

# ARMED FORCES DISPATCH

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July 21: Happy Birthday to the @U.S. Department of Veterans Affairs! Thank you for 93 years of service.

**SIXTY-THIRD YEAR NO. 8**  
**THURSDAY, JULY 13, 2023**



**BRIDGEPORT, Calif - Marine Corps 1st Lt. Jackson Brooks a communications officer with Marine Wing Communications Squadron 38, leads a military working mule on a hike during Animal Packers Course 23-1 at Marine Corps Mountain Warfare Training Center here last month. Animal Packers Course teaches personnel to load and maintain pack animals for military applications in difficult terrain with mission-essential gear. U.S. Marine Corps photo by Lance Cpl. Justin J. Marty**

## Senate nominations hold stalls hundreds of military leaders appointments

by C. Todd Lopez, DOD News

With the current hold in the Senate on confirming general and flag officers, as many as 650 critical leadership positions might be vacant by year's end, said the deputy Pentagon press secretary during a briefing July 10.

Military positions which should be filled with confirmed leaders, Sabrina Singh said, might instead need to be filled by men and women who are doing the job part time, while continuing to fill another role they've already been appointed to.

Right now, Singh said, as many as 265 general and flag officer nominations have been delayed in the Senate, affecting the smooth transition of leadership.

Monday morning, for instance, **Gen. David H. Berger relinquished his position as the 38th Commandant of the Marine Corps. Taking his place is Gen. Eric M. Smith, who will serve in an acting capacity, until confirmed, while he continues to serve in his current role as the assistant commandant.**

The only other time the Marine Corps operated with an acting commandant was in 1818, more than 100 years ago, when Marine Corps Maj. Archibald Henderson served as the acting commandant for just over five months. In later years, Henderson was confirmed as commandant.

During the relinquishment of office ceremony at the Marine Barracks in Washington, D.C., today, Secretary of Defense Lloyd J. Austin III used the opportunity to highlight the importance of smooth leadership transitions within the U.S. military.

"As the secretary said in his speech today, smooth and timely transitions of confirmed leadership are critical to the defense of the United States and to the full strength of the most powerful fighting force in history," Singh said. "Stable and orderly leadership transitions are also vital to maintaining our unmatched network of alliances and partners; they are crucial for our military readiness."

Continued holds on confirmations, Singh said, poses a risk that the department will experience knowledge and expertise gaps in critical

see **Senate, page 4**

## EFFORTS CONTINUE TO RESETTLE AFGHAN INTERPRETERS

by Scott Sutherland  
Staff writer

As the United States nears the second anniversary of the fall of Kabul, Afghanistan, efforts continue to evacuate, resettle and advocate for Afghan interpreters.

To date, the U. S. has taken

in more than 100,000 refugees from Afghanistan since the country fell to the Taliban in August 2021. Thanks primarily to the efforts of the No One Left Behind charitable organization, nearly 152,000 former interpreters eagerly await any word as their concern mounts for the safety and quality of life for loved ones.

"They were promised a new life in the United States by way of a Special Immigration Visa (SIV) for their service," said Anna Peacock, the communications director at No One Left Behind, in an e-mail to *Armed Forces Dispatch* this week. "Still, many Afghans who stood shoulder-to-shoulder with our military have been left behind and are being relentlessly hunted by the Taliban."

Janis Shinwari, co-founder of No One Left Behind, was an Afghan interpreter for U.S. forces who saved the lives of five American Soldiers in combat. He speaks for many refugees about the lifestyle changes since August 2021.

"When I first arrived in the United States {2013}, every-

thing that came to me was from complete strangers," said Shinwari. "Toys for my kids, mattresses, blankets, dishes, even money to pay for my rent were from complete strangers. That is how my life started here and that was the birth of No One Left Behind."

When donors raised \$35,000 to support his family's resettlement in 2013, Shinwari instead used the funds to co-found No One Left Behind. Ever since, Shinwari and No One Left Behind have paid his gratitude forward to new SIV recipients starting their lives as Americans.

"We also advocate for our allies with the U.S. government," said Peacock, "provide subject

see **NOLB, page 2**



**An Afghan National interpreter and U.S. Army 1st Lieutenant Matthew Hilderbrand talk with an Afghan boy in the Zabul province of Afghanistan June 29, 2010. U.S. Army photo by Staff Sgt. William Tremblay**

## Brown's confirmation hearing for chairman of Joint Chiefs held this week

The long-awaited hearing to confirm the next Chairman of the Joint Chiefs of Staff began July 11, as Air Force Chief of Staff Gen. Charles Q. Brown, Jr., testifies before the Senate Armed Services Committee. If confirmed by the Senate, Brown would be the first Airman in 18 years to serve as the commander-in-chief's top military adviser. Brown said he had a game plan for how to handle the scrutiny: be himself. "I am who I am," Brown said June 7. "I think about joint operations. I think about combat capability - how we'll continue to push ourselves to ensure we have the capabilities to provide the nation what it asks us to do."

## Newest frigate named Lafayette by SECNAV

Secretary of the Navy Carlos Del Toro announced in Paris that a future Constellation-class guided-missile frigate will be named USS Lafayette (FFG 65), June 29. Future USS Lafayette will honor Marquis de Lafayette and his service during the American Revolutionary War. A member of the French nobility, the young Lafayette took a fervent interest in the cause of the American revolutionaries, and in December 1776, was contracted into service as a major general in the Continental Army. In 2002, Congress posthumously made Lafayette an honorary U.S. citizen. The ship is scheduled for commission in 2029.

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### Career

Nuclear Propulsion School first – 3 Royal Australian Navy officers graduate the program ...  
Air Force delays some PCSs, bonuses

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### Base Movie Schedule



Check our weekly movie schedule.

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# US drone strike kills Islamic State group leader in Syria, Defense Department says

by Lolita C. Baldor

WASHINGTON - In a report in *Stars and Stripes*, a U.S. drone strike killed an Islamic State group leader in Syria hours after the same MQ-9 Reaper drones were harassed by Russian military jets over the western part of the country, according to the Defense Department.

Three Reapers had been flying overhead searching for the militant on July 7, a U.S. defense official said, when they were harassed for about two hours by Russian aircraft. Shortly after that, the drones struck and killed Usamah al-Muhajir, who was riding a motorcycle in the Aleppo region, said the official, who was not authorized to publicly discuss the matter and spoke on condition of anonymity to describe details of the military operation.

The official said al-Muhajir was in northwest Syria at the time of the strike, but that he usually operated in the east.

It wasn't immediately clear how the U.S. military confirmed that the person killed was al-Muhajir; no other details were provided.

In a statement Sunday, U.S. Central Command said there are no indications any civilians were killed in the strike. The military was assessing reports a civilian may have been injured.

According to *Stars and Stripes*, Friday was the third day in a row that U.S. officials complained that Russian fighter jets in the region had conducted unsafe and harassing flights around American drones.

Lt. Gen. Alex Grynkewich, head of U.S. Air Forces Central Command, said in a statement that during the Friday encounter, the Russian planes "flew 18 unprofessional close passes that caused the MQ-9s to react to avoid unsafe situations."

