific," said Cmdr. Jeff Bryant, chief of enforcement, U.S. Coast Guard District Fourteen. It is a privilege and we are proud to support the Federated States of Micronesia through dedicated partnership in the effort to maintain maritime governance and preserve maritime sovereignty."

The WCPFC international fisheries agreement prioritizes the long-term conservation and sustainable use of highly migratory fish stocks in the Western and Central Pacific Ocean.

"The U.S. Coast Guard is always ready and looking forward to executing the OMSI mission



In this file photo, a flock of pelicans glides past USS *Mobile* (LCS 26) as she enters the mouth of the port at Naval Surface Warfare Center, Port Hueneme Division in California for a Combat Systems Assessment Team event on Nov. 28. US Navy photo by Eric Parsons

alongside our U.S. Navy partners," said Bryant.

An integral part of Pacific Fleet, 3rd Fleet operates naval forces in the Indo-Pacific and

provides the realistic, relevant training necessary to flawlessly execute our Navy's role across the full spectrum of military operations—from combat operations to humanitarian assistance

and disaster relief. 3rd Fleet works together with our allies and partners to advance freedom of navigation, the rule of law, and other principles that underpin security for the Indo-Pacific region.

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USS Ashland completes forward deployment to Sasebo

by Lt. Cmdr. Andrew Degarmo

SASEBO, Japan - Dock landing ship USS *Ashland* (LSD 48) departed Sasebo March 22 for its new homeport of San Diego.

This will be a permanent change of station for the crew and family members.

"I can't thank the wonderful city of Sasebo enough for all their warm hospitality," said Cmdr. Dirk Sonnenberg, the commanding officer of *Ashland*. "I've done multiple tours in Japan, but Sasebo will always be special to me as the warmest and most welcoming city to be hosted at. The experience will never be forgotten by the Sailors who served here. It has been an extreme privilege for *Ashland* to have served the U.S./Japan Alliance for nearly 10 years from Sasebo."

Ashland arrived at Sasebo in August of 2013 and conducted operations under Expeditionary Strike Group 7.

The ship participated in numerous exercises and operations, to include Iron Fist, Balikatan, and Cooperation Afloat Readiness and Training (CARAT) series events. Additionally, the

crew conducted humanitarian assistance and disaster response operations in Saipan and Tinian in 2015 and 2018.

Ashland's operations included first-in-class and proof of concept tasking to increase the interoperability of the U.S. Navy with Allies and partners in the region.

"Coming from Shelbyville, Kentucky, it was amazing to come half-way around the world to experience Sasebo and everything the Western Pacific has to offer," said Hull Maintenance Technician 3rd Class Stephen Ruddy. "Everyone in Sasebo was so helpful and friendly. I'll

miss the camaraderie of being stationed in such a great town."

Maintaining a forward-deployed naval force capability with the most advanced ships supports the United States' commitment to the defense of Japan and the security and stability of the Indo-Pacific region.

Ashland's homeport change complies with the National Defense Authorization Act (NDAA), which mandates that Navy ships forward deployed to Japan not exceed 10 years. The ship expects to arrive in San Diego in mid-Spring, following her Trans-Pacific voyage.

Amphibious assault ships homeported in San Diego

USS <i>Essex</i> (LHD-2)	USS <i>Boxer</i> (LHD-4)
USS <i>Tripoli</i> (LHA-7)	USS <i>Makin Island</i> (LHD-8)
USS <i>San Diego</i> (LPD-22)	USS <i>Anchorage</i> (LPD-23)
USS <i>Somerset</i> (LPD-25)	USS <i>John P. Murtha</i> (LPD-26)
USS <i>Portland</i> (LPD-27)	USS <i>Comstock</i> (LSD-45)
USS <i>Harpers Ferry</i> (LSD-49)	USS <i>Pearl Harbor</i> (LSD-52)

Presidential officer announcements: Cheever, Gerig

Secretary of Defense Lloyd J. Austin III announced March 22, that the president has nominated Navy Rear Adm. **Daniel L. Cheever** for vice admiral, and assignment as commander, Naval Air Forces; and commander, Naval Air Force, Pacific Fleet, San Diego. He's currently chief of staff, North American Aerospace Defense Command and U.S. Northern Command, Colorado Springs. On March 22, the president nominated Marine Corps Maj. Gen. Bradford J. Gerig for lieutenant general, with assignment as deputy commandant, Aviation, Headquarters, Marine Corps, Washington, D.C. Gerig is currently the commanding general, 3d Marine Aircraft Wing, San Diego.



