

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985
 Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-THIRD YEAR NO. 3
 THURSDAY, JUNE 8, 2023



Mammoth Walk

Air Force F-16 Fighting Falcons, A-10C Thunderbolt IIs, U-2 Dragon Ladies and C-12 Hurons sit on the runway during the Mammoth Walk training event at Osan Air Base, South Korea, May 5, 2023. The training demonstrated rapid generation capabilities and response readiness. US Air Force photo by Master Sgt. Joshua J. Garcia

Secretary of Defense Lloyd J. Austin III speaks on Pride Month

This Pride Month, we honor the service, commitment, and sacrifice of the LGBTQ+ service members and personnel who volunteer to defend our country. Their proud service adds to America's strength.

Their contributions to our national security are powerful. Members of this community have deployed to combat zones around the globe, held high-ranking positions in the Pentagon, and fought and died alongside their teammates.

To defend our republic and win its wars, the ranks of the U.S. military must remain open to all qualified patriots who seek to serve. Militaries that do not avail themselves of the best possible talent of their citizenry put themselves at a strategic disadvantage. We would be rendering ourselves less fit to our weighty task if we excluded from our ranks people who meet our standards and who have the skills, the guts, and the devotion to serve in uniform.

I believe that the story of America should be one of widening freedom, not deepening discrimination. In 2021, I was honored to implement President Biden's directive to ensure that transgender Americans who wish to serve and meet Department standards are able to do so — openly and free from discrimination.

This often painful history has made something clear: Who you love and how you identify has nothing to do with how bravely you can fight for your country. When we speak up for the rights of all Americans, when we encourage all qualified Americans to stand a post, we strengthen both our democracy and our national security. The U.S. military is the greatest fighting force in history, and we intend to keep it that way.

As Secretary of Defense, I remain dedicated to making sure that our LGBTQ+ personnel across the Joint Force can continue to serve the country that we all love with dignity and pride — this month and every other one. We thank you for your service — and we thank your spouses and your families, whose support makes your service possible.

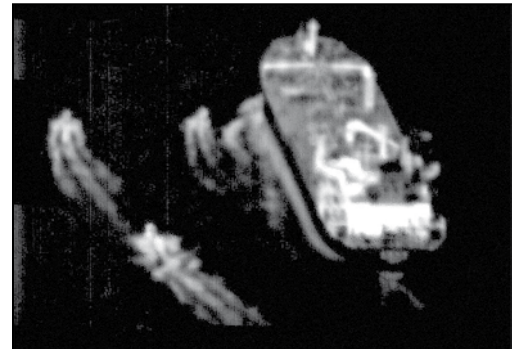
U.S. SAYS IT SCRAMBLED AIRCRAFT IN RESPONSE TO IRANIAN BOATS SURROUNDING CARGO SHIP

by J.P. Lawrence
 Stars and Stripes

Iranian boats swarmed a merchant vessel in the Strait of Hormuz June 4, leading to a distress call from the ship and

the scrambling of a helicopter and a surveillance plane to the area, the U.S. Navy said.

The ship issued a distress call at 4:56 local time and reported that three fast-attack craft with armed gunmen were approaching and following them, a statement by the U.S. 5th Fleet said Sunday.



A screenshot of surveillance footage from a Navy P-8A Poseidon maritime patrol aircraft shows three Iranian fast-attack craft approaching an internationally flagged merchant vessel transiting the Strait of Hormuz, June 4, 2023. US Navy photo

"The fast-attack craft were assessed to be from the

Iranian Islamic Revolutionary Guard Corps Navy," the statement said.

The U.S. accused Iran of seizing a commercial oil tanker in late April and another one in early May, as part of a series of 15 incidents in which the U.S. says Iran interfered with ships in the Middle East.

The Iranian government says its recent seizures of oil tankers were due to ship violations or legal disputes.

Black and white imagery released by the U.S. 5th Fleet on Sunday night shows what appear to be three fast-moving small boats speeding near a cargo ship.

U.S. Navy guided-missile destroyer USS *McFaul* and

British Royal Navy frigate HMS *Lancaster* responded to the distress call, the U.S. Navy said.

The British ship launched a helicopter, and the U.S. Navy sent a P-8A Poseidon maritime patrol aircraft to the scene.

After an hour, the crew of the cargo ship said the fast boat had left, the U.S. Navy statement said.

After the seizures of the tankers, the U.S. said it increased its rotation of aircraft and ships in the Strait of Hormuz, off Iran's coast. This includes Navy destroyers, Coast Guard fast response cutters, P-8 maritime patrol aircraft and unmanned systems, 5th Fleet spokesman Cmdr. Tim Hawkins said in late May.



Celebrate summer at 2023 SD County Fair through July 4: 'Get Out There'

Join us this year for the Get Out There! Challenge (details at www.sdfair.com). There's also traditional fair fun to explore. Scout out Best-of-Show winners in the Fair's various competitive exhibitions, such as woodworking, floral design, fine art, and homemade crafts and collections. Reach new heights as you climb to the top of the Ferris wheel and enjoy the view of the glistening blue Pacific. Hike out to The Farm, Livestock Barns, California Grown and the Garden Show to learn all about local agriculture - food, fiber, flowers, and more; and be prepared for an unsurpassed lineup of concerts and entertainment on the Fair's featured stages.

- Military Discount admission tickets are available online through GovX to those with appropriate military ID. These discounts available for active duty, veterans, reservists, retirees, dependents, and DoD employees.
- Save \$3 when you go to any San Diego County Albertsons and Vons grocery stores and receive a special code for online ticket purchases.
- "Kids Days" features free admission for kids 12/under on Fridays.

Del Mar Fairgrounds, 2260 Jimmy Durante Blvd., Del Mar. For info on parking, concert lineup & more visit www.sdfair.com.

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AutoMatters & More
 One word to describe SeaWorld San
 Diego's new Arctic Rescue straddle coast-
 er ... AWESOME.
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Austin underscores importance of partnerships in securing a shared vision for Indo-Pacific

by Joseph Clark
DOD News

The U.S. remains committed to a shared vision of freedom, security and prosperity in the Indo-Pacific, Secretary of Defense Lloyd J. Austin III said June 2.

Speaking at the International Institute for Strategic Studies Shangri-La Dialogue in Singapore, Austin underscored the importance of partnerships in achieving a future for the region

anchored in the adherence to international norms, respect for sovereignty and human rights and the free flow of commerce and ideas.

"This vision isn't the vision of a single country," he said. "It's a common and compelling aspiration. It's about building the basic conditions that let people live their lives without fear and pursue dreams without limit. And that matters to citizens across the region."

Austin highlighted the progress the U.S. and its allies in the region have made in achieving this goal.

He noted Japan's pledge to invest \$75 billion in public and private investment in regional infrastructure and India's completion of maritime exercise with members of the Association of Southeast Asian Nations.

He hailed the "bold steps" taken by Indonesia and Vietnam toward resolving their maritime-boundary dispute and lauded South Korea's declaration that international norms are key to shared security and prosperity in its Indo-Pacific strategy.

"Around the region, countries are matching their words with their actions, Austin said. "And they're insisting on resolving differences through dialogue and calling for even closer cooperation."

The U.S., he said, is also "doubling down" on regional alliances and partnerships "at every stage of defense planning."