The first friction occurred July 5 when Russian military aircraft "engaged in unsafe and unprofessional behavior" as three American MQ-9 drones were conducting a mission against ISIS, the U.S. military said. On Thursday, the U.S. military said Russian fighter aircraft flew "incredibly unsafe and unprofessionally" against both French and U.S. aircraft over Syria.

Col. Michael Andrews, Air Forces Central Command spokesman, said the Thursday incident lasted almost an hour and included close fly-bys, by one SU-34 and one SU-35 and that they deployed flares directly into the MQ-9.

# 'America's all-volunteer force is the strongest in human history,' Austin says, despite struggles to recruit enough new troops

by Matthew Adams  
Stars and Stripes

FORT MEADE, Md. - Defense Secretary Lloyd Austin on July 5 urged the crowd outside the Baltimore Military

"Please, relax everyone," he told the group. "Just relax. It's a little warm out here."

Recruits had been waiting outside close to 30 minutes during a

The recruits were sworn in across the service branches, with 67 joining the active-duty force and 18 signing up for the reserves, according to a Fort Meade official. In the active-duty recruits, 49 are in the Army, 13 in the Marine Corps and five in the Navy. Later Wednesday, the recruits were sent to their assigned bases for basic training.

miss its active duty recruiting mark by about 10 percent.

The Navy barely met its active-duty enlistment goal last year, surpassing its target of 33,400 by 42 people. Its goal is to sign up almost 38,000 new Sailors before the fiscal year ends Sept. 30, but service officials expect to miss that target.

The swearing-in of recruits comes as the military struggles to attract enough new troops into the service.

Austin on Wednesday told the recruits during the oath ceremony that he entered the Army two years after the draft ended and served for 41 years until his retirement in 2016. He said he knows first-hand that recruits are considering whether to spend one term in the military or make it a career. In either case, he applauded their commitment.

The Army fell short of its most recent recruiting goal of 60,000 by more than 25 percent, signing up fewer than 45,000 new Soldiers in 2022. This year, the Army's goal is 65,000 new Soldiers.

"America's all-volunteer force is the strongest military in human history. And the power of today's military is a testament to every American patriot who freely volunteers to keep our republic safe," he said.

The Air Force's active-duty target for 2023 is almost 27,000 new recruits - a number that leaders in the service have already said they won't reach. Air Force Secretary Frank Kendall during a panel discussion on June 22 said the Air Force would



**Defense Secretary Lloyd Austin congratulates new recruits at the Baltimore Military Entrance Processing Station after administering the oath of enlistment July 5, 2023, at Fort Meade. DoD photo by Chad J. McNeeley**

Entrance Processing Station to relax as he prepared to administer the oath of enlistment to 85 recruits under a sweltering summer sun.

humid Maryland day, practicing where they would stand during Austin's speech and when they would raise their hand to join the military.

## NOLB continued from page 1

matter expertise to the media, and partner with other charitable organizations, advocacy groups, and major American employers to provide opportunities to new Afghan-Americans and Iraqi-Americans."

The Covenant movie is a

compelling fictional account of a real-life problem facing interpreters who have served America. The Covenant follows U.S. Army Sgt. John Kinley (Jake Gyllenhaal) and Afghan interpreter Ahmed (Dar Salim). After an ambush, Ahmed goes 'above and beyond' to save Kinley's life. When Kinley learns that Ahmed and his family weren't

given safe passage to America as promised, he must repay his debt by returning to the war zone to retrieve them before the Taliban hunts them down.

## ABOUT NO ONE LEFT BEHIND

Founded in 2014, No One Left Behind is the oldest charitable organization focused specifically on supporting former interpreters and U.S.

government employees eligible for the Iraqi and Afghan SIV programs. They've advocated for numerous legislative and policy improvements to reduce the average 3.5-year visa processing wait time, during which applicants face risks of death at the hands of those they once helped the United States fight.

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Ships Underway	
Total Battle Force	300 (USS 242, USNS 58)
Deployed	101 (USS 67, USNS 34)
Underway	78 (52 Deployed, 26 Local)
Ships Deployed by Fleet	
2nd Fleet - 0	
3rd Fleet - 4	
4th Fleet - 6	
5th Fleet - 11	
6th Fleet - 22	
7th Fleet - 58	
Total - 101	

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## Ryder says U.S. counter-ISIS mission undeterred by Russia's unprofessional behavior over Syria

by Joseph Clark

Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder said July 6 that the U.S. mission to defeat ISIS remains undeterred by Russia's recent harassment of U.S. aircraft operating in Syria.

His remarks were in response to an unsafe engagement last Wednesday in which Russian SU-35 fighter aircraft harassed three U.S. MQ-9 drones conducting a mission against ISIS targets.

Ryder condemned the interaction as "clearly unprofessional and unsafe behavior on the part of the Russians."

"You've heard us say before that our focus in Syria is purely on the defeat ISIS mission and that will continue to be our focus," he said. "Like , we call on the Russian forces to cease this type of reckless behavior and behave like professional airmen."

During the interaction, the Russian pilots dropped multiple parachute flares in front of the drones, forcing the U.S. aircraft to conduct evasive maneuvers. One Russian pilot also engaged their aircraft's afterburner while positioned in front one of the MQ-9s, reducing the U.S. operator's ability to safely operate the drone.

Following Ryder's remarks, U.S. Air Forces Central reported a separate interaction occurring July 6 in which Russian aircraft again harassed U.S. MQ-9s over Syria.

During the latest incident, the Russian SU-34 and SU-35 aircraft released flares in the flight path of the MQ-9 and flew dangerously close to the aircraft, endangering the safety of all involved.

"These events represent another example of unprofessional and unsafe actions by Russian air forces operating in Syria, which threaten the safety of both coalition and Russian forces," said Air Force Lt. Gen. Alex Grynkewich, the commander of U.S. Air Forces Central.

Grynkewich again called on Russian forces to "cease this

reckless behavior and adhere to the standards of behavior expected of a professional air force so we can resume our focus on the enduring defeat of ISIS."

"The U.S. Air Forces Central remains committed to ensuring the safety and security of its personnel and assets and continues to work closely with partners and allies to address these incidents and prevent any escalation of tensions in the region," he said. "The safety of military personnel and the success of the mission against ISIS depend on the professional and responsible conduct of all forces operating in the region."

### NATO chief details plans for summit

by Jim Garamone , DOD News

NATO Secretary General Jens Stoltenberg laid out the agenda for the NATO summit in Vilnius, Lithuania, this week, saying it will demonstrate alliance unity.

President Joe Biden will join alliance heads of state and government during a critical moment in transatlantic security.

"Russia's war of aggression against Ukraine continues to rage on," Stoltenberg said. "For 500 days, Moscow has brought death and destruction to the heart of Europe, seeking to destroy Ukraine and divide NATO."

The summit sends the message to Moscow and Russian President Vladimir Putin that the alliance is united, and his aggression "will not pay," the secretary general said.

