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THURSDAY, JULY 20, 2023



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Troops break away from multinational exercise to save mariners stranded in Western Pacific

by Alex Wilson
Stars and Stripes

A multinational group of Sailors and Airmen in the Western Pacific diverted from their training recently for a real-life rescue of 11 mariners stranded on a disabled vessel near the Northern Marianas.

U.S., French and Canadian aircraft found the mariners and their 21-foot vessel, the Full 20 Horizon, in 8-foot seas approximately 30 nautical miles northwest of Rota, U.S. Coast Guard Forces Micronesia/Sector Guam said in a July 11 news release.

The Coast Guard received a distress call from the disabled ship, which had no active GPS onboard, around 5 p.m. Watchstanders issued a maritime alert and coordinated with local responders from the Northern Marianas to mount a rescue, according to the release.

Simultaneously, a French air force A400 Atlas military transport launched from Andersen Air Force Base on Guam and discovered the ship around 8 p.m. Strong winds and waves, however, prevented the local responders from reaching the mariners.

"Aircraft crews play a crucial role in our efforts to save lives in challenging maritime situations," Capt. Nick Simmons, commander of U.S. Coast Guard Forces Micronesia/Sector Guam, said in the release. "Using aerial assets, combined with our local



A French airman scans the Pacific Ocean for a disabled ship near the Northern Marianas, July 10, 2023. U.S. Coast Guard photo by Taylor Crul

partnerships, ensures a swift and effective response to distress calls, ultimately increasing the chances of a successful rescue."

Trying for a work-around, the Air Force's 36th Wing at Andersen diverted a Canadian air force HC-130 search-and-rescue aircraft to relieve the French A400 that was running low on fuel, according to the release.

Around 1 a.m. Tuesday, a Navy MH-60 Nighthawk helicopter successfully hoisted the 11 mariners off the Full 20 Horizon and took them to the nearby Rota airport without injury, according to the release.

The Coast Guard is uncertain why the vessel became disabled, but the number of passengers and the foul weather possibly contributed, U.S. Coast Guard Forces Micronesia/Sector Guam spokeswoman Chief Warrant Officer Sara Muir told *Stars and Stripes* by e-mail Friday.

Coast Guard cutter *Myrtle Hazard* towed the vessel to Rota, where Northern Marianas law enforcement started an investigation, Muir said.

The French and Canadian aircraft were participating in Exercise Mobility Guardian 2023, hosted by the Air Force's Air Mobility Command.

Typo sends millions of U.S. military emails to Russian ally Mali

(BBC) Millions of U.S. military e-mails have been mistakenly sent to Mali, a Russian ally, because of a minor typing error. E-mails intended for the U.S. military's ".mil" domain have, for years, been sent to the west African country which ends with the ".ml" suffix. Some of the e-mails reportedly contained sensitive information such as passwords, medical records and the itineraries of top officers. The Pentagon said it had taken steps to address the issue.

Top officer, enlisted leader at Marine boot camp regiment fired

(MARINE CORPS TIMES) The commanding officer and the senior enlisted leader at the Marine Corps' East Coast recruit training regiment have been fired, the Marine Corps confirmed July 17. Col. Bradley Ward and Sgt. Maj. Fabian Casillas on July 5 were relieved of their leadership positions at the recruit training regiment at Parris Island, S.C., "for loss of trust and confidence," Marine spokesman Maj. Philip Kulczewski said in a statement in response to a *Marine Corps Times* query. "No other information is available at this time," Kulczewski said.

- by Irene Loewenson

DOD INCREASES MILITARY PRESENCE NEAR OMAN

by C. Todd Lopez

The Defense Department announced July 17 an increased presence in the U.S. Central Command's area of responsibility, including an additional Navy destroyer along with fighter jets.

"In response to a number of recent, alarming events in the Strait of Hormuz, the secretary of defense has ordered the de-

ployment of Navy destroyer USS *Thomas Hudner*, F-35 fighters and F-16 fighters to the U.S. Central Command area of responsibility to defend U.S. interests and safeguard freedom of navigation in the region," said Deputy Pentagon Press Secretary Sabrina Singh during a briefing.

Earlier this month, Singh said, the Iranian navy attempted

to illegally seize two merchant vessels in the Strait of Hormuz and the Gulf of Oman.

"One attempt included an Iranian navy ship firing upon the merchant vessel," Singh said. "In light of this continued threat and in coordination with our partners and allies, the department is increasing our presence and ability to monitor the strait and surrounding waters."

According to a news report from U.S. Central Command, on July 5, U.S. forces already in Centcom's area of responsibility participated in preventing two commercial tanker ships from being seized by the Iranian military in international waters near the coast of Oman.

One of those ships, the Marshall Islands-flagged oil tanker see **Oman, page 2**

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Career Advice

Bringing comfort to U.S. service members at sea.

See page 5

Base Movie Schedule

Elemental, Transformers: Rise of the Beasts, Insidious: The Red Door, The Blackening

See page 10

House lawmakers push bill allowing service members to file malpractice claims in district court

by Matthew Adams
Stars and Stripes

WASHINGTON - Congressman Darrell Issa said he wants to make certain active-duty service members who experience medical malpractice at a Defense Department facility can take their claim to district court.

“We’re not implying that medical malpractice is rampant,

but it does happen. And when it does happen, we want to make sure that those who are serving in uniform be treated as well as those who have served in uniform and their families,” the Republican from California said July 13.

Issa, a former Army captain, is pushing legislation with Reps. Richard Hudson, R-N.C., Jimmy

Panetta, D-Calif., and Michael Waltz, R-Fla., that continues to expand on a law passed by Congress in 2019 called The Sgt. First Class Richard Stayskal Military Medical Accountability Act.

The law allows troops to file claims with the Defense Department alleging malpractice by military health care providers. The process also allows them to seek damages for economic losses, pain and suffering.

Stayskal was an Army Green Beret diagnosed with lung cancer in 2017 at the age of 36. He had undergone chest scans earlier that year for diving school and was told his results were normal. He discovered, however, the military hospital had misread the exams and failed to recognize the tumor in his upper-right lung.

Stayskal wanted to sue for malpractice but a Supreme Court case from 1950 banned military malpractice lawsuits, declaring the government was not liable for injuries to service members on active duty. Stayskal lobbied Congress for the law, which is named in his honor.

The new bill — Healthcare, Equality and Rights for Heroes,

or HERO Act — would allow troops to take their claims to district court.

“Right now, the government ... is actually working against our service members who suffer from medical practice within a [Defense Department] medical facility,” said Panetta, a former Navy reservist who served in Afghanistan.

The way that the process works now is a service member’s first step is submitting a claim with their military branch, Panetta said. If that is denied, they have an opportunity to resubmit the claim. Under this process, there is only a 2 percent favorable resolution rate for the claimant.

“That’s not working and that is just not right,” he said. “The HERO Act would make it work by allowing service members who suffered medical malpractice the same rights as many other Americans. That’s the right to take the claim to a local federal district court, allowing them a more streamlined, a more fair option for their claim and ultimately for justice.”

The bill was introduced in the House on June 23 and referred to the Judiciary Committee of which Issa is a member.

Oman continued from page 1

TRF Moss, was approached by an Iranian naval vessel, but that naval vessel departed after the arrival of the Navy destroyer USS *McFaul*.

Later that same day, the Bahamian-flagged oil tanker *Richmond Voyager* was also approached by an Iranian naval vessel. That Iranian naval vessel got within one mile of the tanker

and fired on it using small arms and crew-served weapons. As happened with the TRF Moss, the Iranian vessel departed when *McFaul* arrived on the scene.

According to Centcom, Iran has attacked or seized about 20 merchant vessels since 2021.

“We call upon Iran to immediately cease these destabilizing actions that threaten the free flow of commerce through this strategic waterway, of which the

Army

- Army takes out one-way attack drones in desert demonstration
- Dozens of on-base residences at military academy damaged in West Point flooding
- A Texas Soldier ‘willfully’ disappeared. Then his wife died — and he was found alive.

•Army program recycles Black Hawks as venerable aircraft approaches phase-out date

Navy

- Stricken sub *Connecticut* returns to maintenance after dry dock upgrade
- 4 generations in the Navy: This family has seen 100 years of submarine history
- Three admirals allowed to retire amid Senate confirmation hold, temporary Naval Academy leader chosen
- Navy surveillance plane transits Taiwan Strait as Chinese troops train around island

Marine Corps

- Boot camp tragedy: A recruit died. His drill instructor faces the blame
- Lawsuit against federal government in killing of Oceanside woman headed to trial
- Marine veteran caught up in Jan. 6 conspiracy theory sues Fox News
- Cherry Point says jet received “significant damage” after civilian pilot bails out

Air Force

- Air Force general who predicted war with China leads ‘unprecedented’ training exercise
- F-35 test squadron works to wring out upgrade problems
- How the Air Force will guard its new Sentinel ICBMs, part 2: Trucking and tracking
- Turbine ‘fatigue’ issue forced F-22 engine retrofit, Air Force says

•Bombers surge in the Pacific: B-52s arrive in Guam, B-1s in Japan

Space Force

- Biden nominates Space Force’s Whiting to lead U.S. Space Command

Coast Guard

- Commandant says permissive culture toward sexual assault lingers in parts of the service

National Guard

- California Guard troops have helped Ukraine beat Russia on battlefield, Army official says

world depends on for more than 1/5 of the world’s oil supply,” Singh said.