"Our shared goals are clear: to deter aggression and to deepen the rules and norms that promote prosperity and prevent conflict," he said. "So, we're stepping up planning and coordination, and

training with our friends from the East China Sea to the South China Sea to the Indian Ocean."

Austin offered his remarks at the Shangri-La dialogue while on his seventh trip to the region as Secretary of Defense. The summit offered the opportunity for Austin to meet with key leaders throughout the region.

Before arriving in Singapore for the conference, Austin met with U.S. troops in Japan and met with Japanese Defense Minister Yasukazu Hamada in Tokyo. The two discussed the "impressive progress" the U.S. and Japan have made in strengthening their cooperation that will be critical to maintaining peace and deterring aggression in the region.

While in Singapore, Austin said his visit to the region comes at a critical time for global peace and stability as Russia continues its unprovoked invasion of Ukraine.

"The Kremlin's indefensible war of choice stands as the bloodiest conflict in Europe since the end of World War II," he said. "And Russia's shocking aggression has brought home to people everywhere how dangerous our world would be if big countries could just invade their peaceful neighbors with impunity."

NEWS

HEADLINES

Army

•Soldier killed in Alaska collision remembered as 'self-starter' mechanic

Navy

•F-5N pilot ejects before jet crash
•Navy issues Boeing \$200M long-lead Super Hornet award ahead of planned 20 fighter award
•Navy says it will dismantle fuel pipelines at Red Hill facility in Hawaii to prevent future use of storage tanks

Marine Corps

•First two F-35 fighter jets arrive at Marine Corps Air Station Cherry Point

Air Force

•Biden says he got 'sandbagged' after he tripped and fell onstage at Air Force graduation
•Bomb techs practice WWII tactics for near-peer fight
•Did AI drone kills its human operator in a simulation?
•Retired officer sentenced to 3 years for storing classified information at his Florida home

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•Ark. Gov Sanders deploys National Guard to southern border to help Texas tackle border crisis
•Oklahoma Gov. Kevin Stitt sends National Guard troops to southern border
•Guard Chief: White House plan for 'Space Component' will cost \$1B, harm readiness

Veterans

•America faces a tidal wave of aging military veterans
•Army veteran affiliated with Oath Keepers sentenced to 3 years in prison for role in January 6 riot
•Chicago museum showcases the healing power of art for veterans

Military Culture & History

•Chinese ship accused of looting iconic WWII shipwrecks
•Topeka Navy sailor lost at Pearl Harbor to be buried

Cyber, Space & Unmanned

•As the US government expands UFO investigations, a new group forms for pilots who spot them

Keel of Pittsburgh (LPD 31) authenticated at Ingalls Shipbuilding

PASCAGOULA, Miss. - Ingalls Shipbuilding division has ceremonially authenticated the keel for San Antonio-class amphibious transport dock Pittsburgh (LPD 31). The keel is the foundation of the ship and the authentication ceremony is the first important milestone in a ship's life.

The ship's sponsor, Nancy Urban, a resident of Hopewell Township, a suburb of Pittsburgh, Penn., was in attendance with her children to declare the keel "truly and fairly laid." During the ceremony, Larry Stevens, an Ingalls pipe welder, etched the initials of the ship's sponsor into a ceremonial plate. The metal plates will remain affixed to LPD 31 throughout its life.

"Today's keel ceremony reaffirms our commitment that Ingalls stands ready to serve the country by building ships that will be ready to support and protect her crew," Ingalls Shipbuilding President Kari Wilkinson said. "With the keel officially laid on LPD 31, Mrs. Urban continues to be woven even more into the fabric of this ship and our shipbuilding family. We are grateful for her commitment to its crew and look forward to being with her throughout the ship's future milestones."

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WOMEN'S LEADERSHIP AND EDUCATION FORUM

Affecting cultural change

by Cpl. Tyler Andrews

III Marine Expeditionary Force OKINAWA, Japan - "Although I have only been to one Women's Leadership and Education Forum event here at Camp Schwab, I can honestly say that I feel as though I have gained an abundance of support, and genuine empowerment," said Marine Corps Cpl. Marcileigh Marquez, a transmissions system operator with 3rd Battalion, 6th Marine Regiment, 3rd Marine Division.

WLEF celebrated its 1-year anniversary on May 18, 2023, by bringing together leaders from across various commands within III Marine Expeditionary Force to discuss work-life balance on Camp Schwab here.

"Each forum speaks to a different aspect of life as a service member, with the purpose of self-development and leadership best practices," said Navy Lt. Cmdr. Adrienne Benton, co-director of WLEF. "Some of our female service members work in sections where they are

one-of-one or one of a few. The forums provide an opportunity to have community and form friendships."

In 2021, 4th Marine Regiment, 3rd Marine Division leadership noticed the Camp Schwab facilities were not meeting the basic needs of their female service members.

With direction from U.S. Marine Corps Col. Matthew Tracy, the 2021 4th Marine Regiment commanding officer,

It is important to help others understand what appropriate behavior looks like and how to communicate to others when they're being mistreated."

Sgt. Shasta Spell, an aviation supply specialist with Marine Aviation Logistics Squadron 36

1st Lt. Daisy Alvarado and 1st Lt. Cinja Webster established the first version of WLEF, the Female Leadership Professional Development Program, to create



Members of the Women's Leadership and Education Forum pose for a group picture following the WLEF's 1-year anniversary meeting on Camp Schwab, Okinawa, Japan, May 18. US Marine Corps photo

a healthy environment to hold productive discussions and identify cultural improvements, cohesion, and leadership within the unit.

As more critical gender issues were being addressed to leadership, team leaders with direct knowledge of current base-wide issues such as Benton, who also serves as the 4th Marine Regiment chaplain, joined

the forum as avid supporters of the safe environment WLEF created.

"Challenges, both internal and

external, such as minority stress, stereotype threat, unconscious bias, interpersonal prejudice, discrimination in social environments, and fear of failing or showing vulnerability are greatly reduced in an environment where personnel can feel included and understood by their peers and subordinates," said Benton.

In 2022, the leadership and main contributors to FLDP saw room for growth and rebranded the group as WLEF. Today, the forum is open to troops across various commands in Okinawa, providing opportunities for peer-to-peer collaboration and to learn from the life and career experiences of other service members.



DJIBOUTI (May 9, 2023) Air Force personnel jump out the back of an HC-130J Combat King II assigned to the 81st Expeditionary Rescue Squadron (ERQS). The 81st ERQS is a rapidly deployable combat search and rescue force that can conduct tactical air refueling, airdrop and airland of personnel and/or equipment during day or night operations in support of combat personnel recovery within Combined Joint Task Force - Horn of Africa area of responsibility. US Air Force photo by Staff Sgt. Aaron Irvin

"It is a weight off my shoulders knowing that there are [service members] taking action to address these issues," said U.S. Marine Corps Sgt. Shasta Spell, an aviation supply specialist with Marine Aviation Logistics Squadron 36, Marine Aircraft Group 36, 1st Marine Aircraft Wing. "It's relieving to know that I have a community out there that would support me if I ever needed it."

As a chaplain, Benton recognizes that WLEF has fostered an environment for dialogue and esprit de corps and continues to make contributions and connections to support women with goals of becoming senior leaders. Members of WLEF are encouraged to take what they learn and experience in the forums and lead by example.

"It is important to help others understand what appropriate behavior looks like and how to communicate to others when they're being mistreated," said

Spell. "We may not be able to change overnight but doing nothing only enables unwanted behavior."

