

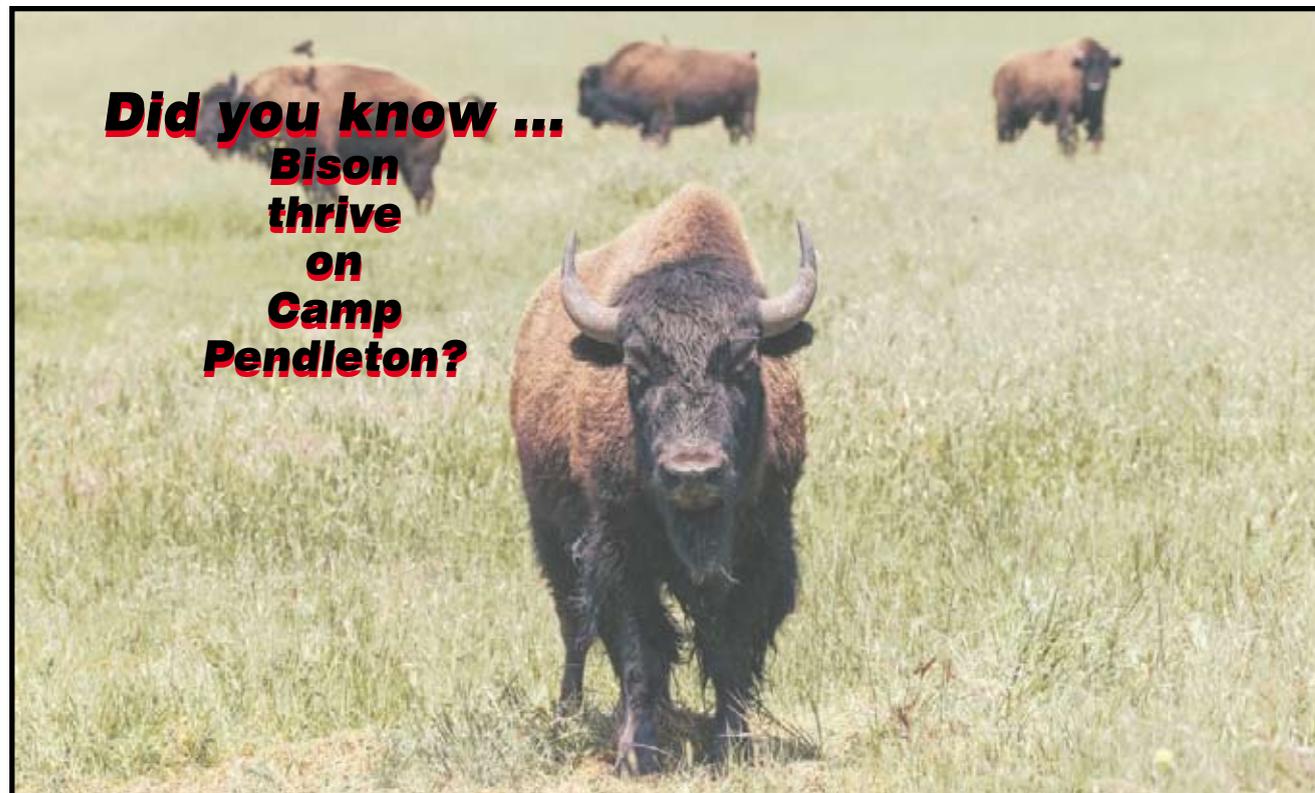
ARMED FORCES DISPATCH



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-SECOND YEAR
THURSDAY, MAY 4, 2023



**Did you know ...
Bison thrive on Camp Pendleton?**

A plains bison herd roams the hills on Camp Pendleton April 19, 2023. Bison aren't native to the San Diego area. The non-native wild herd of plains bison currently living on the installation descended from 14 founding animals donated by the San Diego Zoo that were released between 1973 and 1979. As of fall 2011, the herd had grown to approximately 120 animals. US Marine Corps photo by Cpl. Shaina Jupiter

MILITARY APPRECIATION No cost admission to Sea World

SAN DIEGO - SeaWorld San Diego observes Military Appreciation Month with free one-day admission for military veterans and up to three guests.

Veterans can register for this offer through May 14 and have until July 9 to visit the parks with their free tickets. Active-duty military and their guests continue to enjoy one-day complimentary admission all year long. The offers are part of SeaWorld's Waves of Honor program, a longstanding partnership saluting active-duty military members, veterans, and their families by offering special pricing and promotions throughout the year.



For more than 20 years, SeaWorld has provided complimentary park access to members of the military. More than 10 million guests – active-duty military members, veterans, and their families – have enjoyed free admission to the company's parks through the Waves of Honor program. Whether it's educational animal experiences or thrilling attractions, SeaWorld invites military families for a day of family fun on us.

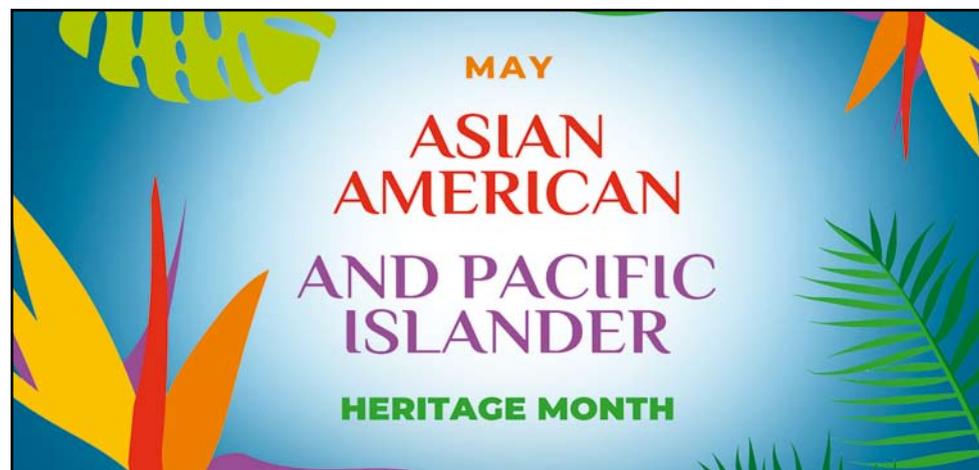
"We're proud to honor active-duty military, veterans and their families with a complimentary visit to one of our parks," said Marc Swanson, chief executive officer of SeaWorld Parks & Entertainment. "The Waves of Honor program extends a small token of our appreciation to members of our military for their commitment and dedication to serving our county. We welcome all military families for a fun-filled day as a thank you for their continued sacrifice and service."

May is Asian American Pacific Islander Heritage Month

The observance of Asian American Pacific Islander (AAPI) Heritage Month is an occasion to remember the patriotism of AAPIs who have served, or are currently serving, in the Department of Defense, the nation and, specifically, at the DoD Education Activity.

May commemorates the arrival of the first Japanese immigrants to the United States on May 7, 1843, and to mark the anniversary of the transcontinental railroad completion on May 10, 1869. The majority of the workers who laid the tracks of that nation-unifying railway were Chinese immigrants.

In 1978, the AAPI recognition reached the legislative branch of the federal government and Public Law 95-419 was passed by the House and Senate, which designated the week beginning on May 4, 1979 as Asian/Pacific American Heritage Week. In 1979, President Jimmy Carter



accepted this call to action and issued Presidential Proclamation 4650 in support of the AAPI week-long observance.

In the years that followed, U.S. presidents annually issued proclamations for Asian/Pacific American Heritage Week; however, in 1990 President George H.W. Bush extended the

week-long acknowledgement to a month-long celebration, Asian/Pacific American Heritage Month. In 1992, President George W. Bush permanently designated the month of May as Asian/Pacific American Heritage Month. In a 2009 presidential proclamation, President Barack Obama expanded the Asian/Pacific American commemoration

to include Pacific Islanders and issued his proclamations in honor of Asian American and Pacific Islander Heritage Month.

AAPI Heritage Month recognizes the challenges faced by Asian Americans, Pacific Islanders, and Native Hawaiians and their vital contributions to the American story.

Military Appreciation Month celebrated during the month of May

Military Appreciation Month was initially recognized by a resolution in the U.S. Senate in 1999 and traditionally takes place every year throughout the entire month of May, reminding Americans to celebrate this patriotic month that pays tribute to those who have sacrificed so much for our freedom.

Although the entire month is designated to honoring past and present military members and their families, there are several, specific military holidays sprinkled throughout Military Appreciation Month itself, including Loyalty Day, VE Day, Military Spouse Appreciation Day, Mother's Day, Armed Forces Day and Memorial Day.

May 1: National Loyalty Day that recognizes American freedom and the reaffirmation of loyalty to the United States.

