

ARMED FORCES DISPATCH



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3RD M.A.W., EXPEDITIONARY STRIKE GROUP 3 DEMONSTRATE F-35B LIGHTNING II JETS CARRIER CONCEPT

by Maj. Mason Englehart
3rd Marine Aircraft Wing

NAVAL BASE SAN DIEGO - The Navy and Marine Corps demonstrated a key capability when they operated 20 F-35B Lightning II jets from amphibious assault carrier USS *Tripoli* March 30 through April 8, fully exercising the Marine Corps' "lightning carrier" concept for the first time in naval history on an amphibious assault ship.

Commandant of the Marine Corps Gen. David H. Berger spoke to the potential of the "lightning carrier" concept based on amphibious assault ships in his planning guidance. "Lightning" is derived from the predominance of F-35B Lightning II aircraft aboard.

The demonstration featured 16 jets from Marine Aircraft Group (MAG) 13, 3rd Marine Aircraft Wing, with an additional four from Marine Operational Test and Evaluation Squadron 1, all operating from *Tripoli* at a high tempo. The Navy and Marine Corps team has incrementally developed the Lightning carrier concept and continues to refine its tactics, techniques, and procedures to support integrated naval operations.

"When this opportunity came up to put this many of our fifth generation aircraft on board



Amphibious assault ship *Tripoli* departs Naval Air Station North Island April 7. *Tripoli* completed flight deck operations with 20 F-35B Lightning II jets from various Marine Corps aviation groups. Marine Corps photo by Sgt. Samuel Ruiz

Tripoli in conjunction with operational testing, we were thrilled," said Col. Chad Vaughn, commanding officer of MAG-13. "It has been an incredible opportunity to train to fight as a MAG from the sea, to train our pilots, and to work alongside our Navy teammates."

The demonstration proved that an assault carrier can be a lethal addition and provides combatant commanders with more options when employed in creative ways. An earlier concept utilized amphibious

assault ships to demonstrate the "Harrier carrier" concept for AV-8B Harriers.

This concept will not change the standard make-up of an amphibious ready group and Marine expeditionary unit (ARG/MEU). However, the exercise demonstrated the potential to utilize amphibious assault ships to provide the naval and joint force with lethal access, collection, and strike capabilities from fifth generation Short Takeoff/Vertical Landing (STO/VL) aircraft in future operations.

"This demonstration proved the versatility of the America-class assault carrier, with its ability to embark either two squadrons of F-35Bs and a MAG command element, or a battalion-sized landing force and the associated assault support [12 MV-22B Ospreys, four CH-53E Super Stallions, and six F-35B Lightning II]," said Navy Capt. Joel Lang, *Tripoli's* commanding officer. "For the fleet commander, both options are formidable and sustainable."

Tripoli, an amphibious assault

ship, is the second America-class landing helicopter assault (LHA) ship. Optimized to support rotary- and fixed-wing operations, *Tripoli* carries two times as much aviation fuel, 30 percent more aviation ordnance, and "with an expanded hangar bay" more space to perform aircraft maintenance than its Wasp-class predecessors.

not only as a lethal strike aircraft but with the vast array of sensors that come with the F-35B's avionics suite," said Lt. Col. Alexander Goodno, commanding officer of VMFA-225. "Having two full F-35B squadrons on a ship like USS *Tripoli* capitalizes on this next generation capability, providing the commander with a multitude of options."

"The fifth-generation capability of the F-35B brings a significant advancement in capability to the combatant commanders,

As one of the Marine Corps' newest F-35 squadrons, the demonstration provided an opportunity to see **Concept**, page 2

DoD launches new campaign to help prevent sexual assault

As part of National Sexual Assault Awareness and Prevention Month (SAAPM), the Department of Defense launched its STEP FORWARD campaign. This year's theme, "STEP FORWARD. Prevent. Report. Advocate," is a call to action for everyone in the department to do their part to prevent sexual assault and encourage greater assistance seeking. Commemorated every April by both civilian and military communities, DOD observes Sexual Assault Awareness and Prevention Month to emphasize the link between military readiness and healthy unit climate. Over a decade of research demonstrates that sexual assault occurs less often in units where members support and respect each other. Data further shows that sticking up for someone who is being hazed, bullied, harassed or abused sends a strong message that helps improve climates. "We are all very different people that come together in the service of our country. The STEP FORWARD campaign recognizes that each of us in the military community can take action to make our units safer," said Sexual Assault Prevention and Response Office Acting Director Dr. Nate Galbreath. "Prevention starts with recognizing that our day to day interactions, when respectful, can snowball into making the military a great place to work and live." If you or someone you know in the DoD community has experienced sexual assault, consider reaching out to DoD Safe Helpline for 24/7, anonymous, one-on-one support at 877-995-5247 or SafeHelpline.org/live-chat.

MCAS MIRAMAR WELCOMES COMMUNITY TO 2022 MIRAMAR AIR SHOW

MARINE CORPS AIR STATION MIRAMAR- The commanding officer of MCAS Miramar, Col. Thomas M. Bedell, and the commanding general of the 3rd Marine Aircraft Wing, Maj. Gen. Bradford J. Gering, invite the San Diego community and aviation enthusiasts to the 2022 MCAS Miramar Air Show, Sept. 23-25.

The theme of this year's air show is "Marines: Fight, Evolve, Win." and is a direct reflection

of the Commandant of the Marine Corps Force Design 2030 program and the technical innovations the service is undertaking to remain the 21st century's force in readiness.

"It's been almost three years since MCAS Miramar was able to open its doors to our neighbors and share in our love of aviation," said Bedell, "and I am extremely excited to be able to do so once again. We are proud to call America's Finest



City home and bring back one of the world's most anticipated aviation exhibitions."

While the full schedule will be

released in the upcoming weeks, guests can count on seeing the Marine Corps' F-35B demonstration, the unique Marine

Air-Ground Task Force demonstration, the Air Force's F-22 Raptor demonstration team, Aaron Fitzgerald flying the Red Bull Helicopter, a 5G Technology Expo and much more.

The air show is free to the public and upgraded seating options will be on sale this summer. For ticket information, COVID-19 protocols, business and vendor opportunities, and more, visit the Miramar Air Show website at miramarairshow.com.

Volunteer opportunities

Volunteers raise money for their squadron funds by working in food and beverage sales. Approximately 1,000 volunteers are needed to staff food and beverage booths and carts during the three scheduled Air Shows: Friday, Saturday and Sunday. Volunteers are needed to assist with set up (Wednesday and Thursday) and tear down (Sunday afternoon/evening.)

Your FREE weekly paper

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Career and Education

Surface Force helps pregnant Sailors thrive through Artemis program

See page 5

AutoMatters & More

Lowriders at Goodguys Del Mar Nationals plus 'Secrets of Dumbledore' food truck by the beach

See page 9

Navy carrier strike group steams off Korean Peninsula amid talk of North Korean test

by David Choi
Stars and Stripes

CAMP HUMPHREYS, South Korea - USS *Abraham Lincoln* and its strike group are operating with Japanese forces near the Korean Peninsula amid speculation that North Korea will conduct another weapons test.

The carrier group was conducting "routine bilateral operations" with Japan's Maritime Self-Defense Force in the East Sea, also known as the Sea of Japan, according to an e-mail from the 7th Fleet to *Stars and Stripes* on April 12.

"Our training enhances the credibility of conventional deterrence by demonstrating the strength of our bilateral partnerships," wrote 7th Fleet spokesman Lt. Mark Langford. Operations like this "reassure our allies and partners of the U.S. commitment to maintaining a free and open Indo-Pacific," he said.

Langford, citing security concerns, declined to say how long *Abraham Lincoln* and its strike group will be in the region. South Korea's Yonhap

News Agency, which first reported on the operation, reported Tuesday that the group will be in the area for three to five days.

U.S. Forces Korea, the command responsible for roughly 28,500 troops, also cited security concerns and declined to comment on upcoming military operations on April 11.

