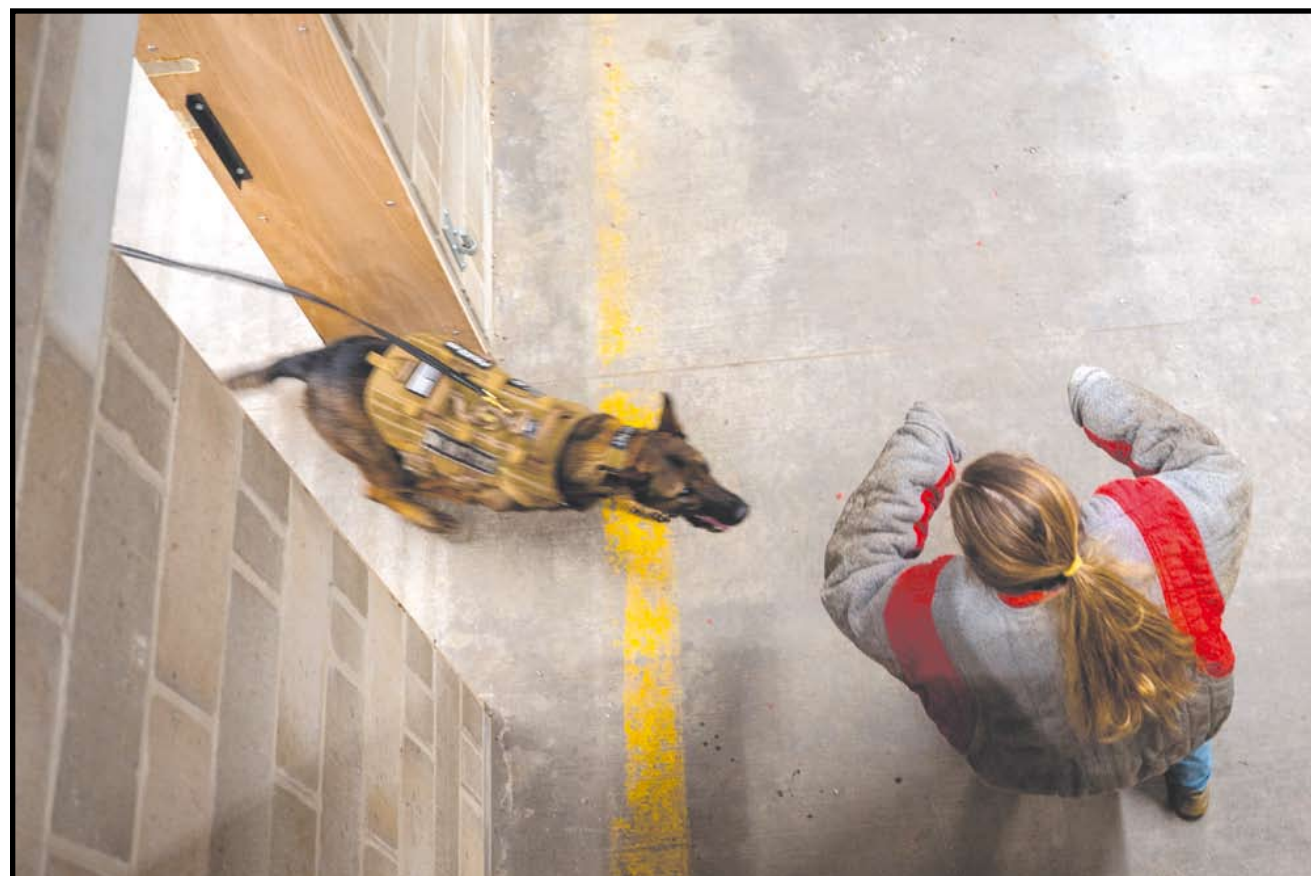


ARMED FORCES DISPATCH



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. 15
 SEPTEMBER 1-15, 2023



RUFF ENTRY - RAF LAKENHEATH, England (Aug. 17, 2023) U.S. Air Force Senior Airman Cady Conard, 48th Security Forces entry controller decoys for Rick, 48th Security Forces Squadron military working dog, during intruder detection training. MWD handlers employ their dogs to conduct searches of vehicles, open areas, buildings and other locations for the detection of suspects, explosives or illegal drugs. U.S. Air Force photo by Airman Delanie Brown

DoD launches 2023 Gender Relations Survey

Service members will have the opportunity to provide direct feedback to Department of Defense (DOD) leadership through the 2023 Workplace and Gender Relations (2023 WGR) Survey. The WGR Survey reports estimated prevalence of sexual assault, sexual harassment, and gender discrimination in the military. Launched on July 31, the 2023 WGR is open to about 1 million randomly selected Service members, roughly half of the combined active-duty and Reserve force. Unlike previous years, Service members can now access the survey after completing their unit's Defense Organizational Climate Survey (DEOCS).

The bi-annual WGR survey is the Department's official source of data collection relating to gender relations in the workplace, which helps DOD leaders improve and develop policies and programs that better support Service members.

"Feedback from Service members is essential as we continue the Administration's and Secretary Austin's unprecedented efforts to combat sexual assault, sexual harassment and other harmful behaviors that detract from our readiness. Bringing forward Service members' voices helps drive progress in delivering effective and integrated violence prevention and response across the force," said Elizabeth Foster, Executive Director, Force Resiliency.

The full survey averages about 15 minutes to complete, however, all Service members are welcomed to take an abbreviated survey, which has 10 questions and takes about five minutes.

Still have questions? Hopefully we can answer them here.

Who will be asked to take the full survey?

Roughly 771,000 active-duty Soldiers, Sailors, Airmen, Marines, Guardians, and Coast Guard members and about 260,000 members of the National Guard and Reserve components will be randomly selected to take the full survey. Currently, there are about 1.3 million active-duty members in the military, as well as more than 760,000 members of the Reserve and National Guard.

All eligible survey participants are below the rank of general or admiral. Again, the survey is voluntary; there will be no repercussions if you opt not to take it.

Where do I go to take the survey? The full or abbreviated mobile compatible survey can be taken at the same place online — DODSurveys.mil

DOD announces changes to the special leave accrual policy for service members

Department of Defense has made changes to the special leave accrual policy for service members. A service member may retain a maximum of 60 days of annual leave from one FY to the next FY. However, a service member who is assigned to certain duties that prevent he or she from taking annual leave may be eligible for SLA that qualifies the service member to retain more than 60 days of leave at the end of the FY. Reissuance of DoD Instruction 1327.06 incorporating change can be Googled.