The battle in Ukraine will be front and center in the discussions, but so will long-range plans for embracing the embattled country. "At the summit, we will make Ukraine even ... stronger and set out a vision for its future," Stoltenberg said. "I expect allied leaders will agree [on] a package with three elements to bring Ukraine closer to NATO."

Stoltenberg said the package includes: discussions about a multi-year program of assistance to Ukraine to ensure full interoperability between the Ukrainian armed forces and NATO; establishment of the NATO-Ukraine Council; and discussion about Ukraine's membership in NATO.

"I expect allied leaders will reaffirm that Ukraine will become a member of NATO and unite on how to bring Ukraine closer to its goal," he said. *Continue reading at <https://www.defense.gov/News/News-Stories/>.*

**“YOU’VE HEARD US SAY BEFORE THAT OUR FOCUS IN SYRIA IS PURELY ON THE DEFEAT ISIS MISSION AND THAT WILL CONTINUE TO BE OUR FOCUS,” SAID PENTAGON PRESS SECRETARY BRIG. GEN. PAT RYDER**

## NEWS HEADLINES

### Army

- Soldier accused in music festival shooting pleads not guilty
- Gaspard takes command of 173rd Airborne at U.S. garrison in Italy
- Fort Bliss Soldier caught making automatic firearms sentenced to 18 months in prison for not collecting sales tax
- Junior enlisted could see NCO-style evaluation system

### Navy

- Lightning struck three Growler jets over Japan on the same day
- Navy tags LCS combining gear fixes at \$8 to \$10 million per ship
- Navy holds first-of-its-kind command, control, communication exercise

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- BAE's showcases recon amphibious combat vehicle, plans for recovery variant
- 4 of 5 last Marines ARG-MEU deployments were delayed: Official
- It was terrible: Camp Pendleton Marine involved in crash that killed 12-year-old boy in Oceanside

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- Airmen fall out from heat during 18th Wing's change-of-command ceremony on Okinawa
- C-17 airmen try out new chemical warfare gear
- Academy base commander oversaw evacuation camp for Afghans
- Air Force officer received suspended sentence for DUI crash that injured 3 people on Okinawa

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- Texas N.G. Soldier who shot migrant cleared of charges
- Terrorist group's claim of U.S. casualties in Somalia blast 'not accurate,' AFRICOM says
- Most of the military not tracking number of families relocated due to anti-LGBTQ+ laws
- New commander takes charge of Army facilities throughout Japan

### Veterans

- Jan. 6 rioter arrested near Obamas' home is Navy veteran
- Retired Navy officer calls for creating 'Area 52' amid China, Russia concerns
- Nebraska Army veteran arrested for decades-old murder in Germany
- Habitat for Humanity keeps promise of fixing veteran's roof even after his death
- Incarcerated military veteran denied his earned sentence credits, Virginia Supreme Court rules. He's set to be released.

## Places of Worship

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<p><b>B</b>ranches of the Cross Anglican Church <i>Retreat Center and Christian Healing center</i> Sunday Worship - 10:30am Bible Study - Wednesday 10:30am 801 Valley Crest Dr., Vista, CA 92027 • 760-290-8222 Email: <a href="mailto:office.branchesvista@gmail.com">office.branchesvista@gmail.com</a> For more information visit us at <a href="http://www.branchesvista.org">www.branchesvista.org</a></p>	<p><b>New military families are moving to the area. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985</b></p>	<p><b>R</b>esurrection Lutheran Church <i>A Small Place with a Big Heart!</i> Worship Service Sunday at 10:15 am. (please see website for details) 1111 Fifth Street - Coronado, CA 92118 - 619.435.1000 <a href="mailto:secretary@resurrectioncoronado.com">secretary@resurrectioncoronado.com</a> - <a href="http://www.rl.church">www.rl.church</a> <a href="https://www.facebook.com/resurrectioncoronado/">https://www.facebook.com/resurrectioncoronado/</a> The Rev. Dr. Brian Oltman, Pastor</p>
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# DOD destroys last chemical weapons in arsenal



by Jim Garamone, DOD News

Defense Department employees made history July 7 by destroying the last chemical weapon in the U.S. military arsenal at Blue Grass Army Depot, Kentucky.

**Operators lift the last palletized 155 mm projectile containing VX nerve agent to place onto a tray to begin the destruction process at the Blue Grass Chemical Agent-Destruction Pilot Plant, in Kentucky, May 2021. DoD courtesy photo**

The destruction ended decades of effort to eliminate chemical weapons, said Douglas Bush, assistant secretary of the army for acquisition, logistics and technology, during a Pentagon news conference today.

“The U.S.’s destruction of declared chemical weapons stockpiles in a safe, secure and environmentally responsible manner was a difficult task, requiring many years to complete,” he said.

The Senate ratified the Chemical Weapons Convention in 1997, and DOD employees began the process of safely demilitarizing the weapons.

“Through last Friday, the U.S. destroyed over 30,000 metric tons of declared chemical agent contained in nearly 3.5 million chemical munitions, over 22,500 one-ton containers containing chemical agent, and over 50,500 bottles and containers containing chemical agent,” said Kingston Reif, deputy assistant secretary of defense for threat reduction and arms control.

Nearly 90 percent of the weapons were eliminated by 2012. The last 10 percent was a greater chal-

lenge involving a complicated approach of neutralizing these chemicals. The last mustard gas munition was destroyed last month at the Army’s Pueblo Chemical Depot in Colorado; Blue Grass destroyed the last missile loaded with Sarin nerve agent last week.

“This is an important moment — not only for the United States, but also the entire world,” said Mallory Stewart, assistant secretary of state for the bureau of arms control, verification and compliance. “This achievement is indicative of the important role that international cooperation and transparency play in arms control and disarmament.”

The destruction cements U.S. compliance with the Chemical Weapons Convention by the Sept. 30 deadline. This is important, Reif said, “for the viability of the convention and for our moral and diplomatic leadership. The most important action the United States can take to contribute to a world free of chemical weapons and lead by example is to follow through on our own treaty commitments. With verifiable completion of destruction operations, last week, we have done just that.”

Reif praised Michael Abaie, the program executive officer of the Army’s Assembled Chemical Weapons Alternatives, who led the team of thousands of DOD civilians and contractors in the \$13.5 billion effort. He said when Abaie took over the program in 2018, it was uncertain whether the deadline could be met. Abaie worked with Congress, the Environmental Protection Agency, state offices, the local communities, scientists and others to devise safe and efficient means of destroying the chemicals.

“The program’s turnaround is a major acquisition success story,” Reif said. It is “defined by proactive risk management, resourceful problem solving and technological innovation. And it has been a team

effort. The completion of the mission means that the significant resources spent on demilitarization can be redirected to support other high priority department missions.”

Two years of efforts remain to ensure the facilities used are safe before turning out the lights. Officials said that will cost another \$2.5 billion.

DOD officials also worked with other nations to help them destroy chemical weapons, including Russia, Syria, Albania and Libya. Still, there are questions about whether Russia and Syria have destroyed all their chemical weapons as both nations have used them against their own people, Stewart said.