A South Korean official told *Stars and Stripes* on Tuesday that the military has been "maintaining close cooperation in the deployment of strategic U.S. assets" and directed questions to the U.S. Defense Department.

The operation marks the first time since 2017 that a U.S. carrier group has deployed to the East Sea. At the time, USS *Ronald Reagan*, USS *Theodore Roosevelt* and USS *Nimitz* sailed together with their naval counterparts from South Korean and Japan for an exercise off the peninsula's coast.

North Korea's Foreign Ministry threatened to retaliate against the exercises in 2017, which it characterized as a preemptive move for a full-scale invasion.

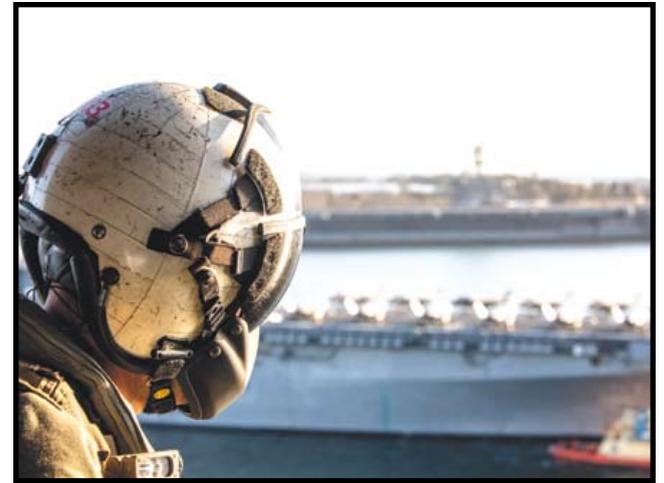
Concept

continued from page 1

portunity for VMFA-225 to operate at sea for the first time as a squadron.

"The pilots and Marines of my squadron were really eager to gain experience operating at sea, test out this new capability, and work alongside an experienced squadron like VMFA-211 and *Tripoli's* crew," said Goodno. "I'm exceptionally proud of how well the Marines of VMFA-225 performed in our first at-sea period. It was an exciting concept and one that we all believe should gain further consideration as an option for our forces moving forward."

3rd Marine Aircraft Wing remains combat-ready, deployable on short notice, and lethal when called into action.



As 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 necessary to flawlessly execute our Navy's timeless roles of sea control and power projection.

Lance Cpl. River Porter, a crew chief with Marine Light Attack Helicopter Training Squadron 303, Marine Aircraft Group 39, 3rd Marine Aircraft Wing, observes the airspace near USS *Tripoli* (LHA7) as it departs NAS North Island April 7. The Lightning carrier concept shows *Tripoli* and other amphibious assault ships are capable of operating as dedicated fixed-wing strike platforms when needed. Marine Corps photo by Sgt. Samuel Ruiz



Total Navy Battle Force: 298 Ships underway

Deployed ships underway: 68

Non-deployed ships underway: 12

Total ships underway: 80

Ships deployed by Fleet

Fleet Forces, 0: 3rd Fleet, 0

4th Fleet, 2: 5th Fleet, 12

6th Fleet, 32: 7th Fleet, 70

Total 116

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U.S.-led naval coalition in Middle East adds Red Sea task force



by J.P. Lawrence
Stars and Stripes

MANAMA, Bahrain - A naval task force commissioning on April 16 will patrol some of the world's most active shipping lanes in and around the Red Sea, where militant attacks and weapons seizures have increased in recent years.

Combined Task Force 153 will focus on the Red Sea, the Gulf of Aden and the connecting Bab al-Mandeb waterway, U.S. military officials told reporters April 13.

"These are strategically important waters that warrant our attention," said Vice Adm. Brad Cooper, commander of a 34-nation naval alliance known as Combined Maritime Forces.

Yemen's Houthi militia recently attempted to attack oil tankers in the region with explosive-laden boats, the Saudi Arabian-based Arab News reported. Meanwhile, an Iran-backed militant group seized a United Arab Emirates-flagged cargo vessel in January, *The Associated Press* reported.

Iran and Israel also have accused each other of attacking each other's ships in the region's waterways over the last year.

The task force will begin its first mission Sunday in the Red Sea aboard USS *Mount Whitney*, the flagship of the Italy-headquartered U.S. 6th Fleet, which is currently operating with the 5th Fleet.

"Any destabilizing activity, including threats to commercial

traffic and coastal infrastructure, really can have profound global impacts," said Cooper, who also helms U.S. Naval Forces Central Command and 5th Fleet.

About 10 percent of the world's shipping passes through the Suez Canal connecting the Mediterranean and Red seas, a *New York Times* report said last year.

About 15 people will staff the task force, which will coordinate among two to eight coalition ships on any given day, Cooper said.

The ranks of CTF 153 are expected to be filled mostly by U.S. personnel at first, with staff from other partnered countries to join in the coming days, 5th Fleet spokesman Cmdr. Tim Hawkins said.

An unnamed regional partner is expected to assume the leadership role later this year, said Hawkins.

The new task force joins three existing ones in the Combined

Maritime Forces. It will take over responsibilities previously held by Task Force 150, which will refocus on the Gulf of Oman and the North Arabian Sea, Cooper said.

The other two task forces focus on countering piracy and patrolling the seas around the Persian Gulf.

Some 9,000 weapons were seized by the U.S. 5th Fleet around the Middle East last year, mostly in the Gulf of Oman and

Vice Adm. Brad Cooper, commander of U.S. Naval Forces Central Command, speaks to the crew of destroyer *Gridley* on March 25 in the Strait of Hormuz. The Combined Maritime Forces will add another task force to patrol the Red Sea and surrounding waterways Navy photo by Colby A. Mothershead

the Persian Gulf. The number is three times more than the previous year, Cooper said.



Early Bird Brief is DoD's daily round-up of the most important military and defense-industry stories.

Army

- Georgia prisoner linked to Soldier's 1982 cold case killing

Navy

- Navy SEALs facing adjustments if ban on training at WA state parks holds
- The brothers are ready to indulge: Focus in 'Fat Leonard' Navy bribery trial turns to e-mails
- Aircraft carrier Ford gets locked and loaded, receives 541,000 pounds of ordnance
- USS Annapolis makes fifth submarine homeported in Guam
- USS *Ashland*, USS *Miguel Keith* participate in Balikatan 2022

Marine Corps

- Marines at embassy in Shanghai are not out of food, despite reports
- The Marines' amphibious combat vehicle heads back to sea
- Remembering Kate Thomas: Marine Corps vet, champion of burn pit legislation dies from breast cancer

Air Force

- More F-35s, Compass Call replacements make it onto Air Force wish list
- Bean bags, pod chairs, iPads: How the Air Force plans to revamp new recruit training
- Airmen are pissed that an entire C-17 crew except for the maintainer received a Distinguished Flying Cross

Space Force

- Space Force to test experimental navigation satellite in upcoming Army exercise
- SPACECOM requests more funding for key space domain awareness center

National Guard

- North Dakota Guard Soldiers recognized for border rescue

Coast Guard

- Coast Guard crews escort Haitian migrant children

Veterans

- VA secretary promises improvements in medical wait time data



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Austin lays out reasoning behind DOD budget request

by Jm Garamone
DoD News

At \$773 billion, the fiscal 2023 Defense Budget Request is huge, but that doesn't mean that painful choices are not necessary, defense leaders told



the Senate Armed Services Committee April 7.

Secretary of Defense Lloyd J. Austin III and Army Gen. Mark A. Milley, chairman of the Joint Chiefs of Staff, told

the panel that with the change to strategic competition with China and Russia, that some of the capabilities resident in the Defense Department are no longer needed, or fewer of those capabilities are required.

The fiscal 2023 budget calls for the Army to discontinue modifications to older night vision systems and for medium tactical vehicle protection kits.

The Navy seeks to decommission some cruisers, littoral combat ships and dock landing ships. The Navy also looks to retire the RQ-21 unmanned reconnaissance aircraft.