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USS Zumwalt bridge team builds trust, connectedness through BRM training

by Petty Officer 1st Class
Kevin Leitner

When it comes to navigation teams on the bridge of ships underway, communication, trust, and teamwork are vital skills to have for a successful mission.

Sailors aboard tZumwalt-class guided-missile destroyer USS Zumwalt (DDG 1000) sharpened those skills while attending the Bridge Resource Management (BRM) course at the Navigation, Seamanship, and Ship Handling Trainer (NSST) in San Diego.

The week-long course gives students the ability to remove themselves from the ship environment and have focused discussions on various topics that will improve their ability to navigate their ship when the time comes.

“These opportunities are priceless,” said Capt. Matthew Hall, commanding officer of Zumwalt. “To be able to have my navigation teams here for an entire week, focusing on nothing other than this course has been very rewarding. I believe the teams will be stronger, and



Team Zumwalt participate in a simulated ship transit while attending the Bridge Resource Management (BRM) course. US Navy photo by MC1 Kevin C. Leitner

ultimately make us better at what we do.”

While on the bridge, the navigation teams must be able to communicate efficiently so that they can safely navigate the ship no matter what scenario they encounter.

“Communication is key in every single situation you will be in while on the bridge,” said Lt. j.g. John O’Connell, the Navigator

aboard Zumwalt. “Every watch stander on the bridge must be on the same page so that there is no ambiguity and so everyone has the confidence to act when they are needed to do so. BRM helped a lot with improving the communication among our teams. Whether you are an ensign that just checked in, or our commanding officer who has been in for just under 30 years, we are all part of this class having open discussions establishing

the ability to communicate with everyone.”

When standing watch on the bridge, face-to-face communication is essential for the teams to get a true understanding of what is really happening during every event while it is taking place.

“While on the bridge, you get that face-to-face dialogue between watch standers, allowing those individuals to be able to look at someone’s face and really engage in whether or not that person truly understands the commands that they are receiving,” said Chief Quartermaster Martez Smith, the Assistant Navigator aboard Zumwalt. “BRM gives you the chance to really see how your navigation teams work together and a chance to build solid relationships within your team.”

Along with strong communication, there must be trust within the navigation teams to have safe and successful evolutions.

“Trust and teamwork are inherently intertwined within these teams,” said Lt. Cmdr. Ma-

rina Nanartowich, the Plans and Tactics Officer aboard Zumwalt. “You may have a decent team on the bridge, but without trust among the team, they will not be a high performing team and will not extend beyond the boundaries of that specific team. BRM opens a lot of conversations that allow us to share our perspectives and obtain the wisdom from our commanding officer, as well as the senior mariners that are leading the course. Those conversations inherently help us build the trust that is needed to have successful teams once we return to the ship.”

Not only do the teams have to trust each other, each team must also have the complete trust of their commanding officer to be successful.

“Trust, based on professional competency and credibility, lies at the heart of what we do,” said Hall. “Effective BRM, for each and every team entrusted with the safe navigation of the ship, is critical to building that competency.”

Having that trust between the crew and commanding officer helps the navigation teams stay focused on the job at hand.

“Without the trust of your commanding officer, sometimes your team may not be able to stay focused on the big picture,” said O’Connell. “If we are unable to keep our focus on the mission at hand, we

will be less likely to achieve our goals, big or small. Gaining that trust is critical to completing the overall mission and will, in time, give us the tools we need to win the fight.”

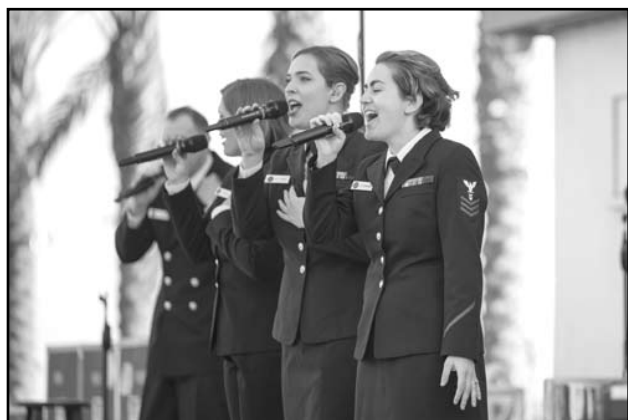
Zumwalt recently conducted several turnovers within the crew and this course came at just the right time for the crew to get acclimated with their new teams.

“We just went through a change of command, so we have a new commanding officer, and I am the new navigator onboard,” said O’Connell. “There is going to be a shift in the course of Zumwalt’s future and this class was timed incredibly well to help us build these teams up before we head out on various missions.”