Singh also said Secretary of Defense Lloyd J. Austin III and Chairman of the Joint Chiefs of Staff Gen. Mark A. Milley will host a virtual meeting of the Ukraine Defense Contact Group from the Pentagon.

“They will join ministers of defense and chiefs of defense from nearly 50 nations from around the world to discuss Russia’s ongoing war in Ukraine and continue close coordination to provide Ukraine with the security assistance they need to protect their people and defend their country,” she said.



ROYAL AIR FORCE LOSSIEMOUTH, U.K. (July 15, 2023) Aviation Electronics Technician 2nd Class Colton Berka, left, and Aviation Electronics Technician 2nd Class Diego Olvera, assigned to the Golden Swordsmen of Patrol Squadron (VP) 47, perform maintenance on the AN/APY-10 radar of a P-8A Poseidon here. VP-47 is currently deployed to the 6th Fleet in support of naval operations to maintain maritime stability and security in order to ensure access, deter aggression and defend U.S., allied and partner interests. U.S. Navy photo by MC1 William Sykes

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UNITAS LXIV kicks off in Colombia

CARTAGENA, Colombia - Secretary of the Navy Carlos Del Toro attended the opening ceremony for UNITAS LXIV, a multi-national maritime exercise that brings together 20 nations from all over the world to train forces in joint maritime operations that enhance tactical proficiency and increase interoperability. Participating nations include Belize, Brazil, Canada, Chile, Colombia, Dominican Republic, Ecuador, France, Germany, Honduras, Jamaica, Mexico, Panama, Peru, Paraguay, Spain, South Korea, United Kingdom, United States, and Uruguay.



Seabees build home for family in need

The paint is still drying on a brand new house completed by a group of Reserve-duty Seabees, who put the finishing touches on a dwelling built for a family in need as part of a partnership with the Southwest Indian Foundation. The project was the latest success in an ongoing effort dubbed Operation Footprint by DoD’s Innovative Readiness Training program, one of 12 ongoing construction-related IRT projects across the globe. “There’s no substitute for experience in our line of work,” said said Cmdr. Leia Guccione, CO of Naval Mobile Construction Battalion (NMCB) 18

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Navy ship that transports dry cargo and ammunition runs aground in Bahrain

by J.P. Lawrence
Stars and Stripes

A Navy investigation is ongoing to determine how a 19,000-ton cargo ship ran aground last weekend in Bahrain, the service said in a statement July 16.

USNS *Alan Shepard* became stuck Saturday afternoon while moving from a shipyard in Al Hidd to a pier at Khalifa Bin Salman Port, 5th Fleet spokesman Cmdr. Tim Hawkins said Sunday.

About 85 crew members were aboard at the time, but no one



San Diego-based destroyer *Paul Hamilton* approaches dry cargo and ammunition ship USNS *Alan Shepard* during a replenishment-at-sea, April 16, 2023, in the Arabian Sea. U.S. Navy photo by Elliot Schaudt

was injured, Hawkins said.

Alan Shepard transports dry cargo and ammunition and has accommodations for more than 120 people, according to the Naval Vessel Register. The nearly 700-foot-long ship was launched in 2006.

Tugboats helped free the vessel at high tide Sunday morning, and it is now moored in Bahrain, Hawkins said, adding that the ship's crew stayed on board overnight.

No damage to the ship was noted at the time of the ground-

ing, but the Navy is assessing its condition, Hawkins said.

Ship groundings can cause significant damage to hulls, propellers and surrounding infrastructure.

In 2017, missile cruiser USS *Antietam* ran aground in Japan and leaked an estimated 1,100

gallons of hydraulic oil into Tokyo Bay, *Stars and Stripes* reported at the time.

And in 2014, guided-missile frigate USS *Taylor* ran aground in the Black Sea, causing \$4.8 million in damage and leading to the dismissal of commanding officer Cmdr. Dennis Volpe, a *Stars and Stripes* report said at the time.



Project Arc seeks innovators to solve DAF challenges

WRIGHT-PATTERSON AFB, Ohio (AFNS) - Project Arc, a grassroots initiative started in 2020 to spur innovation within the Department of the Air Force, is accepting applications for its next six-month temporary duty, or TDY, assignment July 17 to Aug. 4. The program is looking for Airmen and Guardians from all occupations who are obsessed with tech, have a curiosity to tinker and want to solve problems.

"We want people that are passionate about science, technology, engineering and math, and joined the military to use those skills to solve warfighter problems," said Maj. Jason Goins, Project Arc founder.

The TDY is funded by Project Arc and embeds military members and government civilians into operational wings around the world. They will work with pilots, maintainers, logisticians and other technical DAF jobs to apply state-of-the-art technology, experimentation, prototyping and rapid adaptation to help outpace technology used by U.S.

To apply or learn more about Project Arc, e-mail ProjectArc@us.af.mil.

Ships Underway

Total Battle Force
300 (USS 242, USNS 58)
Deployed
101 (USS 67, USNS 34)
Underway
78 (52 Deployed, 26 Local)

Ships Deployed by Fleet

2nd Fleet - 0
3rd Fleet - 4
4th Fleet - 6
5th Fleet - 11
6th Fleet - 22
7th Fleet - 58
Total - 101

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of July 10, 2023, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

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DOD officials highlight risks to force posed by Senate nomination hold

by Joseph Clark
DOD News

Secretary of Defense Lloyd J. Austin III underscored the risks to national security posed by the ongoing blanket hold on Senate confirmations for hundreds of military nominees in a brief phone call July 13 with Sen. Tommy Tuberville of Alabama.

During the conversation, which took place at the secretary's request, Austin explained the impact the lawmaker's holds are having on military readiness and uncertainty within the force, Department of Defense Press Secretary Air Force Brig. Gen. Pat Ryder said during a briefing at the Pentagon.

"This conversation also follows a call initiated by Secretary Austin earlier this year, as well as ongoing engagement at the staff level," Ryder said. "The

two did agree to speak again next week."

Tuberville has placed a hold on Senate confirmation for hundreds of general and flag officers throughout the DOD over disagreements with the Pentagon on its uncovered reproductive health policy.

As many as 265 general and flag officer nominations have been delayed in the Senate as a result of the hold.

Among those general officers pending the Senate's confirmation, is Marine Corps Gen. Eric M. Smith, who earlier this week took over as acting Commandant of the Marine Corps.

Smith replaces Marine Corps Gen. David H. Berger who relinquished his position after four years of serving as Commandant.

The last time the Marine Corps had an acting commandant was more than a century ago, when Col. William Biddle served as in acting capacity from Dec. 1, 1910, to Feb. 2, 1911.

Austin underscored the negative impacts further delays in confirming the next commandant would have on Marine Corps and on national security during the Berger's relinquishment of command ceremony July 10.

"Smooth and timely transitions of confirmed leadership are central to the defense of the United States and to the full strength of the most powerful fighting force in history," Austin said.

"We have a sacred duty to do right by those who volunteer to wear the cloth of our nation," he said.

Should the hold remain in place, as many as 650 critical leadership positions could be vacant by year's end, Deputy Pentagon Press Secretary Sabrina Singh said during a briefing last week.

In an interview with Fox News' Neil Cavuto following the July 13 call between Austin and Tuberville, Singh said the impact to military readiness caused by the holds comes at a critical time.

As the U.S. faces the grow-

ing pacing challenge posed by China and responds to Russia's ongoing assault on Ukraine, "we need our best team on the field," she said.

"These are our nominees who have incredibly important jobs all around the world, who are working with our partners and allies," Singh said. "And it sends a message to our adversaries."

Singh said Pentagon officials are hopeful that their ongoing engagement with Tuberville continues and encourages the Senator to lift his hold.

She added that DOD policy surrounding uncovered reproductive care has not changed, and that the Pentagon is not "making concessions or changing our policy" in light of discussions over the Senate holds.

"Our policy is very clear, we're trying to ensure equity across the service to all of our service members who live in states that they have the same rights as service members that live in other states," she said in an interview with NBC's Chuck Todd.

"This is not a political fight," she added. "This is about our general and flag officers, our nominees — from four-star generals down to one-star generals — who deserve to be in the positions that they have been selected in."

NCG 2 changes command, welcomes its 1st woman commander

by Reannon Capuria

Naval Construction Group 2 Public Affairs

GULFPORT, Miss. - Capt. Constance Solina relieved Capt. Jeff Deviney as commander, Naval Construction Group (NCG) 2, during a change of command ceremony July 7. Solina's assumption of command marks the first time a woman has commanded an NCG and all Atlantic-based Seabees.