The Air Force looks to divest some A-10s, the E-3 Sentry aircraft, the E-8 JSTARS aircraft,

some KC-135 refuelers and some C-130H aircraft.

The savings from canceling, retiring or divesting these capabilities would allow the department to redirect resources to higher defense necessities, the secretary said. In fact, if this budget is approved, DOD would receive \$2.7 billion that it could reinvest in other, more pressing, systems.

Confronting powers like China and Russia means that the U.S. military must maximize "capability and capacity resident in every warfighting domain, air, land, space, sea and cyber, and that we're able to network those capabilities in new and different ways," Austin said.

DOD is investing in technologies and capabilities that will be needed in the future. The innovation and modernization accounts in DOD will receive \$130.1 billion if Congress approves the Defense Budget Request.

Milley said the cost benefit analysis to sustain these capabilities over time, "doesn't add up." He noted that many of the systems are old, and "we are trying to modernize the force for the future operating environment 2030 and beyond. And that's

what the investments are in this budget."

Austin and Milley were asked what effects the Russian invasion of Ukraine is having on the strategic picture in Europe. "This unlawful and unprovoked aggression by [Russian President Vladimir] Putin has had the effect of changing the security architecture in the region for some time to come," Austin said.

NATO defense officials are studying the outlook and positioning the changes now, he said. The alliance is "taking a look at what has changed and what NATO will need to do, to make sure that we can continue to do what's necessary to defend our NATO countries," the secretary said. "That work is just commenced, it's ongoing. I expect that we'll have a robust discussion as we go to the summit in June."

Working out troop posture in the region requires some study. "As we look at that posture, we're going to look at capability in all five warfighting domains, and we're going to look at capability across NATO," Austin said. "We do expect that it will change our footprint. In terms of how much it changes, that remains to be seen."



U.S. Army Soldiers and the Latvian Air Force toured a former top-secret Soviet bunker during exercise Saber Strike 22. During the tour, Soldiers had a seat in the Soviet meeting room. Photo by 1st Lt. Lisabeth Quinn

Army Soldiers tour former top secret Soviet nuclear bunker

by 1st Lt. Lisabeth Quinn
LIELVARDE AIR BASE, LATVIA - Philosopher George Santayana once said, "those who cannot remember the past are condemned to repeat it."

In 2003, Latvia opened the doors to a former top secret Soviet nuclear bunker for public tours. During exercise Saber Strike 22, Soldiers assigned to the 1-3rd Attack "Viper" Battalion were able to take a tour of this preserved bunker and get a glimpse into how the Soviet military prepared for a possible nuclear attack.

"Today was a great opportunity to introduce Soldiers to Latvian Soviet history. Understanding this history and culture will deepen ties and foster relationships with Latvian NATO partners," said 1st Lt. Dean Lagattuta, Army intelligence officer, after touring the Soviet Bunker in Skajupes, Latvia.

A group of 45 Vipers and three Latvian soldiers from Lielvarde Air Base participated in the cultural tour. The tour explored the 40-year-old bunker concealed beneath the Ligatne Rehabilitation Centre and included stops in the main war room, communications room, map room, and planning room.

Soldiers saw the communications equipment, air purifiers, and original generators powered by Soviet built T-54 tank engines. Built to accommodate 250 people in the event of a chemical or nuclear attack, the Latvian government has preserved the majority of furniture and equipment in the bunker.

"In these tense working days, soldiers need to switch off their daily routine," said Arnis Jagza, a crew chief with the aviation squadron of the Latvian Air Force. "Even a few hours outside of the base helped to do so. Today was a great day and I look forward to going on trips with you again."

1-3rd Attack Battalion provides U.S. Army Europe and Africa with a force capable of rapidly projecting forces across the U.S. European Command and U.S. Africa Command areas of responsibility to support designated plans to assure allies and partners, deter aggression, and defeat near-peer adversaries. Other units assigned to V Corps, America's Forward Deployed Corps in Europe, work alongside allies and regional security partners to provide combat-ready forces.

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Surface Force helps pregnant Sailors thrive through Artemis program

by Petty Officer 3rd Class Stevin Atkins

The Navy's Surface Force launched a program to help pregnant Sailors positively contribute to the Navy as they prepare for childbirth.

The Artemis program, named after the Greek goddess of the hunt and childbirth, welcomes pregnant Sailors from around the fleet and provides resources, mentorship, and professional development.

"Many women have to make difficult choices between their career and their family," said Yeoman 1st Class Treysean Bradburn, the leading petty officer of the Artemis Program. "The goal of this program is to provide Sailors with the support and skills that will allow them to continue their careers in the Navy."

The program's support ranges from professional skills training to counseling services while providing Sailors meaningful duties and time to maintain their physical fitness. Sailors in the program also have access to a strong support network of women Sailors who afford mentorship and guidance throughout



Boatswain's Mate 2nd Class Alejandrina Kiel receives training on administrative duties as part of the Artemis program. Navy photo by MC1 Kelby Sanders

their pregnancy journey.

"The program's leaders are really supportive and knowledgeable with giving us information on the proper resources and making sure we're going to the right appointments," said Hospital Corpsman 2nd Class Holly Richardson.

Boatswain's Mate Seaman Ashanti Cunningham echoed this sentiment.

"Being [in the program] is a huge stress reliever, especially with the Artemis team and the experience and mentorship they

provide for Sailors," said Cunningham.

There's another added benefit to the Artemis program. The work that Sailors are doing while in the program is impacting their shipmates in the fleet. The program's participants are assisting Personnel Support Detachment San Diego (PSD) with maintaining records of personnel, military allowances, travel entitlements and deductions for the fleet.

"The support to PSD is providing an opportunity for Artemis Sailors to learn new skills

and apply those skills directly to support the fleet in an area critical to the morale and well-being of every Sailor," said Senior Chief Aviation Boatswain's Mate Phillip Posada, the Artemis program senior enlisted leader. "They are making a meaningful impact on the fleet with their contributions."

Typically, Sailors remain in the Artemis Program for two years to give them time before and after pregnancy to adjust

to their roles as mothers and to prepare them for their return to the fleet.

"With this program, I have a support system while still doing my part for the Navy, and the program allows us to learn and make progress within our career," said Richardson. "I think it's important for women because it allows us to be moms while also preparing us to go back to the fleet."

With a strong support network that the Artemis program provides, Sailors are building resiliency that makes all the difference in their careers and personal lives.

"Being in the Navy while being pregnant is hard," said Cunningham, "but knowing you have other women beside you makes it easier. The program is very helpful and I encourage other Sailors to learn more about it."

Navy offering bonus of \$25K to all recruits who ship out by June

by Rose L. Thayer
Stars and Stripes

The Navy announced last Thursday that for the first time the service will offer an active-duty enlistment bonus of \$25,000 to anyone joining for any job in the service. However, they must be able to ship out to boot camp by the end of June.

"It's a very competitive job market this year. We're offering these bonuses because we want to remain competitive," said Cmdr. David Benham, spokesman for Navy Recruiting Command.

Higher bonuses up to \$50,000 could be available for certain jobs such as some on submarines and some in the information

technology fields, according to the Navy. Recruits already scheduled for basic training between July and September can receive the \$25,000 bonus as well, if they are willing to move their ship out date to before the end of June.

The military services are now competing in a post-pandemic job market in which the unemployment rate continues to decline, leaving employers fighting for workers. The unemployment rate in March dropped to 3.6 percent, near the 3.5 percent it was in February 2020 before the coronavirus pandemic began, according to the Labor Department.

The duration of this offer hinges on the budget, Benham

said. He didn't say how much money is available, but once it runs out, the bonuses will no longer be offered.

"The sooner they apply, the more likely it is that they will be able to take advantage of this unprecedented bonus structure," he said.

Former service members - either from the Navy or other service branches - re-enlisting for active duty in the Navy at pay grades E-4 or below, and who meet specific bonus eligibility and didn't receive a bonus in their first enlistment also qualify for the \$25,000 bonus, the Navy said.