Building connectedness on our ships is imperative, and as the fleet continually builds on teamwork, trust, and communication, this course has become an invaluable resource for navigation training and ship cohesion.

“Navigation overall is part of what we do and is definitely a high stress job,” said Hall. The BRM course is incredibly important to go through because if you are not working as a team, something can go wrong, and that is when missions fail. BRM gives us the time to build our communication and trust within our teams and set us up for success in the future.”

Local views



OCEANSIDE (March 25, 2023) - Members of the U.S. Navy Band Sea Chanters perform at Oceanside Pier Amphitheater. The Sea Chanters performed 19 concerts over 22 days, covering 2800 ground miles throughout Washington, Oregon, California and Arizona during their 2023 national tour. US Navy photo by Musician 1st Class Anastasia Bonotto



GULF OF OMAN (March 20, 2023) - Sailors assigned to USS Paul Hamilton conduct visit, board, search and seizure operations in the Gulf of Oman. US Navy photo by Ensign Connor Doherty



NAS NORTH ISLAND (March 23, 2023) - Vice Adm. Kenneth Whitesell, commander, Naval Air Forces, left, presents Bryan Scurry, executive director, CNAF, with a certificate of retirement during a ceremony here, commemorating 39 years of service to the U.S. government. Scurry was the second executive director of CNAF, serving from June 2015 to March 2023. US Navy photo by MC3 Analice Baker



PHILIPPINE SEA (March 13, 2023) - An E/A-18G Growler from the “Cougars” of Electronic Attack Squadron (VAQ) 139 prepares for flight operations on the flight deck of aircraft carrier USS Nimitz (CVN 68). Nimitz is in U.S. 7th Fleet conducting routine operations. 7th Fleet is the U.S. Navy’s largest forward-deployed numbered fleet, and routinely interacts and operates with Allies and partners in preserving a free and open Indo-Pacific region. US Navy photo by MC3 Hannah Kantner

Support the troops and enjoy spectacular views at the Navy’s Bay Bridge Run/Walk

Show your support of our service members and their families, by participating in the Navy’s 36th Bay Bridge Run/Walk, held Sunday, May 21.

This extremely popular event provides a vantage point like no other, as you make your way across the Coronado Bridge, on foot! All proceeds directly support quality of life programs aboard Navy installations in the San Diego metro area. Registration is now available at www.navybaybridgerun.com. See you on the bridge!

The scenic 4-mile racecourse, sanctioned by the U.S.A. Track and Field Association, starts on Park Blvd. between the Hilton San Diego Bayfront and the San Diego Convention Center and finishes in Coronado’s Tidelands Park.

Hosted by Navy Region Southwest Morale, Welfare, and Recreation Program, this outstanding event is an exciting and memorable way to bring our military and civilian communities together. Profits generated from the event directly fund quality of life programs at San Diego Navy installations.

Race participants receive a commemorative race shirt and collectible finisher’s medal;

complimentary transportation back to the bayfront after the event via bus or ferry. Join in on the fun at the celebratory finish line party, featuring live entertainment, event expo, prize drawings, and an awards ceremony where specialized Navy Bay Bridge Run/Walk awards will be presented for each age group and team division winners.

Visit www.navybaybridgerun.com, call (619) 502-2399, or Facebook at www.facebook.com/navybridgerun and Instagram [#navybridgerun](https://www.instagram.com/navybridgerun).

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Welcome home! A nation honors our Vietnam veterans and their families

Arlington, Va. — On May 11-13, 2023, The United States of America Vietnam War Commemoration will host “Welcome Home! A Nation Honors our Vietnam Veterans and their Families,” on the National Mall in Washington, D.C.

This national once-in-a-lifetime event will honor Vietnam veterans and their enduring legacy of service and inspire Americans to thank them and their families for their service and sacrifice.

On May 11 at 8 a.m. Pacific, a formal ribbon-cutting ceremony will open Camp Legacy, located on the western end of the JFK Hockey Fields adjacent to the Lincoln Memorial Reflecting Pool. Camp Legacy will be open May 11-13 from 7 a.m. to 3 p.m. Pacific, and encompasses a second location at West Potomac Park - situated across from Independence Avenue.

On May 13 at 10 a.m., Pacific, a multimedia celebration titled “Welcome Home” will be presented at West Potomac Park. This celebration will feature musical performances,

dramatic storytelling, and videos all portraying the story of our Vietnam veterans and the enduring legacy of their service. It also will underscore the sacrifices of their families; and the contributions of our allies and citizen volunteers who supported American troops during the Vietnam War period.

