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## DOD AIMS TO ADVANCE CITIZEN EDUCATION WORKING GROUP FORMED TO HELP INCLUSION EFFORTS

by David Vergun,  
DOD News

On Feb. 2, President Joe Biden signed Executive Order 14012, "Restoring Faith in Our Legal Immigration Systems and Strengthening Integration and Inclusion Efforts for New Americans."

"Our nation is enriched socially and economically by the presence of immigrants, and we celebrate with them as they take the important step of becoming United States citizens. The federal government should develop welcoming strategies that promote integration, inclusion and citizenship, and it should embrace the full participation of the newest Americans in our democracy," Biden stated in the executive order.

As a result of EO 14012, U.S. Citizenship and Immigration Services developed the "Inter-agency Strategy for Promoting Naturalization."

A large part of that strategy was the establishment of a Naturalization Working Group; the Defense Department, along with the other federal departments, is a member.

The goals of the NWG are:  
•Raising awareness of the importance of citizenship



Seven Sailors and civilians take the Oath of Allegiance during a naturalization ceremony aboard the Japanese Memorial Ship Mikasa in Yokosuka, Japan, June 2. Navy photo by MC2 Tyler R. Fraser

- Promoting civic integration and inclusion
- Providing immigrants with opportunities and tools to become fully engaged citizens
- Building community capacity to prepare immigrants for citizenship
- Eliminating sources of fear and other barriers that prevent individuals from accessing available naturalization services
- Advancing and ensuring equity throughout the citizenship and naturalization process the basis of race, disability, language access, national origin, gender,

gender identity and sexual orientation

To advance these goals, NWG has outlined steps the federal government should take to promote naturalization.

NWG recommended that DOD' legal services offices and others assisting in the naturalization process establish an education and awareness campaign.

Additionally, the Department of Homeland Security — in particular, USCIS — is tasked with

helping DOD provide outreach to military service members. This includes creating a military naturalization webpage on the USCIS Citizenship Resource Center website. The webpage will contain information, checklists and study guides tailored to military members and their families.

DOD has been tapped to explore ways to expand its internal communications efforts about applying for naturalization and the requirements that are involved.

USCIS will explore offering webinars with additional special naturalization education and awareness information for the administrative and legal personnel who assist military service members.

Additionally, USCIS will consider alternative avenues for engaging and processing naturalization applications for military members and their families overseas during the COVID-19 pandemic and while travel restrictions are in place.

Through its Service Members and Veterans Initiative, the Justice Department's Civil Rights Division will help disseminate naturalization information on the initiative webpage.

DOJ will also include information in outreach materials to military installations and its military related networks — including chiefs of military legal assistance and the American Bar Association's Standing Committee on Legal Assistance for Military Personnel.

### MCAS MIRAMAR JULY 9, 2021



Col. Charles Dockery, the outgoing commanding officer of Marine Corps Air Station Miramar, salutes Brig. Gen. Jason G. Woodworth, commanding general of Camp Pendleton, during a change of command. Col. Thomas M. Bedell assumed duties as MCASM CO. Marine Corps photo by Lance Cpl. Jose S. GuerreroDeLeon

## LYING ABOUT VACCINATION STATUS COULD MEAN TROUBLE FOR MARINE CORPS PERSONNEL

by Caitlin Doornbos,  
Stars and Stripes

WASHINGTON - Marines and civilian employees for the service who lie about their vaccination status so they can remove their masks in public could be punished, the service said in updated coronavirus precaution guidance.

"Service members and civilian employees who misrepresent their vaccination status may be subject to appropriate adverse

administrative or punitive actions," the Marine Corps said in its guidance issued July 9.

It was the first time that the Marines provided guidance on how to enforce adherence to a Pentagon policy issued May 14 that lifted the mask mandate for all fully vaccinated troops and personnel.

The guidance did not specify the kinds of punishments that could be issued if Marine Corps personnel are found not to be

complying with the rules.

While vaccinated Marines were allowed to drop their masks nearly two months ago with the Pentagon policy, the service-specific guidance explained how the Marine Corps could ensure compliance.

Marines who are not fully vaccinated must "continuously" wear their mask outside their homes, according to the regulations, and service members who forgo masks "must be prepared

to show proof of vaccination status."

"Commanders have the authority to verify vaccination status of service members," according to the guidance.

For civilian employees, supervisors must have a "reasonable basis to believe" the unmasked person has not been vaccinated "based on reliable evidence such as firsthand knowledge of voluntary employee statements," according to the guidance.

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## 19 military athletes to represent U.S. at Tokyo Olympics

by David Vergun, DOD News

Seventeen Soldiers, one Marine and one Coast Guardsman have earned spots in the delayed 2020 Olympics in Tokyo. The games, which were postponed last year due to COVID-19, will be held from July 23 to August 8.

Earlier this year, Marine Corps Staff Sgt. John Stefanowicz defeated the country's top rated 87-kilogram Greco-Roman wrestler to earn a spot in this year's games.

"Being able to represent the USA on an international level while being in the Marine Corps is the highest honor that I have ever felt. It's something that's almost indescribable. I have finally accomplished this mission that has had an insurmountable amount of adversity, that has required years and decades of perseverance," he said.