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Navy wants your input about environmental encroachments along Miramar pipeline

SAN DIEGO - The Navy prepared a Draft Environmental Assessment to evaluate the potential environmental impacts associated with the realignment of two segments of the Navy's existing Miramar fuel pipeline in the Clairemont Mesa area.

As part of the plan, the Navy wants to hear from you. The Navy is holding a virtual public meeting to inform the public about the proposed project and environmental impact analysis, as well as obtain public comments.

If you have questions about

the project, e-mail NAVFAC_SW_MiramarPipeline@navy.mil. The virtual public meeting will be held April 27 from 5:30 p.m. to 7 p.m.

Under the plan, the Navy would realign two existing underground pipeline segments, totaling approximately 3,400 feet, to address two major areas of the pipeline easement that have been encroached upon, making it challenging for the Navy to inspect, maintain, and repair affecting operations. The Navy encourages your participation in the environmental review process.

Although current fueling operations don't pose a risk to public or environmental safety, the proposed realignment is needed to provide enhanced access for regular inspection, routine maintenance, and emergency response. Realigning the pipeline would ensure its safe and long-term use and allow the Navy to maintain military readiness.

The Miramar Pipeline was built in 1954 and is a Navy-owned and operated 8-inch fuel pipeline extending approximately 17 miles between Naval

Base Point Loma and Marine Corps Air Station Miramar. The pipeline transports fuel for Navy and Marine Corps ships and aircraft and is critical for supporting the operational missions of the Navy's Pacific Fleet and the Department of Homeland Security.

Action is needed because civilian development has encroached upon Navy easements, thereby diminishing the Navy's ability to access and maintain the pipeline. Proposed action would address major encroachments at High Tech High and

the Cannington Drive areas by constructing new underground pipeline segments within the City of San Diego right-of-way,

away and out from under school, church, and residential properties (see figures). The existing

see **Pipeline, page 8**

San Diego flag officer assignments

The secretary of the Navy and chief of naval operations announced April 6 the following assignments:

Capt. **Ryan M. Perry**, selected for promotion to rear admiral (lower half), will be assigned as Navy chief of information, Washington, D.C. Perry is currently serving as force public affairs officer, Naval Special Warfare Command, San Diego.

Capt. **Guido F. Valdes**, selected for promotion to rear admiral (lower half), will be assigned as commander, Naval Medical Forces Pacific, with additional duties as director, San Diego Market; and chief of the Medical Corps, San Diego. Valdes is currently serving as deputy commander, Naval Medical Forces Atlantic, Portsmouth, Va.

Photo Gallery



TWENTYNINE PALMS
April 1, 2022

Participants in the Colorful Consent Run are covered in powder the conclusion of the Colorful Consent Run at Marine Air Ground Combat Center. To begin the Sexual Assault Awareness month, members of the MCAAGC community participated in the Colorful Consent Run, a 3.2 mile run while having colorful powder thrown on them. Marine Corps photo

APRIL IS
SEXUAL ASSAULT AWARENESS



USS TRIPOLI, at sea
April 6, 2022

Distinguished visitors watch flight operations from vulture's row as an F-35B Lightning II aircraft attached to Marine Fight Attack Squadron (VMFA) 211 lands aboard amphibious assault ship *Tripoli*. The distinguished visitors were aboard *Tripoli* for a tour and to observe the UMarine Corps' Lightning carrier concept demonstration. Navy photo by MC3 Sebastian Minshall



SAN DIEGO
April 7, 2022

Aviation Boatswain's Mate (Handling) 2nd Class **Brittany Owens** demonstrates proper baton handling after being sprayed with oleoresin capsicum (OC) spray, also known as pepper spray, during a Naval Security Forces Sentry qualification course for Sailors assigned to amphibious assault ship *Makin Island*. Sailors participate in NSFS courses to qualify as armed watch standers. *Makin Island* is a Wasp-class amphibious assault ship homeported in San Diego. Navy photo by MC2 Jacob D. Bergh

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North County/Camp Pendleton

Pendleton's Sexual Assault Prevention and Response program provides support for survivors

by Lance Cpl. Shaina Jupiter

Marines are known to carry the load of physical and mental hardships of service with the help of their brothers and sisters around them. Unfortunately, Marines may have to look for a higher form of support if they have become a victim of sexual assault. To fight back and support the warfighter, the Marine Corps provides services with the Sexual Assault Prevention and Response program.

The SAPR program's various services has allowed the Marine Corps to offer service members and their family members the ability to report a sexual assault and address any negative consequences that come as a result.

"We're here to support victims whenever they're ready to report a sexual assault," said Heather Guerrero, the regional sexual assault response coordinator for Marine Corps Installations West. "Our program is going to be there 24-hours, seven days a week, 365 days of the year."

The SAPR program's victim advocates understand that sexual assault is a hard subject to disclose and they want it to be known that a victim can contact an advocate and ask for information without filing a report.

"It's important to a victim who may not want to let everyone know what happened, so having that confidentiality is crucial," said Guerrero.

Survivors of sexual assault have the option of making their report either unrestricted or restricted. Confidentiality is held as a high priority in the SAPR program. Victims, whether they are military or civilian, have the opportunity to speak to a victim advocate and disclose their assault as well as any additional information when reaching out about a filing a report.

"When a victim files an unrestricted report, the victim's commander will be notified by the sexual assault response coordinator," said Guerrero. "Law enforcement will be notified and victims will be supported throughout the process."

If a survivor decides they want medical treatment, an advocate can not only refer them, but they can also accompany that individual to a forensic exam or other medical appointments related to the sexual assault. SAPR victim advocates can provide resources to survivors. Some of these resources are counseling at the Community Counseling Center, referrals to Victims Legal Counsel, providing them the DoD Safe Helpline informa-



tion, or giving them options to seek services off the military installation.

The Marine Corps' SAPR program has recently made changes to restricted reporting, victims are now eligible to file a restricted report as long as they did not personally report the incident to law enforcement and the report was not previously unrestricted. According to Guerrero, reports can be restricted even if it was disclosed to a commander or personnel in a survivor's chain of command, or if there is an ongoing investigation made by a third party report.

The SAPR program has also expanded eligibility for Catch a Serial Offender, also known as the CATCH program. This program gives victims an opportunity to anonymously submit suspect information to help identify serial offenders. Previously, it was only available to survivors who filed restricted reports but is now open to victims with unrestricted reports when the identity of the suspected offender has not been provided to NCIS. Guerrero states that CATCH gathers information into a database to see if the subject's

name is involved in any other investigations.

The DoD Safe Helpline is available day and night and is ready to provide all types of support, resources, and guidance to anyone that reached out. DoD Safe Helpline is a secure, confidential, and anonymous crisis support service specially designed for members of the DoD community affected by sexual assault.

"The SAPR program being publicized is giving victims the opportunity to finally share their stories in a confidential setting," said Guerrero. "We want there to be a general awareness on who we are and what we do so that no service member has to go through this alone."

Marines and their families should be able to work and live in a safe environment where they feel comfortable and are willing to speak out if something is wrong.

If an individual is a witness or was involved with a sexual assault, please contact 760-500-1707 to speak with a SAPR victim advocate or reach out to a uniformed SAPR victim advocate.



MCRD, SAN DIEGO
March 30, 2022

Wyatt, a child with Make-A-Wish America Foundation, wished to be a Marine for a day. Marines here granted Wyatt's wish and gave him a full experience including a haircut, martial arts, obstacle courses, equipment tours, and more. Marine Corps photo by Lance Cpl. Cristian Torres

Marine Corps Cpl. Ryan Nascimentoreads off casualty information for a nine-line medical evacuation request during a Combat Lifesaver Course practical application. Photo by Cpl. Garrett Kiger



CAMP PENDLETON
March 30, 2022

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An at-sea change of command for USS Spruance

SOUTH CHINA SEA - Destroyer USS *Spruance* held a change of command ceremony on the ship while underway in the 7th Fleet area of operations.