Deviney, from Freer, Texas, led 4,500 personnel over the course of two years and oversaw their manning, training, and equipment readiness needs to ensure they deployed on time to five separate combatant commands. During his departing remarks, Deviney expressed gratitude for his crew and reiterated Solina's ability to continue the unit's success during her tenure.

"You know exactly what needs to be done to get the Seabees ready for the next fight," said Deviney. "With you in the lead, I know we have the right team in place going forward."

Deviney also shared his thoughts on the people he had the opportunity to lead. He said, "I want to say a special thanks to the troops and civilians of NCG 2 who work hard every day to ensure we have the best trained military engineers in the business and to the Atlantic Seabee units for upholding our historic 'Can Do' legacy."

Rear Adm. Brad Andros, commander, Navy Expeditionary Combat Command, discussed the importance of NCG 2's mission and thanked Capt. Deviney for his accomplishments during his tour. "While successful operations and exercises matter, I am most impressed by your commitment to your people and the development of the force," said Andros. "You should be proud to know the tangible impact you had on preparing disciplined Sailors for future operations."

Solina is from McLean, Va., and most recently served as the Chief Engineer, Logistics Directorate for U.S. European Command before reporting to NCG 2.

"I am humbled, privileged and honored to assume command of NCG 2 and continue the tradition of Seabees providing a capability like no other to our Combatant Commanders," said Solina. "I look forward to continuing the Seabee legacy, drawing on our rich history and traditions while adapting to the changing strategic environment to answer the call when our Nation needs Seabees and the 'Can-Do' spirit."

Solina's assumption of command marks another milestone of women in the Seabees and civil engineer corps. Since Ens. Kathleen F. Lux, became the first woman to become a civil engineer corps officer in 1942, Seabee women have risen through both the officer and enlisted ranks. Constructionman Carmella Jones became the first enlisted woman Seabee when she cross-rated into the community as an equipment operator during the summer of 1972 following former CNO Adm. Elmo Zumwalt, Jr.'s issuance of Z-gram 116 which authorized limited entry of women into all enlisted ratings.

Chasing waterfalls



NIAGARA FALLS, N.Y. (July 7, 2023)
An aerial view of Niagara Falls is shown from beneath an Air Force KC-135 Stratotanker. U.S. Air Force photo

Places of Worship

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Career and Education

Bringing comfort to U.S. service members at sea

(StatePoint) For more than 80 years, the USO has served the men and women of the U.S. military and their families, throughout their time in uniform. And now, with the opening of its first two ship-based USO centers, they are going where they go even at sea.

The two new centers, on USS *George H.W. Bush* (CVN 77) and USS *Mount Whitney* (LCC 20), are designed to lift spirits among deployed Sailors, providing a haven filled with comforting amenities, including large-screen TVs, the latest-generation gaming equipment, board games and activity sets, computers, phones, USO program kits and snacks.

This USO presence, which includes many of the same amenities as a land-based, staffed USO Center, promises to cultivate a sense of camaraderie and enhanced morale, serving as a vital source of support during long journeys.



When underway, a Navy aircraft carrier is home to as many as 5,000 personnel - the size of a small city. Living aboard roughly 4.5 acres and 60,000 tons of floating structural steel for months at a time, with very few port visits, leaves individuals little space to get away and find time to themselves. These conditions can be stressful and isolating for Sailors who are separated from their loved ones.

Expanding USO support to those serving at sea is vital in helping boost morale,

improving the quality of life on board the ship, and providing more opportunities to connect with friends and family back home.

“We operate in more than 250 locations, but these new ship-based centers are special,” said Dr. J.D. Crouch II, USO chief executive officer and president. “The USO goes where the men and women of the military go. Now, we can add ‘at sea’ with these centers, which are a key part of our efforts to provide additional support to Sailors.”



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Manslaughter conviction of Marine reservist overturned on appeal

by Irene Loewenson

MARINE CORPS TIMES - A military appeals court overturned the conviction of a Marine reservist who was found guilty of involuntary manslaughter in connection with the 2019 death of a college student.

A jury in 2021 convicted Lance Cpl. Samuel B. London, who had been a reservist with the 25th Marines, based out of Fort Devens, Mass., of involuntarily

killing Daniel Hollis in an alcohol-fueled scuffle.

London had been accused of punching Hollis, a sophomore at Boston's Emerson College, in the head in September 2019, causing him to fall and hit his head fatally on a brick-covered ground. His defense had argued Hollis fell to his death after yanking on London's sweatshirt.

A three-judge panel from

the Navy-Marine Corps Court of Criminal Appeals decided in May that there hadn't been enough evidence to find London guilty beyond a reasonable doubt, reversing the jury's finding.

But London, who was convicted in December of spitting on a brig guard, likely won't remain in the Marine Corps: His chain of command has initiated the process to separate him administratively.

The night of Sept. 27, 2019, London was out bar hopping in Boston's Allston neighborhood while on predeployment leave, *Marine Corps Times* previously reported.

In the early morning of Sept. 28, 2019, London and two of his friends, Jacob Ryles and Army Sgt. Robert Pankov, went looking for a cigarette lighter.

Hollis and his friends were smoking on a brick walkway on the street, having stepped out of a party hosted by their college's lacrosse team in the apartment beside them, according to the judges' opinion. They had been

drinking, and some of them, including Hollis, had been smoking marijuana.

The lacrosse players agreed to lend Ryles a lighter, and they all stood in the walkway talking and smoking for a few minutes "without incident," the judges wrote.

As London's group started to leave, Ryles said, "See you later, ladies," and one of the lacrosse players retorted, "See you later, grandmas," according to the judges' opinion.

A fight broke out. The two groups of friends later differed

about who started it, *Marine Corps Times* previously reported.

At trial, witnesses gave different accounts of who was standing where and who punched whom, according to the opinion.

But it's clear that, at some point in the fight, Hollis fell backward, hitting his head on the brick walkway and fracturing his skull, the opinion recounted. Despite being whisked to the hospital for emergency surgery, the 19-year-old student, who loved playing lacrosse with his teammates and had a big smile, died.

While the prosecution would argue that London punched Hollis, the defense presented another theory of what happened: Hollis had been pulling on London's sweatshirt, and when it ripped, the force of his own pulling had knocked him backward.

In February 2020, a civilian grand jury decided not to indict London for allegedly causing Hollis' death. But the Marine Corps charged him in November 2020 with one count of murder, one count of voluntary manslaughter, one count of

see **Appeal**, page 8



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Kay assumes command at Public Health Activity-San Diego

by **Kathryne Gest**

Public Health Command - Pacific CAMP PENDLETON- Lt. Col. Jodi Sangster relinquished command of Public Health Activity-San Diego to Lt. Col. Andrew Kay July 14. Col. Brad E. Franklin, Public Health Command-Pacific commander, presided over the ceremony.

Franklin expressed his appreciation to Sangster for her unwavering dedication and hands-on approach in leading over 100 Soldiers and civilians and fostering a culture of excellence and teamwork permeated throughout PHA-SD.

“Jodi’s remarkable leadership skills ensured seamless execu-

tion of countless operations, assuring food safety and public health support within California for global operations of all Department of Defense services and federal partners,” said Franklin. “Under her leadership, her Soldiers completed over 350 missions, significantly impacting the activity and supporting hospital ship *Mercy*, the National Science Foundation, and Indo-Pacific partner nations.”

In her remarks, Sangster reflected on her time at PHA-SD, saying she was in awe every day of the team’s creativity and versatility as they accomplished the mission. She thanked her Soldiers and staff, whose relentless efforts and dedication to

the mission continued to make a significant impact across the PHA-SD Area of Responsibility and in support of PHC-P.

“You don’t do this job because a commander was telling you to; you did it because all of you realize what an important mission we have,” said Sangster. “This unit is full of incredible military and civilian human beings, and

I’m proud to be on your team.”

Kay expressed his enthusiasm for joining the Public Health Activity-San Diego family in his new role. He promised to lead with integrity, accountability, and an open mind to execute the Activity’s mission.

“I firmly believe that every individual within this unit will

shape the future, and together, we will build on past achievements and continue to push boundaries of what we can accomplish,” said Kay. “Together, we will forge ahead, adapting to change, seizing opportunities, and overcoming obstacles as a team.”

Public Health Activity-San Diego is a direct reporting unit of

Public Health Command-Pacific. Headquartered in Honolulu, Joint Base Lewis-McChord, Wash., and Camp Zama, Japan, PHC-P provides comprehensive public health support to protect the force, promote health, and prevent disease and injury via preventive medicine strategies, veterinary services, and food defense operations throughout the Indo-Pacific region.

Coast Guard, Customs and Border Protection seize 223 pounds of narcotics

SAN PEDRO – Coast Guard Sector Los Angeles - Long Beach and U.S. Customs and Border Protection recovered 223 pounds of cocaine July 16 from a vessel that became disabled on July 4, off the coast of Columbia.