Note from the publisher: Read new issues of the Dispatch weekly online on Thursdays as we switch to twice a month in print

Well friends, I've been working at the Dispatch since 1975 in one capacity or another, and I could tell you that we want to be more eco-friendly, reduce our carbon footprint, and save a tree but it boils down to economics. With the price of everything increasing, and more readers getting their news online, we're switching our print issues to twice a month. We'll have fresh print issues out on the 1st and 16th of the month. We'll be posting new issues weekly online in our downloadable pdf format and also viewable on issuu.com/armedforcesdispatchnewspaper. Thank you to our advertisers who support our military readers!

DOD WILL DEPLOY AI-ENABLED DETECTION SYSTEM TO MONITOR D.C. AIRSPACE



by David Vergun, DOD News
 An artificial intelligence-powered airspace monitoring system is set to be installed to enhance protection of the nation's capital

with the potential to scale across other Defense Department and U.S. government installations and systems.

The upgraded visual recognition, identification and warning

system delivers a tenfold increase in performance capability compared to the 9/11-era system it replaces, said Air Force Lt. Col. Kurtis Engelson, the materiel leader for Battle Control Systems, which oversees the National Capital Region-Integrated Air Defense System program that partnered with the Defense Innovation Unit to utilize its commercial solutions opening solicitation process to rapidly prototype a solution and create a path for the Air Force to procure successful prototypes.

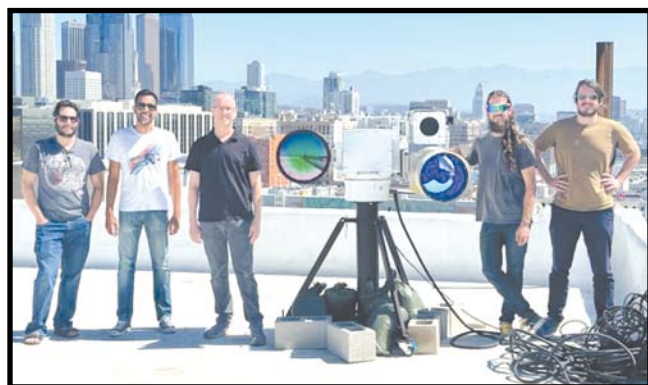
"It's a cutting-edge surveillance, identification and tracking system that monitors and defends the controlled airspace around Washington, D.C., part of the National Capital Region-Integrated Air Defense System," Engelson said.

After an 18-month prototype

demonstration concluded in April, it was announced that Teleidoscope, a first-time, non-traditional Defense Department vendor, was awarded a \$100 million ceiling production contract. Orders for the system are already in progress and fielding is to begin this year, Engelson said.

Initial prototype and procurement funding was provided by the U.S. Air Force, and additional procurement funding was provided by the Accelerate the Procurement and Fielding of Innovative Technologies program as part of its mission to accelerate the procurement and fielding of innovative technologies and help successful prototypes cross the proverbial "valley of death" for prototypes and move technology into production faster.

see AI, page 4



A team from Teleidoscope demonstrates upgraded electro-optical/infrared cameras with enhanced capabilities to improve airspace awareness in California. Photo courtesy of Defense Innovation Unit

About Your Health

Read how health advice - from fitness to well being, etc. - helps to improve the quality of your life.

See page 11

Veterans News

Finding remains of missing service members a diplomatic success story.

See page 5

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Wounded warrior receives one of the highest military police honors

by Christopher Hurd

Army News Service

JOINT BASE MYER-HENDERSON HALL, Va. - With family, friends and members of the Army's Military Police Corps in attendance, Lt. Gen. Donna Martin, Army inspector general, awarded Capt. Luis R. Avila the Order of the Marechause, silver, during a ceremony here Aug. 23.

The award is one of the highest honors given to a military police member by the Military Police Regimental Association, and it recognizes a degree of professionalism, high standards of integrity and morality and esprit de corps.

"I can't think of a more de-

serving Soldier and member of our regiment to receive this honor," Martin said. "Today, we are here because the impossible was made possible with faith, family, courage and prayers."

On his fifth combat deployment in December 2011, Avila was leading his company from the 720th Military Police Battalion on a search and rescue mission in Afghanistan when a 600-pound improvised explosive device detonated underneath his vehicle, splitting it in half, Martin said.

The explosion killed three of Avila's Soldiers and left him severely wounded. He lost his left leg, suffered two heart attacks and two strokes, and a lack of oxygen caused brain damage.

The injuries he sustained left him almost completely paralyzed.

Two weeks after the attack, he arrived back in the U.S. in a coma and on life support. His family would stay by his side morning and night, continuing to have faith that he would recover. They prayed and started playing some of his favorite music in the hospital room.

"During those dark days, the family remained steady in their faith in God, and in Luis' will to survive," Martin explained. "When their faith was tested, they turned to music."

Miraculously, Luis' facial muscles began to twitch, and he eventually woke up from the coma after 40 days. However, he couldn't eat, speak or see for more than three years.

Luis and his family never gave up hope, and they continued to play music. He even used music therapy as part of his rehabilitation.

"I think what has been very important going through my husband's road of recovery has been his courage and discipline to do things," his wife Claudia said. "Since the day that he was capable of listening and understanding, he has been working on how to get better."



Lt. Gen. Donna Martin, Army inspector general, awards Capt. Luis Avila the Order of the Marechause, silver, during a ceremony at the Memorial Chapel on Joint Base Myer-Henderson Hall, Va., Aug. 23. U.S. Army photo by Christopher Hurd

He has taken on the challenge of recovery with the help of the medical team at Walter Reed National Military Medical Center in Bethesda, Maryland, and the support system around him.

"It takes a strong family to endure hardship," Martin said. "I can attest that the Avila family is the strongest family I've ever had the honor to know."

With that support and through years of rehab, Avila regained some movement in his hands, leg and part of his speech. He now sings at many events throughout the National Capital Region.

He performed on television during the 28th National Me-

morial Day Concert at the U.S. Capitol in 2017 and during the Joint Chiefs of Staff change of command ceremony in 2019. He also sang twice during his Order of the Marechause award ceremony.

"It's an extreme honor to receive this award, and I am extremely grateful for my [military police] brothers and sisters that have supported me along the way," he said. "We really appreciate all you do for us, your service and sacrifice to our nation."

The Military Police Regimental Association established the Order of the Marechause in 2000 to recognize exceptional dedication, competence and

contribution to the regiment. The award is presented in either gold, silver, bronze, or steel, based on the impact and years of service to the regiment.

Today, there are nearly 500 recipients of the silver medal. "Capt. Avila is truly a role model for all Soldiers, peers and subordinates alike," Martin said. "The Military Police Corps Regiment is blessed to have you, Luis, as a member of our family."

Avila continues to recover from his injuries. He completed four Army Ten-Miler races on a bike with his son, finishing in first place in his category one year, and has won multiple gold and silver medals at the DOD Warrior Games.