May 7-13, 2023: Public Service Recognition Week honors the men and women who serve our nation as federal, state, county and local government employees. (First full week of May)

May 8: Victory in Europe Day is observed to commemorate when the Allies of World War II formally accepted Germany's unconditional surrender of its armed forces

May 12: Military Spouse Appreciation Day recognizes spouses and the important roles and sacrifices military families make in supporting our Armed Forces. (Always the Friday before Mother's Day)

May 20: Armed Forces Day reserved to celebrate our military for their dedication to our great nation. Typically followed by Armed Forces Week that continues to focus on our great military. (Third Saturday of May)

May 29: Memorial Day A federal holiday observed on the last Monday in May. Commemorates the men and women who died while in military service. All Americans are encouraged to pause, wherever they are, at 3 p.m. for a minute of silence



Career Advice

Air Force trainees become U.S. citizens under new streamlined naturalization process.

See page 5

Base Movie Schedule

See the latest movies offered on the bases for free or reduced prices. Check our weekly schedule.

See page 10

Airmen to fly electronic air taxis at California military base by next year

by Phillip Walter Wellman, Stars and Stripes

Edwards Air Force Base in California is set to become the first U.S. military base to have electric vertical takeoff and landing aircraft on site for airmen to put to the test.

Two of the aircraft, sometimes called electronic air taxis, are expected to arrive at the base early next year, with up to seven more delivered in subsequent months, manufacturer Joby Aviation announced April 25.

The Air Force in recent years has been supporting the development of electric aircraft, which it describes as more environmentally friendly, quieter and cheaper to maintain than fuel-burning planes and helicopters.

The Joby Aviation aircraft

is powered by six electric motors, can carry a pilot and four passengers, and is said to have a range of up to 150 miles. The delivery is part of a \$55 million contract extension between the company and the Air Force that brings their total agreement to over \$130 million, the company said in a statement.

AFWERX, an Air Force program that supports technological innovation, awarded Joby the contract. It's also working with several other companies to accelerate fielding of the most

promising eVTOL technologies.

The Army, Navy and Marine Corps also are looking into the technology.

Manufacturers of electronic aircraft envision a wide range of military uses, including reconnaissance, transportation, logistics and medical evacuations. They're also being developed for commercial use.

Tuesday's announcement came just days after four pilots became the first airmen to remotely fly an eVTOL aircraft through a transition. That's when the propellers of an aircraft moving vertically tilt forward and allow it to move horizontally.

Once the aircraft arrive at Edwards Air Force Base, airmen will train to fly them remotely and from inside the aircraft, Megan Lamb, a spokeswoman for Joby Aviation said by e-mail.



Two Air Force pilots inspect Joby Aviation's vertical takeoff and landing aircraft in April 2023. The aircraft soon will be delivered to Edwards Air Force Base in California. Photo courtesy of Joby Aviation

In March 2022, two Air Force pilots in New York state became the first airmen to fly inside an electric aircraft through the AFWERX Agility Prime program. That aircraft was made by Vermont-based Beta Technologies.

Edwards Air Force Base is the Air Force's second-largest base and has been the site of scores of aviation milestones. It's where Capt. Chuck Yeager and the Bell

X-1 first broke the sound barrier on Oct. 14, 1947. It's also where the X-15 became the first winged aircraft to fly Mach 4, 5 and 6.

"We're honored to continue the tradition of accelerating

emerging aviation technology as we become the first base to exercise electric air taxis," Lt. Col. Adam Brooks, director of the Air Force's Emerging Technologies Combined Test Force, said in the statement.



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Army

- Top Soldier calls out leaders to 'show up' at PT, dining facilities
- Soldier with white nationalist ties pleads guilty to gun charges
- Army unlikely to alter fitness test over concerns of gender neutrality
- Ex-Fort Hood brigade commander faces trial for abusive sexual contact

Navy

- Nuclear-powered submarine stops in Iceland for first time
- Navy attack sub *Alexandria* gets 3-year life extension, *Scranton* next on the list
- Iran seized oil tanker headed for Texas, Navy says

Marine Corps

- Marines offer fast promotions to reenlisting corporals
- Focus should be on accountability ahead of trial in Marine recruit's death, mother says
- Hawaii lawmakers urge relocation of Marines' Pu'uoloa Firing Range

Air Force

- 14 airmen become US citizens in new basic training naturalization process
- Robot rescue? Air Force seeks new way to recover downed troops
- The beloved A-10 Warthog has a brand new role: bomb truck
- Retired general sentenced for wire fraud, falsifying tax returns
- Service member dead after being found unresponsive on New Mexico base

Space Force

- Space Force woos new launch bidders—but startups aren't quite ready



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U.S., South Korea unveil joint declaration outlining steps to bolster deterrence

by Joseph Clark
DOD News

President Joe Biden and South Korean Yoon Suk Yeol outlined new steps aimed at bolstering the longstanding U.S.-South Korean defense alliance in the face of growing nuclear threats posed by North Korea.

Under the newly unveiled “Washington Declaration,” the two countries have committed to engaging in deeper dialogue and information sharing efforts and announced the establishment of a nuclear consultative group to strengthen nuclear deterrence efforts on the Korean Peninsula.

The U.S. will also enhance the visibility of its strategic assets in the region under the joint declaration, to include an upcoming visit of a nuclear-armed ballistic submarine to South Korea.

The new measures were unveiled during a joint news conference at the White House following bilateral talks between the two leaders.

Biden called the declaration a “prudent step” toward deterrence and in response to North Korea’s advancing nuclear threat.



Vice Adm. Kim Jung-soo, commander of Republic of Korea Fleet, leads Vice Adm. Karl Thomas, commander, US 7th Fleet, and staff, on a tour of the flight deck aboard Republic of Korea Navy amphibious assault ship ROKS Marado (LPH-6112) in Busan, ROK. Photo courtesy of ROK Fleet Public Affairs

“A nuclear attack by North Korea against the United States or its allies or partners is not acceptable and will result in the end of whatever regime that would take such an action,” Biden warned.

“The bottom line is that there is even closer cooperation, closer consultation,” between the U.S. and Korea, he added.

Biden said that while the declaration marks a commitment to strengthening the longstanding

U.S.-South Korean defense relationship, the two countries also seek “serious and substantial diplomatic breakthroughs” with North Korea to bolster stability on the Korean Peninsula.

Yoon’s official state visit to Washington marks the 70th anniversary of the U.S.-South Korean alliance.

The U.S. has maintained a robust presence in South Korea since the Korean War of 1950 – 1953. More than 28,000 U.S.

service members on the peninsula alongside South Korean allies.

“The Alliance between our two nations has been forged in shared sacrifice, fortified by enduring security cooperation and nourished by our close kinship that has enabled both countries to leverage their diplomatic resources to peaceably achieve crucial, strategic outcomes,” the two presidents’ declaration reads.

“What began as a security partnership has grown and ex-

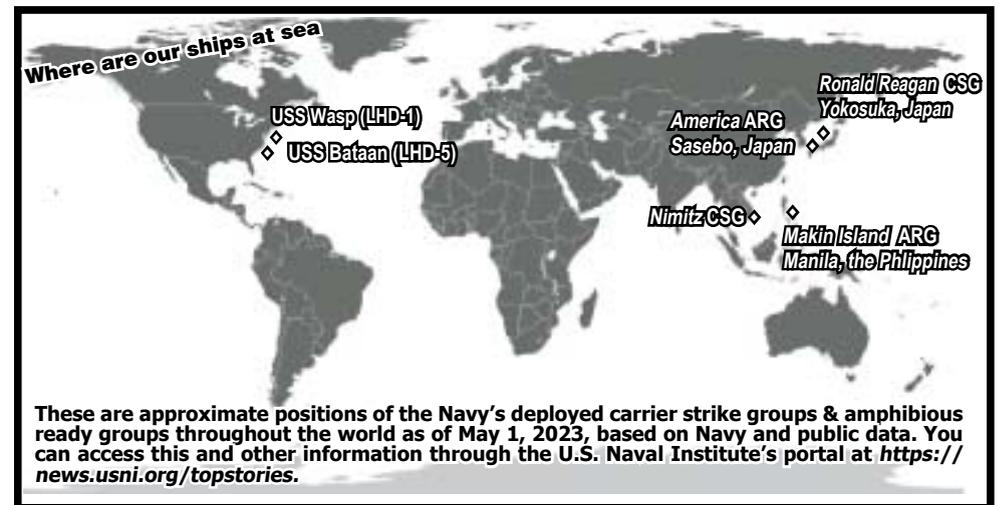
panded into a truly global Alliance that champions democratic principles, enriches economic cooperation and drives technological advancements,” the declaration continues. “Our Alliance has been tested many times, and in every instance we have risen to the occasion and responded to the changing threats on the Korean Peninsula and in the Indo-Pacific.”

The South Korean president arrived in Washington on Monday for a five-day visit to the U.S. which will include an official state dinner at the White House

and meetings with Cabinet officials in Washington.

More than 6,800 guests attended Yoon’s official arrival ceremony at the White House Wednesday morning.

