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APRIL 15

SIXTY-SECOND YEAR

THURSDAY, APRIL 13, 2023



SOCCER IS THE GOAL Marine Corps Lance Cpl. Lavrick Mulla, center, and his teammates Cpl. Brandon Torres, right, and Capt. Matthew Saunders, left, participate in their team warm-up during the 2023 Armed Forces Men's Soccer Championship at Camp Pendleton, April 5, 2023. The All-Marine sports teams allow exceptional Marine athletes to participate in the sports they are passionate about and promote friendly competition and unity between services. US Marine Corps photo by Lance Cpl. Macie Ross

Calif. Marines treat Japanese teen's head wound after snowboarding accident

by Jeremy Stillwagner, Stars and Stripes

Three members of 1st Battalion, 7th Marines rendered first aid to a Japanese teenager who suffered a head wound from a snowboarding accident at a Nagano ski area earlier this year.

The Marines were skiing and snowboarding together at the Hakuba Happoone Winter Resort on Feb. 11. All are stationed in Japan temporarily from Camp Pendleton, as part of the unit deployment program.

"I saw a kid take a pretty bad fall on his snowboard," Sgt. Scott Dike, of North Platte, Neb., told *Stars and Stripes* by phone. "It looked like the snowboard had hit his helmet."

Looked like the snowboard had hit his helmet." Sgt. Tyler Rallo, of Galloway, N.J., and Sgt. Ryan Cartwright, of Cincinnati, caught up to Dike, the Marines found the Japanese snowboarder sitting on the snow with blood running down his face.

Reichi Sekiguchi, of Kyoto, initially believed he was fine and could make his way down the slope to the lodge, but he and his friends panicked when they saw his bleeding head wound, the 3rd Marine Division said in a March 23 news release.

Rallo and Cartwright said they treated Reichi's wound with a first aid kit they carried and did what they could to calm the panicking teens using hand and arm signals while Dike went to get ski patrol.

The ski patrol moved Reichi to the lodge while the Marines trailed behind in case their help was needed again.

The resort medical staff examined Reichi before sending him to a hospital for stitches, according to the release.

Reichi's father, Toshiya Sekiguchi, contacted the three Marines later through social media to express his gratitude, and the family and the Marines met in Kyoto a few weeks later for dinner, according to the division's news release.

"A couple days ago, [Toshiya] reached out to me and said that [Reichi] is back to playing soccer and that he's all healthy," Rallo said.

From Afghan national translator to Marine boot camp graduate

by Cpl. Elliott Flood-Johnson
MCRD, San Diego

SAN DIEGO - It's rare to come across a new graduate of Marine Corps recruit training who has already experienced the chaos of war, but for one Marine in particular - this is exactly the case.

Private First Class, Aimal Taraki, a former translator and Afghan National, who once worked closely with U.S. Marine Corps forces and other NATO allies in Afghanistan, graduated basic training aboard Marine Corps Recruit Depot San Diego, April 7.

According to Taraki, working with the U.S. military to combat insurgent forces such as the Taliban, inspired him to pursue his goal of one day becoming a U.S. Marine.

"Growing up I was always interested in America and the western world, and was always very in tune with American culture," Taraki stated. "I applied for a translator job working with the troops because they were hiring local Afghan people. I worked with Marines and other NATO forces, which is what gave me the idea to move from Afghanistan."

At a very young age, Taraki became very familiar with combat. He was born in 1994, during the height of a civil war, where he and his family fled from their home in Mazar -E- Sharif, Afghanistan to find a more peaceful life in Pakistan.

"I was born in 1994...in the middle of the [Afghan] civil war," Taraki said. "We left between the years of 1999 and

2000 after the Taliban took over for the first time."

After spending approximately six years in Pakistan, Taraki and his family were able to move to Kabul, but still experienced the effects of a country embroiled in conflict.

"There's a place called the Mas-soud Circle, which is right next to the U.S. Embassy," Taraki stated. "It was a perfect place for the Taliban to make an attack. They filled a car with explosives, and when they detonated it, I was sleeping. I remember waking up to the explosion and all of our windows were shattered even though we were several miles away."

While the experience had a significant impact on Taraki, it was during his time in Pakistan, where he began to learn English

and developed a skillset that would change the course of his life

"They taught us everything in English. The alphabet, math, biology," Taraki stated. "The national language is Urdu, but they don't even start to teach you that until third or fourth grade which was very odd to me...that you would teach kids English before your own language."

In 2018, after working with NATO forces for two years, Taraki was able to obtain a visa and join the rest of his family in America. When he first arrived in Sacramento, he thought about doing many things, but looked back fondly on his time working with the military and wanted to show his appreciation to the U.S. for allowing him to pursue a better life.

see **New Marine**, page 2

DoD effort assesses impact of leaked documents

Inside the Defense Department, an effort is underway now to look at the scope and scale of the distribution on social media platforms of what appears to be classified Defense Department information. Last week, DoD officials briefed Secretary of Defense Lloyd J. Austin III about a collection of images found circulating on various social media websites that appear to be - but aren't yet confirmed to be - of classified documents, some related to Ukraine- and Russia-related operations. "A Pentagon team continues to review and assess the veracity of the photographed documents that are circulating on social media sites, and that appear in some cases to contain sensitive and highly classified material," said Chris Meagher, the assistant to the secretary of defense for Public Affairs, during an online discussion with members of the media.

Greenland's Thule Air Base gets new name

PITUFFIK SPACE BASE, Greenland - Thule Air Base, the Department of Defense's northernmost installation, has been renamed to recognize Greenlandic cultural heritage and better reflect its role in the U.S. Space Force. Following a ceremony held April 6, the installation is now known as Pituffik Space Base. Pituffik (pronounced bee-doo-FEEK) is the traditional Greenlandic name of the region where the base is located. The renaming better reflects its role in the U.S. Space Force, while paying homage to its ties to the Greenlandic people and culture. The base is located approximately 750 miles north of the Arctic Circle on the northwestern coast of Greenland.

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Career Advice

Army's fitness standouts now stand out less for promotion to sergeant and staff sergeant.

See page 5

Base Movie Schedule



Shazam! Fury of the Gods, John Wick: Chapter 4

See page 10

Seoul to question Washington over social media military leaks, South's president says

by David Choi, Stars and Stripes

CAMP HUMPHREYS, South Korea - Seoul intends to discuss with Washington the leak to social media of purported U.S. military files, some of which reportedly contained details of sensitive discussions between senior South Korean officials, President Yoon Suk Yeol's office said April 10.

"This process would be done based on the trust relationship formed through the [South Korea]-U.S. alliance," Yoon's presidential office said in a statement April 10.

The New York Times last Thursday first reported the existence of what appeared to be classified U.S. military documents on social media platforms like Twitter and Discord.

The documents reportedly ranged from information about the ongoing war in Ukraine to the possibility of South Korea providing artillery shells to Kyiv.

The Department of Defense has yet to confirm the documents' authenticity. A criminal investigation has been launched by the Justice Department,

Deputy Press Secretary Sabrina Singh told reporters Saturday.

Yoon's office noted the documents were "not the established fact" and said there was still a possibility they were "modified or forged."