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Royal Thai Army, U.S. Soldiers participate in historic all-female airborne course

by Master Sgt. Theanne Tangen

LOP BURI, Thailand - The Royal Thai Army invited U.S. Soldiers to participate in their first all-female Basic Airborne Course conducted by the Special Warfare School at Camp Erawan here recently.

Nearly 100 female RTA soldiers from Airborne Class 345 earned their Parachutist Badge after completing four weeks of rigorous training to include four static line jumps, one with combat equipment and one at night. The course concluded with an 8k ruck march from the drop zone.

During the graduation ceremony, the Commander-in-Chief of the Royal Thai Army General Narongpan Jittkaewtae reminded the soldiers what it means to wear the Parachutist Badge.

“To earn this badge you have to follow Standing Operating Procedures strictly, including vigorous training,” said Jittkaewtae. “This badge represents your persistence,

courage, and discipline to protect the country, which is the pride of the Royal Thai Army Airborne. May I remind those who wear this badge on your left chest, you are Airborne, you are capable of static line operations, ready for airborne operations.”

1st Sgt. Sarah Meyers, U.S. Army Forward Support Company, 1st Battalion, 1st Special Forces Group (Airborne), served as the U.S. Army Special Operations Forces jumpmaster mentor during the course. Meyers has 15 years of airborne operations experience and is the only female jumpmaster in her battalion.

“Being a part of a historic all-female jump feels empowering and significant, as it represents breaking barriers while working to improve combat effectiveness while promoting equality, diversity and inclusivity,” said Meyers. “It inspires a sense of pride, camaraderie, and a feeling of contribution to a positive change.”

At the completion of the

course Meyers recognized and gave encouragement to the female with the highest physical fitness score.

“Good job exceeding the standard, don’t just do the minimum push yourself all the way,” said Meyers. “To keep up with our airborne brothers try to meet their standards.”

Meyers also presented her U.S. Master Parachutist Jump Wings to a standout female to continue to motivate and encourage the soldiers of the RTA.



1st Sgt. Sarah Meyers serves as a U.S. Army Special Operations Forces jumpmaster mentor during the first Royal Thai Army all-female Basic Airborne Course. Courtesy photo

“I’m proud of them all,” said Meyers. “They’re now officially my Airborne sisters.”

The United States and Thailand have nearly two centuries of diplomatic relations and have been security treaty allies for over 66 years.

“The U.S. can help recommend how we can do better, and they can see how we do things differently which creates an exchange of information between us,” said 2nd Lt. Akararin Yucharoen, Thailand Special Warfare Command, instructor. “We have a great partnership.”

Ships Underway
Total Battle Force
 297 (USS 238, USNS 59)
Deployed
 100 (USS 67, USNS 33)
Underway
 67 (39 Deployed, 28 Local)
Ships Deployed by Fleet
 2nd Fleet - 0
 3rd Fleet - 3
 4th Fleet - 3
 5th Fleet - 14
 6th Fleet - 20
 7th Fleet - 60
 Total - 100



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- See if you could save on auto insurance from Liberty Mutual[®], made available through TruStage^{®3}
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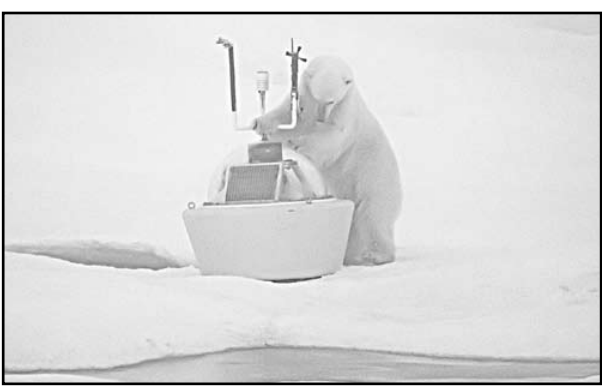
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Bear Inspection: A polar bear inspects a Coast Guard waves, weather, ice mass, balance and ocean device in the Beaufort Sea, Aug. 13, 2023. U.S. Coast Guard photo



Golden Free Fall: The Army Golden Knights Aerial Demonstration Team take to the skies over Gowen Field for the Gowen Thunder Airshow and Open House, Boise, Idaho, Aug. 26-27, 2023. Many of the Golden Knights individually have performed over 3,000 jumps. U.S. Air National Guard photo by Staff Sgt. Joseph Morgan



U.S. Soldiers of the 1/143rd INF ABN deployed with the KFOR mission conduct a reenlistment and promotion ceremony for their Soldiers at Landing Zone Lake, Kosovo, Aug. 14, 2023. Courtesy photo

3M agrees to pay more than \$5.5 billion over combat earplugs

In a report Aug. 28 by *Stars and Stripes* newspaper, 3M has tentatively agreed to pay more than \$5.5 billion to resolve over 300,000 lawsuits claiming it sold the U.S. military defective combat earplugs, people familiar with the deal said.

The settlement would avert a potentially much larger liability that 3M sought to curb through a controversial bankruptcy case that ultimately collapsed. The sum is about half the roughly \$10 billion some financial analysts predicted 3M could end up paying over allegations that the earplugs didn't adequately protect the hearing of service members.

"Sounds like 3M negotiated a pretty good deal for itself, given this litigation has been weighing on them for the better part of a decade," said Carl Tobias, a University of Richmond law professor who teaches about product liability cases.

A 3M representative said the company doesn't comment on rumor or speculation.

Analysts at Barclays had estimated that the company's potential liability was about \$8 billion. Bloomberg Intelligence calculated it could be as much as \$9.5 billion. While the settlement was at the low end of BI's estimates, "it may accelerate negative rating activity as S&P and Moody's have not fully accounted for the legal overhangs," BI analysts Joel Levington and Michael Doto wrote. They added that 3M's pro-forma net leverage "could land between 3.3-4.2x — higher than raters' targets."

The accord would end a torrent of litigation facing the St. Paul, Minn., company even as it faces thousands of other lawsuits over PFAS "forever chemicals" likely to cost several times more than the earplug deal to resolve. 3M has lost

10 of 16 early trials over the earplugs so far, with over \$250 million awarded to more than a dozen service members.

In the most recent trial, a Florida jury ordered the manufacturer in 2022 to pay U.S. Army veteran James Beal \$77.5 million in damages over

his hearing loss from the earplugs. Beal, who tested weapons over a four-year period starting in 2005, said he developed hearing loss and tinnitus, a buzzing or hissing sensation in the ears.

Jef Feeley and Ryan Beene of Bloomberg reported this story on Aug. 28

AI continued from page 1

The new system leverages "market advancements in machine learning and augmented reality features in surveillance cameras that assist air battle managers with their ability to identify flying objects within NCR airspace", Engelson said.