Visitors to Camp Legacy will be immersed in the legacy of Vietnam veterans and those who supported them from the Vietnam War period. Activities will include daily musical performances and programs, interactive experiences, historic and static Vietnam period helicopter displays, a veteran services hub and much more.

Participating in this event are more than 70 groups including our premier military bands, honor guard units and drill teams, Gold Star families; POW/MIA organizations; veterans associations; government agencies; national, military and Smithsonian museums; high school bands; and Junior ROTC drill teams.

The United States of America Vietnam War Commemoration was authorized by Congress,

established under the secretary of defense and launched by the president in 2012. By Presidential Proclamation, The United States of America Vietnam War Commemoration continues through Veterans Day, Nov. 11, 2025.

Yes, teacher, grandma really was a soldier, spy, guerilla, and Silver Star recipient

As the story goes, when Corporal Magdalena “Maggie” Leones’ granddaughter wrote a report about her grandma for a school assignment, the teacher simply didn’t believe it. Believe what?

That her Grandma Maggie was a spy who helped Allied forces recapture the Philippines from the Japanese during World War II? That her Grandma Maggie served as a corporal in the Philippine Army? That her Grandma Maggie was the only Asian woman to receive the Silver Star from the United States Army during the war? Or, was the girl simply a grandchild with an overactive imagination?

Prove it, the teacher told her. Prove it, Maggie’s granddaughter did. She brought the Silver Star to class and shared a story Leones had kept mostly to herself since the war. In fact, her story remained relatively un-

The Commemoration honors all veterans who served on active duty in the U.S. Armed Forces at any time from November 1, 1955 to May 15, 1975, regardless of location as all were called to serve and none could self-determine

known until 2004, when a group planned a 60-year celebration commemorating Gen. Douglas MacArthur’s famed “return,” when the Americans retook the Philippines.

Maggie Leones’ name came up in the records. Rudy Asercion, a Vietnam War vet and the Commander of American Legion Bataan Post 600 in San Francisco, delved into them to discover this hero he never knew existed.

“She was very private and deeply religious who never talked about her exploits,” Asercion told NBC News. “No one knew anything about her. We didn’t hear about the Silver Star until we commemorated the Leyte Landing and MacArthur’s return in 2004. Then I vetted and researched her and found out the truth. She’s a Filipina, an Asian woman. A Silver Star holder. The only one.”

where they were stationed.

Since 2012, more than 3.4 million Vietnam veterans and their families have been publicly thanked by friends and neighbors during 24 thousand ceremonies hosted by com-

Here’s what he learned: A month after bombing Pearl Harbor, the Japanese invaded and took control of the Philippines in a war that would last four years; with 57,000 killed, and 76,000 Americans and Filipinos forced to make the horrendous Bataan Death March.

But the Filipinos fought back by forming guerilla units that sabotaged the Japanese, gathering intelligence used to counter-attack and enabling the Americans to take back the Philippines. Leones played a major role in that effort.

Before the war, she dreamed of becoming a nun and serving alongside American missionaries. Captured by the Japanese when Corregidor fell in May 1942, she learned to speak their language during seven months of imprisonment. She then used those skills against the Japanese

memorative partners.

Join us for this national-scale event designed to offer our Vietnam veterans and their families a humble “Thank You” and “Welcome Home” on behalf of the Nation.

as an intelligence officer with the U.S. Army on the Philippines’ main island of Luzon. She worked behind enemy lines to gather information, specifically about Japanese installations, ships and their cargo. She also conducted acts of sabotage, at one point blowing up enemy planes at an airstrip.

With her help, MacArthur returned as promised after the Americans had regained control from the Japanese in 1944. Just over a month after Japan surrendered to end the war in September 1945, Lt. Gen. O.W. Griswold, commanding officer, U.S. Army, awarded the Silver Star to Leones.

Continue reading this story at <https://calvetconnect.blog/2023/03/14/grandmas-silverstar/>.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Eight years ago, we brought him to our base house from a cranberry farm near New Bedford, Massachusetts. He was eight weeks old — a mere baby — taken from a puddle of litter mates with loose skin and soft pink bellies. He was very white for a yellow lab, so we named him “Moby.”

The first two weeks, I slept on our bedroom floor beside Moby’s crate. I started with my arm inside cradling Moby when he whimpered for his siblings. Each night, I made progress, until the crate door was closed, I was in my bed, and Moby was fully acclimated.

During the day, he followed me around, sitting on my feet while I cooked in the kitchen, chewing on weeds I pulled from my garden, turning his head adorably sideways when I spoke to him. He was impossibly cute, like the lab puppies one sees in an L.L.Bean catalogue.