He warned that those who attempt to "shake the alliance by exaggerating or distorting" the incident "will face national resistance."

According to the Times' review of the documents, Yi Mun-Hui, South Korea's former presidential secretary for foreign affairs, had told former national security adviser Kim Sung-han that Seoul "was mired in concerns" that if it complied with the United States' request for artillery rounds, the end recipient would be Ukraine.



Then president-elect Yoon Suk Yeol visits Camp Humphreys, South Korea, April 7, 2022. US Army photo by Seong Yeon Kang

South Korea's Ministry of National Defense denied in November it was directly supplying artillery shells to Ukraine and said it was considering exporting them to the U.S. with the understanding that the end user would be Washington.

The documents reportedly indicated that the two officials were concerned about the appearance of sending direct aid to Kyiv and suggested sending artillery shells through Poland since "getting the ammunition to Ukraine quickly was the ultimate goal of the United States."

Yoon, who has condemned Russia's invasion of Ukraine, sent humanitarian assistance to Ukraine but has yet to supply Kyiv with lethal aid, citing Seoul's relations with Moscow.

While there are a few exceptions, South Korea's Foreign Trade Act generally requires its exports to be "used for a peaceful purpose" and that they do not "affect international

peace, safety maintenance, and national security."

South Korea is also a signatory to the U.N. Arms Trade Treaty of 2014, which introduced regulatory requirements on the import and exports of arms ranging from warships to small arms.

Poland, a Ukraine ally, is one of South Korea's top purchasers of military equipment. Last year, Warsaw agreed to purchase from Seoul \$5.8 million worth of tanks and self-propelled howitzers, and \$3 billion worth of FA-50 light combat aircraft.

South Korea last year also signed off on exporting Krab howitzers to Poland with the knowledge that they would be passed to Ukraine, Reuters first reported in March.

The howitzers, which use components manufactured by different countries, were not entirely produced by South Korea, the country's Ministry of National Defense reportedly said at the time.

New Marine

continued from page 1

"I had a lot of different things I wanted to do with my life after I moved to the U.S.," Taraki said. "I thought, 'Should I go to college? Start my own business?' I decided that I can do any job and have any career, but first I want to be a Marine. This way I can say thank you to the United States and the Marine Corps for helping me."

After completing his time at MCRD San Diego and accomplishing a major milestone in his new life in the U.S., Taraki took a moment to share an important message, sharing a perspective from someone who has experi-

enced both peace and conflict.

"Coexist - That's what makes the world a better and more peaceful place," Taraki said. "If only we accepted each other - disregarding the differences we have - and started loving each other - we're all human beings. We all deserve to be treated the same."

With each company of newly graduated Marines, there are individuals who come from many walks of life, some from across the world, adding to the Corps' a diverse family. It's an opportunity for those, like Taraki, who are looking to join, and become something larger than themselves.



In this file photo, Air Force Staff Sgt. Nicholas Willet, 9th Security Forces Squadron K-9 handler, takes a break with Military Working Dog Gandy B-449. US Air Force photo

A relationship cut short

by Airman 1st Class Alexis Pentzer
9th Reconnaissance Wing Public Affairs

BEALE AIR FORCE BASE, Calif. - It's on quiet nights, with the echo of hurried footsteps, where trust between team members is built and maintained.

It's a kind of trust that takes a long time to build, especially for military working dogs and their handlers. This is what makes it all the more heartbreaking when such a relationship is lost.

A K-9 assigned to the 9th Security Forces Squadron, MWD Gandy B-449, passed away in early March due to medical complications. The 9th SFS held a memorial ceremony for Gandy, April 3 here.

Gandy was 2 years old when he was placed in the military working dog program June 2019, at Joint Base San Antonio, Texas. He officially started serving early 2020 and joined Team Beale, June 10, 2020. Gandy passed on March 9, 2023, due to mesenteric volvulus, a twisting of the bowels.

Gandy and his handler, Staff Sgt. Nicholas Willet, were teammates since the beginning of December 2022. During their short time as partners, Willet's goal was to create an impenetrable team by establishing trust with each other. That goal was cut short when Gandy began to experience medical complications two weeks before they were set to begin patrolling together.

The day of Gandy's passing was unexpected. The trainers said that he was behaving normally until he started showing signs of discomfort. That afternoon, he began vomiting and had difficulty lying down.

The trainers took him to the vet at Travis Air Force Base while Willet, who was on leave, was notified about the situation. At Travis, Gandy was seen for imaging and then moved to UC Davis for surgery where it was discovered that his condition had worsened.

"I was about 45 minutes out when [I got the call] that we're going to have to put him down," Willet said. "I wouldn't have been able to make it in time and that is probably my biggest regret."

Willet paused for several moments before going on to say how Gandy was only five years old and how he will always keep him in his thoughts.

"They know your quirks and you know their quirks," Willet said. "It's true, what they say, emotion really does travel down the leash."

Willet describes how the trust-building process between a handler and their MWD isn't restricted to working hours. The handlers always make sure to include playtime and walks. Even things like grooming and housekeeping around the kennels help to build their relationships. The trust that is built between a K-9 and a handler is crucial to their working relationship.

The sudden passing of a military working dog in service rarely happens. When MWDs pass it is usually after they are retired. Gandy's passing was a shock to the MWD flight.

The 9th SFS K-9 handlers train their dogs in law enforcement, including how to detect explosives and drugs. It is only through consistent training and having a strong passion and respect for dogs that the handlers are able to cultivate such trust and relationships.

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Finley, Kristen	N1T4	Pabon, Josean	39A5
Gunderson, Ian J	24B3	Papillion, Levelle	7BT2
Henderson, Matthew	R1T4	Portillo, Aileen	15BT5
Humford, Herman	C11T3	Roper, John P	333A3
Kemble, Michael	33A1	Unauthorized	A15T5
McBee, Nadine	39A3	Unauthorized	64B1
McClinton, Tyler	C2T4		

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Navy investigating research ship accident that injured at least 14

by Alison Bath
Stars and Stripes

Navy investigators are still determining how more than a dozen workers were injured three weeks ago in an accident involving a Navy-owned research vessel in dry dock in Scotland.

The Motor Vessel Petrel slipped off its holdings at the Port of Leith on March 22 and came to rest on its side at an angle of about 45 degrees.

A team led by the Naval Facilities Engineering and Expeditionary Warfare Center is on site and evaluating the situation, James Stossel, a spokesman for the Port Hueneme, Calif.-based command, said in a statement Friday.

He added that 14 workers were injured. News outlets including the BBC had reported as many as 33 people were hurt, some seriously.

Stossel didn't specify the damage to the vessel, citing the ongoing investigation. He also couldn't provide more details about the team or its mission except to say Navy personnel and contract experts worldwide were involved.

The Navy purchased Petrel in September 2022 for \$12.4 million to support the service's efforts in maritime security, Stossel said. It was undergoing maintenance and preparations to meet Navy requirements, he said.

The ship was commissioned by philanthropist and Microsoft co-founder Paul Allen, according to the vessel's Facebook page.

In a tweet at the time of the accident, Edinburgh city councilor for Leith Adam McVey said the ship had been knocked off its supports by high winds. But the BBC said in a March 23 report that winds were an unlikely cause.