**Gen. David H. Berger relinquished his position as the 38th Commandant of the Marine Corps. Taking his place is Gen. Eric M. Smith (above), who will serve in an acting capacity, until confirmed, while he continues to serve in his current role as the assistant commandant. U.S. Air Force photo by Eric Dietrich**

**Senate**  
continued from page 1

and difficult-to-fill positions. She said this will impact the readiness of the force.

Air Force Gen. Charles Q. Brown, Jr., goes before the Senate this week for a hearing regarding his nomination to be the next chairman of the Joint Chiefs of Staff. Brown currently serves as the chief of staff of the Air Force. Later this week, Army Gen. Randy A. George will also appear before the Senate regarding his nomination to be the next chief of staff of the Army. George currently serves as the vice chief of staff of the Army.

Continued delay in confirming leadership positions in the department, Singh said, means some officers may be asked to delay retirements so they can stay in their current positions. Other leaders may be asked to take on a role with more responsibility, and in an acting capacity, but without the com-

mensurate promotion and pay that goes with that role.

“This is going to have a huge impact across the force,” Singh said. “And ... it’s not just our general and flag officers that are that are being impacted ... it is their families as well.”

Singh offered as an example two students who had disenrolled from their current school expecting to move with their military parent to a new assignment. However, due to delays in confirmation, they have now found that they can’t enroll in their new school because they are not sure when they will be able to relocate. In a similar example, a schoolteacher ended her contract with her current employer, expecting to move to a new location, but now that’s been put on hold due to delays in Senate confirmations.

“This is having an incredible impact not just [on] our general and flag officers, but [on] our families,” Singh said.

## Exercise Neptune Strike kicks off

OEIRAS, Portugal - The Navy’s Sixth Fleet and NATO’s Naval Striking and Support Forces NATO commenced Neptune Strike 2023-2, the latest iteration of the Project Neptune series of enhanced vigilance activity, July 10, 2023. As in previous editions of Neptune Strike, this one will involve the transfer of authority of assigned national forces to STRIKFORNATO and NATO command and control. Allied forces will execute a variety of evolutions in support of enhanced vigilance activity objectives throughout European airspace, waterways, and territory.

## NEWS BRIEFS

## U.S., Indonesian troops symposium

The Commander of U.S. Marine Corps Forces, Pacific, Lt. Gen. William Jurney, and Indonesian Marine Corps Commandant, Maj. Gen. Nur Alamsyah, are co-hosting the Pacific Amphibious Leaders Symposium in Bali, Indonesia, until July 14. This is the first PALS to be co-hosted by the Indonesian Marine Corps, and is set to be one of the largest PALS since its inaugural gathering in 2015. The symposium brings together senior Marine Corps, naval infantry, and military leaders from across the Indo-Pacific, Central America, South America, and Europe.

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# Career and Education

## RIMPAC '24 planning underway

by JOCS Alma Paschall  
3rd Fleet Public Affairs

SAN DIEGO - Commander, U.S. 3rd Fleet hosted military members from 24 countries at the Exercise Rim of the Pacific (RIMPAC) 2024 initial planning conference (IPC) June 20-23.

More than 400 personnel representing nations scheduled to participate in RIMPAC 2024 attended the IPC to begin preparations for the 29th iteration of the world's largest maritime exercise in summer 2024.

"Partnerships drive RIMPAC," said U.S. 3rd Fleet Commander Vice Adm. Michael Boyle. "This week, we began building the framework for a successful RIMPAC 2024 based on the national training objectives of our partner nations."

The event afforded attendees

the opportunity to share information and initiate planning for RIMPAC 2024, including training objectives and environmental concerns.

"RIMPAC provides exciting opportunities to work with many partner nations, and provides the ability to exercise leadership skills within a multi-national framework," said Capt. Ryan Carstens, RIMPAC exercise director. "Holding these initial talks is the first step in ensuring that next year's exercise will be executed safely and efficiently, while maximizing the training opportunities for everyone involved."

RIMPAC 2022 conducted full-scale training events, and included the safe execution of live weapons firings, nearly 3,500 sorties flown, and the first successfully embedded unmanned aircraft systems

flight operations in RIMPAC.

RIMPAC is a U.S. Pacific Fleet scheduled exercise executed by U.S. 3rd Fleet that began in 1971 and was held annually until 1974, when it became a biennial exercise due to its scale. In 1971, the United States, Australia, and Canada participated and in 2022, 26 nations participated.

An integral part of Pacific Fleet, 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute our Navy's role across the full spectrum of military operations—from combat operations to humanitarian assistance and disaster relief. 3rd Fleet works together with our allies and partners to advance freedom of navigation, the rule of law, and other principles that underpin security for the Indo-Pacific region.

## Aussie grads hit a milestone

**Nuclear Propulsion School first – 3 Royal Australian Navy officers graduate the program**

GOOSE CREEK, S.C. – Three Royal Australian Navy officers graduated from the United States Navy's Nuclear Power School recently, marking a significant step in Australia's goal to operate conventionally armed, nuclear-powered attack submarines.

Lt. Cmdr. James Heydon, Lt. Cmdr. Adam Klyne, and Lt. William Hall started NPS in November 2022, becoming the first cadre of RAN personnel to go through one of the Department of Defense's most rigorous and demanding training programs.

"I knew coming in that this was going to be a challenge, and I wasn't disappointed," said Heydon. "That said, being one of the first Australians to graduate from NPS means a lot to me personally and for Australia as



**Adm. James F. Caldwell Jr., director, Naval Nuclear Propulsion Program, right, Royal Australian Navy Vice Adm. Jonathan Mead, director-general of the Australian Submarine Agency, Royal Australian Navy Lt. Cmdr James Heydon, Royal Australian Navy Vice Adm. Mark Hammond, Chief of Navy, Erik Raven, Under Secretary of the Navy, and Abraham M. Denmark, Senior Advisor to the Secretary of Defense for AUKUS, pose for a photo during a United States Naval Nuclear Power School graduation ceremony at Naval Nuclear Power Training Command (NNPTC), July 7, 2023. Three Royal Australian Navy (RAN) officers graduated NPS, marking a significant step in Australia's goal to operate conventionally-armed, nuclear-powered attack submarines. U.S. Navy photo by MC2 Dart D. De La Garza**

## FLEET AND FAMILY SUPPORT PROGRAMS

### Class Schedule , July-August 2023

If you're interested in attending one of these classes, call Centralized Scheduling Center at 866-923-6478.

*Legend: (V) Virtual (IP) In Person (NBSD) Naval Base San Diego (NBPL) Naval Base Point Loma (NBC) Naval Base Coronado (KMB) Kearny Mesa Branch (GVB) Gateway Village Branch (VSM) Village at Serra Mesa Branch (BVH) Bayview Hills Branch*

#### Career Services

**Finding Federal Employment:** Get information and resources to navigate the federal employment process.

Thursday, July 27 | 1000 - 1200 | (V)

**Capstone:** Do you need assistance completing your TAP Capstone and are looking for a warm handoff for resources and information? Come to receive a briefing on your Final Move process and Tricare benefits at our monthly Capstone events located at the Kearny Mesa Branch, 3950 Calle Fortunada.