Our base neighbors stopped by to catch a whiff of Moby’s sweet puppy breath. All the attention made him sleepy. He’d fall sound asleep on his back, the perfect opportunity to kiss his belly without suffering the wrath of his needle-sharp teeth.

To avoid separation anxiety, I took Moby with me to run errands

The dog that nurtured me

at first. One day, he fell asleep in the back of my minivan beside an enormous bag of puppy chow, so I left him there while I ran into a store. I returned and found that he’d chewed a hole in the bag and gorged himself. He looked up at me pitifully, his belly round and tight. I soon learned that labs are seemingly bottomless pits, eating everything with a sense of starved urgency until it’s gone. Food rationing became absolutely necessary.

Another day, I put gates up our kitchen and left Moby in the enclosure to run errands. Twenty minutes later, my neighbor called my cell. “What are you doing to that dog?!” he asked, explaining that he heard wailing.

I rushed home and found Moby exhausted and relieved to see me again. Then I noticed that he was smeared in stress-induced diarrhea. I spent the next two hours scrubbing and disinfecting the gates, bedding, toys, floors, cabinets and Moby. I don’t remember when he turned the corner, but he did soon enough. He became my beloved constant companion.

It’s taken me this long to be able to write about this, but who months ago, Moby died unexpectedly after failing to recover from emergency disk surgery. I was there when he took his last breaths. He looked straight into my eyes as I whispered his favorite words. “Ball, walk, beach, night night, apple, toy, treat.” I repeated the phrase I’d said for nearly eight years, believing it

made Moby feel loved, “You’re the best dog that ever lived.”

All humans become attached to their pets, but pets also fill a special need for military spouses, who often cope with the loneliness, isolation and stress that comes with deployments and military moves. It’s easier to fight the blues when you’re adored unconditionally, every day, 24/7. This daily dose of positivity and ego-boosting affirmation is useful therapy for military spouses.

But in the weeks after Moby’s passing, I realized that he’d brought positivity to my life in another way. Moby made me a better person by requiring me to nurture him. Not just walks, feeding, petting, and vet visits. Every day, pet owners offer their animals spoken and physical affection. When I told Moby he was a “handsome boy” or a “good dog,” and scratched his ears or sniffed his Frito paws, it lifted my spirits. I’d always thought I was nurturing Moby, but really, he was the one nurturing me.

When our kids come home for Easter, we’ll gather in a spot in our yard where Moby had loved to lay among the clover and watch me weed my vegetable garden. We’ll dig a hole and bury Moby’s ashes along with our letters, his leash, tennis balls, biscuits, and a few apples. I’ll mark the grave with a painted stone memorializing the positive daily affirmation that lifted me up for the last eight years: “Moby, You’re The Best Dog That Ever Lived.”

50 years of inspiration, fun at the Fleet Science Center, plus BACKUP your computer

For 50 years and with 26 million visitors, since opening in 1973 as the “Reuben H. Fleet Space Theater and Science Center,” what is now known as the “Fleet Science Center” has been making science not only accessible, but also entertaining for all - young and old alike. Since 2013, under the innovative and ambitious leadership of Dr. Steven Snyder, community outreach extends beyond its home, in San Diego’s world-famous Balboa Park, to classrooms and schools throughout San Diego County, as well as to rec centers, bars, restaurants, parks, beaches and pretty much anywhere else that science matters - even at San Diego Comic-Con! To celebrate and commemorate this historic milestone event, The Fleet has begun a marvelous, year-long celebration.

Through June 4, the FLASHBACK exhibit provides an amazing look back through all five decades of Fleet history. Back in 1973, The Fleet had the world’s first of its kind, domed, giant-screen theater, now with a state-of-the-art, next generation IMAX laser digital projection system. FLASHBACK includes historical photos, artifacts and also several especially memorable - and interactive - elements from previous exhibits for you to experience again, or for the first time. Build a catenary arch and then test it to see it stand on its own; light up the hopscotch floor as you and your kids jump for joy; and much, much more! Every decade is an experience.

With more than 100 interactive exhibits, IMAX films in the Heikoff Giant Dome Theater and more, there is so much to see and do at The Fleet, and they’re continually adding new things. I’ve been going there for decades and

I always enjoy it. Become a member and, in addition to the many added and valuable benefits, you’ll help bring science education to the entire community.

Back by popular demand is the interactive “Design Zone,” where you’ll go behind the scenes to see and experience how video game developers, music producers and other creative problem-solvers do the amazing things that they do, and explore the underlying

AutoMatters™ & More by Jan Wagner



ing mathematical concepts that artists, architects, engineers, musicians and other innovators use. There are new, limited-engagement exhibitions on their way, including (in July) “The Worst-Case Scenario Survival Experience,” where you’ll be able to build your survival smarts as you diffuse a bomb and escape from zombies!