“Mr. President, ours is a future filled with unimaginable opportunity and endless possibility,” Biden told his South Korean counterpart during the arrival ceremony. “Nothing, nothing is beyond our ability to reach when our nations stand united. We have proven that time and again over the last 70 years.”



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An F-35C Lightning II stealth fighter takes off from aircraft carrier *George Washington*, Aug. 21, 2016. US Navy photo by Jonathan Price

USS *George Washington* will return to Japan in 2024, Navy confirms

The Navy confirmed April 28 that aircraft carrier *George Washington* will return next year to Yokosuka Naval Base south of Tokyo, where it's scheduled to shift colors with USS *Ronald Reagan* as the main focus of the 7th Fleet's carrier strike group, the Navy announced Friday.

In a *Stars and Stripes* report, *George Washington* is undergoing its mid-life nuclear refueling and maintenance at Newport News shipyard in Virginia. The Navy didn't reveal the date the carrier will arrive to Japan, but further details will be announced "closer to the actual movement of the carriers," according to a news release Friday from Naval Forces Japan.

"The United States values Japan's contributions to the peace, security and stability of the Indo-Asia-Pacific and its long-term the release said. "These forces, along with their counterparts in the Japan Self-Defense Forces, make up the core capabilities needed by the alliance to meet our common strategic objectives."

The carrier strike group now showcased on *Ronald Reagan* was previously led by *George Washington* from 2008 to 2015. The carrier's scheduled four-year refit began in 2017 but was significantly delayed by the COVID-19 pandemic and other setbacks.

The refit includes refueling two nuclear reactors and "significant repairs, upgrades and modernization," the Navy said.

"The Navy positions many of its most advanced capabilities in Japan in recognition of the importance of our alliance," Naval Forces Japan spokeswoman Cmdr. Katie Cerezo told *Stars and Stripes* by e-mail Friday. "This turnover will ensure continued carrier presence in the region."

Following *George Washington*'s arrival, *Ronald Reagan* will relocate for maintenance to Puget Sound Naval Shipyard in Bremerton, Wash., according to the release.

Army Times: Army grounds helicopter fleet for force-wide safety stand down

by Davis Winkie

The Army announced April 28 that its pilots are grounded until they complete a mandatory safety training program in the wake of a series of deadly helicopter crashes.

The service's top officer, Gen. James McConville, ordered the move after a Thursday evening double Apache helicopter crash in Alaska that claimed the lives of three more Soldiers. Nine more died in Kentucky in March when two Black Hawk helicopters collided.

Both crashes occurred during training flights, according to an Army press release, though "there is no indication of any pattern between the two mishaps." Another two aviators died in February when a Tennessee National Guard Black Hawk helicopter crashed in Alabama.

McConville, an aviator himself, described safety as "our top priority, and this stand down is an important step to make certain we are doing everything possible to prevent accidents and protect our personnel."

The general added that the training program "will focus on safety and training protocols to ensure our pilots and crews have the knowledge, training and awareness to safely complete their assigned mission."

According to an Army official who requested anonymity to discuss the stand down, installation commanding generals will lead the training events, which will also invite junior troops to "inform aviation unit leaders on unit-specific actions" they can take to improve safety practices.

Other covered topics will include flight planning, risk assessment, maintenance and aircrew training.

Safe multi-ship operations will also be covered, the Army official specified, in addition to "safety statistics and trends."

Active duty aviators must

complete the 24-hour stand down and training by next Friday, May 5. The National Guard and Army Reserve's units have until May 31.

The Army official added that commanders can return their troops to flight status once they report they've completed the stand down.

Troops participating in critical missions remain authorized to fly but still must complete the training.

The last-known aviation stand down of this scale occurred in December 2015, when three deadly helicopter crashes occurred in a 10-day span.

General expresses concerns over readiness in sealift, air refueling

by David Vergun, DOD News

Funding levels must enable the United States to preserve its logistical dominance, Air Force Gen. Jacqueline D. Van Ovost, commander of U.S. Transportation Command, said recently at a hearing of the Senate Armed Services Committee to discuss the president's fiscal year 2024 budget request.

"Our organic fleet, along with our commercial transportation partners, must continue to present credible deterrence and requires proactive efforts to recapitalize and modernize. My highest concerns lie in reductions in capacity and readiness in both sealift and air refueling," she testified.

The average age of the 44 roll-on, roll-off ships that are used to surge materiel from the continental United States is 44 years; 17 of the ships are 50 years or older, she said.

"We're a generation late in recapitalizing our ready sealift fleet to meet our national objectives," she said.

Transcom supports the Navy's strategy to acquire used sealift vessels from the commercial market and supports providing the secretary of defense with discretionary authority to purchase foreign-built, used ships under favorable market conditions without limitation on number, she said.

"I greatly appreciate your support for stabilized funding towards our sealift recapitalization effort, and I'm heartened by the current progress on the first five ships," she said.

Transcom has also taken steps to address the department's shortfall in meeting wartime fuel deliv-

ery demands and the vulnerable position of continued reliance on the use of foreign-flag, foreign-crewed tanker vessels, she said.

Transcom is working with the U.S. Maritime Administration, or MARAD, to implement the Tanker Security Program, which will provide assured access to U.S.-flagged tankers and begin to reduce risk in sealift tanker capacity, she said.

That program will provide the DOD with assured access to 10 U.S.-registered tanker vessels that may be used to supply the armed forces with fuel during times of armed conflict or national emergency.

MARAD is an agency of the Transportation Department that administers financial programs to develop, promote and operate the Maritime Service and the Merchant Marine. MARAD also maintains the National Defense Reserve Fleet as a ready source of ships for use during national emergencies and logistically supporting the military when needed.

Transcom also fully supports the Jones Act, she said. The Jones Act is a federal law that regulates maritime commerce in the U.S. and requires goods shipped between U.S. ports to be transported on ships that are built, owned and operated by U.S. citizens or permanent residents.

American workers are critical to joint-force transportation and logistics, Van Ovost said. "Maritime stakeholders have been experiencing challenges with recruiting and retaining mariners. We support MARAD in industry efforts to identify strategies that address the mariner shortage and ensure their readiness," she said.

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Air Force trainees become U.S. citizens under new streamlined naturalization process

by Vanessa Adame
37th Training Wing Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas - Fourteen trainees in basic military training here raised their right hands and are now the first to complete the new streamlined naturalization process making them U.S. citizens and allowing them to graduate as American Airmen.

Over the course of their seven and a half weeks of training in BMT, the trainees accomplished the necessary paperwork and took their citizenship test and oath of allegiance. The first three accomplished their process as early as April 11, and the remaining trainees by April 25. All were formally recognized April 26.

Airman 1st Class Natalia Laziuk, 31, from Russia, was one of the first three Airmen to take the oath and become a citizen. Laziuk said she had been dreaming of becoming a citizen since she was 11 years old.

"I will always be grateful for every opportunity I have here in the best country of the world," she said.

These trainees' citizenship ceremonies were much like any other - with only one difference: the person administering the oath was on a computer monitor, miles away.

The online process is part of the U.S. Citizenship and Immigration Services' Naturalization at Basic Training Initiative that allows trainees the opportunity to become citizens before they graduate. It's just one of several initiatives the Air Force is taking to remove barriers to service amid the current challenging recruiting environment.

"Their desire to become citizens exemplifies their commitment and dedication to the United States," said Col. John P. O'Dell, 37th Training Wing vice commander. "When we

began the partnership with USCIS, we asked all trainees who would be interested in starting



Airman 1st Class D'elbrah Assamoi from Côte d'Ivoire signs her U.S. Certificate of Citizenship on April 26. US Air Force photo by Vanessa R. Adame

their application, and 111 raised their hands. These trainees volunteered to serve a country they aren't yet citizens of, and now we get to formally recognize them upon their graduation as American Airmen."

The 37th TW partnered with the U.S. Citizenship and Immigration Services in March to reimplement the program after policy changes in 2017 changed

processing timelines that affected a trainee's ability to naturalize prior to graduation.

William Fischer, 737 TRG training director, emphasized the naturalization process begins with recruiters - long before trainees step foot in basic training.

"Recruiters can prepare the trainees before they arrive here so that trainees can bring all their necessary documents with them to BMT," Fischer said. "This is important to help ensure participants can earn their citizenship before they graduate."

Nearly the entire program is accessible online, making it more convenient for trainees to complete the application. Upon arrival at BMT, recruits can scan a QR code, immediately create their USICS account, and start their application. They also have a study guide at their fingertips - a 100-question sample test - loaded onto their tablets to help them prepare for the final test, which they must complete, along with a virtual interview, before they can earn their U.S. citizenship.