Two individuals on a disabled panga-style vessel flagged down a good Samaritan en route to Long Beach. The good Samaritan vessel recovered the two individuals and their boat.

As they approached Long Beach, the crew contacted the Coast Guard to assist with disembarking the two individuals and recovering their boat.

During that process, the crew notified the Coast Guard that drugs were possibly aboard the vessel. A subsequent search revealed that narcotics were concealed within a false bottom.

Customs and Border Protection took the two individuals into custody and seized narcotics and the vessel.

“This operation exemplifies the outstanding interagency collaboration with the U.S. Coast Guard and CBP,” said Lt. Cdr. Keith Robinson, chief of law enforcement at Sector Los Angeles - Long Beach.





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UPPING YOUR HUMAN TRACKING SKILLS IN THE MILITARY

By *David Diaz*

The long debate of whether man’s conception came through evolution or divine creation has come to the point where we agree to disagree. Eventually, the human species had to survive. Human beings had to find or make shelter, keep warm, scavenge, gather, and hunt for food. Eventually, proprietary leads humans to pursue other humans to control their acquired territories. Consequently, Human Tracking emerged. For those currently serving in the military, whether in a military intelligence unit or not, skills in tracking others goes a long way. And, here at Joint Base Lewis-McChord, the opportunity to learn these skills is a phone call away.

Hieroglyphics and archeological findings both depict the act of gathering and hunting as the very origins of science. Before the discovery of the microscope and the mapping of the genetic pool of man, or forensics, our ancestors as hunter-gatherers were Trackers that observed, experimented, and tested their environment. What is science, and where did tracking originate from? The dictionary states, “Science is a systematic study of the structure and behavior of the physical and natural world through observation, experimentation, and the testing of theories against the evidence obtained.” As mentioned previously humans had to pursue other humans to control their

acquired resources. Human Tracking is the act of following indicators, like signs and tracks left by another human. The Tracker follows to find, observe, exploit, analyze, and disseminate their Chase’s information or prosecute the Chase on the spot. Human Tracking evolved to allow a man to scientifically reconstruct an unknowing occurrence and bring to life the unknown event and the character(s) involved during that time and place.

The valid science of Human Tracking reveals that time present contains time past and future. Trackers analyze the present to determine what happened in the past, what currently is happening, or what will happen in the future. Human Tracking is not a mystical, supernatural skill but an intuitive cognitive skill ingrained in our DNA. Tracking is an innate human character. In ninety percent of humans, the Hunter-gatherer Tracking skill lays dormant. However, all humans are constantly tracking; Pathologists track diseases, Coroners track the cause of death, students track their

GPA, accountants track numbers, and professionals track their careers; presently, we have contact traced CV19, respiratory diseases, and the flu. On the battlefield, a Point-man of an element travels a well-planned route suited to the tactical advantage of his team. While on the

other hand, a Tracker pursues a demise passage laid by a cunning adversary. Just as in the past, Trackers today scientifically deduce and gather information. The trail may be of a lost person, a fugitive, or an insurgent. The footpath may be harmless, left behind by a missing person, or dangerous, left behind by a hostile criminal. A trail left by a criminal can be full of death and

destruction. Whether a path goes through the jungle, up and around the most rigorous mountains (arid and forested), or in rural or urban environments, the passageway is always unknown to the Tracker. Trails deceptively placed can lure an element into danger zones, kill zones, and fatal funnels. The Tracker moves through the proverbial unplanned charted wa-

ters. Tracker teams that do not violate security, use malleable tactical skill sets, apply their senses with common sense, and predictive analysis will enhance their survivability on the battlefield. The integrations of Human Tracking skills passed down to us by our ancestors are enhanced with modern technology, and other available assets contribute tactical information to the Intelligence Cycle of Operations. How do you learn these skills here?

Hu2 generates customized training based on the unit’s operational needs. The science of Human Tracking, which is the origin of science, continues to coevolve with the present threat. Hu2’s experiential training in Human Tracking consequently enhances the obtaining of real-time tactical intelligence on the battlefield.

Diaz, owner of Hu2 is a published author and writer. He has written three books, and one not published yet.

- a. *Tracking Humans.*
- b. *Anti-Tracking.*
- c. *Human Tracking Logic Cards.*
- d. *Counter-Tracking.* (To be published in 2025).

To learn more about Diaz and Hu2, Human Interdiction LLC courses, and available dates for scheduling him to address your unit’s training needs, go to: humaninterdiction@wordpress.com. The best way to contact David Diaz is through email: d.diaz@hu2stem.solutions.com. SPONSORED

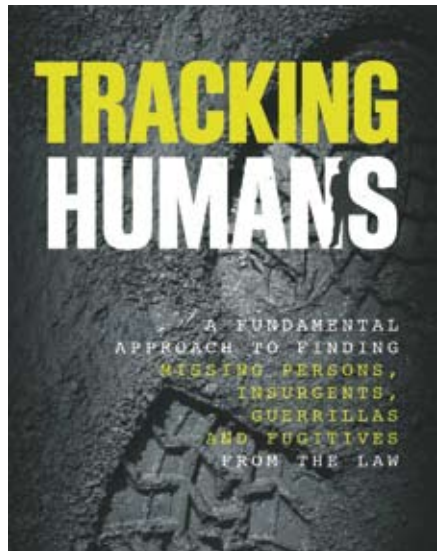


PHOTO GALLERY



CAMP PENDLETON (July 11, 2023) A Marine Corps recruit crawls to an obstacle during the Crucible, the final event in recruit training. U.S. Marine Corps photo



IN PORT, SAN DIEGO (July 13, 2023) Aviation Boatswain's Mate (Aircraft Handling) 3rd Class Corbin Nicholas, from Traveler's Rest, S.C., paints a bulkhead aboard assault carrier Tripoli during maintenance availability. U.S. Navy photo by MC3 Olivia Rucker



MCRD SAN DIEGO (July 14, 2023) A new U.S. Marine from Delta Company, 1st Recruit Training Battalion, is greeted by guests after completing the 13-week "transformation" basic training here. U.S. Marine Corps photo by Cpl. Alexander O. Devereux



AT SEA, PACIFIC OCEAN (July 9, 2023) Boatswain's Mate Seaman Apprentice Justin Salinas, left, a native of Niles, Michigan, and Seaman Michael Bloxson, a native of Detroit, Michigan, whip a line on the fantail of aircraft carrier USS Carl Vinson. U.S. Navy photo by MC2 Caden Richmond

Navy wants to use 'banking credits' to expand eelgrass habitat

by Scott Sutherland
staff writer

SAN DIEGO - Like San Diego Coastkeeper's campaign to 'Protect the Sea Lion Rookery' campaign, the Navy continues to ride its stewardship of environmental sensitivity by assessing the potential impacts of expanding eelgrass habitat in San Diego Bay.

According to NOAA Fisheries, eelgrass provides a number of important ecosystem functions, including foraging areas and shelter to young fish and invertebrates, food for migratory waterfowl and sea turtles, and spawning surfaces for species such as the Pacific herring.

The Navy, in accordance with federal environmental regulations, has prepared a draft of an environmental plan to expand eelgrass areas so it can safely continue its projects and training on San Diego Bay. The Navy Region Southwest San Diego Bay Eelgrass Mitigation Bank

- the "Bank" - was established in 2008, and in the 15 years since, the Navy has used those "Bank" credits to offset unavoidable impacts from infrastructure projects and testing and training activities in San Diego Bay.

In a statement from NRSW, "The Navy anticipates that future projects analyze the potential impacts of expanding eelgrass habitat in the bay {mostly along the waterfront where the Navy does special warfare operations}."

The statement went on to say that the purpose of the proposed action is to "support Navy mission requirements while ensuring the continued commitment to conservation of the San Diego Bay ecosystem. The action is needed to facilitate implementation of future Navy projects and activities in San Diego Bay that may have the potential to impact eelgrass."

NOAA Fisheries states that

Unique partnership for military working dogs

by Tech. Sgt. Philip Bryant
60th Air Mobility Wing Public Affairs

TRAVIS AFB - The 60th Dental Squadron and the renowned University of California Davis School of Veterinary Medicine have joined forces to advance dental care for some of the unsung heroes of the military, the military working dogs.

With a shared goal of enhancing the overall health and performance of these exceptional canines, the partnership took shape in the form of the first-ever MWD dental health joint symposium last month at UC Davis with a series of training workshops covering topics such as periodontal disease, vital pulp therapy, root canal therapy, and tooth wear.

A team of dental specialists from here immersed themselves in the world of veterinary medicine, while UC Davis SVM's experts gained invaluable insights into the unique challenges and requirements of dental care for MWDs. This pioneering partnership has set a new standard for interdisciplinary cooperation ensuring these brave companions are capable and ready when called upon.

"(Human) Dentists treating MWDs happens only occasionally at a typical base, however when the need exists, it's urgent," said Air Force Lt. Col. Stephen Arnason, 60th Dental Squadron residency program director. "MWD dental training for Air Force dentists is capability-driven to ensure all warfighters, regardless of species, can return swiftly to the fight when the need arises."