Friday, July 7 | 0800 - 1130 | KMB (IP)

Thursday, August 10 | 0800 - 1130 | KMB (IP)

**Job Search Strategies:** Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?

Thursday, August 31 | 1000 - 1200 | (V)

**Resume Writing:** Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume.

Wednesday, July 19 | 0900 - 1030 | NBSD (IP)

Friday, July 21 | 1000 - 1130 | KMB (IP)

Thursday, July 27 | 1300 - 1500 | VSM (IP)

Wednesday, August 2 | 1300 - 1500 | NBPL (IP)

Check for more classes at <https://sandiego.navylifew.com/fleet-family/support-center/ffsc-classes>.

## Air Force delays some PCSs, bonuses

ARLINGTON, Va. - The Air Force is experiencing a shortfall in the FY23 Military Personnel Appropriation driven by higher-than-projected personnel costs.

Headquarters Air Force is directing actions to be taken now to avoid exhausting funds. AFPC is currently approving PCS orders for Airmen with projected departure dates in July.

For all other Airmen awaiting PCS orders with projected departure dates of August or later, orders are being reviewed and approved on a priority basis. Some PCS order authentications will be delayed.

Effective July 11, the Air Force will suspend the FY23 selective reenlistment bonus program but will allow Airmen who would have been eligible after the deadline to extend their current enlistment into fiscal year 2024. This allows most Airmen to still access an SRB program with the FY23 rules until the FY24 program starts. Airmen who reach their maximum extensions by law on their enlistment can also be accommodated through constructive re-enlistment. Airmen should be on the lookout for AFPC messaging and work with their servicing MPF.

The service is also temporarily

pausing the Aviation Bonus program that opened on June 6, 2023, to restructure the program to continue offering bonuses to aviators. Within the next 14 days, the Air Force expects to reopen a restructured AvB, at which time officers who did not already elect to sign the AvB contract will be able to do so as long as funds remain.

Additionally, the Air Force is pausing new Assignment Incentive Pay; this includes Airmen signing contracts or initiating new pay at non-contract locations until the beginning of FY24. Airmen already receiving AIP will continue to receive that pay.

Finally, Airmen on overseas long tours with a DEROS between October – December 2023 will have their DEROS extended to January – March 2024.

AFPC will continue to prioritize and authenticate orders for mandatory moves and will consider ETP requests on a case-by-case basis. The Air Force continues to work through additional options to avoid the funding shortfall and will provide more information when available.

Airmen who have specific questions, call the Total Force Service Center at 210-565-0102, or toll-free at 800-525-0102.

we work to build the stewardship needed to safely operate a nuclear reactor. With that as our motivation, my colleagues and I put our heads down and cracked on."

NPS trains officers and enlisted personnel in the science and engineering principles that are fundamental to the design, operation, and maintenance of naval nuclear propulsion plants.

"What these graduates learn at NPS prepares them for the next step in becoming a nuclear-qualified officer," said Adm. James Caldwell Jr., Director, Naval Nuclear Propulsion Program. "From here, they will continue their academic and practical studies so that when they go to their aircraft carrier or, in the case of our RAN officers, submarines, they are ready to safely and competently operate the power plant."

The three RAN officers will next report to Nuclear Prototype Training Unit (NPTU) Charleston to complete Engineering Officer of the Watch training, which will conclude in late 2023 or early 2024. Following NPTU,

the officers will go through Submarine Officer Basic Course for approximately 2.5 months in Groton, Connecticut and then be assigned to a Virginia-class SSN to continue their training and qualifications.

"These officers will form the nucleus of the RAN's nuclear-qualified submariners and, through them, Australia will develop its ability to operate, maintain, and build their own conventionally armed nuclear powered submarines when it receives its first Virginia-class submarine from in the U.S. in the early 2030s," shared Capt. Lincoln Reifsteck the AUKUS Integration and Acquisition Program Manager.

"Today marks a significant step forward in the Royal Australian Navy's ability to build its sovereign SSN capability," said Vice Adm. Jonathan Mead, the Australia Submarine Agency's Director General. "I could not be more proud of these three officers. Today, we have sharpened the tip of our undersea warfighting spear, and we are closer to having a safer and more secure Indo-Pacific region."



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## Local Military

### Marine aircraft squadron prints medical device in-flight

by 2nd Lt. Andrew Baez  
 3rd Marine Aircraft Wing

CAMP PENDLETON - Marine Medium Tiltrotor Squadron (VMM) 164 facilitated the in-flight three-dimensional printing of a medical cast aboard an MV-22B Osprey, in support of the Marine Corps' Integrated Training Exercise last month.

This milestone event took place as the U.S. Marine Corps looks to sharpen its expeditionary manufacturing capabilities. The Assistant Commandant of the Marine Corps, Gen. Eric M. Smith, emphasized the impor-

tance of these organic Marine Corps capabilities in recent testimony to the Senate Armed Services Committee.

"We have to do some very creative work to do additive manufacturing and 3D printing forward," Smith said. "I do see one day when we'll be printing forward in forward operating bases. We'll be printing major end items, aircraft engines, propellers, we'll be doing that forward as opposed to straining the lines that come from the U.S. through contested logistics areas."

The successful cast print, in

collaboration with the Marine Innovation Unit and the Naval Postgraduate School, showcased one angle of Marine Corps aviation's capacity to facilitate 3D printing in-flight, mirroring potential realistic, dynamic combat scenarios.

The event began with a Marine in the field with a 'mock' broken wrist. The steps included scanning the Marine's arm, optimizing the cast shape using generative design software, and printing the device while en route to a medical evacuation mission.

Lt. Col. Michael Radigan, an

MIU liaison to the Naval Postgraduate School, operated the printer in-flight. He currently works with the Consortium for Additive Manufacturing Research and Education, which supported ITX with advanced manufacturing capabilities. The specific printer used is a Tactical Advanced Manufacturing Operational System, or TAMOS, developed at the Naval Information Warfare Center-Pacific, San Diego

"This event was significant because it demonstrated a mobility for 3D printing that we have  
 see 3D, page 8

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# WELCOME HOME USS HAMPTON



**Right:** SAN DIEGO (July 5, 2023) Sailors aboard Los Angeles-class fast-attack submarine USS Hampton (SSN 767) handle lines as the boat pulls into Naval Base Point Loma at the conclusion of a seven-month deployment.

U.S. Navy photos by MC2 Aaron T. Smith.

**Left:** Hampton family and friends wait on the pier as the boat pulls into Naval Base Point Loma at the conclusion of a seven-month deployment.