WLEF keynote speakers help create an inclusive environment for all genders to attend the forums and participate in discussions. "Actively listening and actively sharing ideals and ideas on how we can grow as leaders together, males can continue to open the doors for equality and gender integration in the workplace," said Benton. "They can shut the door on inappropriate comments and behaviors in the workplace."

Since its establishment, the number of WLEF participants has significantly grown from eight to as many as 70, containing a healthy mixture of both female and male attendees.

"Camp Schwab has a very small female footprint. Last year, when WLEF began, there

see **WLEF, page 8**



Ships Underway	
Total Battle Force	297 (USS 239, USNS 58)
Deployed	106 (USS 73, USNS 33)
Underway	89 (56 Deployed, 33 Local)
Ships Deployed by Fleet	
2nd Fleet -	3
3rd Fleet -	5
4th Fleet -	2
5th Fleet -	11
6th Fleet -	20
7th Fleet -	65
Total -	106

Places of Worship

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U.S. Pacific Fleet names Sailors of the Year

Commander, U.S. Pacific Fleet, announced the 2023 Sailors of the Year during a ceremony held June 1 aboard Joint Base Pearl Harbor-Hickam. Operations Specialist 1st Class Matthew Yeager was selected as the Sea Sailor of the Year and Logistics Specialist 1st Class Putra Nagara was selected as the Shore Sailor of the Year.

During the annual SOY week nominees visited historic sites including the USS Arizona Memorial, USS Missouri, USS Utah, and Ford Island. They also visited the Defense POW/MIA Accounting Agency (DPAA). Adm. Samuel Paparo, PACFLT commander, noted that this week's events were included by design, in order to reflect on our nation's heroes and the courage they demonstrated in the midst of adversity. He noted that

their bravery and resiliency provided inspiration for many generations to come.

Pacific Fleet Master Chief James "Smitty" Toczczic and board members shared their experience and encouragement with nominees. Many elements of the week centered around Adm. Paparo's Fleet Orders of Safety, Readiness to Fight, Shipshape & Seaworthy, Teamwork, Morale, and Family.

"Every one of these Sailors represents the best of Pac Fleet," said Toczczic. "Anyone who doubts the readiness of today's Sailors has not sat across from them and looked them in the eye the way I have.

"Their willingness to step up on behalf of our Navy and our nation was clearly evident during this week's board process and the packages submitted by their commands. This was just

a small glimpse into their level of service and commitment."

Yeager, representing U.S. 7th Fleet, and Nagara, representing Aviation Support Division Misawa, will be meritoriously promoted to chief petty officer as part of their selection as the Sea and Shore Sailor of the Year.

The sea SOY finalists were: Hospital Corpsman 1st Class Brianna Bartholomew representing 1st Medical Battalion, Electronics Technician 1st Class Benjamin Priga representing Joint Mobile Ashore Support Team Pacific, Yeoman 1st Class Sarita McBride representing Carrier Strike Group 15, and Operations Specialist 1st Class Matthew Yeager representing 7th Fleet.

The shore SOY finalists were: Machinist's Mate Submarine Auxiliary 1st Class Ronald Carbone, Jr., repre-



Adm. Samuel Paparo, commander of U.S. Pacific Fleet, and Fleet Master Chief James "Smitty" Toczczic, stand with Sailor of the Year nominees aboard Joint Base Pearl Harbor-Hickam. US Navy photo by MC1 Nick Bauer

sending Submarine Readiness Squadron 31, Musician 1st Class Marc Heskett representing 7th Fleet Band, Information Systems Technician 1st Class

Charles Hayley representing 3rd Fleet, Mass Communication Specialist 1st Class Jessica Pielop representing Pacific Fleet, Logistics Specialist 1st

Class Putra Nagara representing Aviation Support Division Misawa, and Hospital Corpsman 1st Class John Pascual representing Afloat Training Group Pacific.

Fleet & Family Support Center San Diego Class Schedule June 2023

If you are interested in attending one of these classes, please call our Centralized Scheduling Center at 866-923-6478. Legend: (V) Virtual (IP) In Person (NBSD) Naval Base San Diego (NBPL) Naval Base Point Loma (NBC) Naval Base Coronado (KMB) Kearny Mesa Branch

Career Services

◆Finding Federal Employment◆

Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.

Friday, June 23 | 10-11:30 a.m. | NBC (IP)

◆Capstone◆

Come to receive a briefing on your Final Move process and Tricare benefits

Thursday, June 22 | 8-11:30 a.m. | KMB (IP)

◆Job Search Strategies◆

Learn how to find, federal, state, county or local jobs

Monday, June 12 | 10-11:30 a.m. | (V)

Wednesday, June 14 | 9-10:30 a.m. | NBSD (IP)

Wednesday, June 28 | 1-3 p.m. | NBPL (IP)

◆Resume Writing◆

Get the latest tips and techniques to wow employers with an organized, effective and winning resume.

Friday, June 16 | 10-11:30 a.m. | KMB (IP)

Wednesday, June 21 | 9-10:30 a.m. | NBSD (IP)

Wednesday, June 21 | 1-3 p.m. | NBPL (IP)

◆Boots-2-Business◆

Thursday - Friday, June 15-16 | 7:30 a.m.-4:30 p.m. | KMB (IP)

Thursday - Friday, June 29-30 | 7:30 a.m.-4:30 p.m. | KMB (IP)

Military Spouse Hiring Act offers tax credit incentive

The Military Spouse Hiring Act addresses the high military spouse unemployment rate by establishing a tax credit to incentivize more employers to hire military spouses.

While the national unemployment rate is below four percent, the unemployment rate for military spouses has remained at 20 percent for several years. The legislation creates a new target group for military spouses within the existing Work Opportunity Tax Credit program.

Congresswoman Cathy McMorris Rodgers and Congressman Antonio Delgado re-introduced the bipartisan legislation to incentivize employers to hire military spouses.

"When someone joins the military, it's not just a job—it's

a family commitment to our country," said Rodgers. "Military families face a unique set of challenges, one of which is spousal employment. As co-chair of the Congressional Military Family Caucus, it's my goal to make sure they have the support they need, and this bipartisan legislation will help bridge the employment gap by expanding

the Work Opportunity Tax Credit to include military spouses."

Many military families rely on two incomes to make ends meet. It is challenging for military spouses to find jobs through moves and other transitions.

Refer to <https://www.congress.gov/bill/117th-congress/senate-bill/3909>.



<https://miramar.usmc-mccs.org/news/marine-minute-pcs-with-pets>

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Former Navy SEAL Eddie Gallagher backs Marine who refused COVID-19 vaccine

by Jonathan Snyder
Stars and Stripes

MARINE CORPS AIR STATION IWAKUNI, Japan - A Marine who refused the COVID-19 vaccine in Japan is awaiting trial in California on charges of insubordination and other allegations after spending more than 110 days in three brig, according to the Marine Corps.

Lance Cpl. Catherine Arnett, of Fort Worth, Texas, was freed May 15 from the brig at Marine Corps Air Station Miramar, a spokesman for the 1st Marine Aircraft Wing told *Stars and Stripes* by e-mail May 17. Arnett was not charged with refusing the COVID-19 vaccine but with refusing to leave Japan aboard military flights.

Arnett, a self-described Catholic, has said she objected to the vaccine on religious grounds and considered the vaccine mandate an unlawful order.