Stossel didn't say specifically how the Navy plans to use Petrel, but earlier this year the British military took delivery of the first of two similar ships designed to help protect undersea cables and pipelines from sabotage, *Defense News* reported Jan. 20.

Petrel previously was used primarily for underwater research and exploration, focus-



Navy-owned Motor Vessel Petrel lists to the side in a dry dock in Scotland on March 22, 2023, in this image from social media. (Twitter/@TOMAF3)

ing on locating shipwrecks and exploring the underwater ecosystem, according to its Facebook page.

It's credited with finding several World War II wrecks, including destroyer USS Johnson, carrier USS Wasp and heavy cruiser USS Indianapolis, *USNI News* reported March 22.

In 2018, a Navy-led mission aboard Petrel mapped the wreckage of a C-2A Greyhound plane that crashed into the Philippine Sea en route to the aircraft carrier *Ronald Reagan* in November 2017.

Three Sailors were killed in the crash. The Navy recovered the wreckage in June 2019.

Leaders say TikTok is potential cybersecurity risk to U.S.

by David Vergun, DOD News

TikTok is a "potential threat vector" to the United States, said John F. Plumb, assistant secretary of defense for space policy and principal cyber advisor to the secretary of defense.

TikTok is a social media, video-hosting service owned by the Chinese company ByteDance.

Members of the House Armed Services Committee's subcommittee on cyber, information technologies and innovation heard testimony from Plumb and Army Gen. Paul M. Nakasone, commander of U.S. Cyber Command, director of the National Security Agency and chief of the Central Security Service.

The problem with TikTok is that a large number of Americans use it, and China may have the ability to direct misinformation through it, as well as collect data from it, said Plumb. The scale and scope of the platform is problematic.

Policy makers need to be aware of these threats, be able to quantify them, and be able to take action against them, he said.

Nakasone said, "If you consider one-third of the adult population receives their news from this app, one-sixth of our children are saying they're constantly on this app, if you consider that there's 150 million people every single day that are obviously touching this app, this provides a foreign nation a platform for information operations, a platform for surveillance, and a concern we have with regards to who controls that data."

The department has already prohibited the use of TikTok on government phones, the general noted.

"I think the broader discussion obviously rests with the policymakers now. Certainly, this is a piece that our nation has to consider," he said.

There are going to be other applications like this, and there needs to be a policy in place that balances the ability to share information with protection from adversaries' ability to conduct surveillance and information operations against the United States, Nakasone said.

The general said there's a difference between TikTok and American-based social media platforms.

China has already said they're going to "touch the data at any time they want to touch this data. This concerns me," Nakasone said.

Plumb said that for decades, China has used its cyber capabilities to steal sensitive information, intellectual property and research from U.S. public- and private-sector institutions, including the defense industrial base.

"Chinese cyber intrusions are the most prolific in the world. In crisis, PRC [China's] leaders believe that achieving information dominance will enable them to seize and keep the strategic initiative, disrupt our ability to mobilize, to project and sustain the joint force, and to ensure the PRC's desired end state," Plumb said, referring to China.

Plumb also testified that Russia engages in persistent, malicious cyber activities to support its global espionage campaigns, steal intellectual property, disrupt critical infrastructure and promote disinformation.

Continue reading at <https://www.defense.gov/News/News-Stories>.



Frequently asked questions

What types of crimes should I report?

You should report criminal activities, including homicide, rape, sexual assault, child physical and sexual abuse, burglary and robbery, larceny of government and personal property, and aggravated assault. You should also report suspected terrorist, force protection, and insider threats.

How do I submit a tip using NCIS Tips?

To submit an anonymous tip, you can download the NCIS Tips application on your smart device, as shown on the back of this brochure. You can also visit www.ncis.navy.mil to submit a web-based tip.

What happens when I submit a tip using NCIS Tips?

When you submit a tip using NCIS Tips, you will receive a unique tip number and be able to communicate directly with an NCIS representative. Your identity will remain anonymous unless you provide it to NCIS.

How do I report additional information?

You can provide additional information to supplement your original tip by logging onto NCIS Tips using your tip number. If you lose your tip number, just submit a new tip.

Can I still call or go directly to my local NCIS field office to report a tip?

Yes. To obtain NCIS contact information, go to www.ncis.navy.mil. The Southwest Field Office (SWFO) is located aboard Naval Station San Diego. Phone: (619) 556-1364; DSN: 526-1364.

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Marina Kissinger



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Weight: 129lbs
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Honoring the bravery and sacrifice of U.S. service members

(StatePoint) Every year, the United Service Organizations (USO) honors junior enlisted service members who have exhibited a commitment to protecting and serving others both on and off duty.

Nominated by their command leadership, the seven 2022 USO Service Members of the Year come from every military branch, and government officials, military leaders and USO supporters recently celebrated their achievements at the USO's Annual Awards Dinner in Washington DC, hosted by Drew Carey.

"From defending an air base to rescuing civilians in accidents and fires, these honorees have performed inspiring acts of heroism, exemplifying the values of both the USO and the Armed Forces," said USO president and CEO, J.D. Crouch II.

Here's what to know about this year's honorees:

USO Soldier of the Year: Sgt. Erick Ceja was responsible for enabling the first U.S. Patriot missile engagement in

combat in more than 19 years after incoming enemy ballistic missiles were identified as threats to the Al Dhafra Air Base. He analyzed the incoming threat, manned his battle station to ensure all launchers were operating properly and led his crew members through a perfect assumption drill. His actions ensured the safety of more than 3,500 service members and DoD civilians.

USO Airman of the Year: Without hesitation, Staff Sgt. Blake M. Metscher climbed through an overturned minivan to rescue a trapped family suffering from head trauma and lacerations in a multi-vehicle highway accident. His actions were key to the victims' survival and lauded by first responders.

USO Coast Guardsman of the Year: Maritime Enforcement Specialist Second Class Jacob Flores saved three lives on an uncharted section of the Rio Grande River while operating a Response Boat early one morning. Upon spotting two women and an infant struggling with no life preservers, Flores dove in to pull them from the

unforgiving river despite imminent personal danger. His actions ensured the safety of all three victims who received emergency medical care after the rescue.

USO Marine of the Year: Cpl. Alec T. Cruz saved the life of a fellow Marine after responding to a 911 call requesting medical assistance for an unconscious service member. He quickly placed her in the recovery position, evaluated her condition, and initiated CPR when her breathing stopped and a pulse could no longer be located. Cruz revived the Marine after two cycles of CPR and provided lifesaving support while awaiting medical care.

USO Sailor of the Year: While off duty near his home base in Virginia, Cryptologic Petty Officer Third Class Ty Knight responded to the sound of gunshots from a drive-by at a nearby intersection. He and another sailor took action, supported the survivor at the scene and remained with them until emergency officials arrived.

USO National Guardsman of the Year: Specialist Solomon

Doss responded to a fire early one morning while on duty as a police officer in Alabama. He brought an elderly woman who had become incapacitated due to smoke inhalation to safety before the building was engulfed in flames. His composure and rapid response saved her life.