## NMRTC 29 Palms holds change of command

Capt. Grant Wallace (left) and Capt. Daniel Clark (right), stand ready during a change of command ceremony for Naval Medical Readiness and Training Command (NMRTC) Twentynine Palms. Clark assumed command of NMRTC after serving as XO at NMRTC Guam. U.S. Navy photo by Chief Neil Palpallatoc





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# Naval Air Forces, UC Irvine Health begin 1st of its kind education partnership



**(top) Capt. Alfred Shwayhat, force surgeon, Commander, Naval Air Forces, poses with University of California-Irvine Health personnel during a ribbon-cutting ceremony representing the establishment of a skill-sustaining partnership between CNAF and UCI Health. U.S. Navy photo by MC2 Keenan Daniels**

by Petty Officer 2nd Class Keenan Daniels

Commander, Naval Air Forces IRVINE - Commander, Naval Air Forces (CNAF) and University of California (UC), Irvine Health entered into a civilian-military partnership at UC Irvine Health June 23.

The partnership provides educational opportunities intended to help improve the Navy's medical force by increasing medical readiness, raising the number of

trauma-trained providers, and overall raising the level of expertise of Navy healthcare providers in deployed environments.

"The purpose of this partnership is to provide onsite real time collaboration between civilian institution medical staff and their aircraft carrier military counterparts," said Capt. Alfred Shwayhat, CNAF, force surgeon. "This is the first of its kind, but the memorandum of understanding (MOU) allows for our aircraft carrier surgical teams to train for one week or more at UC Irvine Medical Center and better prepare their medical and surgical skills for deployment."

During the signing of the MOU, Shwayhat emphasized that this educational opportunity will be available to all aircraft carrier medical staff personnel, officer and enlisted, giving them invaluable experience to perform a variety of medical procedures.

"UC Irvine and CNAF will strive to establish an enduring working relationship engaging our aircraft carrier medical staff to train and gain knowledge and experience in trauma, critical care, and burn treatment at a regional Level I trauma center," said Shwayhat. "That's the goal-Everybody, everywhere, with the knowledge you need, when you need it."

Another goal of the agreement involves embedding a multidisciplinary medical team into UC Irvine trauma center rotations to allow for a hands-on learning experience for Naval medical providers.

"The objective is getting civilians to think about the needs of the Navy, instead of Navy medical trying to get into civilian medical programs," said Dr. Michael Lekawa, professor and chief surgeon, UC Irvine. "I think there is great opportunity for development with the

Department of Defense and UC Irvine having a relationship."

The partnership is an answer to the National Defense Autho-

rization Act (NDAA) congressional directive to create closer collaboration by way of partnerships between civilian and military medical institutions.

## POINT MUGU

(July 2, 2023)

**The Chapel of Faith aboard Naval Base Ventura County Point Mugu has resumed regular worship services for the first time since April 20, 2014. In 2022, Cmdr.**



**Song Hwang, chaplain, NBVC, began announcing the needs for religious support and partnerships on base through community outreach. "We've been listening to the needs of Sailors and their families about providing services at Point Mugu," said Hwang. "We reached out to local leaders and churches of all-faiths and hosted the first-ever faith group leadership conference at the Seabee Museum. Calvary Chapel of Oxnard accepted our call for action." U.S. Navy photo by Ensign Drew Verbis**

## PHOTO GALLERY Security ... rappelling ... SEALS



MCRD SAN DIEGO

Staff Sgt. Ronald Nater demonstrates proper rappelling techniques for Marines here on July 7, 2023. U.S. Marine Corps photo by Cpl. Elliott A. Flood-Johnson



USS ABRAHAM LINCOLN

Navy Petty Officer 3rd Class Eagan Tate grinds down a stud as part of a rehabilitation project June 27, 2023. U.S. Navy photo by MC3 Thaddeus Berry



NAVAL AMPHIBIOUS BASE CORONADO

Jeff Nicholas and his wife Julie, with Capt. Timothy Sulick, CO at Naval Special Warfare Basic Training Command, during a SEAL qualification graduation June 30, 2023. U.S. Navy photo by MC2 Dylan Lavin

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Stay connected and share your Water Warrior Cove Swim experience at [hcrscp @ semperfitcp](https://hcrscp.semperfitcp.com). See <https://pendleton.usmc-mccs.org/>.

## 3D

continued from page 6

not seen before," Lt. Col. Radigan said. "Sometimes there is a perception that 3D printers can only operate in a clean room to get mission capable parts. I think we smashed that theory and showed that not only can they operate on the go, but we can do it well during highly dynamic combat flight profiles."

CAMRE recognizes that advanced manufacturing will play a significant role in a contested logistics environment. 3D printing complements the supply system and makes it more resilient during combat. Recently, Marines from I Marine Expeditionary Force learned how to build, operate and maintain the machines at NIWC-Pacific to prepare for their deployment in which they will be taking the AMOS printer with them. The printer also prints replacement parts for the machine in the event it needs maintenance, and this allows more independence for the expeditionary unit.

Col. Jeremie Hester, Com-

manding Officer of MAG-39, views the event a means to better support Marines operating on the ground.

"We are doing what Marine Aviation has always done - support our brothers and sisters on the ground," Hester said. "Now we are figuring out how to do it better!"

Recognizing the importance of innovation and emerging technologies, VMM-164 was poised to play a critical part in this evolution by providing assault support during ITX 4-23. Third MAW has the capability to host multiple printers aboard aircraft and produce a substantial volume of needed parts en route to an objective. Due to the printers' low power requirements, follow-on experimentation will explore powering dozens of printers via aircraft power for production at scale in contested environments.

"Third MAW has always kept an eye forward," Radigan said. "Demonstrations like this reinforce their commitment to staying on the leading edge."



## County launches 'Leave No Veteran Homeless' initiative

by Cassie N. Saunders  
County Communications Office

The County of San Diego has teamed up with regional, state and federal partners to develop a plan to achieve functional zero for veteran homelessness in the county.

The launch of the Leave No Veteran Homeless initiative comes in response to a unanimous vote by the County Board of Supervisors on Feb. 7, affirming the desire to lead a regional effort to house veterans across San Diego County.

"This will be a lifeline to many of our veterans who are experiencing homelessness," San Diego County Board Chairwoman Nora Vargas said. "In February I was very proud to bring this policy to the County Board of Supervisors to create a plan to end regional veterans' homelessness."

The new strategic plan aims to achieve "Functional Zero", a milestone associated with the national Built for Zero movement. The milestone is defined

as a time when vet homelessness is rare, brief and non-reoccurring. At functional zero every unhoused veteran has the opportunity and support to gain permanent housing.

**"We've seen success in the built for zero model across the country and here in California," said Dr. Eric McDonald, interim director of County of San Diego's Health and Human Services Agency. "We're committed to getting our veterans the help they need to get back on their feet and provide the opportunity for them to live well."**

While many veterans experiencing homelessness receive case management and rental assistance they report struggling to compete in the tight rental market. To help address this challenge, landlords with vacant units are encouraged to register their interest in providing a rental to a homeless vet at Help End Homelessness - 211 (211sandiego.org). To learn more about incentives for landlords and other resources available to veterans searching for housing visit *NoVeteran-Homeless.org*.