The collaboration began when Air Force Maj. Andy Ellis, 60th Dental Squadron residency deputy program director, recognized the need for expanding dental training for their residents to cover MWDs.



Gyozo, 60th Security Forces Squadron military working dog, chews a toy at Travis Air Force Base July 10. U.S. Air Force photo by Tech. Sgt. Philip Bryant

Understanding the vital role that dental health plays in the well-being of canine teammates, Ellis reached out to the faculty at UC Davis, known for their research and veterinary education.

"Partnerships between UC Davis SVM and military working dogs, such as those based at Travis Air Force Base, are meaningful because they contribute to the well-being of these dedicated service animals, enhance training programs, foster knowledge exchange, and support applied research," said Maria Soltero-Rivera, UC-Davis School of Veterinary Medicine surgical and radiological sciences assistant professor.

"Since it is [MWDs] mission to protect their human counterparts, their teeth are their weapons," said Army Capt. Melodie Raese, veterinary clinic officer in charge here. "It's extremely important for our MWDs to have good oral hygiene, because that directly translates to functionality."



Eelgrass along the bottom provides foraging areas and shelter for fish. NOAA photo by Adam Obaza.

many people are unaware of the importance eelgrass plays in the marine environment. As a result, there has been significant degradation of eelgrass, primarily from human impacts such as urban development, dredging, pollution, and sediment runoff from upland areas. It's these impacts, and more, that the public will have a chance to address

The Navy invites public comments on the Draft EA to ensure that community concerns are considered and appropriately addressed. Public comments are requested by the close of the Draft Environmental Assessment comment period on Tuesday, Aug. 14.

The Navy is considering three action alternatives that meet the purpose of and need for the proposed action, and a No Action Alternative. The Navy would create additional eelgrass habitat in San Diego Bay at one or more of four sites grouped into three alternatives:

- Alternative 1: Ballast Point
- Alternative 2: Delta Beach to Homeport Island and Homeport Island Submerged Plateau
- Alternative 3: South Silver Strand

The Draft EA and supporting materials are available for public review at <https://www.cnic.navy.mil/navysouthwest-projects>.

Appeal

continued from page 6

involuntary manslaughter, two counts of assault consummated by a battery and one count of wrongful use of a controlled substance.

In the view of retired Navy Capt. Don King, of King Military Law, which represented London in the appeal, the Marine Corps never should have sent London to a general court-martial.

"I fear that this decision (to charge London) was the result of a campaign blitz by the family, an overreactive, deficient NCIS investigation, and an attitude of, 'I'm not going to make the decision. Let's just send it to the jury and let the jury decide,'" King said.

A witness who had been at the scene of the fight told police the night it happened that she hadn't seen anyone punch Hollis, according to King.

But when Naval Criminal Investigative Service agents interviewed that witness a year later, she said she had seen someone she couldn't identify punch Hollis, King recounted.

Another year later, days before the trial started at Quantico, Va., in June 2021, that witness told prosecutors she had seen London punch Hollis, according to King.

"The prosecution never turned that over to the defense and tried to use it at trial, and that's a violation of a major rule for lawyers," King said. "To hide that evidence from the defense is an absolute no-no, an absolute ethical violation."

The witness said on the stand that London had punched

Hollis, catching the defense off guard. The military judge chastised the prosecution and told the jury the next day to disregard that testimony, according to London's appellate brief.

The defense requested a mistrial, arguing that the jury members wouldn't be able to put aside the testimony they had heard. But the trial proceeded.

The jury convicted London of one charge, involuntary manslaughter, and sentenced him to reduction in rank to E-1, five years and five months of confinement, and a dishonorable discharge, Marine Corps Times previously reported.

London's lawyers appealed to the Navy-Marine Corps Court of Criminal Appeals for reasons that included insufficient evidence and prosecutorial misconduct.

The three appellate judges dismissed London's conviction and sentence because of insufficient evidence, so they didn't evaluate the alleged misconduct or other issues London's lawyers raised.

"The Defense presented an equally plausible theory that Mr. Hotel's injuries could have resulted from him pulling on Appellant's sweatshirt and falling backwards when it ripped," the judges wrote, using a pseudonym for Hollis.

It's uncommon for military appeals courts to overturn a homicide conviction because of insufficient evidence, King said.

Continue reading at <https://www.marinecorpstimes.com/news/your-marine-corps/2023/07/14/manslaughter-conviction-of-marine-reservist-overturned-on-appeal/>.

Navy identifies World War II carrier wreckage sunk by Kamikaze plane near the Philippines

by Corey Dickstein
Stars and Stripes

A shipwreck discovered four years ago in the Sulu Sea off the coast of the Philippines has been identified as a U.S. aircraft carrier sunk by a Japanese Kamikaze plane in 1945, the Navy announced.

Service officials determined July 10 that the shipwreck found in 2019 is USS Ommaney Bay, according to the Naval History and Heritage Command. Some 95 American Sailors were killed in the Jan. 5, 1945, attack on the Ommaney Bay, many of whom went down with the ship, according to the Navy.

“Ommaney Bay is the final resting place of American sailors who made the ultimate sacrifice in defense of their country,” retired Rear Adm. Samuel Cox, the director of the NHHC, said in a statement. “This discovery allows the families of those lost some amount of closure and gives us all another chance to remember and honor their service to our nation.”

The wreckage site’s location was provided in 2019 to the Navy by Vulcan, LLC, a company founded by the late Microsoft co-founder Paul Allen, which owns a shipwreck hunting vessel. The Navy said that two Australian groups, Sea Scan Survey and DPT Scuba, helped confirm the Ommaney Bay’s identity with survey information and video footage captured in deep sea dives of the wreck site.

With Ommaney Bay’s shipwreck site, the Navy has located at least three American vessels this year sunk in the Pacific Theatre during World War II. The NHHC announced in February that it located the wreckage of long-lost submarine USS Albacore and in May found Navy destroyer USS Mannert L. Abele.

The more than 500-foot-long Ommaney Bay served less than six months in combat, and it was sunk weeks before the first anniversary of its

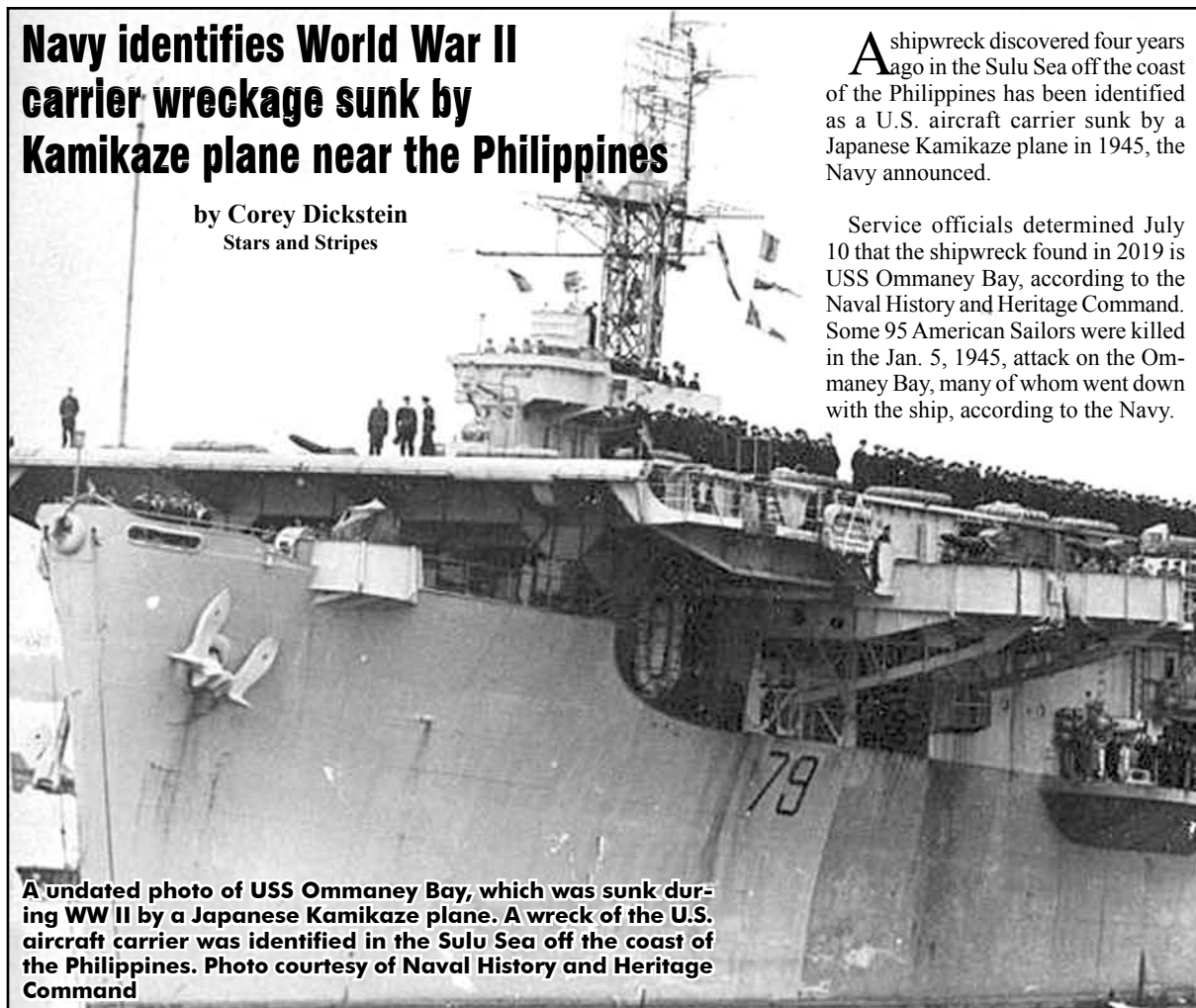
commissioning. But Ommaney Bay, named for a body of water in Alaska, earned two Battle Stars for meritorious participation in battle during its short life, according to the Navy.