USO Guardian of the Year: Sgt. Octavio Cesar Castruita was off duty when he witnessed a pregnant woman cry for help as a visibly distraught man attempted to seize her vehicle. He ran to the woman's aid, then detained the offender long enough for emergency responders to take him into police custody. Castruita's rapid response saved the woman and her unborn child from harm.

To learn more about the 2022 USO Service Members of the Year, visit <https://www.uso.org>, and join the conversation by following the USO on Facebook, Twitter, and Instagram.

"America's service members put their lives on the line to keep us safe. That is why it's so vital to honor their service and sacrifice," says Crouch.



USO Service Members of the Year - from every military branch. Courtesy USO photo

- Army**
 - Bandwidth of brothers: US Army's 101st Airborne to get advanced radios
 - Texas governor seeks to pardon Army sergeant convicted of murder
 - Army's fitness standouts now stand out less for promotion to sergeant and staff sergeant
 - Hawaii Soldiers run exercises from the tropics to the tundra
 - Noble act of service: Army recruiter helps stop domestic violence assault in Colorado
- Navy**
 - Navy, partner nations conclude anti-submarine warfare exercise in Guam
 - US deploys guided-missile submarine amid tensions with Iran
 - Navy search and rescue team saves snowmobiler in Washington
- Marine Corps**
 - 3 Marines prevent stabbing, break knife at Virginia Chick-fil-A
- Air Force**
 - Top Air Force recruiter predicts maintainer, security forces shortage
 - Air Force seeks industry input for next-gen ICBM reentry vehicle
- Space Force**
 - Absolutely critical to get DARC space situational system to Australia: Space Forces Indo-Pacific head
 - Space Force renames Greenland's Thule Air Base
- Coast Guard**
 - Relentless 2023 storms kept Coast Guard chopper crews busy
- Your Military**
 - In a civilian hospital, military medicine is kept alive
 - US flexes muscles in Asia as tensions flare around Tsai visit
 - The final mission for a California military base: Become housing
- Veterans**
 - Former Green Beret, Oath Keeper sentenced in federal weapons case
 - Mutts With A Mission graduates six service dogs

Ships Underway

Total Battle Force
296 (USS 238, USNS 58)
Deployed
104 (USS 69, USNS 35)
Underway
71 (47 Deployed, 24 Local)

Ships Deployed by Fleet

2nd Fleet - 1
3rd Fleet - 1
4th Fleet - 2
5th Fleet - 11
6th Fleet - 22
7th Fleet - 67
Total - 104



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www.bayviewbc.org info@bayviewbc.org

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Career and Education

Army's fitness standouts now stand out less for promotion to sergeant and staff sergeant

by Michael Slavin
Stars and Stripes

An Army initiative that alters how points are calculated for promotion to the ranks of sergeant and staff sergeant went into effect this month, giving soldiers a broader array of possibilities to climb the ranks.

Military education and awards now account for a larger share of point tallies while physical fitness scores will carry less weight, accord-

ing to an Army memorandum issued last year that outlines the changes.

For example, a top fitness score is now worth 120 points, down from the previous 180 points for promotion to sergeant. In the case of staff sergeant, fitness scores saw a 25-point decrease.

The point redistribution also rewards Soldiers for having proficiency in basic infantry and medical tasks.

That means badges such as the expert soldier, infantryman and field medical badges have become even more valuable. For those seeking promotion to sergeant, that adds up to a 20-point increase in the awards category.

The changes, which went into effect April 1, have received a wide range of reviews.

A user of the popular Army Reddit forum said it meant that Soldiers tipping the scales would



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have to "find another excuse why (they) didn't get promoted."

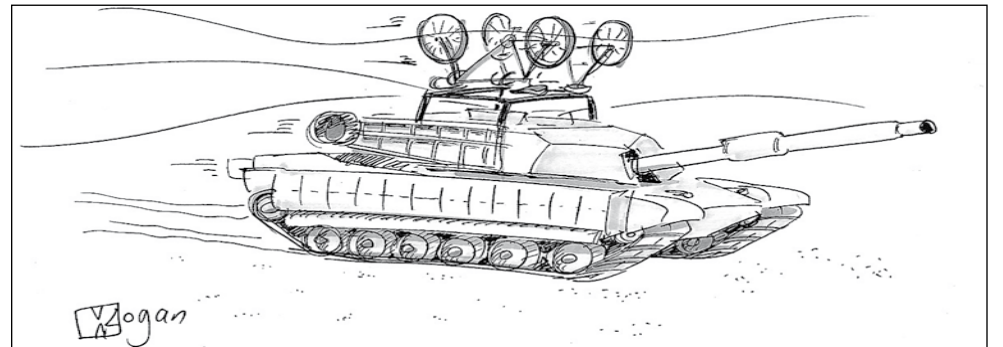
That prompted this retort: "And the dummies will have to read a few more books."

Others praised the move,

noting that the ability to run the fastest doesn't necessarily translate to leadership skill.

"This is arguably the best thing I've seen happen since I've joined the army," wrote another Reddit user.

Army Staff Sgt. Austin Nunnally receives his newly earned rank patch from Capt. Nathan Davis at Camp Arifjan, Kuwait, in 2021. US Army photo by Kyle Burks



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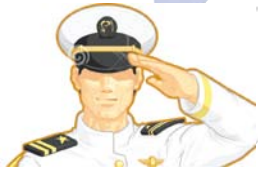
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USS Jackson (LCS 6) Cmdr. Michael Winslow relieved Cmdr. Brian Bungay as skipper of *Jackson's* Blue Crew April 7. San Diego-based *Jackson*, previously modeled as a two-crew ship, will now operate as a single crew. While under Bungay's command, *Jackson* Blue crew completed two 7th Fleet deployments, and operated with Naval Special Warfare and the Joint Force during Operation Valiant Shield.

**DISPATCH
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USS Harpers Ferry (LSD 49) *Harpers Ferry* held an inport leadership change April 7. Cmdr. Gabriel Burgi assumed command from Cmdr. Eric Winn, marking the end of a 19-month command tour for Winn. Burgi served in four operational commands before reporting to *Harpers Ferry* as the executive officer in June 2021. This is his first assignment as commanding officer. Winn will now move into a billet at Millington, Tenn., as Surface Warfare Officer community manager. *Harpers Ferry* is a cargo variant of the amphibious dock landing ship class bearing its name.



Carrier *Carl Vinson* back in port after operating proficiency tests



Carl Vinson Sailors dress out in firefighting gear during a general quarters drill. US Navy photo by MC3 Michael Mensah

by Jeffrey Kempton
USS *Carl Vinson* Public Affairs
PACIFIC OCEAN - Nimitz-class aircraft carrier USS *Carl Vinson* (CVN 70) completed Tailored Ship Training Availability/Final Evaluation Problem (TSTA/FEP) while out to sea in the 3rd Fleet area of operations, Apr. 4.

TSTA/FEP is a multi-phase training assessment of the crew's operating proficiency.

"TSTA/FEP is a way for us to show our ability to train ourselves," said Lt. Cmdr. Kamille Pizarro, *Vinson's* training officer. "During deployment, we'll be out there without any outside help, so we have to make sure that we are staying proficient with the people we have."