The production effort focuses on upgrading the cameras and eye-safe lasers used for tracking and visually warning aircraft in violation of the special flight rules within the region. The updates significantly improve

air defense operators' ability to positively identify aircraft and aim warning lasers at much further ranges, Engelson said. Laser Visual Warning System provides those involved with securing the air space over the national capital region, a rapid means of contacting pilots when radio attempts have failed.

The auto-tracking capabilities of the system are applicable to full-motion video feeds, irrespective of the domain, opening the door to augment remotely piloted aircraft video feed tracking capabilities. The software from this prototype has the potential to run on any edge device or cloud-provided, full-motion video feed. The technology has broad national defense applicability across the services for defense against asymmetric and near-peer threats like unmanned aerial systems and cruise missiles, Nick Ksiazek, the DIU program manager for the effort said.

Heidi Shyu, undersecretary of defense for research and engineering, said success and speed in fielding this technology in such a condensed timeframe exemplifies the improvements her office is driving. "We are able to rapidly identify operational needs and materialize them into usable national defense solutions. This saves time and money, but more importantly, the decision advantage gained by technologies like this will save lives," she said.

SEPTEMBER'S DAILY OBSERVANCES (Sept 1-16)

Sept. 1
Emma M. Nutt Day, the first woman telephone operator
Nat'l Cherry Popover Day
Sept. 2
Int'l Bacon Day
Nat'l Tailgating Day
VJ Day, WWII
World Beard Day
Sept. 3
Skyscraper Day
Sept. 4
Bring Your Manners to Work Day
Labor Day
Newspaper Carrier Day
Sept. 5
Be Late for Something Day
Cheese Pizza Day
Sept. 6
Fight Procrastination Day
Read a Book Day
Sept. 7
Nat'l Salami Day
Neither Rain nor Snow Day

Sept. 8
Int'l Literacy Day
Nat'l Ampersand Day
Nat'l Date Nut Bread Day
Pardon Day
Sept. 9
Teddy Bear Day
Sept. 10
Grandparent's Day
Nat'l Pet Memorial Day
Sewing Machine Day
Swap Ideas Day
National Holidays
Sept. 11
911 Remembrance
Make Your Bed Day
No News is Good News Day
Sept. 12
Chocolate Milk Shake Day
Nat'l Video Games Day
Sept. 13
Defy Superstition Day
Fortune Cookie Day
Nat'l Peanut Day

Sept. 13 (cont.d)
Positive Thinking Day
Uncle Sam Day – his image was first used in 1813
Sept. 14
Int'l Crab Fest Day
Nat'l Cream-Filled Donut Day
Sept. 15
Make a Hat Day
Felt Hat Day – On this day, men traditionally put away their felt hats.
Rosh Hashanah – begins at sundown, date varies
Sept. 16
American Legion Day
Collect Rocks Day
Int'l Red Panda Bear Day
Step Family Day
Mayflower Day
Mexican Independence Day
Nat'l Play Doh Day

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Retreat Center and Christian Healing center
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Bible Study – Wednesday 10:30am
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Email: office.branchesvista@gmail.com
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www.gotoChrist.com or (858) 549-2479

First Baptist Church of Coronado

"Reach Up, Reach Out, Reach Our World"
Jim W. Baize, Pastor www.fbcoronado.com
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Wednesday Night Bible Study 7pm
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Resurrection Lutheran Church & Preschool of Coronado

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1111 5th Street, Coronado, CA 92118
www.RL.church
Church (619) 435-1000 • Preschool (619) 435-0286

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website: www.st-lukes-la-mesa.org
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Finding remains of missing service members a diplomatic success story

by David Vergun
DOD News

The Defense POW/MIA Accounting Agency has been searching for remains of U.S. military members in 45 nations.

Besides bringing closure to their loved ones, this effort has strengthened America's diplomatic ties with those nations, said the agency's director, Kelly McKeague, who spoke virtually today with the Center for a New American Security.

The Defense Department partners with the State Department in this effort, as well as the local population of each country, he said.

When the agency sends investigative or recovery teams to those nations, local residents are usually employed to assist, McKeague said.

"Villagers from far and wide descend upon the site and help the team with the labor that's associated with that particular excavation," he said. "We are

projecting American values in a positive way. And more importantly, for many of these cultures and many of these citizens, it's an opportunity to give back."

McKeague provided three examples.

In the South Pacific islands of Papua New Guinea, Palau and the Solomons, they revere ancestors who have passed away.

"When they hear of our teams coming into their village to look for what they call 'our grandfathers,' it's an amazing dynamic. Some of our team leaders who are captains and master sergeants are made tribal chiefs, which I think is an incredible dynamic in that people-to-people contact. ... It's also a means of projecting soft power in terms of American values at the local and regional level," he said.

In 1985, just 10 years after the last U.S. servicemember left South Vietnam, the government of Vietnam approached the United States and said that they wanted to cooperate with

the U.S., because they knew that finding missing Americans is important to us, McKeague said.

That conversation took place amid economic sanctions and trade embargoes with Vietnam, and predated normalization of relations 10 years later, he noted.

Today, Vietnam is a prosperous, stable country, due in part because they manifested their trust in the U.S. by unconditionally cooperating in the recovery of MIA remains.

Vietnam's expertise in recovering remains is outstanding, McKeague said. During the COVID-19 pandemic, when agency personnel could not travel, Vietnam's teams unilaterally excavated remains of U.S. service members.

One of those remains identified was Navy Cdr. Paul Charvet, an A-1H Skyraider pilot shot down over North Vietnam on March 21, 1967.

About two years ago, the agency received those remains from

Vietnam and identified him. His mother, then 101 years old, was on hand to receive the news that her son had been found, he said.

"What an incredible moment that was, made possible because the American-trained Vietnamese recovered those remains that we then identified," he said.

South Korea, another big success story, approached the United States about 20 years ago and said that they still had about 300,000 people missing from the Korean War, and they asked for help from the U.S., McKeague said.

The agency helped South Korea set up a similar agency. "Their laboratory rivals ours in terms of expertise. We have had joint scientific exchanges. We've had joint operations," he said.

Military members honor flag-covered boxes during a repatriation ceremony.

McKeague said his greatest wish is that North Korea will resume repatriation of remains of U.S. service members.

Encourage unity and wave the flag Sept. 12

On Tuesday, Sept. 12, between 9-10 a.m., ET, national nonprofit Wreaths Across America is calling for the nation for a flag-waving to remind all Americans of the feeling - the pride in country, the unity and patriotism - which was expressed on the days following 9/11/01. The event will be hosted live on WAA's official Facebook page and broadcast over Wreaths Across America Radio. The broadcasts will include interviews and stories from volunteers, supporters, Gold Star families, vets, to name a few.