Coast Guard Lt. Nikole "Nikki" Barnes will compete in the Women's 470-class sailboat category. "I fell in love with the Coast Guard. I'm always on the water and the allure of creating a safer environment for fellow boaters was a big intrigue for me. As I have been in the Coast Guard, I have seen even

more how this is a tremendous organization of people working hard to make a safer maritime environment," she said.

Army Sgt. 1st Class Elizabeth Marks will compete in Paralympic swimming's 50-meter freestyle, 50-meter butterfly, 200-meter individual medley and 100-meter backstroke.

In 2016, in Rio de Janeiro, Brazil, she won a gold medal in the Paralympic Games in the 100-meter breaststroke and a bronze in the 100 meter medley.

Marks enlisted in the Army in 2008 as a combat medic. She was injured while serving in Iraq and was sent to Brooke Army Medical Center in Texas for recovery. It was there, she said, that she fell in love with swimming, which was used as a form of therapy.

Like most of the soldier-athletes going to the Olympics, Marks is a member of the Army's World Class Athlete Program, a program which enables Soldiers with athletic potential to receive professional coaching, while keeping current with Army military occupational specialty and training requirements.

Although Marks said she

trained hard to compete and to win, "none of it would have been possible without my brothers and sisters in the military believing in me and pushing me to do so."

### Athletes headed for Tokyo

#### Army

1st Lt. Amber English – women's skeet

Staff Sgt. Naomi Graham – women's boxing, 75 kilogram category

Staff Sgt. Nikolaus Mowrer – 10m air pistol, men; 10m air pistol, mixed team; and 50m rifle, 3 positions.

Staff Sgt. Sandra Uptagrafft – 10m air pistol, women; 10m air pistol, mixed team; and 25m sport pistol.

Sgt. Samantha Schultz – modern pentathlon

Sgt. Amro Elgeziry – modern pentathlon

Sgt. Ildar Hafizov – Greco-Roman wrestling, 60 kg category

Spc. Alejandro Sancho – Greco-Roman wrestling, 67 kg category

Spc. Benard Keter – 3,000-meter steeplechase, track and field

Sgt. Patrick Sunderman – men's smallbore rifle

Spc. Sagen Maddalena – women's smallbore rifle

Spc. Alison Weisz – women's air rifle

Sgt. Philip Jungman – men's skeet

1st Lt. Sam Kendricks – pole vaulting

Sgt. 1st Class Elizabeth Marks – Paralympic swimming in 50-meter freestyle, 50-meter butterfly, 200-meter individual medley and 100-meter backstroke

Staff Sgt. John Joss – Paralympic shooting, 50m rifle

Staff Sgt. Kevin Nguyen – Paralympic shooting, 50m rifle

#### Marine Corps

Staff Sgt. John Stefanowicz – Greco-Roman wrestling, 87 kg category

#### Coast Guard

Lt. Nikole Barnes – 470-class sailboat category

see **Olympics**, page 4

### Air Force

- USAFA Cadet Summer Program returns to Tyndall AFB
- Security forces, OSI consolidate personnel in Protective Services Operations



- AFMC plays key role in record Air Force DITPR compliance
- Air Force personnel, manpower applications fully migrated to cloud
- Teak Action 21 Enhances U.S.-Australian Interoperability
- Air Force makes more rights

available for housing tenants

- AFSFC assessment tool improves health, readiness of military working dogs

### Army

- Recent test highlights utility resilience as part of readiness effort
- Army wrestlers have bigger goals after qualifying for Tokyo Olympics
- Deliberate path required to deliver future capabilities, say top Army leaders
- Serving with pride: LGBTQ Soldiers celebrate diversity, speak their truth
- Army prepares to start FY 2022 under continuing resolution

### Navy

- 7th Fleet conducts Freedom of Navigation Operation
- U.S. and Dominican Republic Strengthen Bonds
- Ships from Eight Countries Sail Together in the Black Sea for Exercise Sea Breeze 2021
- ESG2 achieves 'Fully Operational Capable' Status
- Spanish Minister of Defense Visits USS *Hershel "Woody" Williams*
- U.S., Allied Forces Conduct Exercise Pacific Vanguard 2021 Off Coast of Australia
- Chief of Naval Air Training Receives Navy's Highest Flight Safety Award
- Norfolk Naval Shipyard's Improvements Key to Undocking USS Pasadena June 26



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# Biden: Reasoning behind Afghanistan decision, thanks U.S. vets of the fight

by Jim Garamone,  
DOD News

In making his decision to end the war in Afghanistan, President Joe Biden determined he would “not send another generation of Americans to war in Afghanistan with no reasonable expectation of achieving a different outcome.”

....The president spoke at the White House July 8 and gave further insight into his thinking to have all American forces out of Afghanistan by August 31.

The president also praised the more than 800,000 American service members, DOD civilians and contractors who served in Afghanistan since 2001.

Those sacrifices played in Biden’s decision to withdraw from Afghanistan. “Let me ask those who wanted us to stay: How many ... thousands more of America’s daughters and sons are you willing to risk? How long would you have them stay?” he said.

He noted that there are already veterans of the fighting in Afghanistan whose sons and daughters have also deployed to the country.

The United States military went into Afghanistan as a response to the attacks of September 11, 2001 that killed 3,000 people in the United States. Al-Qaida — led by Osama bin Laden — planned and rehearsed the attacks from their safe haven in Afghanistan.