In October 1944, the ship participated in the Battle off Samar in the Philippine Sea, launching airstrikes on Japanese positions. Ommaney Bay’s planes then helped sink a Japanese cruiser and damaged several other enemy warships.

In December 1944, Ommaney Bay was credited with downing a Japanese bomber aircraft near the Sulu Sea.

Just weeks later, as Ommaney Bay transited across the Sulu Sea bound for the Lingayen Gulf in the Philippines to support the U.S. invasion there, the ship was struck by a Kamikaze plane in the starboard side, the Navy said.

The aircraft released two bombs upon impact, according to the Navy. One hit the flight deck and detonated, setting off a series of explosions. The second passed through the hangar deck and exploded. The explosions led to a massive fire aboard the ship, which was carrying torpedoes and other ammunition.



A undated photo of USS Ommaney Bay, which was sunk during WW II by a Japanese Kamikaze plane. A wreck of the U.S. aircraft carrier was identified in the Sulu Sea off the coast of the Philippines. Photo courtesy of Naval History and Heritage Command

Silence is golden

I pop another shelled peanut into my mouth, and swig the sweaty bottle of beer I had propped in the sand. The late afternoon sun shines warmly on my thighs, which are spread out across my beach chair like under-filled water balloons. This sight would normally make me grimace and readjust, in search of a position that would put my body parts in a more complimentary position.

But at this moment during our summer beach vacation, I feel no self-judgment.

“Maz, what’s the next crossword question?” I ask my 80-year-old mother seated in her beach chair nearby. A retired first grade teacher, my mother brings enriching activities in her beach bag, like trivia questions, crossword puzzles, and word games. Over the years, our family came to rely upon Maz to entertain us while we lounged in the sand.

“Twenty-one across, four letters, ‘Hoofed creatures,’” she reads aloud, waiting for me to answer first, even though she likely knows the answer. My unselfish mother never misses an opportunity to make others feel good about themselves.

I certainly can’t blame my mother. I wasn’t coddled or neglected or told that I “wasn’t good enough” by anyone in my childhood, but I’ve always been prone to self-criticism, negative self-talk, low self-esteem, and self-deprecation — ever since I was a young girl.

I’m one of those annoying people that can’t take a compliment, even though I’m worthy. I don’t remember a time in my life that I didn’t want to lose weight, even though I’ve never been seriously heavy.

I’ve always had an inner voice that says negative things like, “You’re such an idiot,” and “Shut the hell up for once,” even though I know

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

this is unhealthy. I’m a poster child for imposter syndrome, because no matter what I accomplish, I don’t think I deserve recognition.

I even judge myself for having confidence issues, because they indicate that I’m too focused on myself. “You’re pathetic!” my inner voice would scold.

In middle school, I put myself on a diet because I thought I was fat. I clearly recall watching my classmates carrying trays around or opening lunch boxes, seemingly without a care in the world, while I self-consciously peeled the hard-boiled egg I’d allotted for my meal.

Like me, they were hungry. But unlike me, they ate without thinking about it. I, on the other hand, was giving in to shameful cravings. I thought I ate because I lacked self-discipline. Eating made me feel guilty.

During adolescence, I attached other insecurities to my weight and believed that, if I could only lose ten pounds, everything would be better. I’d be popular, funnier, smarter, more athletic, have better grades, and have more friends. Boys would finally like me.

I leaned heavily on humor to overcompensate for what I perceived to be my short-comings, earning the title of “Class Clown” in middle school and high school. Being funny became my crutch, seeing me through social situations into adulthood. Having a sense of humor not only helped me negotiate life, it also became part of my identity. It’s no coincidence that my husband is also a funny guy, and that our three kids are comedians.

As a military wife and mother, I was determined to spare my kids from low self-esteem, so I read books and researched, employing methods I thought would build confidence. Inevitably, our three kids had their own issues with weight, anxiety, or “not-good-enough” thinking. My inner critic would blame me, but I also wonder if changing schools, deployments, social media and middle school bullies played their parts.

Sometimes, kids develop insecurities and there’s no clear reason why.

But, after four decades of being hassled by my inner critic, I’m starting to notice a change. Perhaps my inner voice is tired. Or perhaps I’ve finally convinced her that I’m not so bad after all. Regardless, I hear her less these days.

“Could it be ‘ewes’ or ‘deer’?” I ask Maz.

“Deer fits, good job!” my mother praises, and I accept without resistance.

As our shadows stretch out on the golden sand, I listen closely for her ... hearing only the snap of cracking peanuts, the sluicing of surf, and the mew of flying gulls.

AutoMatters™ & More by Jan Wagner



Beat the heat this year — and have fun with the whole family while you are doing it — with visits to the Sesame Place San Diego waterpark!

Sesame Place San Diego is the first Sesame Place on the West Coast, bringing an exciting, new, fully interactive and fun twist to Sesame Street. In addition to being a great waterpark, Sesame Place San Diego also has dry rides and entertainment, including shows and a parade with performers jumping rope, hula hooping, and dancing with their Sesame Street friends: Elmo, Abby, Grover, Rosita, Big Bird and Cookie Monster — beloved characters that we all grew up with as we watched Sesame Street on TV.

Sesame Place San Diego is the only theme park on the West Coast based entirely on the award-winning show, Sesame Street. This 17-acre theme park is perfect for families with kids of all ages and has been designated as a Certified Autism Center (as designated by The International Board of Credentialing and Continuing Education Standards).

Sesame Place San Diego mirrors Sesame Place Philadelphia, which was the first theme park in the world to achieve this designation. Staff-wide autism sensitivity and awareness training was completed prior to the park’s opening, and robust pre-visit planning resources, including a park-specific sensory guide are featured on its website, making it easier for parents to plan

Cool off this summer at the Sesame Place San Diego waterpark

activities that satisfy their child’s specific needs and accommodations. Designated quiet rooms with comfortable seating are located in the park near Sesame Souvenirs.

The theme park features 18 Sesame Street-themed rides and exciting water attractions, a family-friendly rollercoaster and a 500,000-gallon wave pool — one of the largest in Southern California. The park also features an engaging musical play area, an interactive Sesame Street Neighborhood complete with the iconic 123 Stoop, daily live character shows, an award-winning parade, one-of-a-kind photo opportunities and of course, everyone’s favorite furry friends. Celebrate family-friendly events all year long at Sesame Place, including Elmo’s Eggstravaganza, Elmo’s Spring-tacular, Sesame Summer Splash, The Count’s Halloween Spooktacular and A Very Furry Christmas.

The occasion of this particular visit was the Grand Opening this year of The Count’s Splash Castle, an all-new, multi-level water-play attraction. Eager visitors crowded around the podium, as they eagerly awaited their opportunity to check out the play elements for the first time. The opening ceremonies included remarks by Jim Lake, Sesame Place Park President, Mayor John McCann of the City of Chula Vista (where the park is located), and, of course, an appearance by The Count himself!

The Count’s Splash Castle features 111 play elements, including three giant tipping buckets that dump over 1,300 gallons of water combined. Built with the whole family in mind from the littlest splashers to big kids and adults, the structure features four exciting water slides, plus soakers, flow pipes, hose jets,

spray jets, water shooters, water curtains, tipping troughs, spinning, sliding buckets, and much more! In celebration of this new water play attraction’s opening, children under age three will now receive free admission to the park on every visit.

SeaWorld Parks & Entertainment, Inc. has been Sesame Workshop’s exclusive theme park partner in the U.S. since the 1980 opening of Sesame Place in Philadelphia. SeaWorld San Diego expanded offerings in its children’s area and opened Sesame Street Bay of Play in 2008 followed by Busch Gardens Williamsburg’s Sesame Street Forest of Fun, Busch Gardens Tampa’s Sesame Street Safari of Fun, SeaWorld San Antonio’s Sesame Street Bay of Play, SeaWorld Orlando opened Sesame Street Land, a 6-acre land with over 30 ways to play, including six themed rides, wet and dry play areas, an interactive neighborhood, and the park’s first-ever award-winning Sesame Street parade.