Legislative update: Maj. Richard Star Act

Fleet Reserve Association-supported bills to provide concurrent receipt for service members unable to complete 20 years of service due to combat-related injuries are a top priority for FRA. The House Armed Services Committee unanimously approved the House version. The bill goes to the House floor for consideration. FRA and other like-minded groups are urging the House to have a vote on this legislation in September. Over two-thirds of the House (326) and Senate (70) are co-sponsoring the "Major Richard Star Act." Legislators are beginning to understand that reducing a retiree's retired pay because they are disabled is an injustice.

VFW Post 2422 Coronado

It's coming.....Sunday football brunch at the VFW is back and better than ever, 10 a.m.-2 p.m., with the finest recipes from brilliant Chef Michael. Come watch your favorite football teams battle it out while sipping on some tasty libations. The post also has cornhole available for the kids and/or adults to play. Spend your Sundays with the VFW family beginning Sept. 10. They open at 9 a.m. \$10-\$15 breakfast. <https://www.facebook.com/groups/VFWpost2422/>.

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TREND CONTINUES: Civilian tattoo studio opens at Fort Irwin

by Kimberly Hackbarth

Fort Irwin is the seventh U.S. military installation to open a tattoo studio, with the most recent opening on Fort Moore, Ga., in July.

FORT IRWIN, Calif. – The Fort Irwin Army & Air Force Exchange Service hosted a grand opening for the American Tattoo Society-Fort Irwin tattoo studio Aug. 23.

From the first tattoo shop on Nellis Air Force Base, Nev., to the most recent on Fort Irwin, the American Tattoo Society team handled multiple logistical challenges, including COVID-19, military regulations and varying safety standards from state to state.

Ryan Harrell, the owner of American Tattoo Society, and his team worked closely with AAFES and U.S. Army Public Health Command to create a standardized body art model code based off the National

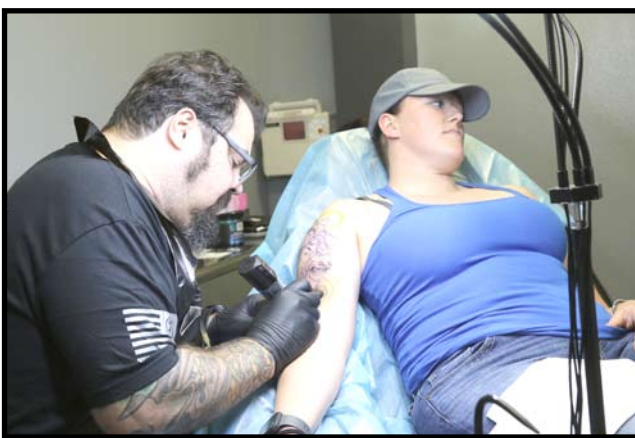
Environmental Health Association's, which is considered best practices across the board, Harrell said.

The team also met with San Bernardino County Health Department to see if the county had additional health regulations, Harrell added.

"Some of these things are outside what a normal tattoo studio would have to do," Harrell said. "A lot of stuff that we're doing is above and beyond best practices and the level of certification our artists have ... is far and above what is required in any other state."

Along with safety standards, the artists of the studio also are required to tattoo all customers within Army regulation, according to Harrell.

Harrell said he wants the community to know that the studio will provide high quality tattoos.



James Vaughn (left), tattoo artist, tattoos Staff Sgt. Tiffany Payne, the emergency room noncommissioned officer in charge with Weed Army Community Hospital, the day of the grand opening of the American Tattoo Society studio on Fort Irwin Aug. 23. Photo by Kimberly Hackbarth

"You know that when you come in here, the artists are going to be able to do what they say they're going to do because they've been vetted so thoroughly to get on base," he said. "You're going to get a great artist at a good price at or below what other premium artists would

charge off base."

The Fort Irwin studio, managed by Faith Bomar, is located at 83 Goldstone Rd. and has one permanent artist, a part-time artist and two visiting artists monthly.

James Vaughn, who made

several appearances on the TV show Ink Master, tattooed members of the Fort Irwin community at the Fort Irwin studio's grand opening.

Staff Sgt. Tiffany Payne, the emergency room noncommissioned officer in charge with Weed Army Community Hospital received a tattoo from Vaughn.

"James Vaughn is a world-renowned artist, veteran, and superb human being," Payne said. "The ability to get a tattoo from someone of his caliber in a remote location like the National Training Center is a true blessing."

The shop's permanent tattoo artist, Ronin Lugo, said coming to Fort Irwin felt isolating at first, but the community is welcoming.

"Once I realized how the community supports each other with doing family stuff, local groups and seeing they have gyms and

they're not that far from civilization, being on base is really welcoming," Lugo said.

Tattooing is what Lugo is passionate about and he is grateful to be able to tattoo the Fort Irwin community, he said.

"That's what I like about doing this: I get to talk to people and get to know them," Lugo said. "They know I'm not here after their money, I'm here giving them what they want to get and in return I'm getting to know someone from any part of the country or background and I get to enjoy what I'm doing."

Payne, who has been stationed on Fort Irwin since 2019, said the convenience of a tattoo studio could positively impact quality of life on the installation.

"The ability to get a tattoo here on base rather than drive a few hours is a huge morale boost, too," she said. "Anything that the installation is able to do to

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IN COOPERATION WITH SDMAC FOUNDATION

Marines prepare to fight, sustain, defend urban terrain in the conflicts of tomorrow

by Cpl. Jonathan Willcox
TWENTYNINE PALMS - Marines with 3rd Battalion, 7th Marine Regiment, 1st Marine Division, conducted Adversary Force Exercise as part of Service Level Training Exercise 5-23 in early August.

During AFX 5-23 at Marine Corps Air-Ground Combat Center here, Marines, Sailors and allied forces trained in urban combat at the largest urban warfare facility the Marine Corps has to offer. This iteration of the exercise is designed to enhance a unit's proficiency of urban defense tactics and logistics in a contested environment.

"AFX started out with urban lane training and went all the way up to the company level

for defense in an urban environment," said Gunnery Sgt. Neil Lipon, company gunnery sergeant for Kilo Company, 3/7. "We're getting our unit ready for combat, getting ready to face any force."

Force Design 2030 aims to make the Marine Corps a lighter, more agile fighting force, capable of conducting rapid amphibious insertions around the globe. The guidance is built to transition Marines from the mentality of previous wars to a modernized force in preparation to defend the United States of America and her partners and allies from potential peer adversaries.

"A large percentage of the world's population lives in littoral regions," Lipon continued.

"A lot of those littoral regions we'd find ourselves in are urbanized, and that's where we may fight in the near future."

Lipon added that Marines will be expected to operate in company-sized units in future conflicts. They can be tasked to seize and defend island and coastal territory on their own, while overcoming the friction of operating in urban environments.

"It's something that could be very near in the future, and it's something we need to be ready to operate in," Lipon added.