**Afghan service members from 3rd Company, 7th Special Operations Kandak, get clearance to engage range targets with an M240 machine gun in Helmand province, Afghanistan, Feb. 2, 2013. Army photo by Sgt. Benjamin Tuck**

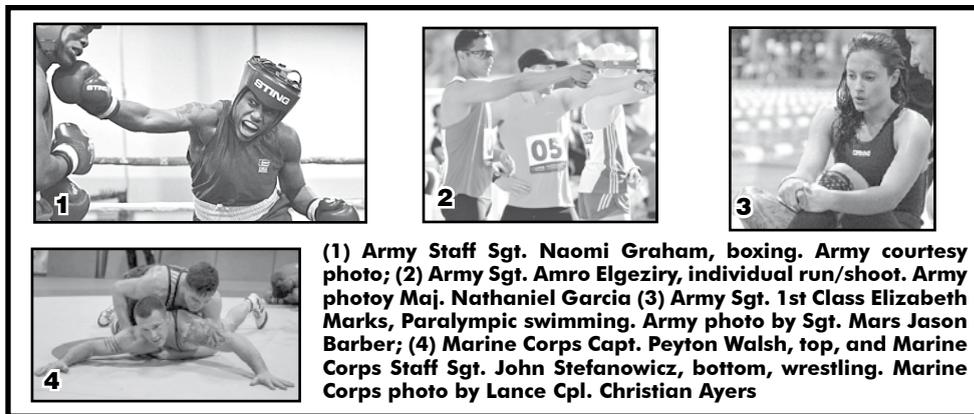
Since then, the United States has lost 2,448 Americans killed, 20,722 wounded, and thousands coming home with unseen trauma to their mental health. The United States spent about \$1 trillion training and outfitting Afghan defense forces. “The United States cannot afford to remain tethered to policies creating a response to a world as it was 20 years ago,” Biden said. “We need to meet the threats where they are today.”

The terror threat has shifted to different areas including Somalia, West Africa and South Asia and the Middle East. Biden said the U.S. military is studying where forces can best be used. “But make no mistake: Our military and intelligence leaders are confident they have the capabilities to protect the homeland and our interests from any resurgent terrorist challenge emerging or emanating from Afghanistan,” he said.

But the main threats have

changed since 2001 and the United States needs to develop new capabilities to meet the challenge from China.

“We have to defeat COVID-19 at home and around the world, make sure we’re better prepared for the next pandemic or biological threat,” the president said. “We need to establish international norms for cyberspace and the use of ... emerging technologies. We need to take concerted action to fight existential threats of climate change. And we will be more formidable to our adversaries and competitors over the long run if we fight the battles of the next 20 years, not the last 20 years.”



**(1) Army Staff Sgt. Naomi Graham, boxing. Army courtesy photo; (2) Army Sgt. Amro Elgeziry, individual run/shoot. Army photo by Maj. Nathaniel Garcia (3) Army Sgt. 1st Class Elizabeth Marks, Paralympic swimming. Army photo by Sgt. Mars Jason Barber; (4) Marine Corps Capt. Peyton Walsh, top, and Marine Corps Staff Sgt. John Stefanowicz, bottom, wrestling. Marine Corps photo by Lance Cpl. Christian Ayers**

## Olympics

continued from page 3

The ancient Olympic Games were held every four years in Olympia, Greece, beginning in 776 BC. The games featured running, a pentathlon, boxing, wrestling, pankration and equestrian events. The Olympic Games ended sometime between 393 AD and 426 AD, when the Romans gained power and influence in Greece.

The first modern Olympic Game, under the auspices of the International Olympic Committee, took place in Athens, Greece in 1896.

There were 280 athletes from 13 nations, including the United States, competing in 43 events. The United States took the most gold medals (11), followed by Greece (10) and Germany (6).

Although U.S. military members did not compete in the 1896 games, several who won gold medals later joined the military. Among those were:

•John Paine, sport shooter, joined the Army and served during the Spanish-American War.

•James Brendan Connolly, triple jump, joined the Army Corps of Engineers and served during

the Spanish-American War.

•Thomas Burke, 100-meter sprint and 400-meter sprint, served in the Army during World War I.

•Thomas Curtis, 110 meter hurdles, served in the Massachusetts National Guard during World War I.

In 1924, the Winter Olympic Games were added. The Paralympics were added in 1948.

Since the 1896 Olympics, many members of the U.S. military have participated in the summer and winter games as well as the Paralympics and many have medaled.

## Total Navy Battle Force: 297 Ships underway

Deployed ships underway: 58  
Non-deployed ships underway: 25  
Total ships underway: 83  
Ships deployed by fleet

Fleet Forces: 4      3rd Fleet: 2  
4th Fleet: 3      5th Fleet: 23  
6th Fleet: 13      7th Fleet: 55  
Total: 100

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These are approximate positions of the Navy’s deployed carrier strike groups & amphibious ready groups throughout the world as of July 12, 2021, 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>.

4 www.armedforcesdispatch.com THURSDAY, JULY 15, 2021

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## Interpersonal Edge: Get the best performance from your new hire

by Dr. Daneen Skube,  
Tribune Content Agency

*Q: I just hired a new employee and I'm very disappointed with his performance. I want to be diplomatic but need to insist on a higher bar. How can I confront him about him agreeing to my job requirements and then failing to deliver?*

**A:** You'll get a better outcome if you skip confrontation and go directly to negotiating on performance. When an employee is failing to deliver what you and he agreed on, allow this employee to vote himself on or off your corporate island.