As part of TSTA/FEP, em-

barked members of Afloat Training Group (ATG) assessed *Vinson's* ability to integrate with Carrier Strike Group ONE and Carrier Air Wing TWO. ATG also evaluated *Vinson's* proficiency during damage control and warfighting evolutions to include shipboard firefighting, simulated man overboard and abandon ship drills, mass casualty evolutions, replenishments-at-sea, administrative reviews and flight operations.

"It was good to get the air wing involved in flight deck familiarization," said Master Chief Aviation Boatswain's Mate Jacob Gardner, air department's training team lead. "They already knew the ship really well, and I was impressed by their knowledge."

During testing, ATG assessed the various training teams' ability to work together and handle situations as one multi-faceted unit, coordinated by the Integrated Training Team (ITT).

Organizing and deconflicting the schedule was managed by the ITT coordinator.

"We were, in a sense, managing it [the training availability]," said Pizarro, "but really, it was our training team members on the deckplates alongside our Sailors that made everything happen."

There are 12 training teams

aboard *Vinson*, and each one had a role to play during TSTA/FEP. Among the largest training teams are air department training team, propulsion plant drill team and the damage control training team. DCTT is responsible for training *Vinson* Sailors to fight casualties that threaten the safety and structural integrity of the ship, such as fires and flooding.

"Regardless of certification events or assessments, I always train my team exactly the same way," said Chief Damage Controlman Jason Anderson, the DCTT coordinator. "That way, even when we are being assessed, it is already muscle memory. They do it exactly the way they have already been trained to, and they are going to be successful every time."

Vinson's completion of TSTA/FEP concludes The Basic Phase and transition to the Advanced/Integrated Phase.

Swing and groove at MCAS Miramar

Get ready to swing and groove to the soulful tunes of live jazz music April 13.

Join the after work fun at MCAS Miramar Officer's Club for an unforgettable jazzy evening filled with the 3rd MAW "Little" Band live April 13 at 4:30 p.m.

The 3rd MAW Band's Spring Concert Series includes the wind ensemble April 16 at San Diego

"We really showcased what we are capable of and then some," said Pizarro. "The resilience and mental toughness of our Sailors is something that you have to see to believe. The way the ship comes together is indescribable."

The ship will next undergo Group Sail as the flagship for CSG-1 and alongside CVW-2 and Destroyer Squadron ONE. Later this year, the *Vinson* Carrier Strike Group will conduct Composite Unit Training Exercise as the final part of the Integrated Phase of the Optimized Fleet Response Plan.

The efficacy of *Vinson's* training teams, as proven by the crew's performance during TSTA/FEP, will set the foundation for the ship's continued success as they approach their upcoming deployment to the 7th Fleet area of operations.



State, featuring members of the president's own U.S. Marine Band; April 25 at MCAS for the 3d MAW Volunteer Appreciation



ciation Celebration at the Bob Hope Theatre; and April 27 at Jerabek Elementary School for Month of the Military Child Appreciation.

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Oceania Maritime Security Initiative: Navy, Coast Guard, patrol Micronesian waters

by Petty Officer 2nd Class
Victoria Granado

GUAM - In the 200 nautical miles of ocean that constitutes the Federated States of Micronesia Exclusive Economic Zone (EEZ), littoral combat ship *Mobile*, Helicopter Maritime Strike Squadron 49, Coast Guard Tactical Law Enforcement Team Pacific Law Enforcement Detachment 109 assist in enforcing international fisheries laws during their Oceania Maritime Security Initiative mission.

An international and inter-agency operation, OMSI addresses illegal, unreported, and unregulated fishing in EEZs of the Western and Central Pacific Region. Fishing vessels of interest are located within the EEZ utilizing San Diego-based *Mobile*'s manned and unmanned assets and Coast Guard maritime law enforcement officers to protect the fishing ecosystem of Pacific Island nations.

Mobile's OMSI iteration was conducted under the authority of Micronesia liaison and ship rider Perry Tewasmal, a Pohnpeian maritime police lieutenant. Arriving aboard by way of an MH-60R helicopter, Tewasmal lent his experience and expertise of the Micronesian EEZ to the Sailors of *Mobile* and the Coast Guardsman. "Being present, in my country's waters, is important," said Tewasmal. "These operations show fishermen in our waters that we enforce our laws and regulations."

Coast Guard Lt. Kyle Swanney, officer in charge of LEDET 109, worked in tandem with Tewasmal to identify contacts and develop initiative strategies. It was Tewasmal's concurrence and support, Swanney explained, that permitted the initiative to take place.

"Tewasmal provided the legal jurisdiction to operate within these waters," said Swanney.

"He was my subject matter expert in the area, and I was his conduit to operations as a deployable LEDET through a Navy asset."

Coast Guard Lt. j.g. Jared Mihalcik, assistant officer in charge of LEDET 109, pointed out resources that were at Tewasmal's disposal to conduct arrests or issue fines for IUU fishing.

"We provided him with extra tools, like transportation, extra hands and eyes to do his job," Mihalcik said. "During OMSI, we're there to assist in his job as an authorized officer and he has a whole team of people available to help accomplish whatever he needs to."

"It's a good thing to have the Navy and Coast Guard working together to help Tewasmal protect his country's fishing ecosystem," said Coast Guard Maritime Enforcement Petty Officer 2nd Class Denzel Canty.

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Photo Gallery



PHILIPPINE SEA (April 5, 2023) - Boatswain's Mate 3rd Class Sheila Martinez signals to dry cargo/ammunition (T-AKE 11) as pallets are delivered during a replenishment-at-sea aboard destroyer USS Decatur. US Navy photo by MC2 David Negron



SAN DIEGO (April 5, 2023) - Seaman Alejandro Sanchez fights a simulated class alpha fire aboard amphibious assault ship Essex during a damage control drill. US Navy photo by MC3 Isaak Martinez



ABOARD USS MAKIN ISLAND (March 24, 2023) - Capt. Tony Chavez, commanding officer of amphibious assault ship Makin Island, left center, and Capt. Andria Slough, executive officer of Makin Island, front right, give a tour of the flight deck for Vice Adm. Myung Soo Kim, commander, Republic of Korea Fleet, center, during a key leader engagement near South Korea. Official US Navy photo



PACIFIC OCEAN (April 5, 2023) - Airman William Vignali, left, and Aviation Electronics Technician 3rd Class Giancarlo Vargasfigueroa, both from amphibious assault ship Essex, use a medical evacuation litter to simulate a surface search and rescue during an open water training exercise. US Navy photo by MC2 Brett McMinoway

School children get a taste of Naval Special Warfare

by MC2 Keypher Strombeck
CORONADO. - Naval Special Warfare (NSW) operators volunteered for a community relations (COMREL) event for Village Elementary School students at Coronado High School Aptilo 5.

The COMREL brought together NSW operators and approximately 100 students to highlight safety, fitness, and teamwork among the youth.

"It's really rewarding to be here," said Cmdr. Mason Jones, an officer assigned to Naval Special Warfare Command. "The energy and camaraderie of the children during the team-building exercises made this a memorable day for everyone involved."