Marine Air-Ground Task Force Training Command provided Marines to act as opposition against the Marines of 3/7 so they could train against able-bodied, intelligent minded individuals who employed real-world tactics designed to mimic potential future adversaries. The Marines used blank ammunition to ensure the safety of their fellow service members, while the combat instructors, better known as Coyotes, with Tactical Training and Exercise Control Group, Marine Air-Ground Task Force Training

Command, observed and controlled the simulated battlefield as the Marines advanced.

"We have lanes that we will train on with opposing forces and then we will have force-on-force exercises that we'll run, simulating fighting an actual thinking enemy," said 1st Lt. Thomas Nelson, executive officer with Kilo Company, 3/7.

The Marines of 3/7 seized urban terrain using amphibious, mechanized tactics while they fought alongside Marines crew-

ing P7 amphibious assault vehicles from 3rd Amphibious Assault Battalion, 1st Marine Division. Once 3/7 seized the terrain, they built defensive positions with sandbags. Concertina wire was installed by the Marines of 1st Combat

Engineer Battalion, 1st Marine Division, who were also embedded with the 3/7 Marines. The opposing force provided by TTECG was present for both, defending their own positions from 3/7 and then counter-attacking.

"Urban warfare is one of the most challenging environments that we will find ourselves in," said Lipon.



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USS PAUL HAMILTON
SAILORS



(from top) SAN DIEGO (Aug. 28, 2023) Lt. Cmdr. Kevin McDermott greets his family pierside from destroyer USS Paul Hamilton. Logistics Specialist 1st Class Mason McCarty meets his son on the pier. Boatswain's Mate 3rd Class Elvis Osemwengie meets his daughter on the pier. U.S. Navy photos by MC2 Elliot Schaudt

Tattoo

continued from page 6

options for the service members locally is greatly appreciated!"

Bomar agreed that the tattoo shop could help the morale and camaraderie on the installation.

"There's something about the energy at a tattoo shop that is just contagious," Bomar said. "People want to be a part of it, and you can bond with somebody who is many generations older than you or younger than you over art."

When it comes to tattoos and the clientele, there isn't a set demographic or typical customer, she said.

"Ink transcends all of that and that is part of what brings the morale boost here," Bomar said. "There is a pride in it that is going to help this community tremendously and bring in some new life and fresh ink and perspective."

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Pacific Partnership returns to the Philippines

from Commander, Logistics Group Western Pacific

LA UNION, Philippines – Pacific Partnership arrived in the Philippines to conduct the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific, Aug. 22.

Returning to the Philippines since last year's stop in Puerto Princesa City, Palawan, Pacific Partnership enables participants to work together to enhance disaster response capabilities and foster new and enduring friendships in the Philippines.

At the invitation of the Philippines, Pacific Partnership's



The Pacific Partnership 2023 Combo performed for a host nation outreach event at Robinsons Place, San Fernando, La Union, Philippines Aug. 26. U.S. Navy photo

mission is to conduct tailored humanitarian and civic preparedness activities in areas such as engineering, disaster

response, public health, and Philippine outreach events. This year's mission, featuring nearly 1,500 personnel,

was a joint effort on behalf of Australia, Canada, Chile, Japan, Republic of Korea, New Zealand, the United Kingdom and the United States.

"The U.S. Navy and our allies and partners value our growing cooperation with the Philippines," said Navy Capt. Claudine Caluori, mission commander. "I am confident that the planning and hard work we've invested thus far with our partners will have a long-lasting impact here in the Philippines."

While in San Fernando City, La Union, Philippines, Pacific Partnership 2023 will provide tailored medical care focusing on subject-matter exchanges and community education; constructing and reconstruction of multiple schoolhouses and knowledge exchanges with exercises covering disaster response and humanitarian assistance. Additionally, the U.S. Pacific Fleet Band will perform in a variety of community engagements.

"We welcome our allies and partners as we embark in another opportunity to build strong, stable and resilient communities," said Lt. Col. Enrico Gil Iletto, Chief of the Public Affairs Office.

"This exercise underscores our commitment to regional stability, disaster response readiness, and the well-being of every Filipino and our neighbors. With our partners, this will help us hurdle challenges by fostering goodwill and fostering safer, more resilient communities for generations to come."

As part of PP23, the mission team will conduct missions throughout Southeast Asia and the South Pacific Islands.



SAN DIEGO (Aug. 26, 2023) Sailors and their families observe a gunshoot during Friends and Family Day aboard aircraft carrier USS Theodore Roosevelt. Friends and family of Sailors stationed aboard Theodore Roosevelt experienced life at sea for a day during the ship's workup cycle for a deployment in 2024. U.S. Navy photo by MCSN Ryan Holloway



USS CARL VINSON, at sea (Aug. 1, 2023) Navy Seaman Jeb Xiong washes an F/A-18E Super Hornet aboard carrier Vinson in the Pacific Ocean, Aug. 1, 2023. U.S. Navy photo by Petty Officer 2nd Class Caden Richmond



MCRD SAN DIEGO (Aug. 28, 2023) Marine Corps Pvt. Bruno, the mascot here, poses for a photo on the training grounds. Bruno's job is to boost morale, participate in outreach work, and attend events and ceremonies. U.S. Marine Corps photo by Cpl. Joshua Dreher

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Military IDs Marine Corps pilot killed in F/A-18 crash near San Diego base

The U.S. military has identified the Marine Corps pilot who was killed Aug. 24 when his combat jet crashed near a San Diego base during a training flight. Maj. Andrew Mettler was piloting an F/A-18D Hornet when it went down at 11:54 p.m. Aug. 24 near MCAS Miramar, the 2nd Marine Aircraft Wing said in a statement from its headquarters in Cherry Point, N.C.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Sixteen years ago, I had a eureka. Military life, overseas tours, deployments and raising three children had rendered my legal career not only stale, but practically impossible. I worried that I'd never earn income again.

However, when a relative commented on how funny my annual Christmas letters were, it came to me in a flash of genius. "I'll become a writer!" I thought, envisioning myself happily tapping away at our home computer (back then, a behemoth, dust-gathering Dell), earning a tidy second income along with international prestige while the children played in the yard and pot roast simmered in the oven. Writing was the perfect work-from-home military-spouse career!

I had no clue how to be a writer, much less a paid writer. But ignorance is stupidity masquerading as bliss, so I started immediately, writing humorous commentary from our powder-blue Formica kitchen desk.

It took two years to get columns published. Another year to learn blogging. Two more years to get paid for columns. Three more years to land a decent column contract. And four more years to publish a book.

My plan to become a legitimate writer took more than a decade to implement, and even then, I hardly earned enough money to break even on printer ink.

My creative process, and other myths

Throughout this endeavor, friends, family and readers have often asked me, "What's your creative process?"