The easiest way to challenge a poorly functioning subordinate is to behaviorally define what the job requires. Then tell the employee you respect if this job just isn't a fit for what he wants at this moment in his career. Tell him you will simply watch

### INTERPERSONAL EDGE:

whether he does or does not meet the job requirements.

If he does not, you'll have a much easier conversation ahead of you. You can tell him you respect his decision and want to

now create a transition plan for him to leave and find a better job fit.

By setting up this agreement with your new employee, you give the employee all the power. You avoid a power struggle

because your employee knows exactly what he needs to do if he want to keep his job.

A clever candidate can occasionally fool even the most skillful job interviewer. Certain candidates can also bait and switch, presenting one face during interviews and another after employment.

Angry accusations, confrontations and lectures will fail to get you the employee you need. Obviously, it's disappointing to have a new hire that fails to deliver. However, since he just started, you have a perfect opportunity to remind him of what you expect and let him quickly vote with his feet.

Research tells us that 80 percent of every manager's job involves dealing with conflicts.

A huge part of my executive coaching toolkit is teaching my management clients how to work less hard during conflict. Your job is to clearly and behaviorally define the job requirements. The job of the employee is to deliver or find a better-fitting position.

Whatever you do, avoid lecturing your employee on the reality that all employers will demand what you expect. If the employee is failing to be punctual, polite or competent, you'll get nowhere scolding the employee about how what you expect is "reasonable."

Having arguments with people about how what you want is "reasonable" is always a losing strategy. I tell clients that "reasonable" is whatever you can negotiate with someone else. If an employee insists that arriving late constantly is "reasonable" and you disagree, what do you gain?

If you counter instead with agreeing with the employee that whatever they want is "reasonable" for another employer but not possible at this job, you win every time. Let the poorly performing employee go out in the work world and discover that no

one will make the deal they feel entitled to rather than arguing with them.

Reality is a powerful ally in and out of the workplace. Employees will either rise to the bar you clearly set, or you get an agreed upon and calmer exit. You then can hire someone that will deliver what you need.

As a manager, if you want to enjoy your work, learn the tools that let you work less hard while creating a peaceful work environment. Don't let poorly performing employees drag you into power struggles. Allow the problem employee to fix the problem themselves

### San Dieguito River Park volunteer training

After over a year halt on the volunteer program, the San Dieguito River Park and San Dieguito River Valley Conservancy are inviting you to a Sikes Adobe docent, Education Guide and Garden Volunteer training on July 25 from 9 a.m.-12 p.m.

This is your opportunity to be an integral part of the San Dieguito River Park team. Join and learn about the different volunteer opportunities, educational materials and take a tour of the

or clear the path for an effective replacement.

The last word(s)

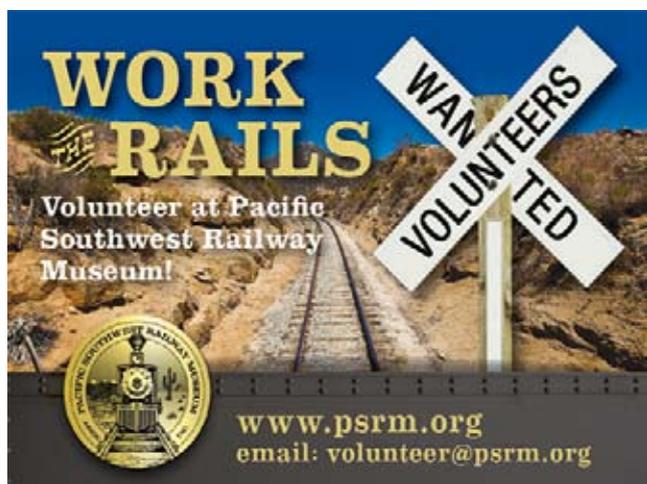
*Q: Why is most workplace advice so simplistic like, "be a better listener"? How am I supposed to know how to do this? Is there a reason most workplace experts don't give better directions?*

**A:** Yes, many workplace "experts" believe the answer to interpersonal problems is attitude not aptitude. The truth is having tools provides us with the aptitude to fix conflicts, which is much more effective than good intentions!

house and nearby trails. Refreshments provided. Space is limited so reservations are required.

For reservations, more information, and detailed training agenda e-mail Interpretive Ranger Blanca at [blanca@sdrp.org](mailto:blanca@sdrp.org) or call (858) 674-2270, extension 18.

The training will be held at Sikes Adobe Historic Farmstead, 12655 Sunset Drive, in Escondido.



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# Local Military

## PENDLETON LEADERS COMMENCE OPERATION SLOW DOWN

by Chief Warrant Officer Zachary Dyer  
As construction work along roads increases on Marine Corps Base Camp Pendleton, leaders are calling for service members and civilians to slow down and pay attention while driving through work zones. "I'm personally asking everyone aboard Camp Pendleton, both service members and civilians, to slow down as they drive throughout the base, and particularly through construction zones," said Marine Brig. Gen. Jason Woodworth, the commanding general of Marine Corps Installations West, MCB Base Camp Pendleton.