She is being backed in California by the Pipe Hitter Foundation, a nonprofit founded by Eddie Gallagher, a former Navy chief petty officer and SEAL acquitted in 2019 of murdering a wounded ISIS prisoner in Iraq a year earlier. He was convicted

on a single count of posing with the fighter's corpse.

On May 17, Gallagher said in a video posted on Pipe Hitter's Facebook page that the foundation has taken up Arnett's case and is raising money to support her. His wife, Andrea Gallagher, posted a similar, 8-minute-long video on the page the next day.

The Gallaghers say the Marine Corps is retaliating against Arnett for refusing the vaccine. In his 2 1/2-minute-long video, Eddie Gallagher said Arnett "was thrown in solitary confinement in the Miramar brig for standing up for her beliefs, her religious beliefs, her rights ..."

The foundation, based in Santa Rosa Beach, Fla., did not respond to requests Wednesday from *Stars and Stripes* by email for further comment.

At last count, Pipe Hitter had raised \$48,500 through *Donorbox.org* to pay Arnett's legal fees and other costs, including clothing, a cellphone and laptop computer, Giorgio Kirylo, a retired Marine Corps staff sergeant who said he represents the foundation, said by phone May 18.

"We are a platform that provides legal protection to service members and law enforcement who are being legally persecuted," he said. "We are grassroots



people who care about service members who are being persecuted and we want to get the best legal protection in the world."

In July, Arnett was interviewed for a video posted online by the Children's Health Defense, a nonprofit founded by Robert F. Kennedy Jr., that encouraged its supporters to reject COVID-19 vaccines. Kennedy in August interviewed Arnett for his podcast.

Arnett while still in Japan was charged after refusing to board military flights from Marine Corps Air Station Iwakuni for California, where the Marines planned to discharge her. She refused to board at least three flights between May 2022 and

January, according to Arnett and the Marine Corps, although the Navy criminal docket does not specify the incident for which she is charged.

Arnett could not be reached for comment by phone two weeks ago; her family on May 18 referred *Stars and Stripes* to Kirylo, who said Arnett is not speaking to the media.

"I'm here to take care of her," he said. "I am managing a woman who has been under such mental stress for the past two years that she needs some time off to get away from the media."

Arnett was an aviation supply specialist stationed at MCAS Iwakuni from May 2019 until January, when she was moved from the brig there to another at Camp Hansen, Okinawa. She was moved to Miramar on April 19, a spokesman for the 1st Marine Aircraft Wing, Maj. Rob Martins, told *Stars and Stripes* by email May 17.

"The convening authority determined that California was more appropriate than Japan to proceed with her special court-martial," he said.

The Marine Corps stopped

paying Arnett in January, an "administrative oversight" that will be rectified, Martins said. Arnett will receive the back pay due to her since January, he added.

"Lance Cpl. Arnett's pay was inadvertently turned off due to an administrative oversight caused by her being processed for administrative separation," he said.

Kirylo said the Marines "kicked her out on the curb" from the Miramar brig, where Arnett was held in solitary confinement, with just the clothes on her back.

Martins said Arnett arrived at Miramar while undertaking "a hunger and drinking strike which automatically raised medical concerns." She also refused to communicate either verbally or in writing, he said.

The medical staff would not clear Arnett to move into the brig's general population, so she was placed in solitary "to ensure the health and safety of all prisoners and brig staff," Martins said.

Arnett is represented by attorney Jeremiah Sullivan III, of San Diego, Kirylo said.

Sullivan is a former Navy judge advocate but as a civilian defended Navy Lt. Jake Portier, Gallagher's former commander on SEAL Team 7. The chief of naval operations at the time, Adm. John Richardson, ordered prosecutors to dismiss the charges against Portier of failing to report Gallagher's alleged offenses.

President Donald Trump in 2019 restored Gallagher's rank, pay and benefits and his SEAL Trident pin after he was demoted by the Navy. Kirylo was a defense witness in Gallagher's case.



Arnett is due back in court July 21 for a special court-martial, Martins said.


She is charged under UCMJ articles 86, failure to go to an appointed place of duty; 87, missing an official flight or ship movement; 87b, breach of restriction; 90, willfully disobeying a superior commissioned officer; and 91, insubordinate conduct, Martins said.



"The Marine Corps is committed to remaining fair and impartial throughout the due process," he said.

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Where do aviators go to learn vital survival skills?

by Jessica Nilsson
NAS Lemoore

It's well known that Naval Aviation is a dangerous profession. From navigating through canyons at high speeds to landing on pitching air craft carriers at sea, the profession has many risks. Excellent training and continual practice helps lessen the risks and increase survivability if the worst should happen.

A five-hour drive from San Diego leads you to The Aviation Survival Training Center at Naval Air Station Lemoore, one of eight ASTCs within the Naval Survival Training Institute etachment of the Navy Medicine Operational Training Command whose sole purpose is to teach students how to prevent or survive most mishaps.

The ASTCs, which are spread across the U.S., collectively train on average more than 15,000 joint warfighters annually. At Lemoore, roughly 600 joint warfighters are trained per year - mostly Team Navy/Marine Corps aircrew, such as pilots, NFO/WSOs and enlisted aircrew - but it also trains some students from the Coast Guard, Army, Air Force, and even international aircrew and GS and contract staff flying in Navy aircraft.

The NASLASTC's staff - made up of enlisted rates HMs, PRs, AWs, AMEs, NDs, and Naval Aerospace/Operational physiologists and civilian GS engineers and instructors - trains students year-round in areas such as first aid, correct parachute landing techniques, managing hypoxia (lack of oxygen), exiting an aircraft while underwater - blindfolded and upside down - and many other vital survival skills.

"There is no way to measure how many mishaps have been prevented by the training that is delivered at the ASTCs," said Lt. Cmdr. Juliette Ruff, director, Aviation Survival Training Center Lemoore. "We are proud that our training has saved lives or reduced injuries after mishaps or combat action. Occasionally, we will have aircrew who survived an event come back to our command to explain how the training helped them survive the event."

"Aviation, like many military operations, has some inherent risk," said Ruff. "If (aircrew) ever have to escape the aircraft, they are provided with vital skills and hand-on training to utilize their survival equipment so they can be successfully rescued."

All personnel must take an

initial training course, no matter what their job in the aircraft is. Aircraft carry all sorts of personnel, from Intelligence officers, meteorologists, aircraft maintainers to scientists and more. These personnel are not designated as aircrew but have a responsibility on the aircraft for a certain mission. As such, they will go through non-aircrew training.

Once the initial training is complete, USN and USMC

USS Savannah conducts initial exchange of command; Van Zeyl relieves Sledz

by Lt. Adagray Willis

SAN DIEGO - Independence-variant littoral combat ship *Savannah* (LCS 28) Gold crew relieved *Savannah*'s Blue crew during an exchange of command ceremony May 19.

Cmdr. Dan Sledz, outgoing commanding officer of *Savannah* Blue, turned over command to Cmdr. Jenna K. Van Zeyl, commanding officer of *Savannah* Gold crew. The exchange of command ceremony marked the end of Blue crew's 18-month rotation aboard the ship.

"I'm pleased that *Savannah* Blue and Gold crews were able to conduct a thorough turnover of our ship," said Sledz. "*Savannah* Blue was successful in leading the 14th Independence-variant littoral combat ship through its introduction to the operational Fleet, and we look forward to assisting Gold Crew through their Basic Phase events."