Cmdr. Douglas Robb relieved Cmdr. Micah Sybor during a ceremony in front of *Spruance*'s 335-person crew while on a deployment in the 7th Fleet area of operations.

Sybor served as commanding officer since December 2020. His next duty will be Current Action Branch Chief at EUCOM, Stuttgart, Germany, where he will play an integral role in planning and executing operations throughout the European Theater.

Sybor addressed the crew for the final time as commanding officer during the ceremony, saying, "I know that if you continue to do the work that good things will happen. There is nothing more that I look forward to than news of your safe return to San



Lt. Ron Wade, Cmdr. Douglas Robb, Cmdr. Micah Sybor, Command Master Chief Richard Meek, and Sailors assigned to *Spruance* salute the flag during a change of command ceremony. Navy photo by MC3 Taylor Crenshaw

Diego. Until then, stay frosty, and carry the day."

New skipper Robb is stepping into the captain's chair after serving as *Spruance*'s executive officer from October 2020 to December 2022.

"Every *Spruance* Sailor is a leader of some sort, and leaders

mate change), land use, noise, transportation, public health and safety, and hazardous materials and wastes.

For more information about the Proposed Action, alternatives and proposed options, and environmental impact analysis, please visit www.cnic.navy.mil/NBPLMiramarPipeline. The Draft EA and supporting documents are available at the Balboa Branch Library, 4255 Mount Abernathy Ave., San Diego, and North Clairemont Branch Library, 4616 Clairemont Drive.

Pipeline continued from page 6

pipeline would remain in service while the new pipeline is being constructed. Once the new segments are operational, the existing segments would be cleared, closed, and left in place.

The EA includes an analysis of potential environmental impacts associated with four action alternatives and a No Action Alternative. The environmental resource areas analyzed in the EA include air quality (including greenhouse gases and cli-

earn their luck through effort, expertise, and ethos - traits that combine into a single characteristic that has become synonymous with this ship, her crew, and our namesake: Excellence," said Robb "It's in the pursuit of excellence that we will serve as stewards of this ship, mindful of the honor it is to have our names spoken in the same sentence as the hero of the Battle of Midway."

At sea, Robb's past assignments include communications officer and navigator aboard USS *Halsey* (DDG 97), operations officer aboard USS *Kidd* (DDG 100), and operations officer for Commander, Destroyer Squadron 7. His staff assignments include liaison to the U.S. House of Representatives in the Navy's Office of Legislative Affairs, in the Navy Staff's Surface Warfare Division (OPNAV N96), and as speechwriter for the Chief of Naval Operations.

Former Camp Pendleton Marine sentenced to 28 years for molesting child

by Wyatt Olson
Stars and Stripes

Former Marine sergeant Michael Hamby Jr., 30, was sentenced April 4 under a plea deal in U.S. District Court for the Southern District of California that also requires 20 years of supervised release for sexually assaulting a child in October 2016.

Hamby, who had been stationed at bases in Okinawa and California, pleaded guilty to enticement of a minor, which carries a maximum sentence of life in prison.

"The record reflects Hamby also advertised the child as available to others and expressed an intent to engage in sexual games with two other children, ages 4 and 8," the news release said.

Hamby pleaded guilty in May 2021 in exchange for a sentence of no less than 20 years and no more than 29.

A co-defendant in the case, Elijah Alexander Vazquez, was scheduled to be sentenced before the same judge.

Hamby's pre-sentencing memorandum, which provides details of the crime to which he

confessed, remained sealed as of last Tuesday.

A brief sentencing memorandum filed in federal court April 4 described Hamby as "a man with two different identities."

"To the public and members of his own family, he was a husband and a step-father who honorably served his country as a Marine," the memorandum states.

Hamby joined the Marine Corps in 2009 at age 18, according to court documents.

"He was a beloved son and brother. Upon completing his first enlistment in 2013 with an honorable discharge, he reenlisted," the memo states.

In stark contrast was his "predatory dark side," the memo states.

"He is someone who handcuffed and sodomized a [3-year-old] child," the memo states. "He is someone who advertised that this child was available for others to enjoy sexually with him."

Hamby admitted that while stationed at Camp Pendleton

in October 2016 he engaged in sexual acts with the child, the DOJ news release said.

Hamby transferred to Camp Hansen on Okinawa the following year, where the Naval Criminal Investigative Service began investigating him.

Hamby was arrested in Okinawa on March 4, 2017, after an NCIS undercover agent responded to a posting the Marine had placed on craigslist.com with the title "young girls, incest, taboo," according to a report by the *San Diego Union Tribune* in September 2017.

The newspaper's report was based on a search warrant affidavit filed in San Diego federal court that was used by agents to gain access to Hamby's laptop.

The female agent presented herself to Hamby as a mother with children ages 4 and 8, and Hamby sought to meet her for a sexual encounter with the children, the newspaper reported.

Hamby was held in the Camp Hansen brig from March 2017 to February 2019, according to court documents. He was indicted by a grand jury in May 2019.

Navy SEAL: 'More than just a job'

by Petty Officer 1st Class Benjamin Kittleson

CORONADO - The sun is still below the horizon as the ocean breeze blows on a chilly winter morning in San Diego, where the latest group of Navy Sea, Air and Land (SEAL) and Special Warfare Combatant-Craft Crewman (SWCC) hopefuls hits the soft sand for some morning physical training. Overseeing this training is an experienced instructor, alternately observing and motivating the class to stay focused.



"Listen up! Eat, sleep and train. That's all you're getting paid for!"

These are the three things Chief Petty Officer Joan Jennings, an instructor at Naval Special Warfare's Basic Training Command (BTC), wants candidates thinking about as they start their day. It's an important lesson she knows from years of special warfare assessment and selection: keep your goals in the now - and make them simple. This is how candidates travel the long, arduous road to join the Navy's elite commando force. Humility helps.

"When you get down to the basics, you joined to serve your country."

BTC's instructor cadre has a broad range of experience, talents and backgrounds. Many, like Jennings, have deployed to combat zones.

"I was embedded with Army infantry prior to women being allowed in combat zones," she said, reflecting on her time as a Navy second class petty officer deployed in a combat camera role to Bagdad in 2008. "There were moments when I realized I was the only female in the FOB (forward operating base), but I didn't think of myself as some sort of trailblazer. The whole time I was there, the idea of me being a girl never really crossed my mind because we were all there to do a job, to complete the mission. I wanted to be in it and document the fight."

The mission of the instructor cadre seems simple: assess and select the next generation of Naval Special Warfare (NSW) operators to go downrange. But it takes a lot of hard work and professional requirements to earn the title of instructor at one of the Navy's most prestigious training commands, and BTC needs more than just a qualified staff - proven leaders are critical to the success of the mission.

"As a Chief and an instructor, I'm able to mentor not just SEAL and SWCC candidates, not just men or women who want to be special operators

or boat team members, but young Sailors," said Jennings. "And I think it is important for the female candidates who come through here to see senior leadership within the instructor ranks."

Information Systems Technician 2nd Class Erika Neal spent five years deploying and working in support of multiple SEAL teams on the Mobile Communications Team before successfully interviewing for an instructor position at BTC. But that was just the beginning.

"I've always held the mindset that says, 'you have to earn your spot'," said Neal. In anticipation of joining BTC, she participated in a familiarization program to prepare her for the challenges of being an instructor. "I ran the beach with a boat on my head, I carried the log, swam the laps - to be a part of the team, a part of the community. We're expected to shoulder our share of the weight."

Now she serves as an instructor for the Basic Crewman Training course, helping candidates learn the critical skillsets of the SWCC community, the Navy's elite maritime mobility operators. She finds working as part of a professional cadre with different values and perspectives to be rewarding.

"It's actually really cool how different we all are, because I think that with this little group that we have, it's important that we all balance each other out," Neal said. "When we're going over ideas regarding training, we're not all coming up with the same thing. Our individual personalities help us to work interdependently."

The women of NSW share a deep sense of camaraderie as they work to deliver on mission.