A personal note from me to you
Those of you who enjoy this column regularly may have noticed that there hasn’t been a new “AutoMatters & More” column for the past two weeks. I’ll spare you the painful details but I suffered a major computer system storage failure. Since then I’ve worked with hardware and software manufacturers, tech support representatives and vendors to ultimately figure out what

was wrong with my computer system and then repair it.

To that end I purchased and installed a new, 48TB, eight-disk, enterprise-class external storage device, and was able to get its old (2016), malfunctioning, 40TB counterpart reformatted and working again (although it does have a persistent overheating problem that I still need to address).

Hopefully I’ll never again find myself in a situation where I have no backup of my huge photo library and 782+ column files. I could have lost the past 20 years of my life’s work! Luckily, I was able to read and eventually transfer all 25TB of that data to my new storage device and then copy it over to my old, reformatted storage device as a backup.

I would like to offer you some parting advice regarding computers. Before it’s too late, BACKUP, BACKUP, BACKUP - stored in more than one place and ideally on more than one recording medium. I learned that a RAID system isn’t a backup. It just protects your system against up to two disk failures. If your computer system experiences serious file corruption, that might bring down your entire system. Learn what to do to backup everything you care about keeping, from your personal photos to critical work files, and do that - NOW.

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 #783

Military personnel exposed to repeated blasts have increased risks of health problems

by John Marciano

Naval Medical Research Command
SAN DIEGO - Military personnel exposed to repeated blasts, including those experienced during combat deployments and heavy weapons training, may have elevated risks of migraines, PTSD, depression, hearing loss, chronic fatigue syndrome, and other conditions, according to a new study by researchers from the Naval Health

Research Center (NHRC). These findings were recently published in *Frontiers in Neurology*.

The researchers analyzed survey data collected between 2011 and 2013 from 138,949 service members enrolled in the Millennium Cohort Study. Exposures of interest included incoming blasts from enemy munitions such as improvised explosive devices

(IEDs) and outgoing blasts occurring when service members firing their own weapons in training or combat. Based on survey responses, the researchers grouped service members into categories of incoming blast exposure, including no exposure, a single blast, or repeated blasts. They also categorized service members into groups of high or low risk for outgoing blast based on their military occupation. The researchers then compared the risks of 45 different survey-reported new diagnoses of illness or injury.

Service members exposed to incoming blasts had elevated risks for more than 20 different newly diagnosed conditions. Those exposed to repeated incoming blasts had higher risks for PTSD and depression than those exposed to only one incoming blast or no blast. Repeated exposure to both

incoming and outgoing blasts also increased the risks of migraines and PTSD; in fact, the increase in risk for PTSD for repeated blast exposure was 8 times the risk for those with no blast exposure.

"These findings, among others conducted in response to Fiscal Year 2018 National Defense Authorization Act, help us understand the scope of health outcomes that may be associated with blast exposure sustained during military service. By recognizing the combined influence of both incoming and outgoing blast on service member health, we are better able to identify groups that may have higher risk for adverse health outcomes, even after they leave military service," says Dr. Jennifer Belding, NHRC Research Psychologist and lead author for the study.

The Millennium Cohort Study was launched in 2001 to understand the impacts of military service and deployments on the long-term physical health, mental health, and quality of life of service members and Veterans. Over the last 20 years, the study has enrolled over 260,000 service members from all six branches of the military and their components and has become the largest and longest-running health study in military history.

The Millennium Cohort Study is headquartered at the Naval Health Research Center (NHRC) in San Diego, California and is sponsored by the Department of Defense and Department of Veterans Affairs. Study findings from the past two decades have helped to inform the development of programs and policies focused on improving the health and well-

being of military personnel and veterans. Study findings can be accessed at: <https://millenniumcohort.org/publications>.

NHRC's mission is to optimize the operational readiness and health of our armed forces and families by conducting research, development, testing, and evaluation informing DoD policy. NHRC supports military mission readiness with research and development that delivers high-value, high-impact solutions to the health and readiness challenges our military population faces on the battlefield, at sea, on foreign shores and at home. NHRC's team of distinguished scientists and researchers consists of active-duty service members, federal civil service employees and contractors, whose expertise includes physiology, microbiology, psychology, epidemiology, and biomedical engineering.

Overnight fasting no longer required for most VA blood testing

Primary Care appointments shifting to non-fasting labs

by Jon Quinlan

March 22, 2023 -- Patients will no longer need to fast for most routine blood testing at VA medical centers and outpatient clinics.