NSW operators provided a fun, educational and team-building Navy SEAL physical training event for the children of Coronado Village Elementary school to foster good relations between Naval Special Warfare and the local community.

The event started with a safety

brief that encouraged children to look out for their classmates and was followed by warmup exercises and calisthenics.

"It is an honor and privilege to have our hometown SEALs lead the workout today for our Village Elementary students," said Dr. Heidi Bergener, Village Elementary School principal. "Our Village students will remember this day and how excited and proud they felt during their workout and that's what it's all about. Who better to lead our students than our SEAL heroes!"

Team-building exercises consisted of relay races, medicine ball pushes, and animal walks and concluded with a tug-of-war competition between different grades and the NSW operators.

"Seeing the smiles on the kids' faces throughout the event made



Elementary school children in Coronado gain knowledge of special warfare. US Navy courtesy photo

it all worth it," said Jones. "Being able to interact and see them overcome adversity while cheering for their friends embodied the spirit of NSW operators."

The event ended with a question-and-answer session where NSW operators encouraged students to consider the SEAL career path.

"It was heartwarming to observe a little girl ask if she could become a SEAL one day and tell her 'yes,'" said Jones.

Naval Special Warfare is the nation's elite maritime special operations force, uniquely positioned to extend the Fleet's reach and gain and maintain access for the Joint Force in competition and conflict.

Readiness center's ally support strengthens Royal Australian Air Force

by Janina Lamoglia
Fleet Readiness Center Southwest (FRCSW) completed a first of its kind - reconfiguration of a Navy EA-18G Growler for the Royal Australian Air Force (RAAF).

The aircraft was flown to FRCSW in March of 2020 for long term storage and the command took on this effort, demonstrating its ability to excel at collaborating across international lines with foreign entities.

Ehren Terbeek, F/A-18 Legacy & E/F program manager, was part of the command leadership that received the workload at the time of induction in August of 2022 and he oversaw the team taking on this challenge. The RAAF looked to Nellis Air Force Base in Nevada to procure the aircraft for reconfiguration. However, after an internal issue delayed the Air Force's timeline for delivery, the RAAF looked elsewhere for an aircraft. FRC-

SW took the stage in providing a replacement Growler from one of the command's detachments.

Myra Balina, FRCSW production support logistics lead, knew the extensive research required to adapt the aircraft to fit the Australian configuration.

"Managing this kind of special rework was not the norm," said Balina. "This was the first time the command took on the challenge of reconfiguring an aircraft to fit the needs of a foreign military ally."

Balina and her team conducted extensive research on the maintenance evolution, differences in modification kits, and aircraft avionics in order to correctly configure software requirements. Balina was also a pivotal player in the logistics of this operation, filling in the gaps between the planner and supply department, including managing the procurement of tooling, support material, and equipment

from start to finish.

There were many crossovers between her routine workload and this assigned mission. However, she and her team researched what was missing in their knowledge base to successfully bridge the gap between the Navy's configurations to the RAAF.

One of the challenges they were given was receiving failed parts to work with and another challenge took the form of material shortages.

"The successful collaboration efforts and communication from the artisans on the floor are what allowed us to fill in the gaps and kept us on schedule," Balina said. "We also identified any issues up front and communicated that to the Foreign Military Sales (FMS) and Program Management Activity (PMA) teams."

Neil Belmont, FRCSW planner and estimator, was another

key player that specialized in rework of aircraft. While his main roles include tracking time schedules, cost performance and timeline reports, as well as providing technical directives, his past experience with crash and burn damaged aircraft as well as reconfiguration of aircraft contributed to the success of this accomplishment.

"The completion of the re-configuration in less time than anticipated and doing so while staying within budget was a big part of the success," said Belmont.

This wasn't a typical workload the command, artisans, and the logistics team received. Belmont described the extensive research and "leveling up" that was collectively necessary in order to meet the goals of this mission.

In January, FRCSW completed and sold the aircraft to Australia on its first flight. Aside from being the first reconstitution sold, this mission was beneficial to FRCSW by expanding the command's knowledge in the business of working with entities outside of the Navy.

Furthermore this mission boosts the capability of our warfighter, as well as the capability of the ally's military. FRCSW's mission is a testament to the strength of the existing partnership. Not only does it further strengthen the longstanding ties, but it also bolsters America's reputation overseas and increases confidence in our military as an ally. Missions like these are what is fundamental to maintain alliances and boost strategic readiness in the face of major conflict.

Protect disabled vets from unauthorized fees related to VA claims

FLEET RESERVE ASSOCIATION - House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs recently held a hearing on the "GUARD VA Benefits Act" (H.R.1139) that would reinstate penalties for charging veterans and survivors unauthorized fees related to claims for VA benefits.

Unaccredited claims representatives aren't subject to VA standards. They strategically

advertise their services to avoid regulatory oversight and as a result, may engage in predatory and unethical practices that target vets and rob them of their VA benefits.

Federal laws and regulations prohibit anyone from assisting a veteran in the preparation, presentation or prosecution of a VA benefit claim, or charging a fee for this assistance, without accreditation from VA's Office of General Counsel. However,

the VA and other federal agencies are limited in their ability to enforce existing law because explicit criminal penalties were stripped from statute nearly two decades ago. This has contributed to the proliferation of unaccredited claims representatives in recent years.

This legislation will discourage companies from operating outside the bounds of federal law and will give the VA and other agencies an additional tool to

protect veteran claimants from predatory practices.

In other news, VA Secretary McDonough extended the pause for implementing the Electronic Health Record Modernization (EHRM) program. There's growing concern on Capitol Hill about the long-term cost, safety and reliability of the program. The EHRM implementation had been temporarily paused since October 2022, until June 2023.

Dream Flights honors war veterans in San Diego

Nevada-based adventure group Dream Flights recently gave some San Diego World War II vets a thrill sought by many - a flight in a Boeing Stearman biplane.

According to a report by NBC 7, Dream Flights arranged the trips at Gillespie Field for the four veterans. The vets hopped into a two-seat 1940s biplane for a flight over El Cajon. Dream Flights donors and sponsors paid for the flights.

"We need to remember where our country's been and the people who've helped make it what it is today," volunteer pilot Zach Harris told NBC 7. "When you get that smile, that look of pure joy on the veteran's face, that makes the experience for me."

NBC 7 reported that veteran Andre Chappaz jumped at the opportunity to gingerly slide into the refurbished biplane. The retired member of the Army Corps of Engineers helped build their airfield for the B-29 bombers in the Pacific nearly 80 years ago. He clearly enjoyed sharing some of his war stories with younger Navy personnel who joined in the festivities.

"It's sharing the experience. It's an experience that's part of your life. You never forget it," smiled Chappaz, who at 97 years old, took his first flight in a biplane.

According to the mission statement of Dream Flights, "We make these heroes wishes come true, our Dream Flights inspire them to share their stories. We collect, preserve and share those stories of how they survived through times of great strife to remind us of our shared humanity, our connection to each other and the value of listening. Our Dream Flights close the generation gap and open us up to a clearer understanding of ourselves and our world."