"This is something I want to do. The idea of supporting women in special operations spoke to me," said Lt. Cmdr. Erica Young, force integration officer for Naval Special Warfare Command. "You see, I didn't want to simply have a job, but a career where I could build upon skill sets - where what I'm doing is rewarding and meaningful, and I'm giving back. That's

Chief Mass Communication Specialist Joan Jennings supervises SEAL and Special Warfare Combatant-Craft Crewman (SWCC) candidates during swim training in the combat training tank. Navy photo by Benjamin K. Kittleson

important to me, and I knew I could have that here."

Young believes the tough daily regimen of training for the next generation of warriors is worth it not only for candidates, but for the women who have earned the title of instructor.

"It's important to have these women here, regardless of whether there's a female candidate coming through or not," she said. "Because it's changing the outlook and mindset of the men, they're seeing these women get the same respect as the other male instructors, even though they don't have a SEAL or SWCC pin."

Still, the focus remains on the candidates. Jennings said that what she concentrates on today, more than 20 years after she joined the Navy, has not changed all that much from the basics she tries to instill in the candidates today. "The people we train, both men and women, they're so young and hungry. And no matter what job they pick, they're thinking selflessly, and they're committing to something bigger than themselves. We're doing something we're passionate about. And you have to be passionate about this - otherwise it's just a job."

Naval Special Warfare Center, located on Naval Amphibious Base Coronado, provides initial assessment and selection and subsequent advanced training to the Sailors who make up the Navy's SEAL and Special Boat communities, a key asset of NSW. The NSW mission is to provide maritime special operations forces to conduct full-spectrum operations, unilaterally or with partners, to support national objectives. For more information on the NSW assessment, selection and training pathway, visit <https://www.sealswcc.com/>.

Navy recruiter uses golf to build strong veterans community

by Petty Officer 1st Class
Richard Alvarez

LOS ANGELES - The crowd started arriving at dawn as the morning dew was still fresh on the grass. A line the length of a football field began to form at the check-in booth. Hot coffee was being served to those that were waiting in line. Hospital Corpsman 2nd Class Gary Medell's vision had come to fruition.

"I didn't know how to golf, so my buddy and I taught one another how to golf," said Medell, an Navy Talent Acquisition Pacific recruiter. "We learned quickly because it became the only way for us to do anything active outdoors because of COVID. Isolation and closures kept me and my fellow veterans from connecting and supporting each other. Golf was one activity that eliminated most of those obstacles."

So Medell and his organization, 42MM, hosted a golf tournament March 25 that included more than 150 service members, veterans and family members. 42MM - pronounced 42 mike mike - which is the diameter of a golf ball, is a veteran golf outreach organization. The organi-

zation gives active-duty military and veterans the opportunity to take on a new sport, which is proven to help veteran battle daily rigors and possible physical or mental health problems.

Medell started 42MM to teach local veterans the game of golf and even provides golf equipment for those who can't afford it.

"During the COVID-19 shutdown a lot of activities were taken away from us," said Medell. "Golf was one of the very few physical activities that I was still able to do and stay safe while being outside. My mental health was not in the best shape during the pandemic and golf really helped me cope with life."

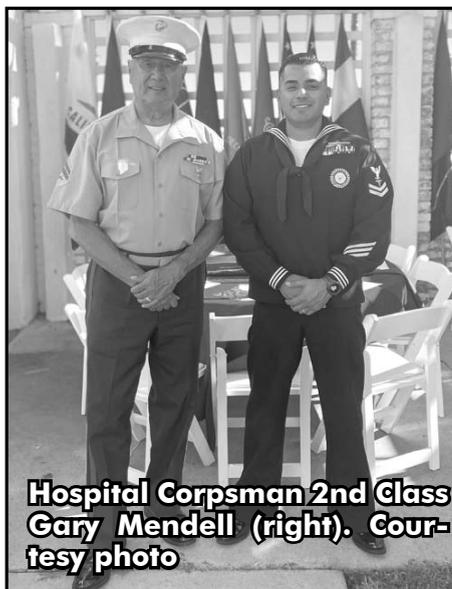
"I found that many of my brothers in arms were not handling the lockdown well either, and I became concerned. My golfing buddies and I would invite our veteran friends out to golf, and we noticed that their attitudes were better."

At the starting point of the tournament, there was coffee and food for the entire group. The coffee was provided by a veteran owned and operated company. All 18 holes were sponsored

by organizations that lend help to veterans. The 2nd Battalion, 23rd Marine regiment supplied crew serve weapons and humvees for display. Music was loud and spirits were high. The scene was set for a great event. The tournament opened with a speech from Medell and his co-founders.

In Medell's speech, he expressed his gratitude to all who attended and emphasized the strong connection that they all shared because of their military service. Next, the national anthem was performed by a former Marine, which was followed by cheers and applause. Golfers quickly jumped into their golf carts and zoomed off to their starting positions and the tournament was underway.

"As a prior service recruiter, it was hard to gain access to vets so I connected my passions," said Medell. "Being a Navy



Hospital Corpsman 2nd Class Gary Mendell (right). Courtesy photo

corpsman, we teach and provide medical training for our Marines and Sailors. I had the opportunity to help heal and teach other veterans. Teaching is something I truly enjoy."

"42MM has helped everyone who has been involved," said Manuel Amaya, a former Marine. "Gary has been able to reach veterans and help them connect and regain the comradery that goes away when service members separate from the military."

The tournament concluded with a banquet where the guest speaker, Ryan Matthews, shared his story of darkness and depression following his time in Iraq. Through golfing and fishing, Matthews was able to cope with some of that darkness and depression.

"42MM is dedicated to coming together as a veteran community and supporting each other's obstacles and celebrating each other's victories," said Medell.

In 14 months, 42MM has hosted seven tournaments and four

golf outings, connecting active-duty service members, veterans and veteran supporters. 42MM is an organization for veterans by veterans. Gary Medell has taken his strong belief of brotherhood, comradery and service, and created an environment for service members to learn and heal.

NTAG Pacific has 34 Navy recruiting stations covering more than 44,000 square miles in Ventura and Los Angeles Counties, along with Hawaii, Guam and Japan and the Far East. NTAG Pacific employs more than 300 recruiters, support personnel and civilians.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Have visions of colorful foil been dancing in your dreams recently? Have you detected the distinct aroma of coconut in the air? Have you seen rabbit tracks in your yard? Have you been drooling for no apparent reason?

Despite what you think, you are NOT suffering from a serious mental disorder. There's no need to take a Xanax. Do not voluntarily commit yourself to a psychiatric ward for a 90-day stay. It's not a necessary to form a support group and invite them over to watch "One Flew Over the Cuckoo's Nest."

Do not be alarmed. These seemingly strange symptoms are normal during this time of year, because Easter makes us all a little crazy.

Of course, we expect children to spool themselves into an all-out frenzy on Easter. If we manage to wrestle them into their Sunday best for Easter religious services, they burst out of church before the final hymn is over like prison escapees. It's all we can do to snap a blurry photo of them wearing their stiff Easter ties and flouncy Easter dresses at home, before they bolt around the house and yard, knocking each other over in a maniacal search for eggs.

Why, then, does this sweetest of

Sweet sanity

holidays cause grown adults to go bonkers too? Believe it or not, our temporary lunacy is triggered by the same irresistible stimuli that affect our children -- CANDY.

Considering that mature adults have highly developed impulse control, you might not believe that sugary treats could make parents lose their minds. But then, you'd be wrong.

It all starts when parents voluntarily deprive themselves of life's simple pleasures in the name of Lent or looming bathing suit season, declaring that they've given up chocolate, carbohydrates, alcohol or desserts. Forty days of that can turn even the most stable adult stark raving mad. We are then faced with sparkling displays of pastel foil-covered miniaturized candy bars in every store, which taunt and torture us in our self-starved state.