They expect me to describe being ensconced in an Irish sweater and vintage Levis, sitting before a classic Smith Corona typewriter with a sticky "e," in a charming shed-turned-writer's-retreat adorned with flower-filled window boxes, sipping Earl Gray tea while channelling Hemingway, Austen, Dickens and Dostoevsky.

Instead, I admit the reality of my writing process: I've scribbled most of my column ideas willy nilly on crumpled receipts, torn envelopes, or my hand, while driving to piano lessons or sitting in orthodontists' offices. I've never had a writer's retreat, or vintage Levis that actually fit. When I write, I procrastinate by searching Etsy, watching dumpster diving hauls on Reels, balancing my checkbook, painting my nails, or doing anything else BUT write.

Through writers' groups, I've known other writers who proclaim, "I write, therefore I am." Or, "I live to write, I write to live." They portray themselves as artistic scribes, burdened by their gift with words. Their inspirations fuel their innate drive to put pen to paper, else they shrivel and die without their "craft."

I still have a lot to learn, but one thing I know for certain: Writers who say those things don't have a weekly deadline.

Don't get me wrong, I love writing. No matter how many people read my work, I find great satisfaction in seeing my work in print.

That being said, there are days when I'd rather chew my own arm off than muster the brainpower required to write my column. Writing on a weekly deadline is hard work that hurts. Seriously, I've felt actual, physical pain while trying to write.

Occasionally, my friends and family offer to help. "I've got your next column!" they'll say, and bestow their brilliant cultural observations on me like precious gifts. What these well-intentioned people fail to understand is that ideas come easy. But when I'm required to extrapolate an idea out into a well-written piece with a compelling story arc and a logical conclusion before my Thursday deadline, my brain bleeds.

Syndicated humor columnist, Erma Bombeck, — who wrote three times a week for 31 years, the last written five days before her death — referred to her creative process as "giving birth to 450 words." Other than there being no stitches, stretch marks, sagging breasts, or 18 years of parental responsibilities involved, Erma's description is spot on.

Just as a person who touches a hot oven will flinch, my brain recoils from deadline writing, and steers my subconscious toward soothingly menial tasks like cleaning the dryer lint trap. It's simple human nature.

It took me sixteen years to learn how to write columns each week. I have no lofty creative process. It's real work, and it hurts. But when the task is done, and the blood is all mopped up, the feeling of accomplishment makes it worth the pain.

AutoMatters™ & More by Jan Wagner



The Motor Press Guild is America's largest association of automotive journalists and public relations professionals. Each year the MPG meets to present its Excellence in Automotive Journalism Awards. In June, the MPG Awards for 2022 were presented at a major automotive driving event at Calamigos Ranch, nestled in the scenic Santa Monica Mountains in Malibu Wine Country.

As we heard from Jack R. Nerad, President of the Motor Press Guild: "Recognizing and rewarding topnotch work shines a light on our profession. In this era, the quality of our work, not just the quantity, deserves to be celebrated. Our long-running awards program does just that."

"The MPG Best of Automotive Journalism Awards program includes books, articles, photographs, audio-visual works, and social media content. Each year the highest achievement in auto journalism from among all the nominees is honored with the Dean Batchelor Award, an award named after one of the nation's leading lights in auto journalism."

The Bob D'Olivo Award for Photography honors one of Petersen Publishing's most prolific photographers and contributors, Bob D'Olivo.

As we learn from Laura Fisher, Archivist at the Petersen Automotive Museum in Los Angeles, "Bob started his career at Petersen Publishing in the 1950s and spent decades as one of their most talented photographers,

Motor Press Guild Photo of the Year Award

along with managing the Photographic Department. He also served as the caretaker of Petersen Publishing's photography legacy in automotive journalism."

I was surprised and deeply honored at this gathering of my peers to learn that I was the recipient of this award, which was presented to me by Ryan ZumMallen, Vice President of the Motor Press Guild.

While I enjoy a wide variety of photography that I share with you in my "AutoMatters & More" columns, if I had to pick my favorite subject it would have to be motorsports — more specifically, car racing.

When I started to write this column over 20 years ago, the subject matter was exclusively automotive. Only later, as I wanted to cover more and more things that interest me and you, my audience, did I broaden that subject matter to include a much wider variety of popular subjects. Of course, as a photographer, I have tried to use my own professional photography in my columns, where possible.

I shot my award-winning photo while covering NASCAR's February 2022 "Production Alliance Group 300" Xfinity Series race at Auto Club Speedway, in Fontana. While I have certainly never raced in NASCAR, I did compete for several decades in autocrossing — a subject that I have documented in previous columns. Over the years, as my car control skills built, I developed a sense for when my car, and those of others, were starting to lose grip. In my photography, I am constantly scanning the racing cars to see if I notice telltale signs of any getting out of shape or perhaps getting a little too close to each other. If I

do, I shift my attention towards them and follow the action — just in case something happens.

Such was the case in the Xfinity race, when I noticed Brandon Jones' car beginning a lazy slide in the high banked turns leading onto the front straight. I followed the action, hoping that my Canon R3 would maintain sharp focus as I shot multiple exposures. From that point on, my attention was on framing the shots as Brandon's out-of-control racecar was sliding in a cloud of tire smoke towards the pointy end of the wall that separates pit road from the racetrack.

Sand filled barriers serve as a safety buffer at the end of the wall. Brandon's car hit those at a high enough speed that they exploded, covering his racecar in a thick cloud of sand. Black barrel lids were launched upwards, above the sand. From my vantage point, they almost looked like tires.

Fortunately, when the dust cleared, and soon after the track safety workers arrived on the scene to help out, Brandon Jones walked away from his wrecked racecar — a testament to NASCAR's ongoing emphasis on safety (see "AutoMatters & More" 756, entitled "Sand-filled Barrels Save Lives on the Racetrack & on the Street"). Thankfully, my Canon R3 did maintain sharp focus throughout.

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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Healthy social media habits: How you use it matters to your mental health

Technology has changed the way we interact with each other. Social media puts other people just keystrokes away. This helps some feel like they have more social support. But for others, it can increase isolation and depression.

Researchers are investigating how social media affects mental health. They're learning that who you meet and what you find online can mean the difference between helpful and harmful effects.

Use Your Time Wisely

Logging into social media can lead you in many directions. Actively engaging and connecting with others online can help build your social supports—both online and offline. But spending many hours passively scrolling through upsetting content can send you spiraling into negative thoughts and feelings.

Increased social media use has been linked to symptoms of depression, anxiety, and stress. But it's not always clear which comes first: Is more time online causing the symptoms or a result of the symptoms?

Depression or anxiety can cause you to isolate yourself. Spending more time online may be a sign that you're withdrawing from others.

Studies have also found that some online activities can worsen your mental health. Passively watching what others are doing online can make you feel more isolated. You might feel you're missing out or

to be shown more of those things. Repeated scrolling through disturbing content can increase your stress and anxiety.