**Marine Sgt. Kevin Harrod, a military police liaison officer at Camp Pendleton, patrols around Stuart Mesa Housing Area on Oct. 31, 2020. Marine Corps photo by Lance Cpl. Kerstin Roberts**

"We're continuously working to improve the roads and facilities on base, and I need motorists to consider the safety of construction workers, pedestrians, and other drivers. Please plan for trips to take a bit longer than normal, we all need to maintain situational awareness and follow all traffic laws aboard our installation. Please be safe, our family and friends live and work here."

make drivers aware of safety measures and speed limits near work sites.

In response to several accidents near construction zones along major roads like Vandergrift Blvd. and Basilone Rd. over the last few months, MCI-West and I Marine Expeditionary Force have come together to start Operation Slow Down, a joint effort to promote safe driving and

"Historically, whether on or off base, speeding and distracted driving are the primary causal factors in private motor vehicle mishaps experienced by I MEF personnel," said Jim McAllister, the safety director for I MEF. "This fiscal year, I MEF has seen eight fatality events – all in private motor vehicles. When see **Slow Down**, page 9



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# Indian Navy vice chief of naval staff visits commander, 3rd Fleet

SAN DIEGO - Vice Adm. G. Ashok Kumar, Indian Navy vice chief of naval staff, met with Vice Adm. Steve Koehler, the commander of U.S. 3rd Fleet, during a visit to San Diego, June 28.

The purpose of the meeting, held at the invitation of Commander, U.S. Pacific Fleet, focused on U.S. and Indian Navy cooperation in the area of undersea domain awareness, and is part of a larger visit which included various stops throughout San Diego and the Pacific Northwest.

“The US-India strategic partnership is one of our most critical relationships in the Indo-Pacific,” said Koehler. “Open discussion of shared and complimentary capabilities not only strengthens our relationship, it increases our naval effectiveness as we work together to ensure a free and open Indo-Pacific.”

While in San Diego, Kumar visited Undersea Warfighting Development Center, Submarine Squadron 11, Undersea Rescue



Vice Adm. G. Ashok Kumar (left) and Vice Adm. Steve Koehler. Navy photo

Command, Fleet Anti-Submarine Warfare Training Center, and the aircraft carrier USS Theodore Roosevelt (CVN 71).

In the Pacific Northwest, Kumar visited with elements of Submarine Development Squadron 5 and Commander, Undersea Surveillance.

The U.S. and Indian navies have been reinforcing their partnership in a shared desire

to maintain a rules-based international order and will continue to work together with other partners and allies to demonstrate a collective commitment to a free and open Indo-Pacific.

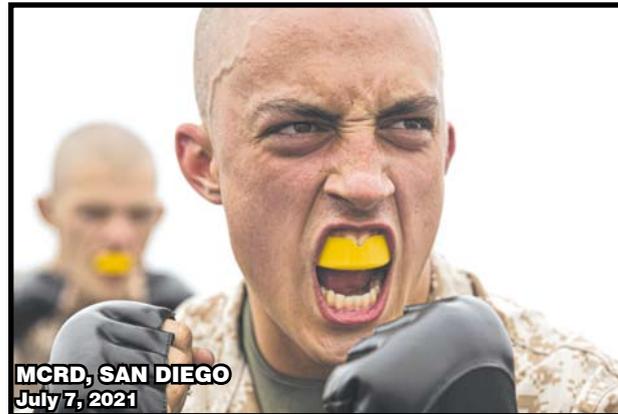
An integral part of U.S. Pacific Fleet, U.S. 3rd Fleet operates naval forces in the Indo-Pacific in addition to providing realistic and relevant training across the full spectrum of military operations – from combat operations to humanitarian assistance and disaster relief. U.S. 3rd Fleet works in close coordination with other numbered Fleets to provide commanders with capable, ready forces to deploy forward and win in day-to-day competition, in crisis, and in conflict.



## This week's snapshots



**Change of leadership**  
CAMP PENDLETON (July 9, 2021) - Col. Kevin Root, left, the incoming commanding officer of I Marine Expeditionary Force Information Group (I MIG), receives the organizational colors from Col. Brian T. Rideout, the outgoing CO. Marine Corps photo by Lance Cpl. Isaac Velas



**MCRD, SAN DIEGO**  
July 7, 2021  
Recruit Stephen Moore, a recruit with Hotel Company, 2nd Recruit Training Battalion, participates in a Marine Corps Martial Arts testing session. In order to receive their Tan belts, recruits must correctly execute numerous techniques that they have been taught during recruit training. Official Marine Corps photo



**PACIFIC OCEAN** (July 11, 2021) - Naval Aircrewman (Helicopter) 1st Class Charles Weaver, assigned to the "Black Knights" of Helicopter Sea Combat Squadron (HSC) 4, flies near Carl Vinson aircraft carrier in a Sea Hawk helicopter. Navy photo by MC3 Haydn N. Smith



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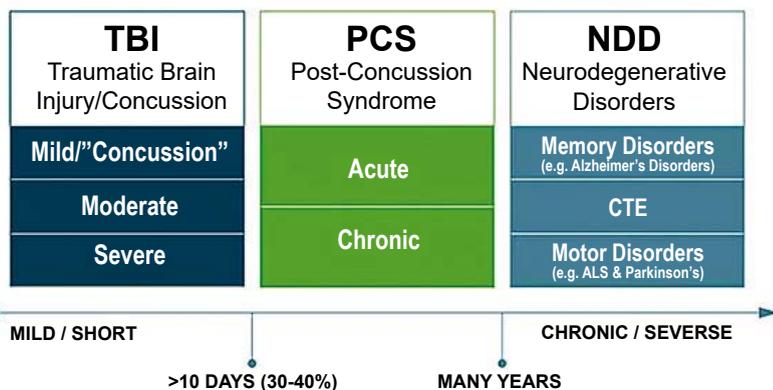
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# Midshipmen wraps up summer internship at Naval Surface Warfare Center in Port Hueneme

by Teri Carnicell

Four midshipmen from the Naval Academy in Annapolis, Md., wrapped up their internship June 23 with Naval Surface Warfare Center, Port Hueneme Division, where they worked on different technology initiatives and toured nearby naval facilities to learn what options are available to them after graduation.

said Phillip Bond, the command's NISE program manager.