Top tips to win a college scholarship

(StatePoint) More than half of American families used scholarships to pay for college last year. From merit-based to artistic-focused, there are a variety of awards available. High school senior Grace Vaughn of Trinity, Fla., knows how to successfully secure a college scholarship. After winning the \$10,000 dress grand prize in Duck brand's Stuck at Prom Scholarship Contest in 2022, Vaughn is sharing helpful tips to increase students' odds of earning funds for college:

Research, research, research Search databases and websites to discover award options that may be new to you. These resources help narrow down opportunities that match your interests and unique talents. Vaughn also encourages students to leverage social media, where she discovered the Stuck at Prom contest, which challenges teens to create Duck Tape prom creations for a chance to win cash scholarships. In addition to researching national opportunities, check in with your school counselor and teachers to learn about any local or regional scholarships that are offered through the school or other nearby organizations.

Apply early and often Federal Student Aid recommends searching for scholarships during the summer between your junior and senior year, but some awards are open to teens as young as 14. Vaughn says entering Stuck at Prom early on in high school gave her an edge. When she wasn't selected as a finalist her sophomore year, Vaughn submitted for the contest again as a junior and went on to win the grand prize.

Leverage your creative side Not all programs are focused on academics and athletics, so flex your creative side to win scholarships that will reward artistic abilities in drawing, painting, music and more. Beginning at an early age, Vaughn excelled at visual arts and design, which is how she knew Stuck at Prom was a perfect fit for her.

Make scholarships a priority Vaughn spent 143 hours crafting her prom dress made from Duck Tape to enter Stuck at Prom. While not all scholarship program submissions will take 143 hours or require making Duck Tape attire, Vaughn says it's important to block off areas on your calendar so you can balance busy school schedules and extracurricular activities along with applications, "ensuring there's enough time to work on a polished entry, whether it's creating a piece of art or writing an essay. While applying for scholarships is time consuming, it can make a huge impact when it comes to paying for college. "It takes commitment and drive to apply for scholarships, but the results are worth it."

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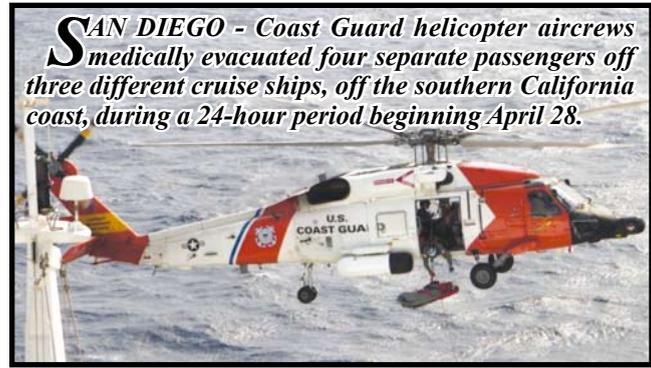
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Coast Guard Air Station San Diego aircrews medevac 4 passengers off cruise ships within 24 hours



SAN DIEGO - Coast Guard helicopter aircrews medically evacuated four separate passengers off three different cruise ships, off the southern California coast, during a 24-hour period beginning April 28.

A 47-year-old female, reportedly suffering from a progressive acute illness, was hoisted off the cruise ship Carnival Panorama, which was 100 miles south of San Diego.

7:10 p.m., Friday: Communication watchstanders from the Coast Guard 11th District Rescue Coordination Center in Alameda received a medevac request from the captain of the cruise ship Carnival Panorama, which was 165 miles south of San Diego. The cruise ship and an MH-60 Jayhawk aircrew from Coast Guard Sector San Diego rendezvoused 100 miles

south of San Diego. The woman was transported to Scripps Memorial Hospital in San Diego in serious condition.

A 74-year-old female, reportedly suffering from stroke like symptoms and a 77-year-old female, reportedly suffering from kidney failure, were hoisted off the cruise ship Majestic Princess located approximately 150 miles southwest of Point Conception.

10:20 p.m., Friday: Communication watchstanders at the RCC in Alameda received a medical evacuation request for two passengers from the cruise

ship Majestic Princess. Both passengers had a recommended medical evacuation within 12 to 14 hours. At the time of the request the cruise ship was approximately 500 miles west of Los Angeles. An MH-60 Jayhawk helicopter aircrew met the cruise ship at about 10 a.m., Saturday, 150 miles southwest of Point Conception. Both patients were also transferred to Scripps Memorial Hospital.

An 84-year-old female, reportedly suffering from symptoms related to a stroke, was hoisted off the cruise ship Carnival Spirit, which was approximately 86 miles west of San Clemente Island.

12:20 p.m., Saturday:

Recruit depot opens new active duty center

Marine Corps Recruit Depot San Diego held a ribbon-cutting ceremony for the grand opening of a new active duty center April 27, which will provide amenities and services to single Marines and Sailors. Brig. Gen. Jason L. Morris, the commanding general of MCRD San Diego and Western Recruiting Region, speaking to a crowd of staff and service members, explained the importance of the new center. "The Marine Corps is a family," he said. "Oftentimes we focus on our families, but this building supports the single Marines and Sailors that live on our base." The project will be part of Morris' legacy at the depot, and has been passed down through several commanding generals at the depot. The project's location has also moved a handful of times, as plans for the center have been in the works for nearly a decade. "Originally we were going to be in the boathouse [at the marina near the Bay View restaurant],...but we're here today ready to open it," said Mike Lee, Director of Marine Corps Community Services. - story by Cpl. Elliott Flood-Johnson

Watchstanders at Coast Guard Sector Los Angeles/Long Beach notified watchstanders at Joint Harbor Operations Center San Diego of a medevac request from the cruise ship Carnival Spirit.

The helicopter aircrew that was completing the medevac of the two passengers from the Majestic Princess were directed to divert to the Carnival Spirit upon transferring patient care to Scripps Memorial Hospital. The 84-year-old patient was transferred to emergency medical services at Coast Guard Sector San Diego.

The Coast Guard rescue 6019 aircrew flew a total of 7.2 hours between the three medical evacuations conducted Saturday.

3 Marines commended for Coronado beach rescue

by Lance Cpl. Alexander Devereux
Marine Corps Recruit Depot, San Diego

It wasn't an average day at the beach last October for three Marines stationed here. For their actions that day, those Marines - Cpl. Kristina Bartosh, Cpl. Dennis Mitchell III, and Cpl. Brayden Hines - were awarded Marine Corps Commendation Medals April 19.

The trio was relaxing on Coronado Beach on Oct. 8, 2022 when they heard a call from a nearby surfer that two people were in distress out in the water. Bartosh, Mitchell and Hines, immediately rushed into the water to render assistance and aid.

The three Marines swam out to the two individuals who were caught in a rip tide just offshore. "It was a father and a son being pulled by the rip tide," said Bartosh. "They were struggling to swim back because of the strong current. When we got out there my adrenaline was already pumping so I wasn't really feeling how tired I was. As soon we got to them, we tried to calm them down and make sure that they knew we were there to help.

After calming the father and son down, the Marines helped them swim diagonally out of the current and towards the shore, then performed a medical assessment and treated both for shock. The Marines remained with them until both had recovered and felt comfortable going on their way.

Mitchell gave credit to his Marine Corps training for his ability to aid during the rescue. "Even being basically swim qualified and having that background in combat and survival swimming definitely helped out," he said. "We'd actually just done a swim 'PT' (physical training) the day prior which made me feel more comfortable in the water. The Marine Corps training made me feel more confident in my abilities."

When asked about their state of mind during the rescue, both Marines said their training and instincts kicked them into action despite knowing the dangers and personal risk involved. "All I could think was - I need to do this. I have to do this", said Bartosh. "You just have to dig deep in yourself and think about it as either you act or you don't act, and if you don't, then someone's going to die," Mitchell said. "Be prepared for anything to happen. You never know when or where or what it's going to be. As long as you're always training for every circumstance like they always tell us to, then you know it will kick into effect when you need it most."

Flag officer assignment - Rothenhaus

The secretary of the Navy and chief of naval operations announced April 28 that Rear Adm. (lower half) **Kurt J. Rothenhaus** will be assigned as chief of naval research, Arlington, Va. Rothenhaus is currently the program executive officer, Command, Control, Computers, Communications and Intelligence, Naval Information Warfare Systems Command, San Diego.

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Navy expands Low Carbon Fuel Credits agreement with Port of San Diego to additional two local bases

by Brian O'Rourke
Navy Region Southwest

SAN DIEGO - The Navy has expanded a first-of-its-kind agreement with the Port of San Diego that gives the Navy access to participate in California's Low Carbon Fuel Standard (LCFS) market.

Under the groundbreaking 2022 joint Memorandum of Understanding, funds generated from the sale of LCFS credits are used to begin significant upgrades to the electrical infrastructure at Naval Base San Diego and the Port of San Diego.

Since the signing of that agreement, \$4.5 million has been generated from the sale of LCFS credits. The new agreement between the Navy and the Port, signed April 26, allows the Navy to generate credits at two additional bases, Naval Base Coronado and Naval Base Point Loma.