During Blue crew's rotation, the crew moved aboard the ship

designated fleet aircrew must refresh their aviation survival training every four years.

The ASTC in Lemoore also has the capability to provide a variety of special aeronautical survival training courses like "High Altitude Parachutist" and "Flying in Chemical Biological Radiological (CBR) Flight Clothing."

The knowledge and professionalism of the NASL ASTC



Cmdr. Jenna Van Zeyl, center, skipper of littoral combat ship *Savannah* Gold crew, renders honors during an exchange of command ceremony. the globe. US Navy photo by MC1 Vance Hand

in Mobile, Ala., in November 2021, ran aboard the ship during its commissioning in February 2022 in Brunswick, Ga., sailed the ship to San Diego via the Panama Canal, conducted Final Contract Trials and Combat Systems Ship Qualification Trials, and participated in the North American Maritime Security Initiative Pacific Exercise 2023.

"*Savannah* Gold has worked incredibly hard over the last few months with executing various



The ASTC has the capability to provide a variety of special aeronautical survival training courses like high altitude parachutist and flying in CBR flight clothing. The professionalism and knowledge of the NASL ASTC shows how seriously the Navy takes the safety of aviators, flight crews and others. US Navy photo

staff is apparent to all who go through the survival courses; the staff members are proud

of what they accomplish every day, while serving as a remarkable example of how

seriously the Navy takes the safety of aviators, flight crews and others.

basic phase certifications such as Fleet Support Operation Medical, Anti-Terrorism Force Protection, and Damage Control," said Van Zeyl. "We are excited to rotate on-hull for the first time, preparing the ship for deployment."

Blue crew will use the off-hull time for training and final certifications prior to rotating back on-hull for *Savannah*'s maiden deployment.

Savannah, homeported here as part of Littoral Combat Ship Squadron ONE, is a fast, opti-

mally-manned, mission-tailored surface combatant that operates in near-shore and open-ocean environments, winning against 21st-century coastal threats. LCS integrate with joint, combined, manned and unmanned teams to support forward-presence, maritime security, sea control and deterrence missions around the globe.

For more news from Commander, Littoral Combat Ship Squadron One, visit <https://www.surfpac.navy.mil/comlcsron1/> or follow on Facebook at <https://www.facebook.com/>.

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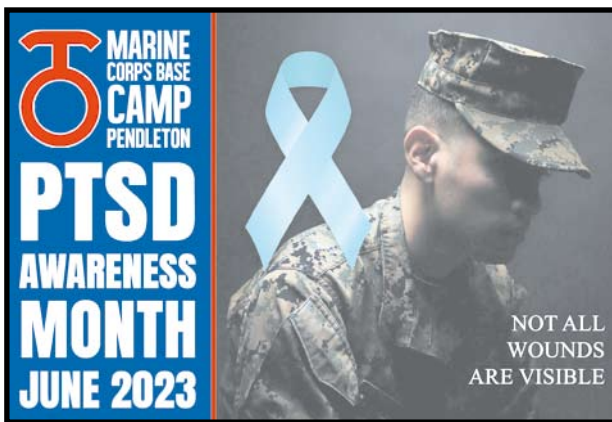


SAN DIEGO (June 2, 2023) Capt. James Harney delivers his remarks after taking command of Amphibious Squadron 5 aboard amphibious assault ship Boxer. Harney relieved Capt. Brian Quin during the ceremony. US Navy photo by MC3 Mikal Chapman

PHILIPPINE SEA (May 31, 2023) Sailors fire M9 pistols during a live-fire exercise on the flight deck of cruiser Bunker Hill. The cruiser is assigned to the Nimitz Carrier Strike Group. US Navy photo by MC3 Jordan Jennings



SAN DIEGO (June 3, 2023) Fire Controlman (Aegis) 2nd Class Kayla "Sassy" Saska, with Team Navy, attempts to block a pass while playing against Team Special Operations Command during the Defense Warrior Games 2023 Wheelchair Rugby preliminaries at NAS North Island. US Navy photo by MC1 Kegan E. Kay



CAMP PENDLETON Earning the title Marine isn't easy. Neither are the trails and battles that Marines face throughout their careers. PTSD can develop at any age, and although it may be hard to take steps towards help, never forget that Marines are not alone. Join Camp Pendleton to spread awareness of PTSD. For assistance call the Military Crisis Line at (800) 273-8255 - press 1.

Take a risk and embrace imperfection

by MaryTherese Griffin

Army Recovery Care Program

SAN DIEGO - Team Army athlete Sgt. Shawn Lee openly admits he's a bit of a risk taker, and that's a good thing. "You must be a risk taker," said the infantryman. I took a risk with adaptive sports and am doing things I never would have done in my life, and for me it is life changing."

He faced serious life-changing circumstances when he was hit by a tractor trailer in snowy conditions while on deployment in Poland. "I was medevac'd with a traumatic brain injury, damage to my arm and multiple pelvic injuries," said Lee. "I've had four surgeries."

He arrived at the Fort Belvoir Soldier Recovery Unit in February 2020, unsure of his future



Army Sgt. Shawn Lee celebrates after a successful repetition in the powerlifting event June 3 during the Department of Defense Warrior Games Challenge at Naval Air Station North Island. US Army photo by Sgt. Anthony Hopper

confidently competed and won gold in powerlifting at the 2023 DoD Warrior Games Challenge competition in San Diego this week. He will also compete in

compete well and the Army has been nothing but good to me. I love the Army. I'm sad to be out of it but to have this chance to represent Team Army and to do it here in my hometown of beautiful San Diego is great!"

WARRIOR GAMES

but willing to take risks to face whatever lay ahead.

"I had to learn what my new normalcy would be," said Lee, who was competitive as an athlete, particularly in soccer before the accident. "I think there is a common misconception when you come to the SRU. Obviously, you come hurt or not the same as you were before your accident or whatever happened to you, and it's easy to think that you will leave here 100 percent and that is not the case."

Lee embraced his new normal with adaptive sports while at the SRU. He said it was the ultimate game changer. "Adaptive sports absolutely allowed me to cope," he added. "It's allowed for new coping mechanisms that are healthy... things that I never would have done before. For example, I would have never picked up a bow and arrow and shot archery. And then to become good at it? It really boosts your self-confidence."

The Team Army member

archery, swimming, cycling, track, and shooting. All things he says help him in his quest to recover and overcome.

"It's a blessing," said Lee. "I've trained hard. My command has put their faith in me to

He also thinks it's great that he learned to cope with the fact that he would be a transitioning Soldier. "I was thinking that it's not about perfection it's more about progress," said Lee. "I've been living my life through this (adaptive sports). It's ok to reach for perfection but perfection means you're already perfect so there's a bit of stagnation when you're perfect and you can't go up. But if you're always progressing, you're never staying the same. No one ever stays the same. You either get better or you get worse. Don't be pond water, be a river that keeps rushing."

WLEF

continued from page 4

were 35 assigned to 4th Marine Regiment, currently there are 26," said Benton. "This population is not only small on Camp Schwab but across the island. WLEF was revived to provide the minority group of women on Camp Schwab the opportunity for consistent networking, education, collaboration, community, and leadership development while improving our ability to develop our U.S. Marines and Sailors at the lowest level and ensure inclusion and the relatability for all."