Teens are especially at risk from the effects of social media. Studies have found links between patterns in teens' social media use and mental health problems.

"There has been a growth in social media use, smartphone use, and teens' lives being online over the last 10 years," says Dr. Katherine Keyes at Columbia University. Rates of teen depression and suicide also rose over the past 10 years. Researchers have been looking at social media's role in that increase.

Keyes's studies have shown that digital media use alone doesn't account for these recent rises in depression and suicide. Other factors must also play a role. More research is needed to figure out what those are.

What seems most important is how teens are using social media and how their time online is affecting their offline social networks and activities, Keyes says. In other words, time online takes away from time you could be spending with others, being physically active, or doing a hobby. These are things that help protect your mental health.

Connect Carefully

You can find countless different people and communities online. "Many meaningful and beneficial connections can be made online," says Keyes. "This is especially true for teens who have more marginalized identities. Sometimes they can find community and connectivity online that they can't get in their day-to-day lives."

But the digital world can also expose you to harmful health behaviors. Excessive drinking, substance use, and eating disorders are sometimes misleadingly shown as what everyone's doing or wants to do.

People also see ads about tobacco use, cannabis use, and drinking online. Dr. Patricia Cavazos-Rehg at Washington University in St. Louis studies the effects of ads on teen substance use. Her research has shown that even passively viewing tobacco content online increased the

likelihood of using tobacco products. Keyes found similar trends for alcohol and cannabis. "My concern is that social media can make substance use behaviors seem normal," Cavazos-Rehg explains. That can affect both teens and adults.

"We've seen a lot of messages online about 'wine-mom' culture that link alcohol use with 'mommy needs a break at the end of the day,'" Keyes says. "These messages link alcohol with positive self-care." But using alcohol to manage stress is not a healthy coping strategy. In recent years, women have had a higher increase in alcohol use than men.

Cavazos-Rehg is researching ways to deliver information about the risks of substance use on social media. She's also looking at how to get quality treatment information to people talking about mental health issues and substance use online.

Seek Out Help

Social media can be a tool to improve your mental health. You can search for health information, hear about others' experiences, or find treatment options.

"We have found that social media can be very helpful for people who are feeling stigmatized about in-person recovery," Cavazos-Rehg says. "Plus, social media can help those who are curious or ready to engage in treatment but want advice from their online peers first."

Her team looked at what prevents people with symptoms of depression from seeking treatment. They found that many people worry about being stigmatized. Others have trouble accessing or paying for treatment.

Her team is looking for ways to reduce those barriers through social media. They've created tools to

identify social media posts that may indicate someone needs treatment for an eating disorder. They also created a treatment app for teens with eating disorders.

"There is a lot of support for recovery and for mental health that individuals can get off of social media," says Cavazos-Rehg. "But there's often misinformation that can spread as well." Find tips for evaluating online health information at go.usa.gov/xSv9n and go.usa.gov/xSv9P

Remember, you don't need to struggle with mental health problems alone. "There's a common misconception that we can handle our mental health problems on our own, and that they're not severe enough to warrant medical care," Cavazos-Rehg says. "But that's a misconception." Don't hesitate to reach out to a health care provider or mental health professional.



There are clinical and nonclinical resources available if you're struggling with your mental health. www.health.mil/MentalHealth

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

Downtown / Gaslamp Quarter City Heights Certified Farmers Market
Saturday: 9am-1pm
On Wightman St from Fairmount Ave to 43rd St, San Diego, CA 92105

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

Little Italy Mercato Certified Farmers Market
Saturday: 8am-2pm
501 W Date St from Kettner Blvd to Front St, San Diego, CA 92101

Tuna Harbor Dockside Market
Saturday: 8am-1pm
598 Harbor Ln - Fish Harbor Pier (near Tuna Harbor), San Diego, CA 92101

Hillcrest / Uptown Hillcrest Certified Farmers Market
Sunday: 9am-2pm
3960 Normal St from Lincoln Ave to University Ave, San Diego, CA 92103

North Park Thursday Certified Farmers Market

Thursday: 3pm-7:30pm
2900 North Park Way from 30th St to Granada Ave, San Diego, CA 92104

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

Mission Bay and Beaches Ocean Beach Certified Farmers Market
Wednesday: 4pm-8pm
4900 Newport Ave from Cable St to Bacon St, San Diego, CA 92107

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

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

Mission Valley and Old Town Kearny Mesa Certified Farmers Market
Saturday: 10:30am-2:30pm
Service Road from Lightwave Ave to Spectrum Center Blvd, San Diego, CA 92123

South Bay Chula Vista - Otay Ranch Certified Farmers Market
Tuesday: 4pm-8pm
2015 Birch Rd. and Eastlake Blvd.
Chula Vista, CA 91915

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

North Bay Certified Farmers Market
Wednesday: 3-7pm
4475 Bonita Rd. Bonita, CA 91902

Friday: 7am-Noon (October - April, closed May - September)
Christmas Circle, 700 Palm Canyon Dr and Borrego Springs Rd
Borrego Springs, CA 92004

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

Santee Certified Farmers Market
Wednesday: 3pm-7pm (March - October)
Wednesday: 2:30pm-6:30pm (November - February)

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

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

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

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

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

Rancho Santa Fe Certified Farmers Market
Sunday: 9:30am-2pm
Del Rayo Village Center. 16079

San Dieguito Rd, Rancho Santa Fe, CA 92091

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

North Inland Escondido Certified Farmers Market
Tuesday: 2:30-7pm (Oct- May)
Tuesday: 2:30-7pm (June-Sept)

200 East Grand Ave from N Juniper St and S Kalmia St, Escondido, CA 92025

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

Mira Mesa Certified Farmers Market
Tuesday: 3pm-7pm (February - October) Opens 2nd Tues in Feb.
Tuesday: 3pm-6pm (Nov-Dec, closed in January)

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

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

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

Rancho Bernardo Certified Farmers Market & Specialties
Friday: 9am-1pm
Bernardo Winery, 13330 Paseo Del Verano Norte, San Diego, CA 92128

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

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



MENTAL HEALTH IS HEALTH
DHA

Reach out for support. There are clinical and nonclinical resources available if you're struggling with your mental health. www.health.mil/MentalHealth #ConnectToProtect

being left out. Or it can make you think that other people have better lives than you.

What you click on then affects what you see next. If you click on things that bother you, you're likely

6	8	2	4	3	9	1	7	5
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8	2	4	9	6	3	5	1	7
3	5	6	2	7	1	9	8	4
2	6	3	8	9	7	4	5	1
5	1	9	6	4	2	7	3	8
4	7	8	3	5	1	6	9	2

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Thursday, Sept. 7 • 5-7pm
at

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