Three of the four interns, Midshipmen 1st Class Bryson Ogden and Nicholas Forsys, and Mid-

shipman 2nd Class Christophe Descour, worked with NSWC PHD's Office of Technology, under Bond's direction.

Ogden is a mechanical engineering major with strong interests in engines and car mechanics/dynamics. Forsys is an honors robotics and controls engineering major who has experience with target-recovery mechanisms aboard unmanned underwater vehicles. Descour, also a robotics and control engineering major is interested in biomechanics and working with unmanned vehicles.

Program managers from several Naval Sea Systems Command PEO IWS offices conducted a webinar June 22 with the three midshipmen, discussing the role of PEO IWS in the Navy and their weapons programs.

The fourth intern, Midshipman 1st Class Nick DiNofrio, assisted the command's In-Service Engineering Agent of the Future

Odgen, who had worked with 3D modeling in a prior school semester, helped design the course on a computer. He also brainstormed with Forsys and Descour, first drawing different design ideas on a whiteboard. They conducted their research and designing largely at the command's offsite Fathomwerx Lab at the Port of Hueneme.

program team, working with Tami Van Wezel, senior analyst, and Seth Bourn, engineering lead.

"The midshipmen were selected based on their academics and professional interest as well as their maturity in participating in this internship independently," said Allison Webster-Giddings, PEO IWS research engineer in the Weapons, Robotics and Control Engineering Department at USNA. She served as the midshipmen's faculty sponsor.

OOT tasked the three midshipmen to design a robotics obstacle course with challenges a robot would face on a surface vessel.

"This required the midshipmen to research commercially available robot kits, and determine an appropriate scale," Bond explained. "Then they had to research the size of a representative ship for movement up and down stairs, opening/closing hatch door and similar activities."

For FY 21, the command's Naval Innovative Science and Engineering program actively sought to expand collaborations with institutions of higher learning,

Unfortunately, after a few all-nighters, I could see that I could not possibly do all of the work that remains in just one week, while also continuing to cover events and write new columns. Resigned to that realization, on Saturday I woke up early and headed to National City's Pepper Park to cover the 10th anniversary 'San Diego RollerZ Only' car show.

I had seen it promoted on *Eventbrite.com*. This show, which was to include lowrider cars, pedal cars and trikes, as well as vendors, food, music and more, had been postponed from July 2020 to July 10, 2021 due to COVID-19. The date had been changed on the old flyer, which still had "POSTPONED" slashed across it.

When I arrived at Pepper Park, immediately I knew something was wrong. The parking lot had plenty of open parking spaces, and there were no lowriders anywhere. It was only then that I realized that this car show had probably been postponed yet again.

Now I had a choice to (a) either return home to continue working on my new website, or (b) try to 'make lemonade from lemons' by covering how people were spending this beautiful San Diego County day in Pepper Park, and on the adjacent waterway. I grabbed my camera and began to explore.

I discovered that people were launching boats from the ramp into the waters of nearby Sweetwater Channel, which feeds into San Diego Bay; fishing from the public fishing pier; having picnics, exercising and relaxing on the grass; and more.

I spotted a yellow Hummer as it was about to launch a boat into the water. Figuring that its owner was probably wondering why I was photographing it, I explained that I was

taking the pictures for my column - since the lowriders car show that I'd expected wasn't happening.

He told me that he and his family often take relaxing cruises around the bay in his Chaparral Sunesta, to enjoy the weather. Today they expected to visit Point Loma, Coronado and the Silver Strand area.

I asked him for tips about backing up a trailer. He said to relax, and to always make sure that you look around the area first to make sure that everything is clear.

I spoke with a gentleman who was relaxing on a bench, enjoying the view of Sweetwater Channel as boats, kayaks and jet skis passed by. He said he would try to send me information about future lowriders car shows.

Elsewhere, a group of people were exercising to music.

Another gentleman, this one retired from the Post Office, was teaching a young boy how to fish. First, they fished for small bait fish, and then the boy proceeded to catch the biggest fish of the day!

For information about all of the Port of San Diego's waterfront parks, with videos, go to <https://www.portofsandiego.org/see-and-do/parks?location=All&page=1>.

I absolutely commit to taking my new website live soon. I'll let you know here when I do.

To see additional photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #700" in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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## AutoMatters™ & More



by Jan Wagner

This has been a week filled with surprises. As I discussed with you last time, my plan for the days ahead was to finish the work that I needed to do to take my new "AutoMatters & More" website live. Instead, as it often does, life took me by surprise and pointed me in unanticipated directions.