The County is also encouraging municipalities to allocate resources to support the outreach, engagement, shelter and permanent housing. This could include contributing to the regional Flexible Housing Pool to help veterans secure permanent housing.

And community members can support these efforts by learning more about the resources available to veterans, advocating to your landlord to rent to a voucher-holding veteran and encouraging their city to support the Flexible Housing Pool.

Lead by the County's Department of Homeless Solutions and Equitable Communities, the initiative leverages coordinated and collaborative regional, state and federal partnerships to maximize available resources.

"Together we're simplifying pathways to housing, leveraging resources and collecting data to ensure we reach functional zero", said Tamera Kohler, CEO of the Regional Task Force on Homelessness. "To do that we need the help of our community, especially landlords who can

open their doors to our heroes."

"With initiatives such as this dedicated community effort, we will continue to move ahead in addressing this pressing need and challenge," said Dr. Frank Pearson, CEO and director of the VA San Diego Health Care. "We look forward to working with dozens of partners to achieve functional zero veteran homelessness throughout San Diego and the surrounding area."

The VA helped veteran Fred Otto find housing, with support from the County's Housing and Community Development Services.

"The joy of knowing that if other homeless veterans, if they want it, they can get help," Otto said. "My cats and I are very happy and thankful to the VA and to the housing commission for giving me my life."

Despite their dedication to our country, many veterans experience challenges and difficulties, like processing trauma from their time in service and re-adjusting to society.

## Will work earnings affect my Social Security?

*Dear Rusty: I'm 80 years old, and I receive monthly Social Security benefits, but I'm thinking about returning to work. At this age, am I limited in how much income I generate without affecting my benefit? If so, how much can I earn without affecting it?*

Signed: Spry Octogenarian.

**Dear Spry Octogenarian:** Since you have already reached your full retirement age (FRA) for Social Security's purposes, you can earn as much income from working as you like without your monthly Social Security payment being affected. Social Security's earnings test applies only to those who collect benefits before reaching their full retirement age, which is somewhere between age 66 and 67, depending on year of birth.

However, although the earnings test will not apply to you, it's important to know that Social Security benefits are subject to income tax if your annual combined income from all sources (also known as your "Modified Adjusted Gross Income" or "MAGI") exceeds certain thresholds. Your income tax filing status is an influencing factor - if you file as a single and your MAGI is more than \$25,000, or if you file as "married/jointly" and your MAGI is more than \$32,000, then 50 percent of the SS benefits you received during the tax year becomes part of your overall taxable income. And if your MAGI as a single filer is more than \$34,000 or, as a married filer more than \$44,000, then up to 85 percent of the SS benefits you receive during the tax year becomes part of your overall taxable income at your standard IRS income tax rate. Thus, returning to work may result in Social Security benefits unexpectedly becoming taxable income.

For complete clarity, your "MAGI" is your regular Adjusted Gross Income on your income tax return, plus 50 percent of the Social Security benefits you received during the tax year, plus any other non-taxable income (except Roth IRA withdrawals) you may have had.

So, while your earnings from working at age 80 (and beyond) will not affect your monthly Social Security benefit payment, you may - depending on your total income or "MAGI" - find that your Social Security benefits will become taxable if your combined income from all sources exceeds the above thresholds. And if your benefits will become taxable, you may wish to consider having income taxes withheld from your monthly Social Security payments, which you can do by submitting IRS form W-4V to your local Social Security field office.



## Fact vs perception: Is serving in the military respected anymore?

The Meat & Potatoes  
of Life



by  
Lisa  
Smith  
Molinari

As I traipse further down the road of life, I've begun to lose perspective on certain things. The minuscule fashion sense I had in my younger years is now hanging by a thread. Modern music mostly confuses or irritates me. I no longer care about getting a tan.

More concerning, I worry that I've lost my perspective on the true value of military service. Ever since we entered the Post 9-11 Era, scientists have studied the "military-civilian divide." Myths sprang out of the ever widening "gap in understanding" between civilians and military, creating a more insular military community and civilian population that wasn't interested.

The public's general support for US military forces in the years after 9-11 waned as people became war-weary, conflicts ended, and warriors survived intact. By the time of the botched Afghanistan withdrawal, US public opinion of the military had reached a low point, affecting military recruiting efforts, veteran hiring, and military strength.

As I observed these changes over the years, I never questioned our family's decision to stay in the Navy. Our pride in military service never wavered, and I believed, perhaps naively, that the vast majority of military-connected people felt the same sense of honor.

However, recently I've begun to question the accuracy of my beliefs. Like hemlines and pop music, maybe I've lost my sense of the value of military service? Are my notions of honor old-fashioned and out-of-date? Do people still hold military service in high regard, or has it become just another job like truck mechanic, medical assistant, or airline pilot?

Recently, a friend commented that today's military recruits sign up for the benefits or because they "graduate and don't have other options." I didn't question him at the time, but his comment twisted and turned in the back of my brain, until I had to know if he was right.

Researching, I found the Reagan National Defense Survey, an annual study gauging American's concerns about the military. The study indicated that public trust and confidence in the military fell from 70 percent approval in 2018 down to 45 percent in 2021. There was an uptick last year to 48 percent, but the reports indicate that the majority of Americans think negatively about the military. The cynicism is especially prevalent among younger Americans. People between 18 and 45 have an unfavorable view of the US military, according to 2022 polling, which is particularly concerning considering that this age pool must be tapped for new military recruits.

In my middle-aged military spouse mind, I could chalk all these abysmal facts up to the gap in understanding. "The public just doesn't get it," I might say, "those of us who lived military life know better!"

However, I also found studies

indicating that the percentage of military-connected people who would recommend military service to others is dropping fast - from 75 percent in 2019 to 63 percent in 2021. Depressing facts like that contradict my perception of the military community as a dedicated group of patriotic public servants.

Have I been wrong? Is military service no longer a respectable or respected endeavor?

I found two studies that debunk the preconceived notion that the military is "a refuge for the unfortunate" who serve because they have no other options. Although the public perceives that military recruits are less-educated and less skilled people that sign up out of "desperation," the truth is that most are from middle-class backgrounds and have cognitive skills advanced enough to handle the increased demands of America's "information-dominant, expeditionary" military force. Forty-three percent of those who served cited patriotic or citizenship reasons, and 48 percent listed pay and benefits as the primary reason; but very few of those who served said their motivation was desperation.

The only fact that was clear from my research was that it is difficult to prove that military service is an honorable, respectable thing to do with one's life. However, I still have my perceptions, as old-fashioned as they may be. Despite the depressing statistics I found, I believe that serving one's country is the best and smartest thing any American can do. Our family has no regrets about the 28 years my husband spent serving in the Navy, only pride.

And that's a fact.

AutoMatters™ & More  
by Jan Wagner



In the past I have NEVER attended more than one pre-screening for ANY movie, but I went to two for Mission: Impossible - Dead Reckoning Part One - it was that good. This movie is, without a doubt, one of the very best action-adventure movies that I have ever seen. Its near non-stop, fast-paced, ingenious action sequences are truly exciting and breath-taking. The spectacularly incredible stunts are performed to absolute perfection.