Through donors, community support and volunteers, the foundation provides Dream Flights in a Boeing Stearman biplane, the same aircraft used to train many military aviators in the late 30s and early 40s.

Veterans roll call: VA's Center for Women Veterans

Welcome all women veterans, family members, caregivers, and advocates.

The Center for Women Veterans' (CWV) mission is to monitor and coordinate VA's administration of health care, benefits, services, and programs for women Veterans. They serve as an advocate for cultural transformation and to raise awareness of the responsibility to treat women veterans with dignity and respect to #BringWomenVeteransHome2VA.

Today's VA is focused on the needs of women veterans and cultural transformation. They aim to provide an environment

free from harassment. VA has introduced White Ribbon, a national call to action to eliminate sexual harassment, sexual assault, and domestic violence.

"I'm making accountability of those who commit harassment or sexual assault an important part of creating a culture that is free from harassment and sexual assault, without fear of retaliation," said VA Denis Secretary McDonough

Women veterans proud to serve our sister veterans and those who serve them. Stay in

touch, sign up for e-mail, follow them on Facebook and Twitter @VAWomenVets. Share information on benefits and services, events, stories, research and more.



Did you serve or do you know of a woman veteran who served? Learn more about what earned benefits and services are available to you.

VA offers benefits, services, and programs such as service-connected disability compensation, home loans, readiness and employment services, small business programs with initia-

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

"Brrrrring!" the old doorbell rang promptly at six-forty-five. It was a drizzly spring evening in England, where the Navy had stationed us a few months prior. I was upstairs, so my husband, Francis, answered the door, a heavy original from 1863, the year our Victorian rental house was built.

"May I help you?" Francis asked while holding our baby son. The elderly gentleman standing on our pea gravel walkway wore a black trench coat and felt trilby hat. Small in stature, he looked like a private detective from a 1960s film noir. All he needed was to pop his trench collar and light up a cigarette.

But instead, he said with a perfect British accent, "Good evening. I'm Mr. Wilson and I've come calling for Mrs. Molinari."

Francis didn't know whether to shake the man's hand or slug him in the gut. On one hand, Mr. Wilson was wearing a classically suspicious trench coat while demanding to see his wife. On the other hand, the situation seemed more like the beginning of a prom date. Francis' potential reaction ran the gamut from putting Mr. Wilson in a choke hold to offering to take photos.

Sensing confusion, Mr. Wilson explained in a most civilized tone, "I've offered to accompany Mrs. Molinari tonight to a meeting of

The night Mr. Wilson came calling

the Ramsey Horticultural Society. We meet fortnightly at The George public house on High Street."

"Ah, yes," Francis said, not quite putting all the pieces together, "I think Lisa mentioned something about a meeting at the pub... let me get her." Francis called up the long staircase in the hallway, "Honey! Mr. Wilson is here!"

"Coming!" I bellowed back. During the rush to put dinner on the table and feed the baby, I had briefly mentioned to Francis that I was going to a meeting of the local Horticultural Society, but I had failed to mention Mr. Wilson.

We'd met a few weeks prior, when Mr. Wilson passed by our front garden on his way to Sainsbury's. When he noticed me digging in the front beds, he poked his head over our ornate iron fence, introduced himself, and told me about the various flowering plants growing in the borders. Hollyhocks, Clematis, Foxglove, Iris, Primrose, Mock Orange and Bleeding Hearts, not to be confused with Love Lies Bleeding.

I learned that he was the retired head gardener for Lord de Ramsey, John Ailwyn Fellowes. Lord de Ramsey was a land baron who had inherited his family's 6,000 acre estate, including our rental house. Like Mr. Wilson, many of the retired staff that worked the Lord's estate were housed in the cottages on our end of the village. My neighbors included the Lord's retired butler, housekeepers, cooks, nannies, drivers and farmworkers.

Despite the 45-year age differ-

ence, I was lonely after moving to a foreign country, so I welcomed their friendship.

Mr. Wilson always stopped if he saw me in my garden. One day, he asked if I'd like to join him at a meeting of the Ramsey Horticultural Society. Desperate for socialization, I jumped at the chance.

I grabbed my raincoat from the hall tree and kissed the baby. There was a dodgy moment when I thought Francis was going to give us a curfew, but he just smiled paternally. Mr. Wilson offered to share his old-fashioned umbrella for the walk to the pub, and we left down the pea gravel path.

I was the only one under sixty at the Horticultural Society meeting. But I grabbed a cup of tea and mingled until we were called to watch a riveting slideshow presentation on "The Indigenous Cacti of Coastal Peru."

That evening, I embarrassed myself several times, using "cactuses" instead of "cacti" and asking rudimentary questions that revealed my lack of horticultural knowledge. I realized that I wasn't cut out for the Horticultural Society quite yet.

For our entire three-year tour, I continued my impromptu lessons from Mr. Wilson anytime he passed by my garden. Mr. Wilson was a handsome gentleman, but our little rendezvous weren't romantic, much to Francis' relief. However, they awakened in me a lifelong love of gardening, and offered a unique opportunity for social companionship, something all military spouses desire.

Photographing the '23 NHRA Winternationals at Pomona Dragstrip

Drag racing events offer participants and spectators alike the opportunity to experience many, many races, start-to-finish, in mere seconds. Much can and does happen in the blink of an eye.

I've been photographing professional and amateur motorsports for decades, but NHRA professional drag racing presents some unique challenges. Important choices must be made, including where to shoot from, what to shoot, which equipment to use and at what settings, and more. Unlike when photographing other forms of motorsports, if even one mistake is made in making those choices, I can blow an entire race in an instant.

I try to tell story with my event photography — not just of the racing, but also about the rest of the event, including exploring the spectator areas filled with vendors, exhibits and the competitors' garages.

Beginning in 2023, this track has a new name: In-N-Out Burger Pomona Dragway, complete with new signage and some fresh paint and flags. That, too, is an important part of the story to be told.

As I explored I spotted and photographed an In-N-Out Burger concession stand. Later, I also spotted a spectator sitting in the grandstands enjoying an In-N-Out burger, so I photographed that, too.

When shooting the actual racing, shooting locations at the NHRA drag races are, as in other forms of motorsports, somewhat restricted by the organizers and sanctioning bodies. We apply in advance for our photo credentials, and are told where we may and may not shoot from. This is for everyone's safety, and so as not to

interfere with the competition.

For the NHRA Winternationals, we were allowed to shoot from the outside of the two fairly low walls that immediately border the dragstrip. Furthermore, we were not allowed to go beyond a certain point down the track, and we were not allowed to shoot from the end of the track looking

AutoMatters™ & More by Jan Wagner



back towards the start area. However, we were also allowed to shoot from the grandstands, which would put us much closer to where the racers stop racing.

Where you stand determines what you will be able to capture in your photographs. When I stood along the wall looking towards the start line, I could easily fill my frame with one or both of the fire-breathing dragsters. Almost as soon as they begin to race they are beside me and then far down the track, which poses several challenges. First of all, when the cars are close beside you, you need a wide-angle lens, but as they disappear down the track, you need a long telephoto lens or they will just quickly become tiny dots in the frame. One lens that does it all is not part of typical camera gear, so one has to choose one or the other. I opted for a wide to midrange zoom lens, which I quickly adjusted from telephoto to wide and back to telephoto — as I swiveled to my left and tried to keep

both cars in the frame — often less than completely successfully. To make matters even more challenging, when the cars were alongside me, the noise was nearly deafening — even with noise reducing headphones on. The ground literally shook.