To add insult to injury, we must purchase that tempting candy and fill the eggs for our kids' Easter egg hunts. With trembling hands and spittle on our chins, we load the colorful candy bags into our grocery carts, and hide them under our beds and in our closets to await the egg hunts. Despite being hidden, we know all too well that the candy is there, calling like Sirens, "C'mon... just open a little corner of the bag and take a few. No one will know. Chocolate tastes so good..."

We waffle between resistance and bargaining: "I'll have one teeny-teeny peanut butter egg [staring into space with small drop of drool

forming in corner of mouth] ... No! [slapping hands over ears, squeezing eyes shut] ... I can make it to Easter, just a few more days [breathing into a paper bag] ... and then on Easter Sunday [eyes widening, grin forming] ... I'll sneak into the kids' Easter baskets after they've gone to bed [drooling again]... and go ... hog ... wild! [said in a frighteningly deep, gravely voice.]"

As for me, I swore off caffeine and sugar several weeks ago in a half-hearted Lenten promise. But, as always, I bought candy for our family's annual Easter egg hunt and hid it in my office. The tiny Snickers have been whispering to me at night. I'm pretty sure the dog hears them too. I can't stop muttering, "Gimme a break, gimme a break, break me off a piece of that Kit Kat bar," and I've developed an involuntary eye twitch.

Despite my declining mental state, I'm determined to control my urge to rip the secreted bags open and gobble the candy-coated catalysts, foil wrapping and all. I am an adult, after all.

However, on Easter Sunday, after our three children have opened every plastic egg, after the dog has ingested colored Easter grass, after the leftover ham has been sliced for sandwiches, and after I give up scraping burned scalloped potatoes off the dish and let it soak in the sink, I will sit on our couch and calmly open a handful of pastel Peppermint Patties.

And there, in that sweet moment, I will reclaim my sanity.

AutoMatters™ & More



by Jan Wagner

Lowriders at Goodguys 2022 Del Mar Nationals

Even though they are not specifically highlighted in their own category in the GOODGUYS 2022 yearbook, "The Year in Photos," lowriders had a huge presence at this year's Goodguys Del Mar Nationals — "America's Favorite Car Show." In addition to lowriders and the Goodguys Autocross (see photos and an exciting video at <https://automatters.net/goodguys-del-mar-nationals-part-one-the-autocross-slow-down-to-go-fastends-with-a-crash-captured-on-video/>), this show also featured American muscle cars, trucks, motorcycles, numerous vendors and exhibitors, a swap meet, a "Cars 4 Sale Corral," a model and pedal car show, live entertainment, the "Goodguys Nitro Thunderfest," a "Burn-out Competition," the "Kids Model Car Make n' Take" (free), "All-American Sunday" (for all years) and, at the end of the three-day weekend, a long procession of amazing vehicles for photos and the presentation of awards.

Lowriders — a phenomenon that has gone global — represents a large and important part of California car culture. The look of a lowrider (cars and trucks) — lowered and with their characteristically small whitewall tires mounted on knock-off wire wheels — is unmistakably distinctive, both visually and mechanically. Active, articulating, hydraulic or air pressure operated suspensions raise and lower the corners, and some cars even hop — lifting all four wheels off of the

Lowriders at Goodguys Del Mar Nationals plus 'Secrets of Dumbledore' food truck by the beach

ground! Their creators' attention to highly detailed customizations almost defy belief, with expansive, finely engraved chrome — inside and out, including in the engine compartment; colorful, highly detailed, patterned and pinstriped paintwork — often in wild colors; extremely customized interiors with crushed velvet upholstery; and more. You really have to see them. Mere words are not enough.

Favorite cars for conversion to lowriders include mid-1960s Chevrolets, Lincolns, Cadillacs, Monte Carlos and other large American cars.

"FANTASTIC BEASTS: The Secrets of Dumbledore"

BREAKING Warner Bros. Pictures News: To promote their new movie entitled "FANTASTIC BEASTS: The Secrets of Dumbledore," which opens in North American theaters on April 15, Kowalski Quality Baked Goods, the New York bakery owned by Muggle Jacob Kowalski in the FANTASTIC BEASTS films, has been transformed into a bakery truck that has hit the road in April, visiting eleven U.S. cities over the course of two weeks. This custom-wrapped truck features FREE movie-themed treats (bakery items, of course) and is offering fans the chance to win exclusive FANTASTIC BEASTS giveaways (cool swag). As this food truck makes its way across the country, fans are encouraged to dress up as their favorite "Wizarding World" characters, for the full experience!

On Monday, April 11, the food truck "flew" into San Diego's historic Belmont Park, by Mission Beach. As promised, excited fans and visitors to Belmont Park and the beach alike, were treated to a variety of delicious bakery

goods and FANTASTIC BEASTS: The Secrets of Dumbledore" swag — including T-shirts, reusable bags, hats and more.

This ideal San Diego location also gave people the opportunity to enjoy the beach and historic Belmont Park, where they could take a ride on the iconic "Giant Dipper" roller coaster — at speeds up to 48 MPH, with views of the Pacific Ocean! As we learn from the Belmont Park website (<https://www.belmontpark.com/ride/giant-dipper-roller-coaster/>), this classic roller coaster originated during the Golden Age of wooden roller coasters. It was built almost 100 years ago — in 1925. The original roller coaster entertained riders until 1976, when Belmont Park shut down.

In a successful effort to prevent this historical roller coaster's demolition, a group of concerned citizens got together and eventually the Giant Dipper Roller Coaster was restored — at a cost of \$2 million. The renovation included all-new track and track bed, thousands of board feet of lumber and two new trains with modern restraint systems.

The beach located next to Belmont Park, offers restaurants, shopping and, of course, the beautiful Pacific Ocean.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters & More at Automatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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AROUND TOWN

Passover April 15-23

SD Padres vs. Atlanta Braves at Petco Park, April 15, 6:40pm; April 16, 1:05pm; April 17, 4:08pm. www.mlb.com/padres

Padres Giveaway: Opening Series Hat, Sun, April 17, 4:08pm. Available to first 35,000 fans at Petco Park (no rainchecks issued). Fans are also encouraged to arrive early to attend the first KidsFest of the 2022 season presented by Super Mouth (begins when gates open) and the Military Opening Day pregame ceremony presented by USAA before the Padres face the Braves at 4:08 p.m.

Bee Gees Gold Tribute at Balboa Theatre, April 15, 8pm. www.sandiegotheatres.org

Beatles vs. Stones at Belly Up, April 15, 9pm. www.bellyup.com

Coachella Music Festival, April 15-24 (2 weekends) www.coachella.com

4-S Ranch Hike to Lake Hodges Overlook, Sat, April 16, 9-11am. Free. North end Alva Rd & Hunters Ridge Rd.

La Jolla Half Marathon and Shores 5K, April 16. www.ljhalf.com

Public Tour & Open Garden, Sat, April 16, 10-11:30am. Free. Olivewood Gardens and Learning Center, 2525 N Ave, National City.

Chollas Lake Book Club, Sat, April 16, 11am-noon. Free. Join fellow book enthusiasts to discuss spring and summer reading ideas Chollas Lake, 6350

College Grove Dr, San Diego, 92115.