Sesame Place San Diego is located at 2052 Entertainment Circle in Chula Vista, just 20 minutes from San Diego. For fans who want to visit Sesame Place and SeaWorld San Diego, they can add SeaWorld to their Sesame Place Season Pass for unlimited visits to both parks. To find out about special events, season passes and more, visit <https://sesameplace.com/san-diego/>.

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.

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EVENTS

66th Annual COINARAMA

Sponsored by San Diego Coin Clubs at
Liberty Station Conference Ctr.
2600 Laning Rd.
San Diego, CA. 92106

Sat. July 29
10am to 6:00pm
Sun. July 30
10am to 5:00pm

FREE ADMISSION FOR ACTIVE DUTY WITH ID

Admission for both days is \$6
Coin Club Members \$5 Admission
FREE PARKING • FREE COIN APPRAISALS
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ROY'S SUDOKU

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• Cable, water, trash included,

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THINGS TO DO AROUND TOWN

Sunset Market in Oceanside
Thursdays year round. Jan.-March: 4-8pm; April through Dec. 5-9pm. Tremont & Pier View Way.

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

Comic-Con International, Thursday, July 20-23. San Diego Convention Center. www.comic-con.org

Point Loma Summer Concerts, Fri, July 21, Free. Elvis tribute. Family friendly. Pt Loma Community Park, 1060-1080 Catalina Blvd.

'Devotion' Movie Night, Fri, July 21, 6:30-10pm. Free. USS Midway honors the 70th Anniversary of the Korean War. Devotion, a movie about "Epic heroism, friendship, and sacrifice during the Korean War. Bring lightweight lawn chair--make your way to hangar deck for first-come-first-serve seating. Prefer not to bring a chair? Check options: www.midway.org/

Del Mar Thoroughbred Racing Season, July 21-Sept 10. Where the Turf Meets the Surf. Del Mar Thoroughbred Club, Del Mar. www.dmtc.com

Cruisin' Grand Escondido. Escondido's Grand Ave from Orange St to Ivy St. Friday nights through September. Parade of pre-1970s. Vintage autos -- from American Hot Rods, Classics, Antiques, and Customs -- span seven blocks of the city's downtown. Great pubs, restaurants, breweries, stores, boutiques, and live performance venues. www.cruisingrand.net

Catfish stocked at Lake Jennings. Night fishing Fri & Sat til midnight. Shoreline fishing 8am-5pm every day at campground. \$4-\$12. lakejennings.org/

Guided Nature Walk, Sat, July 22, 8:30-10am. Free. Kumeaya Lake Campground, Santee. mtrp.org

Friends of Poway Library Book Sale, Sat, July 22, 10-4. Free. Poway Library, 13137 Poway Rd.

Summer Concert Series, Sat, July 22, 5-8pm. Free. High Tide Society.

San Diego International Summer Organ Festival, Mondays, 7:30pm through Labor Day. Free. Spreckels Organ Pavilion in Balboa Park. www.spreckelsorgan.org

Celebrate National Carousel Day at the Dorothea Laub Balboa Park Carousel. Tues, July 25, 11am-5:30pm. National Carousel Day is a FREE community event presented by Forever Balboa Park, offering free carousel rides all day, family friendly activities, and entertainment. Food will be available for purchase from local vendors.

Manchester United vs. Wrexham AFC, Tues, July 25, 7:30pm. Mission Valley. www.snapdragon-stadium.com

SD Padres vs. Texas Rangers, Fri, July 28-July 30.

Pageant of the Masters, through Sept 1. Irvine Bowl, Laguna Beach. www.foapom.com

ciety plays. One Paseo, 3725 Paseo Pl, Carmel Valley.

3MC Gospel Concert, Sat, July 22, 6-7:30pm. Free. Gateway Community Church, 1451 Montiel Rd #120, Escondido.

Concert in the Park: The 80's All Stars, Sat, July 22, 6-8pm. Free. El Camino Memorial Park, 5600 Carroll Canyon Rd, Sorrento Valley.

Over the Line Tournament, Sat-Sun, July 22-23. Fiesta Island.

Embarcadero Waterfront Ghost Tour \$15/pp. Ongoing Sat 7-8pm, Sun 8-9. Schedule subject to change. Verify at murdermayhem.com

Guided Nature Walk, Saturdays & Sundays, 9:30-11am. Free. Guided nature walk-learn about plants, animals, geology, history of park. San Carlos. mtrp.org

Escondido Cars & Coffee. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. Cars, trucks, bikes!

Waterski & Wakeboard on Mission Bay, Sundays 8-11am; Thursdays 5-8pm. Convoir Waterski Club active year-round on Mission Bay. Club provides two ski boats for waterskiing and wakeboarding, with free instruction and equipment available on request. Meet: south end of Crown Point Beach. Guests of any skill level are welcome. Info: convaivwaterskiclub@gmail.com. Crown Point, 3700 Crown Point Dr, SD, 92109

Bluegrass Jam, Sun, July 23, 1-3pm. Musicians from SD Bluegrass Society. Duck Foot Brewing Company, 8920 Kenamar Dr, Miramar.

SD Padres vs. Pittsburgh Pirates, Mon, July 24-July 26.

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MOVIES AT THE BASES

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

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

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

Thursday, July 13
5:50pm About My Father pg13

7:50pm Transformers: Beasts pg13

Friday, July 14
6pm The Flash pg13

Saturday, July 15
2:50pm Spider-Man: Spider-Verse pg

6pm The Flash pg13

Sunday, July 16
1pm Elemental pg

3:10pm The Flash pg13

Wednesday, July 19
6pm The Flash pg13

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, July 14
6pm The Flash pg13

Saturday, July 15
3pm Elemental pg

6:30pm The Flash pg13

Sunday, July 16
12pm Elemental pg

3pm Spider-Man: Spider-Verse pg

Friday, July 21
6pm Insidious: The Red Door pg13

Saturday, July 22
3pm The Flash pg13

6:40pm The Blackening r

Sunday, July 23
12pm Elemental pg

3pm Transformers: Beasts pg13

CROSSWORD PUZZLE

Across

- hit to right field batting right-handed, say, in baseball lingo
- Trying to block
- Performs like Missy Elliott
- Ruckus
- Eve's opposite
- Sun: Pref.
- *Second Commandment prohibition
- Heroic sagas
- "Awake and Sing!" dramatist
- South Carolina state tree
- *Old-fashioned parting words
- See stars
- Widen, as pupils
- Fri. precursor
- "Oh dear!"
- Sherpa's home
- *"Cheese stands alone" kids' song title guy
- When some dinners are served
- Delhi wrap
- "Narcos" org.
- Certain Tibetan
- Sounds of disgust
- *Metaphorical insect observer
- "Yada, yada, yada"
- Old copy
- Little pigs number
- Go to pieces, or what's literally hidden in the answers to starred clues
- Tally again
- Skeleton prefix
- Grandson of Eve
- Geologic spans
- _ buco
- "The Banana Boat Song" opener

Down

- No longer using
- Designer bag brand
- Not as bright
- Raw bar mollusk
- "_ imagining things?"
- Doze
- Figurative expression
- Eloper's acquisition
- Drove back
- Came down
- Early Briton
- Just okay
- Fashion variable
- Sunrise direc--n
- Was ahead
- Get wind of
- MLB pitcher Dock profled in the 2014 film "No No: A Documentary"
- Parroted
- One shared at a campfire
- Jazz legend Fitzgerald
- Maker of nonstick cookware
- Doth possess
- Constellation bear
- Political commentator Navarro
- Walk with a swagger
- Many printer jams
- Praised highly
- Elevation word
- "Science Guy" Bill
- Blood: Pref.
- Ran through a reader
- Lover of Euridice, in a Monteverdi work
- Tandoori breads
- Maytag rival
- "Bad, Bad" Brown of song
- Bear voiced by Ned Beatty in "Toy Story 3"
- Basic French verb
- "Sons of Anarchy" actor Rossi
- Fruit drink prefix
- Mormons' gp.
- Bath bathroom

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Mayo Clinic: Understanding effects of heat on mental health

by Deb Balzer

Mayo Clinic News Network

A heat wave is affecting parts of the U.S., including much of the Southwest, through the Southeast and parts of Europe. When temperatures soar, the heat can take a toll more than just physically. Our well-being can suffer as well.

“A study of over 2 million people found an increased visit rate or incidence of people going to the emergency department with psychiatric and mental health-related concerns during periods of high heat,” says Dr. Robert Bright, a Mayo Clinic psychiatrist. “It showed a higher level of visits for substance abuse, anxiety, mood disorders, and even people with schizophrenia had an increased incidence of distress or issues with their illness, bringing them to the emergency department.”

Heat and emotions

A common side effect of ex-

treme heat is irritability, which can arise from physical discomfort and disrupted sleep patterns. The fatigue from sweating, working in the heat and the lack of quality sleep can leave people feeling stressed and on edge.