The announcement came from the VA Office of Clinical Services, which highlighted that most routine blood tests, including those for managing high cholesterol and diabetes, no longer require overnight fasting for the results to be accurate.

Non-fasting testing a safety matter

"Changing to non-fasting laboratory testing is an important patient safety matter," said Dr. Scott Pawlikowski, director of Improvement and Innovation, Office of Primary Care. "Research shows that overnight fasting in patients on medications to manage diabetes can lead to serious drops in blood sugar. These low blood sugar events caused by fasting are likely vastly under-recognized and can lead to accidents and injuries. Research also highlights that overnight fasting may negatively affect a person's ability to make mindful and reasoned decisions."

Policy shift focused on Veteran safety

Additionally, non-fasting laboratory testing will improve most facility operations and provide more robust infection control standards within VA clinical settings. These changes will reduce bottlenecks for early laboratory and clinical appointments. It will also free up parking lots and waiting rooms in the early daytime hours, which should reduce Veteran wait times, according to primary care officials.

"This policy shift is Veteran focused and geared toward their safety," Pawlikowski said.

As VA medical centers implement this new policy on their own timetables, patients are encouraged to contact their health care providers with questions regarding non-fasting laboratory tests.

With this change, only a handful of laboratory testing situations will require overnight fasting, which may include formally diagnosing Diabetes Mellitus or uncommonly ordered clinical tests.

Certain antioxidants may help lower dementia risk

Antioxidants are a type of compound found in vegetables and fruits. They help protect your cells from a certain type of damage. Eating lots of produce can help lower your risk of heart disease and other health problems. A new study found that certain antioxidants in these foods may also reduce the risk for Alzheimer's disease and other dementias.

Dementia, including Alzheimer's disease, harms your ability to remember, think, and make decisions. Studies have found several lifestyle factors that may help lower the risk of getting dementia. These include eating a healthy diet, being physically active, and socializing with others. Getting enough sleep and doing activities that challenge your brain may also help.

Studies of antioxidants' effects on dementia have had mixed results. Some have found that they

protect the brain. Others have not. These studies asked people to remember what types of foods they'd eaten over a long period of time.

In a new study, researchers measured antioxidant levels in blood samples from more than 7,000 people. Participants were between the ages of 45 and 90. They were part of a nationwide study tracking their health over 16 years.

Blood levels of certain antioxidants were linked with a lower risk of developing dementia. These included lutein and zeaxanthin, which are found in green, leafy vegetables. They also included beta-cryptoxanthin, which is found in some orange-colored fruits.

"Further studies are needed to test whether adding certain antioxidants to the diet can help protect the brain from dementia," says NIH's Dr. May Beydoun, who

At daily San Diego farmers markets in neighborhoods throughout the county, you can sample fresh-from-the-farm produce from regional farmers and tasty treats from local artisans.

For more information about farmers markets around San Diego County, visit the San Diego County Farm Bureau website at <http://www.sdfarmbureau.org/farmers-market/>. Days and times are subject to change.

Coronado Coronado Certified Farmers Market

Tuesday: 2:30pm-6pm
Coronado Ferry Landing, 1201 First St at B Ave, Coronado, CA 92118

Downtown / Gaslamp Quarter City Heights Certified Farmers Market

Saturday: 9am-1pm
On Wightman St from Fairmount Ave to 43rd St, San Diego, CA 92105

Gaslamp Artisan Market
Saturday & Sunday: 11am-4pm
Fifth Ave from Island Ave to J St. and Island Ave from Fourth Ave to Fifth Ave, San Diego, CA 92101

Little Italy Mercato Certified Farmers Market
Saturday: 8am-2pm
501 W Date St from Kettner Blvd to Front St, San Diego, CA 92101
Tuna Harbor Dockside Market
Saturday: 8am-1pm
598 Harbor Ln - Fish Harbor Pier (near Tuna Harbor), San Diego, CA 92101

Hillcrest / Uptown Hillcrest Certified Farmers Market

Sunday: 9am-2pm
3960 Normal St from Lincoln Ave to University Ave, San Diego, CA 92103

North Park Thursday Certified Farmers Market
Thursday: 3pm-7:30pm
2900 North Park Way from 30th

St to Granada Ave, San Diego, CA 92104

La Jolla La Jolla Open Aire Market

Sunday: 9am-1pm
7300 Block of Girard Ave at Genter St, La Jolla, CA 92037

Mission Bay and Beaches Ocean Beach Certified Farmers Market

Wednesday: 4pm-8pm
4900 Newport Ave from Cable St to Bacon St, San Diego, CA 92107