April Full Moon Hike, Sat, April 16, 6-10pm. Free-\$10. Iron Mountain Trail, 14847-14909 CA-67, Poway. Register www.campbum.com/iron-mountain-full-moon-hike/

SD Gulls vs. Ontario Reign at Pechanga Arena San Diego, April 16, 7pm. www.sandiegogulls.com

Easter, April 17

Guided Nature Walk, Sun, April 17, 9:30-11am. Free. Join an MTRP Trail Guide. Meet at Visitors Center. Rain cancels. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos, 92119. mtrp.org

SD Padres vs. Cincinnati Reds at Petco Park, April 18 & 19, 6:40pm.; April 20 at 1:10pm. mlb.com/padres

SD Music Awards at Humphreys by the Bay, April 19, 7pm. www.sandiego-musicawards.com

Bob Fosse's Dancin' at The Old Globe. April 19-May 29. www.theoldglobe.org

SD Gulls vs. Abbotsford Canucks at Pechanga Arena, April 20, 7pm. www.sandiegogulls.com

GI Film Festival San Diego Tickets on sale now. For the May 17-21 Military-themed film festival returning to Museum of Photographic Arts for in-person screenings with a lineup of films that highlight diverse military experiences and untold stories. More info at GIFilmFestivalSD.org

ROY'S SUDOKU

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MOVIES AT THE BASES

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

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

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

Thursday, April 14

6pm Morbius pg13

Friday, April 15

6pm Father Stu r

Saturday, April 16

1pm Morbius pg13

3:20pm Father Stu r

Sunday, April 17

1 pm Morbius pg13

3:20pm The Outfit r

Lowry Theater - NASNI, 619-545-8479 ★

Bldg. 650

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

Friday, April 15

6pm Father Stu r

Saturday, April 16

3pm Morbius pg13

6pm The Outfit r

Sunday, April 17

1pm Morbius pg13

4pm Father Stu r

Friday, April 22

6pm The Lost City pg13

Bob Hope Theater 577-4143 MCAS Miramar Bldg 2242 ★

Friday, April 15

6pm Father Stu (R)

Saturday, April 16

3pm The Batman (PG-13)

6:30pm The Outfit (R)

Sunday, April 17

3pm Morbius (PG-13)

Pendleton Theater and Training Center ★

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, April 16

1:30pm Cyrano pg13

Saturday April 23

1:30pm Morbius pg13

Q-Zone - NAB

Bldg. 337 • 619-437-3190 ★

Family Friendly Movies:

Tues, Thur, Sat: 11 am

No schedule posted.



CROSSWORD PUZZLE

Across

- 1 Distressed cry
- 5 Capture, in Westerns
- 10 Pond film
- 14 Singer Brickell
- 15 Rap sheet entry
- 16 ___ Linda, Calif.
- 17 Noble fish?
- 19 Arthur Ashe Courage Award, e.g.
- 20 Radio tuning shortcut
- 21 Longtime "American Top 40" host
- 23 They're sold in bars
- 26 Force out
- 29 Goes along with
- 32 Come again?
- 33 Oldest Musketeer
- 34 Keyboard goofs
- 36 Campaigned
- 37 Flute feature
- 38 Management opening
- 39 Protest, in a way
- 40 Argentine aunt
- 41 Caff ___: chocolate-flavored drink
- 42 Reach via jet
- 43 Oliver Twist, for one
- 45 Not farmed out
- 47 Spruce up the lawn
- 48 Jim of "Wide World of Sports"
- 49 Buddy
- 51 Much more than a mere fan
- 56 Word of lament
- 58 Elastic fish?
- 61 Singer with The Blackhearts
- 62 Typical
- 63 Caffeine-rich seed
- 64 Graph lines
- 65 Chaps
- 66 Kind of folder

Down

- 1 Online site whose reviews are reviewed
- 2 Fragrance
- 3 Certain partner
- 4 Frees, with "out"
- 5 Common carry-on item
- 6 Pub order
- 7 What Marcie calls Peppermint Patty
- 8 Fires
- 9 Fed. workplace monitor
- 10 Short item on many a tee
- 11 Massive fish?
- 12 Diamond authority
- 13 Possibly will
- 18 Many RSVP responses, hopefully
- 22 Notices
- 24 Top story
- 25 Medium
- 27 Pure
- 28 Scout rider
- 29 What you have on
- 30 Stingy fish?
- 31 Dot follower, at times
- 32 Piglet's pal
- 33 Tycoon who is an Oregon city namesake
- 35 Play a joke on
- 38 Day named for a satellite: Abbr.
- 39 Winter bug
- 41 Anti-DUI org.
- 42 Entrance area
- 44 Raises
- 46 Variable eye colors
- 48 Touchpad alternative
- 50 Pharmacy item
- 52 Sets as a price
- 53 Circuit
- 54 Earthenware pot
- 55 Bears or Lions
- 56 1977 Steely Dan album
- 57 Latin law
- 59 Dog holder
- 60 Diamond tool

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VEHICLE TEMPERATURE		
Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

COMPANIONS

New, expanded childbirth and breastfeeding TRICARE benefits for expecting parents

by **TRICARE Communications**
 FALLS CHURCH, Va. – Are you an expecting parent? Are you thinking of having a child? TRICARE is now providing more options to those who are planning to expand their family. As of Jan. 1, TRICARE added new childbirth and breastfeeding benefits under the Childbirth and Breastfeeding Support Demonstration (CBSD). CBSD is for those enrolled in TRICARE Prime and TRICARE Select in the U.S. under one of the TRICARE regional contractors.

As part of this five-year study, TRICARE covers the services of three new types of TRICARE-authorized providers:

- Certified labor doulas
- Certified lactation consultants
- Certified lactation counselors

“With the CBSD, we’re evaluating the cost, quality of care, administrative feasibility, and the impact on birthing parents and infants of using trained, non-medical professionals as extra maternal health providers,” said Erica Ferron, management and program analyst with the TRICARE Health Plan. “At the end of the study, TRICARE will review the findings and then decide whether or not to make this coverage permanent.”

Both benefits are only for TRI-

CARE Prime and TRICARE Select enrollees. And you must use civilian providers. This means the CBSD isn’t available at military hospitals and clinics. It’s also not available if you have coverage through:

- US Family Health Plan
- TRICARE For Life
- Continued Health Care Benefit Program

You don’t need referrals to use network providers. If you have TRICARE Prime, you’ll need a referral from your primary care manager to see a non-network provider. Without a referral, you may have point-of-service charges.

What are these new services? How can you qualify? The answers are below.

Certified Labor Doulas

TRICARE will cover up to six visits by certified labor doulas, either before or after you give birth. You also get one doula visit for the length of your delivery. These doulas are trained professionals who provide non-medical support for birthing parents.

“TRICARE is breaking new ground by covering doula services,” added Ferron. “The support services provided by certified labor doulas will complement



This year TRICARE added new childbirth and breastfeeding benefits under the Childbirth and Breastfeeding Support Demonstration (CBSD). CBSD is for those enrolled in TRICARE Prime and TRICARE Select in the U.S. under one of the TRICARE regional contractors.

maternity services by TRICARE-authorized physicians and other medical professionals.”

TRICARE is creating a network of certified labor doulas. You can use a doula outside of the network. But you must make sure your doula still meets the CBSD qualifications for you to get reimbursement.

To qualify for doula visits, you must:

- Be at least 20 weeks pregnant
- See a TRICARE-authorized provider for your birth event

As part of the CBSD, you can’t plan to give birth in a military hospital or clinic. But you can give birth with a certified nurse midwife at home if that midwife is a TRICARE-authorized provider. If you don’t use a midwife who is authorized by TRICARE, the CBSD won’t cover the services.

Lactation Consultants and Lactation Counselors

As outlined in the TRICARE Maternity Care Brochure, TRICARE covers breastfeeding counseling, as well as breast pumps and supplies. With the CBSD, TRICARE is expanding that coverage. There are many lactation consultants and counselors who are highly trained, but not fully licensed medical providers. Expanding coverage to these providers will help you have more access to qualified lactation experts.

The CBSD also adds coverage for group breastfeeding counseling. These sessions count toward the six total allowed outpatient counseling sessions you have per birth event.

To qualify for this extra coverage, you must:

- Be at least 27 weeks pregnant

- Qualify for TRICARE’s breastfeeding support benefit
- Use a civilian provider covered by the TRICARE regional contractors

How can you enroll in the CBSD? If you’re eligible, you’re automatically enrolled when you submit a claim covered under the CBSD. You can also check with your TRICARE regional contractor to see if you qualify. If you need help finding a provider, talk to your regional contractor.

The CBSD goes until Dec. 31, 2026 stateside. It will expand to overseas and U.S. territories in January 2025. If you want to learn more about CBSD, check out the Childbirth and Breastfeeding Support Demonstration page.

For for more information and links to services visit <https://www.tricare.mil/cbsd>.



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