Marquez recognizes the ability the group has to influence positive change and bring awareness to Marine Corps-wide gender issues and wants to be an advocate and resource for new Marines.

"I want to help build a future where there is less ignorance on important topics that could improve the overall mental health and well-being of other female service members," said Marquez. "I want to be someone that I wish I had when I was a [new Marine]."

WLEF has focused its meetings on a variety of themes, such as effective communication while serving in the military, work-life balance, total fitness, financial empowerment, confidence and self-development, career development, and more.

"This is something I look forward to because I see it as an opportunity to learn something or retrieve some hard-earned wisdom that could potentially help me on my career journey," said Marquez. "My belief is that the generation in which I am a part of can learn from the women who paved the way to where we are today. Every now and then when things get difficult, mentally or physically, I think about the women in the past who would be so proud of where I stand or what I am able to do because in their day they didn't have as many opportunities or encouragement."

"As a female Sailor, I have personally been enriched by the messages and experiences of the keynote speakers, meeting new individuals, and making new connections. As well as the opportunities to mentor Marines and Sailors who have attended," said Benton.

Today, female troops work with WLEF alongside their male allies to mentor, educate and network across Camp Schwab and Okinawa. The troops dedicated to cultural awareness will continue to host events on the third Thursday of every month, targeting personal and professional development by discussing controversial topics and aiming to affect change in current programs and policies throughout the Marine Corps.

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Veterans with disabilities up for adventure at Summer Sports Clinic

The VA's National Veterans Summer Sports Clinic held in San Diego until June 9 offers adaptive sports and recreational activities to veterans who are recently injured.

The five-day event, now in its 16th year, will welcome more than 120 veterans from across the country who have a variety of injuries ranging from traumatic brain injury

and polytrauma, to spinal cord injury or loss of limb. The clinic provides early intervention to improve their rehabilitation and overall quality of life through hands-on training in sailing, surfing, adaptive fitness, kayaking, cycling, yoga and meditation.

More than 300 volunteers are donating time and efforts to assist Veterans.

The National Veterans Summer Sports Clinic is presented by the Department of Veterans Affairs (VA), in collaboration with presenting sponsor, Wounded Warrior Project (WWP) who will be on-site to facilitate the weeklong clinic with cycling professionals from their Soldier Ride® program.

Locations for respective sports are Tideland Park, Coronado (cycling/yoga); La Jolla Shores, Lifeguard Tower #3 (surfing/meditation); Mission Bay Yacht Club (kayaking); and Fiddler's Cove Marina (sailing).

Sports and fitness are vital

ingredients of VA's National Sports Programs and Special Events. VA research shows that physical activity is important to maintaining mental health and improving overall quality of life.

Participation is open to Veterans with disabilities who receive care at any VA medical facility.



Veterans from around the U.S. gather in San Diego for last year's Veterans Summer Sports Clinic. Courtesy photo by Dale Frost/Port of San Diego



DOUVILLE, FRANCE (June 1, 2023) Maj. Gen. Jeff Broadwater, deputy commanding general, V Corps, talks with Army WWII veteran, and former V Corps Soldier, Jake Larson, at a welcoming ceremony for 42 WWII veterans during D-Day 79 commemorations. While the U.S. will never know the countless acts of heroism that occurred on D-Day, the nation remains forever indebted to the "Greatest Generation" for their selfless service and sacrifice in defense of global peace and security. US Army photo by, Spc. Joshua Zayas

VA relaxes masking at health care facilities

WASHINGTON - The Department of Veterans Affairs announced recently that it has relaxed the masking requirement at VA medical facilities. VA facilities will no longer universally require masks in most clinical areas.

"Now that the public health emergency has ended, we are updating our masking policies to reflect our new reality while still ensuring the safety of the veterans we serve," said VA Under Secretary for Health Dr. Shereef Elnahal. "Except for the highest-risk areas and situations, masking will be greatly relaxed

for veterans and clinicians at VA health care facilities."

Masks will continue to be required for staff, veterans, and visitors while in the high-risk areas listed below, including waiting areas: transplant units, dialysis, chemotherapy units, emergency department and urgent care, open bay medical intensive care units, and spinal cord injury and community living centers (staff and visitors only, with the exception that visitors to CLCs and SCI may unmask when visiting with a patient within that patient's room or outside.)

Masking also continues to be required for those with a suspected or confirmed COVID-19 infection or other viral respiratory infection, for VHA health-care personnel upon request of a veteran patient, caregiver, or family member, and where local leadership warrants continued masking is required.

During the pandemic, VA delivered more care to more veterans than ever before - providing more than 332 million health care appointments to veterans, caring for more than 870,000 veterans with COVID-19, and vaccinating more than 4.4 million vets.

She's a little runaway

Carefully forming the red bandana into a pouch, I placed my cherished treasures into its folds. For companionship, a miniature doll with hot pink hair. For creativity, a small box of four crayons and spiral-bound notepad. For direction, a plastic compass from a Cracker Jack box. For sustenance, a Pillsbury Space Food Stick. For luck, a rabbit's foot keychain.

Gathering the four corners of the bandana around my treasures, I tied the ends to a long stick the way I'd seen cartoon characters do it in the shows I'd watched on Saturday mornings. With my belongings secured to the stick, I placed it over my shoulder and looked both ways up and down North Seventh Street before crossing.

Taking one last glance back at our house, with its peeling grey paint and metal swing set that always had a bee hive in one of its tubes, I turned right toward town, with no clear idea of where my travels would take me. I might camp in the woods, or find an abandoned canoe near a stream. I might build a cabin or a treehouse. All I knew for sure was that I wasn't coming back. Ever.

I was about six years old, and I was running away from home. For real this time.

About three hours later, I was back at our kitchen table sporting a milk mustache, picking through the Salisbury steak, Rice-A-Roni, and canned peas my mom had made for dinner.

Throughout my childhood, I made many plans to run away. My

parents weren't abusive or neglectful, although they did drop me off at the pool during summer for hours at a time with only a dollar for the snack bar.

To the contrary, I lived a normal childhood, complete with cut off jean shorts, polyester halter tops, Hot Wheels tricycles, skinned knees, yellow school bus rides to East Pike

The Meat & Potatoes of Life



by Lisa Smith Molinari

Elementary School, Monopoly board games on rainy Saturdays, Tang orange drink and Pillsbury Space Bars.

I had no real reason to escape my home life, but running away seemed so romantic. To have the power to wipe the slate clean, to reinvent myself, and to start off on a completely unknown journey was the ultimate adventure to me. I longed to transform myself from a pudgy neighborhood girl on a yellow Schwinn bike with playing cards flapping in the spokes, to a self-sufficient, courageous and resourceful explorer.

I wanted to shake the dust of North Seventh Street off my Converse Chucks and experience freedom. I wanted to see the world!

Well, I really just wanted to

camp in the woods for a night and roast marshmallows on a fire, but big dreams must start somewhere. I never made it more than a few blocks before getting distracted. I'd usually run into a friend and end up playing Barbies in her sandbox or notice an interesting puddle to inspect. When I'd hear my mom ring the bell from our front porch, I'd feel pangs of hunger like Pavlov's dog. I'd resolve to run away another day and head home, hoping we were having something other than Salisbury Steak, Rice-A-Roni and canned peas for dinner.

Fifty years later, I find myself a post-military-retirement Navy wife, finally planted in one place. After nine military moves over more than two decades of active duty life, I'm happy that we found our forever home in an impossibly quaint New England village by the sea. However, I've been here for six years now, and I'm starting to feel that familiar itch.