Pacific Beach Certified Farmers Market

Saturday: 8am-12pm
4150 Mission Blvd from Reed St to Pacific Beach Blvd, PB, CA 92109

Pacific Beach Tuesday Certified Farmers Market

Tuesday: 2pm-7pm
4500 Bayard St. from Garnet Ave to Hornblend St
San Diego, CA 92109

Mission Valley and Old Town Kearny Mesa Certified Farmers Market

Saturday: 10:30am-2:30pm
Service Road from Lightwave Ave to Spectrum Center Blvd, San Diego, CA 92123

South Bay Chula Vista - Otay Ranch Certified Farmers Market

Tuesday: 4pm-8pm
2015 Birch Rd. and Eastlake Blvd. Chula Vista, CA 91915

Imperial Beach Certified Farmers Market

Friday: 2pm-7pm (April - Sept.)
Friday: 2pm-6pm (Oct - March)
Imperial Beach Pier Plaza, 10 Evergreen Ave, Imperial Beach, CA 91932

South Bay Certified Farmers Market

Wednesday: 3-7pm
4475 Bonita Rd. Bonita, CA 91902

East County Borrego Springs Certified Farmers Market

Friday: 7am-Noon (October - April, closed May - September)

Christmas Circle, 700 Palm Canyon Dr and Borrego Springs Rd Borrego Springs, CA 92004

La Mesa Village Certified Farmers Market

Friday: 3pm-7pm
La Mesa Blvd from Palm Ave and Allison Ave, La Mesa, CA 91942

Santee Certified Farmers Market

Wednesday: 3pm-7pm (March - October)
Wednesday: 2:30pm-6:30pm (November - February)
9600 Carlton Hills Blvd and Mast Blvd, Santee, CA 92071

Santa Ysabel Certified Farmers Market

Sunday: Noon-4pm
21887 Washington St at Hwy 78 and Hwy 79. Santa Ysabel, CA 92070

North Coastal Carlsbad State Street Certified Farmers Market

Wednesday: 3pm-7pm (March-Oct)
Wednesday: 3pm-6pm (Nov-Feb)
2900 State St from Carlsbad Village Dr to Grand Ave, Carlsbad, CA 92008

Del Mar Certified Farmers Market

Saturday: Noon-4pm
Civic Center, 1050 Camino Del Mar, Del Mar, CA 92014

Leucadia Certified Farmers Market

Sunday: 10am-2pm
Paul Ecke Elementary, 185 Union St, Encinitas, CA 92024

Oceanside Certified Farmers Market

Thursday: 9am-1pm
Pier View Way and Coast Hwy 101, Oceanside, CA 92054

Rancho Santa Fe Certified Farmers Market

Sunday: 9:30am-2pm
Del Rayo Village Center. 16079 San Dieguito Rd, Rancho Santa Fe, CA 92091

Escondido Certified Farmers Market

Sunday: Noon-4pm
444 South Cedros Ave, Solana Beach, CA 92075

North Inland Escondido Certified Farmers Market

Tuesday: 2:30pm-7pm (Oct-May)
Tuesday: 2:30pm-7pm (June-Sept)
200 East Grand Ave from N Juniper St and S Kalmia St, Escondido, CA 92025

Fallbrook Main Avenue Certified Farmers Market

Saturday: 9:30am-2pm
100 S Main Ave from Hawthorne and Fig, Fallbrook, CA 92028

Mira Mesa Certified Farmers Market

Tuesday: 3pm-7pm (February - October) ** Opens 2nd Tues in Feb.
Tuesday: 3pm-6pm (Nov-Dec, closed in January)

Mira Mesa High School, 10510 Reagan Rd. San Diego, CA 92126

North San Diego (Sikes Adobe) Certified Farmers Market
Sunday: 10:30am-3:30pm
Sikes Adobe Historic Farmstead, 12655 Sunset Dr, Escondido, CA 92025

Poway Certified Farmers Market

Saturday: 8am-1pm
14134 Midland Rd at Temple St
Poway, CA 92064

Rancho Bernardo Certified Farmers Market & Specialties

Friday: 9am-1pm
Bernardo Winery, 13330 Paseo Del Verano Norte, San Diego, CA 92128

San Marcos Certified Farmers Market

Tuesday: 3pm-7pm
250 North City Dr. (between Campus Dr. and Redel Rd.), San Marcos, CA 92078

Vista Certified Farmers Market

Saturday: 8am-Noon
County Courthouse, 355 South Melrose Dr (south of Hacienda), Vista, CA 92081



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