After I submitted my column for publication last week I worked like mad, with the goal of uploading hundreds of my oldest columns to my new website so that I could take it live. My primary goal for that website is for it to become the online home in "AutoMatters & More" for the many amazing and memorable people, places, things and events that I've covered over the nearly 20 years - in 699 columns - and continue to cover each week.

For example, in one of my old columns I discovered a photo that I had taken of Phil Hill, Shav Glick and Carroll Shelby, all of whom are famous in the world of motorsports, but sadly all of whom passed away years ago. In another column there are photos of vintage cars racing in the historic car races at Coronado, an event that's no longer held. These images from the past should be shared.

Unfortunately, after a few all-nighters, I could see that I could not possibly do all of the work that remains in just one week, while also continuing to cover events and write new columns. Resigned to that realization, on Saturday I woke up early and headed to National City's Pepper Park to cover the 10th anniversary 'San Diego RollerZ Only' car show.

# Experience summer on the waterfront at Pepper Park

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"This current internship is hosted by Program Executive Office, Integrated Warfare Systems (PEO IWS), and has been sited at the Washington Navy Yard in previous years; this year it moved to Port Hueneme," said Maddie Flayler from USNA Public Affairs.

## Slow Down continued from page 7

taken into account with respect to road workers and construction zones, especially on Camp Pendleton, we need to slow down, be vigilant, and respect the safety parameters put in place to protect these individuals while performing their duties. We'd expect nothing less if the roles were reversed."

Motorists need to slow down and obey the posted speed limits when approaching a work zone. They also need to refrain from using their cell phones or other forms of distracted driving while on the road. The Provost Marshal's Office enforces all state-wide traffic regulations on base, and it's against the law in the state of California to use a cell phone without a hands-free device while driving.

"The safety of our Marines and sailors is a priority of I Marine Expeditionary Force," said Sgt. Maj. Terrence C. Whitcomb, the sergeant major for I MEF. "Slow down, buckle up and do not speed."

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## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

This summer, our family's annual beach vacation was the same as always, except that it wasn't.

Aside from one summer when my husband and I couldn't afford plane tickets to fly home from our duty station in England, I've been vacationing at the same North Carolina beach since I was a baby. Our extended family bought a small property there in 1979, so I've been staying at the same beach cottage since seventh grade. The cottage's third floor bunk room, where I giggled late at night until my parents yelled, is the same room where our

## Vacationing with Geek Squad teaches unexpected lesson

own three kids grew up getting yelled at.

Not much has changed. Every summer, we bonk our elbows on the uncomfortable wooden furniture, shuck corn on the screened porch, and nudge toads out of the sand shower.

Just like I did when I was old enough, our two daughters have invited friends on our summer vacations, compounding late night giggle-fests, grocery bills, and sand being tracked through the house. When they got older it was fun watching the gaggle of girls vie for the attention of boys on the beach. Their tactics ranged from coy to outright obnoxious. At night, they'd doll up and ride bikes, sing loudly from our deck, or go to the local dance club, coming home with dirty feet and stories to tell.

Our son, Hayden, never invited friends to our beach cottage until recently. As an "on the

spectrum" Navy brat who moved ten times and attended three high schools, Hayden often struggled socially. He found his way in his new career as a software engineer, where he has formed real friendships.

"Can we take the third floor?" Hayden asked recently, after inviting two of his computer scientist friends to come on our summer vacation. We thought it a bit odd that twenty-something fellows would want to bunk together, but we knew Hayden was excited to finally have the kind of experiences that he'd seen his sisters have.

They arrived on Saturday night, spilling out of Hayden's Nissan with their backpacks, bantering about video games. "So what did you do during the twelve-hour drive from Rhode Island?" I asked once they were settled in the cottage. "Listen to music? Play games? Sleep?"

"We talked," Hayden said. "For twelve hours?" I asked, expecting clarification.

"Yep, the whole time," Hayden responded, deadpan.

It didn't take long for us to learn that talking, or rather, arguing was their favorite past time. From sun up to sun down, they debated. Everything from computer coding to breakfast cereals. Although we often didn't understand the issues being addressed in their fast-paced repartee, we found it highly entertaining.

Unlike our daughters, Hayden and his friends weren't interested in attracting attention or pushing limits. In fact, they had trouble

maintain eye contact for more than five seconds, and avoided outdoor activities that might cause sunburn or insect bites. One afternoon, as two large groups of young women in bikinis passed by our cottage, Hayden and his friends sat on the couch, transfixed by YouTube videos featuring hands soldering wires onto motherboards. At night, instead of hitting the clubs, they'd play video games at the fishing pier or go to Walmart to buy surge protectors and adapters, driving through Sonic for slushes on the way home (too many mosquito at the boardwalk ice cream stand). On a perfect beach day, Hayden and his friends went to the Wright Brother's Museum, learning about aerodynamics and the history of flight.

Another day, they bought a kite and, after arguing how to launch it, finally got it airborne only to reel it in for fear that wind gusts might cause it to impale someone. Safety first.

In the end, our son and his friends "had a blast" on vacation, despite mini-golf sunburns.

Certainly, their brand of enjoyment was unique and somewhat difficult to comprehend, but enjoyable nonetheless.

My husband and I learned that parenting individual children the same way, in the same environment (i.e., our summer beach cottage), will nevertheless produce unique individuals with distinct motivations, personalities and paths to success.

In other words, fun is in the mind of the vacationer.