"Our collaboration with the Port of San Diego has already proven very successful, providing the Navy with a unique opportunity to upgrade our electrical infrastructure," said Rear Adm. Brad Rosen, Commander, Navy Region Southwest. "Expanding this agreement to include two more of our local Navy installations strengthens

the Navy's mission readiness and energy resilience, and helps reduce greenhouse gas emissions and improve air quality around San Diego Bay. This is a win for the Navy, the Port, and the people of San Diego."

"Once again, San Diego is leading the way in innovative strategies to improve air quality and public health. We couldn't be more thrilled to help facilitate

Once again, San Diego is leading the way in innovative strategies to improve air quality and public health.

the Navy's expansion of this program as it means more money for and earlier deployment of clean air projects for our region. It's a big win for our agencies and an even bigger win for our neighbors in the communities of Barrio Logan, Logan Heights, Sherman Heights, and National City," said Chairman Rafael Castellanos, Port of San Diego Board of Port Commissioners.

The Navy's participation in this program is the first ever

USS Makin Island changes command
MANILA, Philippines (April 28, 2023) - Capt. Andria Slough assumed command of amphibious assault ship *Makin Island* from Capt. Tony Chavez during a ceremony aboard ship. After serving as *Makin Island's* XO for 13 months, Chavez assumed command of MKI in September 2021, and will go on to serve as chief of staff, 3rd Fleet. Slough previously served as both executive officer and commanding officer of *USS Porter*, and most recently as MKI's executive officer.

participation by the Department of Defense in this type of carbon reduction effort. The Navy generates LCFS credits while ships are plugged into shore power, rather than generating power internally using traditional, carbon-intensive fuels, and limiting emissions of greenhouse gasses in the surrounding community. Connecting ships to shore power while in port directly aligns with two Presidential Executive Orders requiring all federal agencies to take steps to reduce carbon emissions and support clean energy activities.

The LCFS is a cap-and-trade-like program where the producers of fossil fuels must either increase the use of plant-based carbon (e.g., ethanol and soybean oil) or buy credits to meet the requirement. The Navy generates credits via its current use of shore power for its fleet. One LCFS credit generated is equivalent to one metric ton of carbon dioxide reduced. Creation of credits can be achieved utilizing alternative low carbon fuels or electrification.

Local military photo album



Fire Crew
Sailors participate in firefighter training at Naval Base San Diego, April 24, 2023. The training takes place in a building that houses realistic rooms that mirror what Sailors would find on a ship. US Navy photo by Petty Officer 3rd Class Erica K. R. Higa

Link Labor
Navy Seamen Kevo Gordon, left, and Andrew Crickard sand and prepare USS Tripoli's anchor chain for painting during a maintenance availability in San Diego, April 20, 2023. US Navy photo



Kilowatt Smiles
Marine Corps Sgt. Andrew Iannarelli plays a game with his daughter during a Month of the Military Child event at Marine Corps Air Station Miramar, San Diego, April 21, 2023. US Marine Corps photo by Lance Cpl. Jackson Rush

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Tripoli officer named top unit victim advocate

by Petty Officer 2nd Class Malcolm Kelley

SAN DIEGO – Naval Base San Diego awarded the Sexual Assault Prevention and Response (SAPR) Administrative Unit Victim Advocate (UVA) of the Year award to USS *Tripoli*'s Lt. j.g. Zachary Aldrich, April 18

Aldrich was recommended and selected for the award out of 475 credentialed UVAS attached to commands across NBSD. Aldrich has served as *Tripoli*'s administrative UVA since July of 2021, managing the ship's SAPR program and providing SAPR training to over 4,400 Sailors in addition to his existing duties as a division officer and surface warfare officer.

"Receiving this award is very humbling and I'm very grateful to the NBSD Sexual Assault Response Coordinator and team for the award," Aldrich said. "To be recognized by leaders on the forefront of battling sexual assault in the military means the world."

The Navy's SAPR program supports victims of sexual assault by providing advocacy and access to resources such as counseling, guidance for reporting an assault and legal advice, which helps victims understand the military justice process.

Naval Base San Diego's Sexual Assault Response Coordinator, Kristin Kammermeier, presented the award to Aldrich on the ship's quarterdeck. "Lt. j.g. Aldrich has created an environment aboard *Tripoli* that encourages Sailors and Marines to come forward and seek help," she said.



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MWR volunteers hand out water to participants as they complete the SAPR 5K at NAS North Island April 28. US Navy photo by MC3 Sophia Simons

NAS North Island holds SAPR 5K

by Petty Officer 3rd Class Sophia Simons

The starting line; to many this is the place that a race begins. The checkered floor pattern and billowing arch represent the beginning to a set path, a set distance. For some, this is where the race begins. For others, it is another step in their personal journey of persistence.

The SAPR (Sexual Assault and Prevention Response) 5K is an annual race, typically held on the last Friday of the month and run on Naval Air Station North Island during Sexual Assault, Awareness and Prevention Month (SAAPM).

"It's an event that is meant to gather individuals to really bring awareness to the ongoing issue of sexual assault within the Navy and DOD wide," said Kelly Smith Riccardi, the lead Sexual Assault Response Coordinator (SARC) at Naval Base Coronado Fleet and Family Support Center. "It's also an opportunity for survivors to feel supported that there are x amount of people wanting to come out and participate in awareness events and show their support of the process as a whole."

The event started in 2011 with only a few hundred racers. Since then, the event has grown in popularity, peaking with more than 2,500 participants. Today, Riccardi is hopeful that number will continue to increase.

"We're really trying to bring numbers up and have people come out and support both our survivors and the program itself," said Riccardi. "When you're able to gather large groups of people that are willing to come forward and participate in these awareness events, it shows that the issue is on the minds of individuals."

Many different commands and communities participate in this event each year, but each individual has their own reason for participating.

"I'm out here today to bring awareness to sexual assault," said Cedreka Bagget, a civilian SAPR victim advocate and former Navy culinary specialist. "I think it's very important that we share the information and make everyone aware of the impact of sexual assault and where to go for help"

This event provides a connection for not only survivors and active duty military, but also serves as a way to connect to civilian operators and military families.

"As prior active duty, this event represents the connection and trust of the Navy that we have," said Baggett. "Going from active duty to now civilian and being with SAPR and a prior VA, I think it's awesome to see all the people come out and just be supportive"

FRCSW team wins NAVAIR Commander's Award

by Michael A Furlano, Fleet Readiness Center Southwest

Chief of Naval Operations Adm. Michael Gilday recently rolled out an initiative dubbed Get Real Get Better, or GRGB. GRGB is a call to action designed to enact real, necessary culture change in order to reach the command's potential and ensure the Navy is effective during this era of strategic competition.

In recognition of the outstanding support to the warfighter and the GRGB principles, the Fleet Readiness Center Southwest's E-2D product line was awarded the 2022 Naval Air Systems Command Commander's Award in the GRGB category. The NAVAIR Commander's awards are designed to highlight commands across NAVAIR that provide exceptional levels of service to the fleet.

Fleet Readiness Center Southwest leadership believes that the best way to accomplish GRGB's call to action is to engage teammates in the process and get ideas from the people performing the necessary work. The command rolled out the "GRGB Challenge" where teammates submit ideas to improve processes, reduce cost, or increase speed of delivery to the fleet. Anyone that submits an idea that is accepted and enacted by the GRGB intervention team is eligible for a \$500 award.

Improving the way the command does business and providing the warfighter with the products necessary is what the FRCSW props team does on a daily basis but this time they stepped it up a notch. The team created a collaborative and innovative environment that involved everyone from artisans to leadership. The teamwork and technical expertise of the artisans, supervisors, and leadership as well as the lessons learned through the ongoing Naval Sustainment System effort allowed the E-2D program to create a new benchmark in maintenance, repair, and overhaul excellence.

NSS takes the best execution from industry with the goal of increasing spare parts, enhancing capability, and maintaining aircraft to provide the Warfighter with the highest quality product at the fastest rate. The team took the knowledge and information available and solidified it into a digital toolset that helped to identify any "gaps" between new software and the current enterprise applications being used. This information is what frontline anagers requested in order to enact real change and improve performance.

The innovative incorporation of analytical software enabled by the FRCSW E2D team met this criteria through development of customized, automated reports, powered by a collaborative culture that has delivered on the Naval Aviation Enterprise requirement for E-2D Planned Maintenance Interval - 2 (PMI-2) Turnaround Time (TAT) of 220 days. Such improvement was driven by the team's real-time push of data allowing rapid decisions at the lowest levels possible. In 2022, the Naval Aviation Enterprise gave the E-2D product line a "North Star" for E2D PMI-2 TAT. The goal was to reduce TAT from 346 to 220 days, a 37 percent reduction.

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USS Midway - A naval symbol even today

by Petty Officer 3rd Class
Megan Alexander

Navy Public Affairs Support Element West

In the bay of sunny San Diego, sits USS Midway (CV-41), a once active warship now turned museum. The Midway Museum is an iconic symbol of freedom and history in a city that is home to one of the largest concentrations of military forces in the world.