During my husband's Navy career, I became quite accustomed to change. In fact, I was well-suited for it. It scratched my itch for periodic reinvention and adventure that I'd felt since childhood. Moving to different locations on the US and overseas kept me from getting bogged down in set routines, mindsets and identities. PCS moves became my adult version of running away from home, and in that way, I found it strangely comforting.

Now, for the first time in my life, I must find comfort in staying put, in my home and in my own skin. It's time to accept who and where I am — to appreciate the beauty around and inside me.

New Arctic Rescue straddle coaster at SeaWorld San Diego is AWESOME

SeaWorld San Diego is undergoing a major transformation. For thrill seekers, there are spectacular rollercoasters. Does the thought of going really fast on a snowmobile, motorcycle or quad get your adrenaline pumping? SeaWorld has you covered, as they launch the "fastest and longest straddle coaster on the West Coast" (2,800 feet of track). As the backstory goes, the ice is melting and the Arctic animals are in peril. It's time to hop on your snowmobile, hold on tight to the handlebars and ride to the rescue on the brand-new, family-friendly Arctic Rescue straddle coaster - at speeds up to 40 miles per hour. The experience is about as close as you can get to blasting along a trail on a snowmobile (or a motorcycle or a quad). FUN TIP: try to ride in the very front, where it is just you and the off-road trail ahead.

Riding the Arctic Rescue straddle coaster is like riding a real off-road vehicle. You get on it just like you'd get on a snowmobile, motorcycle or quad. As you lift your leg over the center section, grab hold of the two grips on the handlebars. Once underway, your speed builds sharply, as you head out on the trail. Lean into the high-speed, banked turns and imagine that you're twisting the throttle. Hang on tight as you accelerate hard through the three launch sections. You'll surely want to ride this again and again!

Of course, there is much more to see and do at SeaWorld San Diego, with marine life, many long-term exhibits and shows, and seasonal and holiday-themed entertainment throughout the year.

One of my favorite things to do at SeaWorld is watch the Orca Encounter presentation. This educational and entertaining presentation reveals a wealth of fascinating information about these marvelous and intelligent animals, as they demonstrate their behaviors.

We learned that the Orcas live in every corner of the ocean. There are at least ten types of killer whales, differentiated by their size, social structure and habitat. The differences are subtle, but noticeable when compared side-by-side.

The black and white coloration

AutoMatters™ & More by Jan Wagner



of the Orcas has a purpose. It camouflages the outline of their bodies in the water, to make it easier for them to surprise and capture their prey. When viewed from below, the Orcas white bellies match the brighter surface of the water, giving them the perfect camouflage.

It looks like their eyes are in the white patch at their side, but that is a distraction. Their eyes are actually located in the black area just in front of the white patch.

The fin on the back is called the dorsal fin. It is mainly used to help stabilize the Orca in the water, but it can also be used to help regulate body temperature.

On some evenings, you can view laser shows and fireworks.

There are merchandise and experience perks for annual passholders — and the price of those annual passes are in the range of what some parks charge for a

single day or two.

It's fun to just hang out for a while with the marine life. You could easily spend your time watching the sea lions cavort, the dolphins swimming around and the Orcas practicing their behaviors between shows with their devoted trainers. It is obvious that the training is enjoyed by the trainers and Orcas alike. One element of the training included a trainer holding up a large, round mirror. The Orca seemed to be fascinated by its reflection.

While I was watching them, one Orca swam towards me — unseen under the water, and then it surfaced at the edge of the pool, stopping by to basically say hi as far as I could tell, before swimming back to its trainer.

I wonder, with all of the new construction, if SeaWorld has plans to build an indoor "dark ride" too, perhaps themed to their marine life conservation efforts?

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 #793

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77° 125°
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87° 143°



At 125° skin destruction can occur in just 60 seconds. Always check the asphalt prior to allowing your pet to walk on it.

Paws will get burned.

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Military experience or association helpful
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THINGS TO DO AROUND TOWN

2023 San Diego County Fair "Get Out There!" June 7-July 4, 11am-10pm. \$12-\$20; kids 5/under free. Closed Mon-Tue in June. Cashless. All Fair Admission & Parking tickets must be purchased online in advance. Exhibitions, funzone, agriculture, entertainment! www.sdfair.com

Free Day Friday, Fri, June 9, 9am-4pm. See what we're about! Water Conservation Garden, 12122 Cuyamaca College Dr West, El Cajon.

Kevin Hart, Fri, June 9, 7pm. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Cruisin' Grand Escondido. Escondido's Grand Ave from Orange St to Ivy St. is the place to be on Friday nights through September. Sreets host parade of pre-1970s autos for Cruisin' Grand. Vintage autos - from American Hot Rods, Classics, Antiques, and Customs - span seven blocks of the city's downtown. In addition enjoy all that downtown Escondido has to offer, including great restaurants, breweries and pubs, stores, boutiques, and live performance venues. www.cruisinggrand.net

Intocable at Balboa Theatre, Fri, June 9, 8pm. www.sandiegotheratres.org

City Heights Street Food Fest, Fri, June 9, 5-9pm. Live art, music, drinks, community, street food. Fair@44, 4350 El Cajon Blvd, SD, 92105.

Giro di San Diego GranFondo, Sat, June 10, 7am-4pm. \$50-\$209. Cycling, food, fun! Ryan Park, Escondido. www.girodisandiego.com

Hard Corps Race Series: Run to the Radar Sat, June 10. Camp Pendleton. www.pendleton.usmcmccs.org

Beach & Ocean Safety Presentation, Sat, June 10, 10-11am. Free family event ages 7-adult. Essentials for safety at beach & in the surf. Entertaining history of SD lifeguards. Batiquitos Lagoon Nature Center, 7380 Gabbiano Ln, Carlsbad

San Diego Summer Brew Fest, Sat, June 10, noon. Age 21+. \$50-\$65. 70+ breweries, 200 beers, food trucks, lawn games, cover bands. Liberty Station NTC Park, 2455 Cushing Rd, Point Loma.

Wildlife Walk, Sat, June 10, 1-2:30pm. Free. Hike with park ranger sharing info. 1 mile w/ some hills & steps. Chollas Lake, 6350 College Grove Dr, SD.