Next, I moved way down the track towards the finish line, where I shot with a long zoom lens from the top row of the grandstands. From there I could shoot towards the start line and have a good vantage point as the cars approached the finish line and shutdown area.

As with photographing other forms of auto racing, a camera with great autofocus is extremely helpful. For that I use Canon's excellent R3 bodies. It has an autofocus mode for shooting racing cars that really works well.

To keep dust and specks of rubber out of my cameras, where it would cause spots on the photos, I avoid having to change lenses at the track. Instead, I use two Canon R3 cameras — one with a medium range zoom lens (RF 24-240mm) and one with a longer zoom lens (RF 100-500mm). The amount of telephoto is limited because rising heat haze at long distances will distort your images.

For coverage of the drag racing, see NHRA's "Weekend Rewind" at <https://www.nhra.com/news/2023/weekend-rewind-2023-lucas-oil-nhra-winternationals>.

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 #785

Health & Fitness

Springtime allergies or a virus? Mayo Clinic helps you decide

DEAR MAYO CLINIC: Every year I am plagued by springtime allergies. But in the last few weeks I have been experiencing congestion, runny nose and a persistent cough. How can I determine whether this is a cold, allergies or something more? When should I seek medical care?

ANSWER: As the seasons shift, it can be harder to distinguish between the symptoms of the common cold, COVID-19, the flu and allergies, since all can have similar symptoms. This can lead to confusion as to when to seek medical care.

COVID-19 is caused by SARS-CoV-2, and the flu comes from a strain of the influenza virus. The common cold most often is caused by rhinoviruses. These viruses all spread in similar ways — by tiny particles that originate from the lips and nose when a person sneezes, coughs, sings or touches a surface. For instance, germs can get picked up from a surface — like a phone or computer keyboard — and then be transmitted into the mouth, nose or eyes.



The most common symptoms of COVID-19 are fever, cough and tiredness. But there are many other possible signs and symptoms, which may include sore throat, runny or stuffy nose, diarrhea, nausea or vomiting. Most colds will not include diarrhea, nausea or vomiting. And fever is rare with the common cold.

Allergies, on the other hand, are not caused by a virus but rather by immune system responses triggered by exposure to allergens, such as seasonal tree or grass pollens. Sneezing and runny noses are two symptoms of allergies. Itchy skin, a scratchy nose or eyes, and tearing eyes also might potentially be symptoms of an allergy.

Timing of your symptoms and duration can help you determine what is ailing you.

While COVID-19 symptoms

generally appear two to 14 days after exposure to SARS-CoV-2, symptoms of a common cold usually appear one to three days after exposure to a cold-causing virus. And as far as duration, typically, a cold or virus will run over 10 days to two weeks. Many patients who have been recently diagnosed with COVID-19 are continuing to report symptoms that are lasting several weeks and months.

If you know you have allergies, the best way to prevent issues is to avoid your known triggers. If you're allergic to pollen, stay inside with windows and doors closed when there's a lot of pollen in the air. If you've been outside, take a cool shower and change clothes. Avoiding your known triggers is the best way to prevent issues once you come indoors. And stay on top of allergy medications. Allergies usually abate when you avoid a trigger and take allergy medications, such as antihistamines or nasal sprays.

If you are experiencing certain symptoms, however, such as a cough that lingers or congestion and sinus pain, it may be worthwhile to connect with your primary care clinician to rule out whether you may have another condition, such as a sinus infection or bronchitis. Colds are the main cause of acute sinusitis. Most episodes resolve in about a week to 10 days, but if you have ongoing bouts of congestion and face pain, you could have chronic sinusitis. Multiple treatment options are available, including over-the-counter allergy medication, nasal sprays, steroids and antibiotics. If allergies are causing your symptoms, you also could benefit from visiting with an allergist to see if additional medical therapy is available.

Seek immediate medical attention if you are coughing up blood, experiencing pain or have shortness of breath.

— Compiled by Mayo Clinic staff



Team Navy at the Navy Wounded Warrior Trials at Port Hueneme.

Warrior Trials update

Navy Wounded Warrior Trials wrap up at Port Hueneme

Navy Wounded Warrior hosted the 2023 Team Navy Trials, March 24-April 3 at Naval Base Ventura County, to select the Sailors and Coast Guardsmen who will represent Team Navy during the 2023 Warrior Games Challenge.

The Adaptive Sports program gives Sailors and Coast Guardsmen an opportunity to meet and

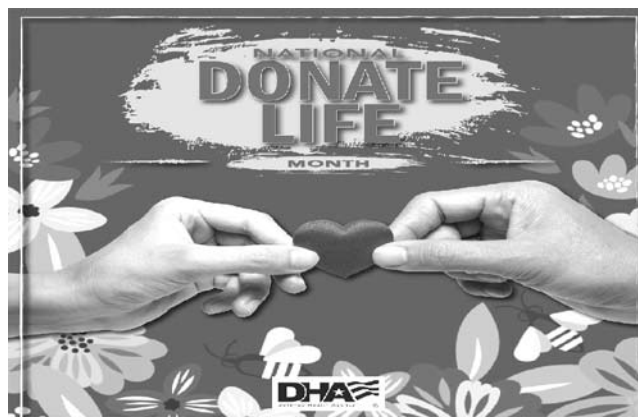
build connections with other service members who are also going through transitional, healing, and recovery journeys. Participants are encouraged to try as many sports as possible.

The adaptive sports and recreation program promotes the mental and physical well-being of wounded, ill, and injured service members as part of a larger continuum of care that

service members receive through Navy Wounded Warrior.

For many, participation in adaptive athletics represents another

milestone along their path to recovery, and an opportunity to meet other wounded warriors who face similar challenges.



You truly can be a lifesaver! Register as an organ donor and make sure your family knows. #NationalDonateLifeMonth #OrganDonation #OrganDonor

NAS North Island site for June Army Warrior Games Challenge

The 2023 Department of Defense Warrior Games Challenge, hosted by The United States Army Training and Doctrine Command, will take place at Naval Air Station North Island, in San Diego, California, June 2023.

The goal of the Warrior Games Challenge isn't to identify the most skilled athletes, but rather to demonstrate the incredible potential of wounded warriors through competitive sports.

Like the Warrior Games, Warrior Games Challenge remains focused on recovery through adaptive sports, giving competitors from all service branches across the U.S. military an opportunity to train together for the first time outside of the official Warrior Games.

Warrior Games Challenge will remove some elements, but still giving wounded, ill, and injured service members and veterans an opportunity to train and compete with fellow warriors and support each other through their recovery journeys.

First held in 2010, the Warrior Games serves to enhance the recovery and rehabilitation of wounded warriors by providing a sense of camaraderie as well as new sets of goals to work toward. Participation often represents the culmination of a service member's involvement in an adaptive sports program and demonstrates the incredible potential of wounded warriors through competitive sports.

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