USS Midway is the name-sake for the Midway class of aircraft carriers and was commissioned in 1945, eight days after the end of World War II. It was the first aircraft carrier too large to transit the Panama Canal. The ship served in the Vietnam War and took part in many other pivotal operations during its 47 years of service in the Navy. Decommissioned in 1992, it's still serving as the largest naval museum in San Diego.

On Sept. 30, 2003, Midway began her journey from the Navy Inactive Ship Maintenance Facility in Bremerton, Wash., to San Diego, in preparation for use as a museum. The aircraft carrier was docked in early October at the Charles P. Howard Terminal in Oakland, while work pro-

ceeded on the Broadway Pier in downtown San Diego. On January 10, 2004, the ship was moored at her final location and opened to the public as a museum on June 7, 2004.

The museum had 879,281 visitors in its first year of operation, double the expected attendance. Today, the museum averages 1.5 million visitors per year.

"The process to turn this vessel into a museum was in motion even when it was in Bremerton," said Tom Finley, a retired Navy captain, who has logged more than 5,000 hours as a volunteer docent at the Midway Museum. "We're entirely run by volunteers like myself. I had been on seven other aircraft carriers during my time in the Navy because I was a Navy pilot, so being on this ship now feels like home. Coming here was no different for me."

The ship was named after the infamous battle of Midway, a conflict that took place in June of 1942 during WWII. The battle was a major conflict between the Navy and the Imperial Japanese navy that took place six months after the attack on Pearl Harbor. The battle dramatically

increased confidence and motivation amongst U.S. forces and drained Japanese morale, turning



Capt. Tom Finley (Navy-Ret.), a 5,000-hour volunteer docent at the USS Midway Museum, guides a tour aboard the ship, April 13. USS Midway was the longest-serving aircraft carrier of the 20th century, and now serves as a naval museum based in San Diego. US Navy photo by MC3 Megan Alexander

the tide of war in the Pacific strongly in favor of the allies.

Today, the only remaining Midway-class aircraft carrier is a unique museum showcasing the history of the Navy. The carrier is a popular location for reenlistments, retirements, and other important naval ceremonies.

"We've already held three ceremonies just today... many

choose to have their ceremonies here," said Ken Fisher, a docent at the museum. "This ship is



such an important symbol and place for people, whether you served or not."

Most of the volunteers here are veterans or active duty military, looking to further serve their country through volunteering. This ship has become an outlet for military personnel looking to maintain their connection to the Navy, even after they leave the service.

"We volunteer here because we love to be here," said Fisher. "Most of us are retired and this is what we know and this is what we love. I love volunteering here. The people here are amazing and the staff here is outstanding. It's just a great place to be."

USS Midway was active duty

for nearly a half century, the longest serving aircraft carrier in the last century, and continues to serve to this day. She provides a place for veterans and active duty to continue their service, educate the public on naval history and shine as a symbol of freedom for years to come.

Debt limit and federal spending

FLEET RESERVE ASSOCIATION - The House recently approved (217-215) a one-year extension to the debt ceiling (\$1.5 trillion) with a partisan roll call. The 350-page bill also puts caps on some federal spending. This bill would cut the deficit by \$4.8 trillion over a decade, according to the Congressional Budget Office. Speaker of the House Kevin McCarthy, House Veterans Affairs Committee Chairman Mike Bost, and House Appropriations Committee Chairwoman Kay Granger released a statement stating, "that veterans' and defense spending, Medicare, and Social Security are not on the chopping block." House Republicans have acknowledged this measure will not become law, but rather should persuade President Joe Biden to negotiate. Speaker Kevin McCarthy (Calif.) said the Senate "can pass our bill or send us something that they have, and we'll go to conference." The suspension of the U.S. government debt limit ended earlier this year. The Treasury Department has been taking "extraordinary measures" to pay the government's expenses while lawmakers decide how to address extending the cap.

Congress created the debt ceiling in 1917 to give the government greater borrowing flexibility and must approve each increase to ensure that the United States meets its debt obligations and avoids a catastrophic default. The system, in theory, is meant to control the rise in the nation's debt but has not been an effective tool in recent decades. The Treasury Department can take steps to alter the government's cash flow and stay below the ceiling, to keep government operating for a while.

Happy military wife, happy military life

"You're never satisfied!" my husband hurled at me (among other choice phrases) many times throughout his 28 year active duty Navy career. I catapulted my own cliched insults, too, such as, "It's always all about you, isn't it?!"

When conflicts and resentments rose to the surface during our three-decade marriage, I never consciously attributed our relationship strife to my husband's military service. I always believed we were lucky to be a military family. I blamed other factors — primarily, me.

I thought my decision to do extensive home therapy for our son who was diagnosed with autism at age three was the main reason my legal career came to a screeching halt. I thought my difficulty in making friends was because I was awkward and insecure. I believed I was supposed to be "resilient." I thought I needed to rise to every challenge or be branded whiney.

I didn't blame the fact that we were stationed overseas and moved often to locations where I didn't have a license to practice law. Nor that Tricare, 25 years ago, didn't even recognize autism as a coverable diagnosis, forcing me to seek treatments we could afford out-of-pocket or do myself. Nor that finding affordable care for any child, much less one with special needs with two younger sisters, was more difficult for military families who PCS often. Nor that it was hard to create support networks after each PCS move. Nor that my career aspirations and personal interests came second to the practical requirements of my husband's military service.

On one hand, I was very happy

as a military spouse and extremely proud of our life. But on the other hand, I had an underlying sense of shame for having let my law career slip away, for disappointing my parents' expectations for their daughter,

The Meat & Potatoes



of Life

by
Lisa
Smith
Molinari

for having trouble finding friends, for not contributing to our household income, and for letting myself be "just a housewife."

I thought the problem was me, but recent studies show that I was wrong.

I wasn't the only one feeling dissatisfied. Spouse satisfaction with active duty military life has reached an all-time low, according to the most recent DoD biennial Active Duty Spouse Survey (ADSS), the results of which were released in February and involved 12,000 active duty military spouses. Less than half of respondents indicated that they were satisfied with military life, the all-time lowest rating since the survey began in 2012.

ADSS results also showed the chronic military spouse unemployment rate of 21% (six times the national average) has not budged since 2015, and spouses spend an average of 19 weeks looking for employment after each PCS move.

These findings also jumped out at

me: 1. Milspouses marriage satisfaction is the lowest percentage since the survey began in 2012; 2. Milspouses seeking mental health counseling has reached the highest percentage since 2012; and 3. Fewer milspouses want their member spouse to stay on active duty since 2012.

The 2023 Blue Star Families annual Military Family Lifestyle Survey results released in March support the ADSS findings, indicating that unemployment is the top concern for military spouses, followed by the service member's time away from family, lack of affordable housing, insufficient military pay, and relocation/PCS issues. Milspouses who struggle to find employment and childcare and feel financially stressed reported lower "relationship satisfaction." Sixty-three percent of active duty spouses would not recommend the military to a young family member due in part to "challenges to families."

In a military retention study released last August, scientists asked, "Why do service members leave the military while they are still highly qualified?" They found that "mil-spouse-reported work-life conflict and military satisfaction" were the most likely influences on service members' decisions to separate from the military voluntarily. Considering that recruiting goals are not being met and half of all active duty service persons are married, some argue that the best way to improve retention and readiness is to focus on retaining the modern military family by promoting stability and allowing for greater advancement.

In other words, "Happy military wife, happy military life." And that goes for husbands, too.

AutoMatters™ & More

by Jan Wagner



In 2013, SeaWorld San Diego dealt a pretty serious black eye due to fallout from a movie called "Blackfish," which told a tragic story about a SeaWorld trainer that was killed by one of the park's Orcas. Serious questions and concerns were raised about the captivity and treatment of SeaWorld San Diego's magnificent Orcas. People protested against SeaWorld in-person and in the media, leading to a major drop in attendance and park revenues. There are many people who, to this day, will not return to visit SeaWorld because of what they saw presented in that movie.

SeaWorld's history spans more than 50-years and includes over 40,000 rescues. SeaWorld has teams "on call 24/7/365, partnering with multiple government agencies to rescue and help animals" in need of care. The revenue from park operations helps to provide the funds for this work.

SeaWorld San Diego has also been working to somewhat reinvent itself. While it continues to focus on its marine life and the many rescues and other positive contributions that it makes, SeaWorld San Diego has been undergoing a significant transformation.