A Day to Chill Car Show. Sat, June 10, 12-5pm. Bates Nut Farm. www.batesnutfarm.biz

Garbage & Noel Gallagher's High Flying Birds. Sat, June 10, 7pm. North Island Credit Union Amphitheatre. www.ticketmaster.com

com

Guided Nature Walk, Sat-Sun, June 10-11, 9:30-11am. Free. Guided nature walk-learn about plants, animals, geology, history of park. San Carlos. mtrp.org

San Diego Greek Festival, Sat-Sun, June 10-11, 10am-10pm(Sat) 10am-8pm(Sun). Free for active duty military & children under 12. Heritage, culture, music, traditions, culinary skills! Food, drink, live music, dancing! Free parking at SD Unified School District lot, 4301 Campus Ave. (off Normal St.) -- ride shuttle to festival. Shuttle departs every 10 minutes, runs 10am-11pm Sat & 10am-9pm Sun. Saint Spyridon Greek Orthodox Church, 3655 Park Blvd. SD. www.sdgreekfestival.com

Native American Flute Circle, Sun, June 11, 1-3pm. Free. open-mikehonoring traditions of the Native American Flute and Drum. All levels welcome. San Carlos. mtrp.org

Janet Jackson, Sun, June 11, 8pm. North Island Credit Union Amphitheatre. www.ticketmaster.com

USA Surfing Championships and Team Trials, Tues-Sat, June 13-17. at Oceanside Harbor North Jetty. www.usasurfing.org

Flag Day is June 14

Encinitas Cruise Night, Thur, June 15, 5:30-7:30pm. Downtown Encinitas. www.encinitas101.com

Switchfoot Bro-Am Beach Fest, Sat, June 17, 7am-5pm. Moonlight Beach, Encinitas. www.broam.org

Call your dad, Sunday, June 18 it's Father's Day

Earth, Wind & Fire, Sun, June 18, 7:30pm. The Rady Shell at Jacobs Park. www.theshell.org

Blink-182, Mon-Tue, June 19-20. Pechanga Arena

California Wine Festival, Sat, June 24, 1-4pm. Hundreds of fine wines, regional craft brews, and culinary delights for sampling. Park Hyatt Aviara Resort, Carlsbad. Info & tix: www.californiawinefestival.com

The Wedding Singer, thru June 24. Moonlight Amphitheatre. www.moonlightstage.com

Singin' in the Rain, Thru July 2. New Village Arts Theatre, Carlsbad. www.newvillagearts.org

Del Mar Fair Concert Tickets on Sale Now!

La Adictiva Sun Jun 11, 7:30pm
Carly Pearce, Wed Jun 14, 7:30pm
Lynyrd Skynyrd, Sat Jun 17, 7:30pm

Bronco - Latin, Sun, June 18, 7:30pm
Boyz II Men, Thur, June 22, 7:30pm
Stephen Marley, Sat, June 24, 7pm

Los Tigres del Norte, Sun, June 25, 7:30pm
Nelly, Wed, June 28, 7:30pm
Randy Houser, Thur, June 29, 7pm

Alabama, Sat, July 1, 7:30pm
Switchfoot, Mon, July 2, 7:30pm

MOVIES AT THE BASES

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

Lowry Theater - NASNI,

619-545-8479

Bldg. 650

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

Friday, June 9

6pm Are You There God? It's Me, Margaret. pg13

Saturday, June 10

3pm Book Club: Next Chapter pg13

6pm Guardians of Galaxy Vol. 3 pg13

Sunday, June 11

1pm Are You There God? It's Margaret pg13

4pm The Covenant r

Updates: sandiego.navylifefsw.com

Q-Zone - NAB

Bldg. 337 • 619-437-3190

Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

Friday, June 9

5pm Avatar: The Way of Water pg13

Saturday, June 10

11am PAW Patrol: The Movie g

Monday, June 12

5pm Ant-Man and Wasp (2018) pg13

Tuesday, June 13

11am Sing 2 pg

5pm The Blues Brothers (1980) pg13

Wednesday, June 14

5pm Magic Mike's Last Dance r

Thursday, June 15

11am Madagascar: Escape 2 Africa pg

Friday, June 16

5pm Knock at the Cabin r

Saturday, June 17

11:10am Ron's Gone Wrong pg

Naval Base Theater - NBSD,

619-556-5568, Bldg. 71

3465 Senn Rd.

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

Thursday, June 8

6pm Guardians of the Galaxy Vol. 3 pg13

Friday, June 9

6pm Book Club: Next Chapter pg13

Saturday, June 10

2:40pm Guardians of Galaxy Vol. 3 pg13

6pm Book Club: ext Chapter pg13

Sunday, June 11

1pm Are You There God? It's Me, Margaret. pg13

3:30pm Guardians of Galaxy Vol. 3

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, June 10

1:30pm The Covenant (R)

Saturday, June 17

1:30pm Guardians of Galaxy Vol. 3 PG13

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, June 9

6pm Book Club: Next Chapter pg13

Saturday, June 10

3pm Are You There God? It's Me, Margaret. pg13

6:30pm Guardians of Galaxy Vol. 3 pg13

Sunday, June 11

noon Guardians of Galaxy Vol. 3 pg13

3pm Book Club: Next Chapter pg13

SOCIAL SECURITY MATTERS

What if I delay but die before claiming Social Security?

Dear Rusty: Hypothetically, if I plan to sign up for Social Security at 70 and pass away before that, I will get nothing. My spouse would still get a boost in the amount she receives because I made more, but everything I put into the program vanishes. I haven't reached my full retirement age yet and I still have income, but if I sign up now at 63 my benefits will be withheld due to my income. Then at full retirement age (presuming I elected to claim earlier) a re-calculation will take place and my monthly amount would be adjusted. Well, what happens if I decide to wait until 70 but pass away before I claim? Are my contributions repaid in a lump sum, or will I (or someone else) still lose everything? Signed: Uncertain About My Future

Dear Uncertain: You are correct that if you pass away before collecting your earned Social Security benefits you won't personally get anything. Social Security has, since inception, been a "pay as you go" program where those currently working and contributing to Social Security pay benefits for those currently receiving Social Security. That means that if you die before collecting, the monies you contributed will have already been used to pay other recipients, but the contributions you made may still entitle your dependents to benefits on your record. For those who are in their early 60s, average longevity is mid-80s, meaning your spouse would likely collect benefits on your record for more than two decades, any minor children could collect until they are adults, and any permanently disabled child you may have would get benefits from your record for the rest of their life as well.

The Social Security payroll taxes you contributed were not put into a private account in your name. And, on average, it is to the beneficiary's advantage the program doesn't work that way because that personal account would be depleted fairly quickly after you claim - rather than getting benefits for the rest of your life, you'd only get benefits (plus interest) from your personal account, which would run dry pretty fast. FYI, we have researched this very carefully and found that, on average, all payroll taxes contributed to Social Security by an individual will be recovered within about 5 years of starting benefits. The actual length of time to recoup one's contributions varies somewhat depending on lifetime earnings and contributions made, but lower earning beneficiaries will recover everything contributed through payroll taxes within about 3 years, while it could take as much as 5 years for higher earners to get back everything they've paid into the program. And for clarity, since self-employed individuals pay both the employee and employer portion of the payroll tax, it does take longer for those who own their own business to recoup what they've contributed. Nevertheless, on average, most who claim benefits will get considerably more from the program than they paid in Social Security payroll taxes.

As to your specific question, if you die before collecting, the contributions you made weren't deposited in a personal account for you and won't be paid out in a lump sum. Rather, the payroll taxes you paid while working were used to pay benefits to beneficiaries receiving at the time, and those working and contributing after you die will fund the benefits paid to your spouse or disabled adult child until they die, or to your minor children until they are adults. The Social Security benefits you earned aren't just for you - your eligible dependents will also benefit from your record.

ROY'S SUDOKU

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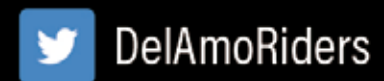
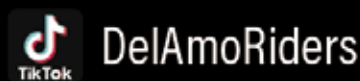
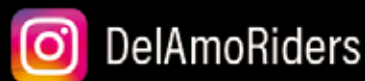
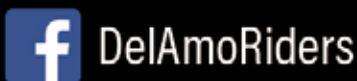
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Laredo 4X4

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\$488/month
for 36 months

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WRANGLER Willy's 4xe

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for 36 months

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