Dr. Bright says that others may be irritable due to heat. That can lead to tempers flaring or even road rage.

“It’s really important for people to have grace for themselves and grace for other people. Everybody’s struggling. It truly is something that’s affecting every one of us, so step back and try to think through these things at a cognitive high-level. This is what’s happening. Recognize that and do not just react impulsively from that emotional part of your brain,” says Dr. Bright.

Heat and psychiatric medications



Irritability is a common side effect of heat.

Certain medications can heighten the risk of heat-related issues from a psychiatric and medical perspective. Diuretics, for instance, can cause increased urine output, leading to dehydration, mental status changes and confusion.

“Medications used for mental health for illnesses, such as schizophrenia or bipolar illness, can change your regulation of heat and

your ability to sense that you’re too hot, your ability to sweat. I’ve seen people walk around with heavy mink coats when it’s 100 and 105 degrees outside not recognizing that because of their lack of thermo regulation or ability to regulate their body temperature,” says Dr. Bright.

Dehydration can also affect levels of some medications, such

as lithium — which can become more concentrated in the body and potentially lead to toxicity.

“Some medications like lithium, for example, if you get dehydrated, your lithium level can rise significantly. Lithium has a very narrow therapeutic range. And you can become quite toxic with lithium, which can be quite serious with heart arrhythmias, coma, seizures and even death, if it got severe enough,” Dr. Bright says.

Drinking plenty of water and staying cool can help mitigate these risks.

What to do

And if you need help, seek help.

“If you’re feeling really overwhelmed and as though you truly can’t cope, then it’s time to reach

out for help,” says Dr. Bright. “Whether that is walking into an emergency room and asking for assistance or contacting a therapist or counselor.”

Finding ways to stay cool may be a good starting point to help reduce periods of intense heat. Dr. Bright says he knows only some people have air conditioning and recommends trying public spaces that may offer relief if you don’t have access at home.

“If you don’t have a place where you have air conditioning, and if you can, go to a cool place with air conditioning, go to the mall, go wherever it might be that you can go hang out for the day, go to the library to do those things to relieve yourself of some of the stress of the heat,” says Dr. Whiteside.

SOCIAL SECURITY MATTERS

Why has my state pension eliminated my Social Security Survivor Benefit?

Dear Rusty: My husband of 21 years died in January 2022 at the age of 70. We were both retired at the time of his death, and they immediately stopped his Social Security payments. After many calls to Social Security asking why I was not receiving his benefits, I was finally told since I have my own pension from the State of Ohio that I would receive none of my husband's Social Security.

I cannot see why my OH retirement has anything to do with my husband's Social Security. I do get a small payment from SS based on my past earnings before I worked for the State of Ohio. Is there any chance of fighting this since we were married when they took money from his earnings for SS? If I wanted to write to an elected official to see if these rules could be changed, who would I write to or call?

Signed: Upset Widow

Dear Upset Widow: Unfortunately, your entitlement to a Social Security survivor benefit from your husband is affected by a provision known as the Government Pension Offset, or “GPO,” which affects any surviving spouse with a federal, state, or local government pension earned without contributing to the Social Security program. Ohio is one of 26 states which have opted not to participate in Social Security, thus exempting state employees from paying Social Security taxes on their earnings. The OH state pension which resulted from your state employment means that any Social Security benefits earned outside of your state employment are reduced. The GPO reduction to your survivor benefit is severe – a reduction by 2/3rds of the amount of your Ohio state pension, which can - and often does - completely eliminate any SS survivor benefit you might otherwise be entitled to.

For clarity, the monthly SS payment your husband was receiving at his death stops automatically. At that point, your eligibility for additional SS benefits from your husband was assessed and, because of the GPO, Social Security offset your potential survivor benefit from your husband by 2/3rds of your Ohio state pension, which apparently eliminated your survivor benefit. As unfair as this may seem to you, note that the same thing happens to any surviving spouse who also has their own earned SS retirement benefit – their personal SS retirement benefit offsets their SS survivor benefit, so a spouse with a regular SS retirement benefit higher than their deceased spouse’s benefit gets no surviving spouse benefit.

FYI, the State of Ohio has an obligation to make clear that by not paying into Social Security your future SS spousal/survivor benefits are affected. Without knowing how that was presented to you during your OH state employment, here’s a quote from Ohio’s Public Employee Retirement System (OPERS) website: “If you are eligible for Social Security benefits and are receiving a retirement benefit from OPERS, your Social Security benefits may be affected by the Government Pension Offset or the Windfall Elimination Provision. The Government Pension Offset may also affect you if you are eligible for Social Security benefits through your spouse. The Windfall Elimination Provision may affect you if you qualify for Social Security benefits due to your own work history.”

In any case, you are certainly not alone in your feelings about how your Social Security benefits have been affected by the GPO. This provision was enacted in 1983 and has been challenged in just about every Congressional session since that time, without success. In fact, there is a legislative bill active in the current Congress – H.R. 82 – The Social Security Fairness Act - which was introduced on the House floor in January and “referred to committee” for consideration. Like all preceding WEP/GPO reform bills, this one sits idle in Committee. If you wish to add your voice to those who oppose the GPO, you should contact your Congressional Representative to solicit action on H.R. 82.

Rear Adm. Kuehner retires from 33 years of dedicated service

Naval Regional Medical Center is honored to have played a role in Rear Adm. Cynthia Kuehner’s retirement onboard the USS Midway Museum, July 14. Kuehner, a guiding light of inspiration and admiration for the U.S. Navy Nurse Corps



and beyond, brings to a close a career that has spanned more than 33 years. Fellow Navy nurses, past and present, a full array of military medicine professionals, from the Medical Corps to the Medical Support Corps, and a diverse range of guests said thank you to this dedicated leader. Yet, it was the silent whispers of those whose lives she saved in combat and peacetime, and those who were comforted by her compassionate soul as they took their final breath who joined us as well in saying, “Thank you Admiral Kuehner. Thank you to your family. We have the watch. May you enjoy this new chapter in your life.” **Facebook photo**



NMCS D VolunTEENS immersed in military medicine

Naval Medical Center San Diego brings you insight into some of our recent #VolunTEEN activities our summer students are seeing. They were further immersed into the world of military medicine by exploring the Cardiology and Orthopedics Departments. Additionally, VolunTEENS viewed the Cath Scan room, visited the Echo room, gained an understanding of stress testing, and wrapped mock casts. Great to have you onboard team! **Facebook photo.**

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PERRY



PERRY
Chrysler Dodge Jeep Ram

New 2023 Dodge
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Lease for
\$348/month
for 36 months

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PERRY
Chrysler Dodge Jeep Ram

New 2023 Jeep
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Lease for
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PERRY
Chrysler Dodge Jeep Ram

New 2023
GRAND CHEROKEE
Laredo 4X4

Lease for
\$488/month
for 36 months

For well-qualified buyers. MSRP of \$61,660. Down payment \$4,995. Residual \$33,914. Tax, title, license acquisition fee not included. 10,000 miles per year. #588710, 786605, 791357

PERRY
Chrysler Dodge Jeep Ram

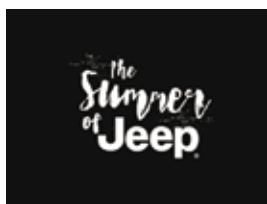
New 2023
WRANGLER Willy's 4xe

Lease for
\$388/month
for 36 months

For well-qualified buyers. MSRP of \$60,810. Down payment \$4,995. Residual \$34,661. Tax, title, license acquisition fee not included. 10,000 miles per year. 1 at this price. VIN: 1C4JJXN6XPW690239

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2022 Grand Wagoneer
\$12,000 OFF ALL IN STOCK
GRAND WAGONEER

Grand Wagoneer
\$8,500 off plus \$3,500
conquest rebate.

PERRY
Chrysler Dodge Jeep Ram

New 2023 Ram
1500 Big Horn Crew Cab 4X2

Lease for
\$488/month
for 42 months

For well-qualified buyers. MSRP of \$56,250. Down payment \$4,995. Residual \$28,585. Tax, title, license acquisition fee not included. 10,000 miles per year. VIN: 1C6RREFT2PN604018, 1C6RREFT9PN604016



PERRY



	2015 JEEP CHEROKEE \$16,995 #726078
	2019 JEEP GRAND CHEROKEE \$26,995 #776065
	2021 JEEP WRANGLER CERTIFIED #872356

	2016 JEEP CHEROKEE \$19,995 #363007
	2016 JEEP WRANGLER \$28,995 #161584
	2021 JEEP WRANGLER CERTIFIED #770195

	2015 RAM 1500 \$21,995 #688592
	2020 JEEP GRAND CHEROKEE \$30,995 #245884
	2022 JEEP WRANGLER CERTIFIED #113087

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All advertised prices exclude government fees & taxes, and finance charges, any dealer document processing charge, any electronic filing charge and any emission testing charge. Offers end close of business 7/31/23.