SeaWorld San Diego is home to an ever-increasing variety of thrilling (terrifying?) rollercoasters, including Emperor — "the tallest, fastest, and longest dive coaster in all of California. Plunge 90 degrees and soar up to 60 miles per hour through exhilarating

SeaWorld S.D. continues to broaden its appeal as a SoCal theme park

loops ... feeling your feet dangle above the track on the state's only floorless drive coaster!" Other high-speed roller coasters include Manta, Tidal Twister, Electric Eel — a multi-launch coaster with high-energy twists, electrifying loops, and inversions; Journey to Atlantis and Shipwreck Rapids. The launch of Arctic Rescue is imminent. This thrill ride, where you "hop on your snowmobile and ride to the rescue" is billed as "the fastest and longest straddle coaster on the West Coast." However, these rides appeal to extreme thrill seekers. What about more rides for the rest of us?

Something that could and, arguably, should be added are so-called "dark rides." These are themed rides that wind their way through dark, specially-lit scenes that may include music, animated characters and special effects. Examples of such rides at Disneyland include Alice in Wonderland, Indiana Jones Adventure, It's a Small World, Mickey & Minnie's Runaway Railway, Roger Rabbit's Car Toon Spin, Pinocchio's Daring Journey, Peter Pan's Flight, Mr. Toad's Wild Ride, Pirates of the Caribbean, and more.

Finding the necessary land at SeaWorld San Diego for such rides might be possible, since new rollercoasters continue to open there, and there is a huge parking area. If some of that space were used to build a parking structure, that could make room to expand the park's attractions.

SeaWorld San Diego is also placing a strong emphasis on special events throughout the year, like the Seven Seas Food Festival, the Summer Spectacular, the Halloween Spooktacular and Christmas Celebration (including Santa's reindeer!); and on limited-time shows featuring human performers.

For example, this past Sunday afternoon I went to the park for a few hours and did not even have time to watch any of the marine animals shows. Instead, I enjoyed several new, limited-time special performances: the Brazilian Carnivale Dancers and Soccer Malandro Acrobat, Chinese Lion Dancers, a mariachi band and the thrilling Polynesian Fire Dancers.

If I'd had more time, I would also have liked to watch an ice carvings demonstration by Chef Reyes Rodriguez, and the Electric Violinists. On Friday or Saturday evenings, fireworks are often scheduled, too. In May, a featured event is Viva La Música, billed as an "exciting festival featuring sensational Latin music & cuisine in a fun, family-friendly atmosphere."

Annual passes are reasonably priced (starting as low as \$13.50/month) and provide many additional perks, including free parking for Silver, Gold and Platinum passholders; discounts, preferential access to new rides, experiences and a variety of giveaways (there is trick-or-treat candy every Halloween!). This past Sunday I received a \$10 SeaCoupon which I used to purchase a cool turtle pin.

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"Happiness is when what you think, what you say, and what you do are in harmony."
—Mahatma Gandhi

"Happiness depends upon ourselves."
—Aristotle

THINGS TO DO AROUND TOWN

Cinco de Mayo Celebration with Folklorio dancers and Mariachi, Fri, May 5. Casa de Bandini, Carlsbad.

Lagoona Kahuna Challenge, Fri, May 5. California Watersports, Carlsbad. www.aguahedionda.org

Children's Day, Fri, May 5, 10am-4pm. Japanese Friendship Garden, Balboa Park. niwa.org

Cinco De Mayo SD, Fri, May 5, 5pm. 21+. \$25+. Gaslamp, SD.

Spring into Camping at Lake Poway. Fri-Sat, May 5-6. poway.org

SD Padres vs LA Dodgers. May 5-7. Petco Park. mlb.com/padres

Coast Kids: Disney's The Little Mermaid, \$18-\$30. Fri-Sun, May 5-7 evening and matinee performances. See website. Star Theatre, 402 N. Coast Hwy, Oceanside. www.startheatreco.com/

Walk for Animals, Sat, May 6. NTC Park at Liberty Station. www.sdhumane.org

Wildflower Walk, Sat, May 6, 8-10am. Free. Moderately paced, 3.5 mile hike down to waterfall, up to duck pond. Meet naturalist at far west end of Park Village Rd in Rancho Peñasquitos, 92129

Wildlife Tracking Walk, Sat, May 6, 8:30-10am. Free. Easy walk for family with our tracking team. mtrp.org

Spring Blooms iNaturalist Hike, Sat, May 6, 9-11am. Free. SD National Wildlife Refuge. Sweetwater Bridge Trailhead, 12155 Campo Rd, El Cajon.

Native Plant Sale, Sat, May 6, 9-4. Native West Nursery. 1849 Leon Ave, SD, 92154.

Garage Sale, Sat-Sun, May 6-7, 8-1. Free. UC San Diego Surplus Sales, 7835 Trade St, SD 92121

19th Annual Treasure Bazaar, Sat, May 6 (8-2) Sun, May 7 (10-2). Assistance League of Greater SD, 108 University Ave, 92103.

Heartland Coin Club Coin Show, Sat, May 6, 10am-4pm. \$3. U.S., foreign, antique coins, & currency. Guardian Angels Church, 9310 Dalehurst Rd, Santee.

Free Comic Book Day, Sat, May 6, 10am-3pm. Free. Limited edition store shirts & tote bags, 24 vendors of collectibles and local comic creators. Southern California Comics, 8280 Clairemont Mesa Blvd, #124, 92111

Change Your Mind, Sat, May 6, 11-4. Free. Mental Health Awareness Festival. Register. Junior Seau O'side Pier Amphitheatre. <https://www.givesignup.org/TicketEvent/ndAnnualChangeYourMindMentalHealthFestival/Register>

Vista Garden Club Flower Show & Plant Sale, Sat, May 6, noon-5. Free. Jim Porter Rec Center, Vista.

Chollas Lake History Hike, Sat, May 6, 1-3pm. Free. Ranger-led, moderate, 2.5 mile hike w/ hills, loose dirt. Meet: comfort station, N. end of parking lot. Chollas Lake, 6350 College Grove Dr, San Diego, 92115

Jimmy Buffett & The Coral Reefer Band, Sat, May 6. Snapdragon Stadium, San Diego.

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Ukulele Society of America. Sat, May 6, 1-4pm. The Flower Fields. www.theflowerfields.com

'90s Pop Tour, Sat, May 6, 8pm. Pechanga Arena San Diego. www.pechangaaarenasd.com

Western Surfing Association West Coast Championships, May 6-7. Churches Beach, San Clemente. www.surfwsa.org

Carlsbad Village Faire, Sun, May 7, 8am-5pm. www.kennedy-faires.com/carlsbad

California Bridal & Wedding Expo, Sun, May 7, 12:30-5pm. San Diego Convention Center. www.cabridalshows-sd.com

SD Dragon Boat Team Spring Open House, Sun, May 7, 11-12:30. Age 18+. Free. Open house for new paddlers with instruction. PFD & paddle provided. BSA Youth Aquatic Center, 1750 Fiesta Island Rd.

Ethnic Food Fair, Sun, May 7, 11am-7pm. Free entry. Fee per dish. Culinary treats of different cultures, performances in native costumes. International Village, 2125 Pan American Place, Balboa Park. <https://www.sdhpr.org/events-food.html>

An Evening with Yo-Yo Ma, Sun, May 7, 8pm. Jacobs Music Center, San Diego. www.sandiegosymphony.org

Broadway San Diego presents: 1776. May 9-14. San Diego Civic Theatre, downtown SD. www.sandiegotheatres.org

Jesus Christ Superstar, May 10-27. Moonlight Amphitheatre, Vista. www.moonlightstage.com

Gator by the Bay, May 11-14. Music, dance, food, fun. Zydeco, blues & crawfish festival. Spanish Landing Park, San Diego. www.gatorbythebay.com

Red Hot Chili Peppers, Fri, May 12. Snapdragon Stadium, SD.

Good People, May 12-28. Brooks Theatre, Oceanside www.oceanside-theatre.org

Singin' in the Rain, May 12-July 2. New Village Arts Theatre, Carlsbad. www.newvillagearts.org

Palm Tree Music Festival, Sat, May 13. Doheny State Beach, Dana Point. palmtreemusicfestival.com

Hot Rods & Cool Treats, Sat, May 13, 11am-2pm. Pine Avenue Park, Carlsbad. 11am-2pm.

Bags 'n' Brews, Sat, May 13, 11am-4pm. Hollandia Park, San Marcos. www.san-marcos.net

26th Annual Fiesta de Los Peñasquitos. Sat, May 13, 12-6pm. Free entry. Music, carnival, food. 13255 Black Mtn Rd. 92129

Vista Wars: A New Hope in concert, Sat-Sun, May 13-14, 7:30pm. The Rady Shell at Jacobs Park, SD. sandiegosymphony.org

San Diego Art Guild Mother's Day Weekend Art, Garden, & Studio Tour, Sat-Sun, May 13-14, 10am-4pm. www.sandieguitoartguild.com/mothers-day-tour/

Fiesta at the Rancho, Sun, May 14, 5:30pm. Leo Carrillo Ranch Historic Park, Carlsbad. www.carlsbadca.gov

MOVIES AT THE BASES

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

Lowry Theater - NASNI,

619-545-8479
Bldg. 650
Outside food and beverage are NOT permitted. Debit/credit cards only.