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## Medical advances since Gulf War boil down to increased lives saved

Second in a series of articles on advances in military health care and technology since the Persian Gulf War, 30 years ago this year.

Tactical casualty care – an application of the lessons learned based on data collected during the Vietnam War and analyzed with computers in the 1990s – evolved since being initially published in 1996, noted Alan Hawk, manager of historical collections for the Defense Health Agency's National Museum of Health and Medicine.

Hawk noted that this resulted in the development of improved hemorrhage control techniques and even early versions of telemedicine, allowing for medical consultations by physicians far from the point of care. He also included rapid vaccine development, from a concept developed by the Defense Advanced Research Projects Agency (DARPA), to develop defenses against novel biological warfare agents.

### Tourniquets and gauze

But other tools have been less tech-oriented and just as effective in saving lives. Former Army Col. (Dr.) Leopoldo "Lee" Cancio and Dale Smith, a longtime author and a professor of military medicine and history at the Uniformed Services University of the Health Sciences in Bethesda, Maryland, mentioned advanced forms of battlefield gauze, clotting agents, and combat application tourniquets ("CAT," or "ratchet" tourniquets) as key ingredients in the rucksacks of not just medics, but all ground troops.

"In 2001, we were using a strap-and-buckle tourniquet," Smith said, which were about 80% efficient – meaning that, above the elbow or above the knee, blood vessels are "big enough that 20% leakage is going to kill you. So, in theater, some surgeons and some medics built a ratchet tourniquet." He described it as "a loop – you can put it on over your own arm and tighten it down. They are more than 98% efficient."

Exsanguination (bleeding to death) is the most common cause

of potentially survivable death for wounded warfighters, according to the Army. To be blunt about it, Smith added, once you've already lost a limb, it's about saving your life.



An updated combat application tourniquet from 2016. U.S. Army photo.

"Today, the ratchet tourniquet is in everybody's kit bag, you can put it on yourself, you can put it on your buddy, and you can stop bleeding in less than 10 minutes," he said. "That's what I mean by survivability. You would've died in 2000 with this injury, but now you're alive and we've got a decent prosthetic device. It's not as nice as (the limb) you were born with, and there's a whole lot of psycho-social issues to being an amputee and a whole lot of learning to do."

The newer tourniquet is "a very nice piece of technology," Cancio agreed. "The concept is simple, but you've got to make it user-friendly."

He added that the mindset of the tourniquet as a last resort also had

to be changed as it was introduced. With arrival times from point of injury to aid station of perhaps 30 to 60 minutes, he said, "even if you put it on unnecessarily, you're not going to do any permanent damage to that extremity."

The development of topical dressings to replace traditional gauze has been another big development that saves lives, Cancio said. Several iterations of the new dressings since 2003 have resulted in the "combat gauze" used today – so effective at stopping bleeding that it is not just carried in battle but used in the burn center where he works.

### Rule No. 1

These developments and advances in military medicine should not diminish the terrors of being on what Smith calls "the pointy end" of battle.

Suffering a traumatic brain injury or losing a limb are no small matters, no matter how sophisticated the subsequent treatment or prosthetic replacement limb may be. But in many cases, these developments mean not just survivability, but a "return to function," as Cancio put it, or even a "return to ambulation" despite losing one or even both legs. And that return to function could even mean staying on active duty. Gone are the days when losing a leg in battle meant an automatic medical discharge.

"At either end of this long

sequence of events and different echelons of care is an individual who is wounded and a combat medic who is taking care of that individual," Cancio said. "That individual at the end of that process is returning to his family and community. So those people are really the most important factors in this whole process – the people, not the technology. And really, none of the technology that we talked about is meaningful or helpful unless we put it in the hands of medics who are properly trained."

Said Smith, "We have pioneered in the military pushing people to the limit of their training. In World War II, we didn't have enough doctors to put on airplanes to evacuate patients, and so we taught nurses to take blood pressures."

Now, he said, there are physician assistants, techs, advance practice nurses, people who do psychosocial work – the works. "You've got all levels of practice from psychiatrists on down to technicians who forward deploy to deal with acute combat reaction in theater. (The USU) even has a campus in San Antonio to get the medics and corpsmen trained up to give them college credit to jump-start their associate degrees, because we see them needing those degrees to move to the limits of practice and certification. So, the

military is still in this business of extending the scope of practice of people in order to provide more robust, systematic care, wherever you are."

For example, "the Joint Trauma Registry has been a huge factor in educating people and keeping one group from not knowing what the previous group did – they are now getting better at that. All of this has contributed to improved survivability." That includes intra-service communications, Smith said. "You've got more people at the table, they're talking more frequently, both in the line and in medicine."

At that, he paused, remembering

a line from a fictional doctor –, the beloved Col. Henry Blake from the first few seasons of the TV show "MASH." Blake was consoling the usually irreverent main character, Army Capt. Benjamin "Hawkeye" Pierce, who was upset after one of his patients died.

Blake stated: "Look, all I know is ... there are certain rules about a war. And rule No. 1 is young men die. And rule No. 2 is ... doctors can't change rule No. 1."

"We can't change rule No. 1," said Smith. "But we can amend it, and we have been amending it, really, for the past 70 years, but phenomenally in the last generation."

TBI	PCS	NDD
Traumatic Brain Injury/Concussion	Post-Concussion Syndrome	Neurodegenerative Disorders
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Moderate	Chronic	CTE
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