Friday, May 5
6pm The Super Mario Bros. Movie pg

Saturday, May 6
3pm The Super Mario Bros. Movie pg

6pm Air r

Sunday, May 7
1pm The Super Mario Bros. Movie pg

3pm Air r

Friday, May 12
6pm The Pope's Exorcist r

Q-Zone - NAB
Bldg. 337 • 619-437-3190

Family Friendly Movies:
Tues, Thur, Sat: 11 am. NDVDs

Friday, May 5
5pm Creed II pg13

Saturday, May 6
11am Encanto pg

Monday, May 8
5pm Dune pg13

Naval Base Theater - NBSD,

619-556-5568, Bldg. 71
3465 Senn Rd.

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

Thursday, May 4
6pm Dungeons & Dragons: Honor Among Thieves pg13

Friday, May 5
5:30pm Super Mario Bros. Movie pg

7:40pm Air r

Saturday, May 6
3:40pm Super Mario Bros. Movie pg

6pm D&D: Honor Among Thieves pg13

Sunday, May 7, 2023
1pm The Super Mario Bros. Movie pg

3:20pm Air r

Thursday, May 11
6pm Air r



Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, May 5
6pm Air (R)

Saturday, May 6
12pm Super Mario Bros. Movie PG

3pm Dungeons & Dragons: Honor Among Thieves PG-13

6:30pm John Wick: Chapter 4 R

Sunday, May 7
12pm Super Mario Bros. Movie PG

3pm Air R

Crossword Puzzle

Across

- Potentially insensitive, briefly
- Police
- ABBA's "___ Mia!"
- Vidal's Breckinridge
- Pequod captain
- Native Nebraskans
- Plenty
- Islamic branch
- Transports by truck
- Winding, hilly thoroughfares
- Gandhi's land
- Like oysters on the half shell
- French water
- Not kid around
- IV amounts
- List-shortening abbr.
- Italics feature
- Walter White shaved his off
- In contention (for)
- On the house
- AimZe of "La Dolce Vita"
- Dmitri's dissent
- In low spirits
- Traitorous spies
- Driver's license info
- Wayside stop
- One-up
- Halloween discards, and what the three sets of circles represent?
- "Dallas" surname
- Solid precipitation
- Backside in a fall?
- Long-shot rags-to-riches enabler
- Ices, mob-style
- Girl in a Salinger story
- Enter on a laptop
- Italian eight
- Sweetheart

Down

- Savory taste first identified in Tokyo

- Carpet synthetic
- ___ as a peacock
- Tabby stimulant
- JosZ's house
- "Fancy meeting you here!"
- "No ___, no gain"
- Mall pizza chain
- Goth hairstyles
- Opposite of 17-Across
- Headpiece for kids in Mickey's TV club
- Filmmaker Brooks
- Biblical beast of burden
- Yarn
- Boating blade
- Sleep concern
- "AC—mo estt ___?"
- Dune buggy, briefly
- "We did it!"
- Throw wildly
- North Pole toymaker
- "Hanging" problems in the 2000 election
- Algonquin transport
- Iowa port on the Lewis and Clark Trail
- Coax (out), as a genie
- "Science Guy" Bill
- Title for DDE
- Fictional language spoken by Sheldon and Leonard on "The Big Bang Theory"
- Sporty car roof
- Wind up
- Slangy "Movin' right along ..."
- Had a late meal
- Not long-winded
- Daytime soap, e.g.
- 8B name in blenders
- Opposed to
- Float like a feather in the breeze
- Breakup
- "Let me add ..."
- Yellowstone grazers
- Misery

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DOD investing in wearable technology that could rapidly predict disease

by David Vergun, DOD News |

The Defense Innovation Unit, also known as DIU, in partnership with the private sector, has developed a wearable device that was highly successful during the COVID-19 pandemic in identifying infections.

The Defense Department is looking to expand its use to other infectious disease detection in service members, which leaders say will aid in readiness, said Jeff Schneider, program manager for the Rapid Assessment of Threat Exposure project, also known as the RATE program.

DOD is extending the RATE project, initially started with the Defense Threat Reduction Agency in 2020, to new user groups after leading a successful prototype during COVID-19, he said.

The DIU's RATE project uses a powerful, predictive artificial intelligence algorithm that was trained using hospital-acquired data from monitored cases of COVID-19, he said.

The algorithm leverages biometric data from commercial grade off-the-shelf wearables. The RATE algorithm enabled early detection of infectious diseases up to 48 hours before symptoms appeared. The algorithm, which, in some cases, predicted infections up to six days prior to onset, and included asymptomatic

cases, was featured in a 2022 study published by the journal "Nature's Scientific Reports," highlighting the efficacy of the algorithm-powered wearables to aid military readiness, Schneider said.

"The DOD invests heavily in maintaining the readiness of its workforce to conduct essential missions. However, the risk of infectious disease, like COVID-19, has long been an unpredictable variable. With RATE, the DOD can use commercial wearables to noninvasively monitor a service member's health and provide early alerts to potential infection before it spreads," Schneider said.

He further noted that this funding provides a bridge that allows the department to leverage this emerging technology within a program of record.

RATE was one of the first 10 pilot programs funded through the Congressionally established Accelerate the Procurement and Fielding of Innovative Technologies initiative to fill critical capability gaps.

With \$10 million in additional funds, RATE will build on its 2020-21 success which demonstrated that wearable technology could predict COVID-19 and other infections 2.3 days prior to diagnostic testing. The effort was transitioned in 2022 to DIU to continue the effort after



USAF Airman wears a watch at Hill AFB, Utah, Dec. 3, 2020. The wearable technology is part of a study with the Defense Innovation Unit that will allow detection of illnesses such as COVID-19 within 48-hours. USAF photo by Cynthia Griggs

the initial success of the project, he said.

With the additional funding, DIU is adding 4,500 more users across the department. One group will be the Air Combat Command's first sergeants. That command's new Diamond Care Initiative Plan is geared toward preserving the health and welfare of its 360 first sergeants, who will be issued wearables to better gauge their overall health and vital signs, said Air Force Maj. Michael Vernale, wing director of Talent Management and Assessments at Fort Meade, Maryland.

"First sergeants serve as the belly button to all the organizations in the

U.S. Air Force, and this technology can improve their lives and the lives of the airmen they serve," Vernale said.

"Technology has finally produced a product that will increase overall health and wellness to a community of first sergeants who many times prioritize their people ahead of their own health," said Air Force Chief Master Sgt. Christopher Gradel, Air Combat Command.

Philips, a technology company, is involved in the algorithm development and has expanded its efforts on a global scale to accelerate commercialization and scaling.

"Because our algorithm is device

agnostic, we can use biomarker data from any commercial grade, off-the-shelf wearable. We then run those markers against our clinical data sets in the cloud to create a RATE wellness score. The score has proven to be indicative of onset of infections. We can offer it through a licensing model to anyone who wants to add this capability to their device or as a stand-alone service," said Navin Natoewal, head of integrated technology solutions at Philips. "Not only do they get AI that has gone through several years of field testing and a peer-reviewed study, it is a cost-effective way to add the technology, while we continue to expand the data sets and the research working with

leading academic institutions."

"The plan is for RATE to be device agnostic," added RATE's Schneider, but the current deployment of wearables will include Garmin watches and Oura rings. As the Philips-DIU team continues to prove out the new dataflow, the effort aims to add three additional popular wearable devices. The 11,000 former RATE users will also be able to re-affiliate with the projects if they still have the hardware."

The Food and Drug Administration has determined that RATE is classified as a general wellness device.

Family-friendly event set to raise funds for mental health awareness in communities of color

"Wheels to Heal," is calling all roller skaters to bring the family on May 6, to a community-based fundraising event that allows the community to invest in mental health wellness and support the Therapy for ALL program in a fun and exciting way.



Shanelle D. Johnson is United States Navy veteran and co-founder & vice president of Urban Restoration Counseling Center -- a non-profit organization that provides mental health services to people of color by people of color. They developed the Therapy for ALL program to remove the financial and cultural barriers

people of color face when accessing mental health services. Through TFA they offer 15 sessions of no-cost/low-cost therapy to those who qualify for the program.

The event will be held Saturday, May 6, from 2-7pm. Join the fun at the Derby United Rink, 6060 Federal Blvd, San Diego, 92114. Ticket price is \$15 and includes skate rental. Get your tickets at <https://ecom.roller.app/derbyunited/wheelstoheal/en-us/home>.

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Command Support: USO is here to support! We often help support command events across Camp Pendleton such as Family days and Morale Days. Commands can request support in a number of different ways, from outdoor games, a kids craft, or even our mobile photo booth. We also can help provide small refreshments. To request support, please email our Center Operations and Programs Manager, Crystal Gates at cgates@uso.org. All requests must be submitted within 30 days and although we try our best, not all requests can be granted.

<https://sandiego.uso.org>

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