A little history is in order. As great as Tom Cruise is in the role of IMF team leader Ethan Hunt, his character was not the first. In 1966 I, at the age of 12 and living in Canada, watched first-run episodes of the original Mission: Impossible TV series - on a black & white TV set, since our family did not get our first color TV until 1968 - a little over a year after TV programs were first broadcast in color in Canada.

Each episode began with a description of the secret mission that Mr. Phelps (played by actor Peter Graves), team leader of the Impossible Mission Force (IMF), was being asked to select a covert team of specialists for and then undertake. He, as did we, learned about the mission by playing an audio tape. Those messages began something like this: 'Good morning Mr. Phelps. Your mission, should you choose to accept it...' and ended with 'Should you or any member of your IMF team be caught, this agency will disavow any and all

## Movie review: Mission Impossible - Dead Reckoning Part One

knowledge of..." Then the tape self-destructed in a cloud of smoke. Mr. Phelps proceeded to look through a folder containing movie star-like 'head sheets' of IMF operatives, from which he would select several for the particular mission, depending upon their individual skill sets. One character in particular who stands out in my memory was the one portrayed by actor Martin Landau. Among his other skills, he was a master of disguise who made the incredibly realistic, face-altering, identity-changing masks. In those days there was live action but hardly any special effects. If you'd like to learn more about the characters in the T.V. series, a good starting place would be: [https://en.wikipedia.org/wiki/List\\_of\\_Mission:\\_Impossible\\_characters](https://en.wikipedia.org/wiki/List_of_Mission:_Impossible_characters)

Paramount tells us that In Mission: Impossible - Dead Reckoning Part One, Ethan Hunt (Tom Cruise) and his IMF team embark on their most dangerous mission yet: to track down a terrifying new weapon that threatens all of humanity before it falls into the wrong hands.

Even if you have already seen this movie - and perhaps especially if you have - I strongly recommend that you watch this interview of Tom Cruise: <https://youtu.be/YL28PmG-oUg>. Here he discusses the scene in which he launches his motorcycle off of a cliff, after which only the successful deployment of his parachute can save him from certain death; he expresses his absolute conviction that they can and will make each movie better than the previous one; he stresses the importance of making the stories especially immersive and technologically state-of-the-art; he explains the critical, split-sec-

ond timing and co-ordination of the action scenes; and more. This interview will give you a deep understanding of, and appreciation for, why everything looks so realistic and, incredible as it may seem, believable. It is what sets this movie apart from other, even very recent, action/adventure films. In case you're curious, Cruise drove a custom-made Honda CRF 250 off a cliff in Norway, dropping 4,000 feet and opening his parachute barely 500 feet from the ground - eight times to make sure the footage was perfect!

Can it reasonably be suggested that action hero Tom Cruise is perhaps a modern-day version of the late, great Steve McQueen? I'll leave that to you but one scene in particular, in which Tom Cruise, speeding through a field, jumped his motorcycle over an old stone wall, immediately brought to my mind a similar scene starring Steve McQueen in The Great Escape.

Do not worry that this is only Part One. Enough was resolved that I left the theater feeling satisfied, while really looking forward to seeing the eventual conclusion in Part Two. An unprecedented third screening of Part One may well be in my future.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue 'years' boxes and browse.

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## EVENTS

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**Sat. July 29**  
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## ONLINE BOOK

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"Kindness is seeing the best in others when they cannot see it in themselves."

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## THINGS TO DO AROUND TOWN

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

**Guided Bird Walk**, Fri-Sat, July 14-15, 8-10am. Free. Lake Murray Reservoir, Meet south end parking lot, 5540 Kiowa Dr, San Carlos, 91942

**Morgan Wallen**, Fri-Sat, July 14-15, 7:30pm. Petco Park  
**Catfish stocked at Lake Jennings**. Night fishing Fri & Sat til midnight. Shoreline fishing 8am-5pm every day at campground. \$4-\$12. lakejennings.org/

**Free Day Friday**, Enjoy a free day on the 2nd Friday of month. Water Conservation Garden, 12122 Cuyamaca College Dr West, El Cajon, 92019

**Tai Chi**, Ongoing Fridays thru June, 10-11am. Age 18+. Free. Tai Chi fitness class, gentle exercise and stretching. Rain cancels. Poway Library, 13137 Poway Rd.

**Pageant of the Masters**, through Sept 1. Irvine Bowl, Laguna Beach. [www.foapom.com](http://www.foapom.com)

**Raising Backyard Chickens Workshop**, Sat, July 15, 10am-noon. Free. Learn the basics. Ramona Ranch Winery, 23578 Highway 78, Ramona, 92065

**A Tribute to Heroes and Superheroes by North Coast Community Orchestra**. Sat, July 15, 2:30-4:30 p.m. Music from Black Panther, Spider-Man, Apollo 13, Band of Brothers, more. Oakcrest Community & Senior Center, 1140 Oakcrest Park Dr, Encinitas, 92024  
**Discover Modern Square Dancing**, Sat, July 15, 6-7:30pm.

\$10. St. James Catholic Church, 625 South Nardo Ave, Solana Beach  
**The Jacksons and Village People**, Sat, July 15. Rady Shell [www.radyshell.org](http://www.radyshell.org)

**70th Annual World Championship Over-the-Line** at Fiesta Island, Sat-Sun, July 15-16, 7:30am. [www.ombac.org/over-the-line](http://www.ombac.org/over-the-line)

**Mission San Diego de Alcalá Festival of the Bells**, Sat-Sun, July 15-16. Sat 10am; Sun noon. Free. Festivities include food, live entertainment, dancing Sat: Blessing of the Bells and the Blessing of the Animals. 10818 San Diego Mission Rd, 92108. [www.missionsandiego.org/](http://www.missionsandiego.org/)

**San Diego Pride Festival**, Sat-Sun, July 15-16, 11am. Marston Pt, Balboa Park [www.sdpride.org](http://www.sdpride.org)

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

**Slightly Stoopid and Sublime with Rome**, Sat, July 16, 7pm. Petco Park.

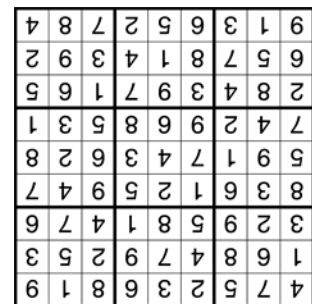
**San Diego Civil War Round Table**, Sun, July 16, 3-4pm. Free. Dave Tooley, President of the SD Civil War Round Table, will speak on Civil War Railroads. Mission Valley Library, 2123 Fenton Pkwy.

**Comic-Con International**, Thur-Sun, July 20-23. San Diego Convention Center. [www.comic-con.org](http://www.comic-con.org)

**Del Mar Thoroughbred Racing Season**, July 21-Sept 10. Where the Turf Meets the Surf. Del Mar Thoroughbred Club, Del Mar. 858-755-1141

## County animal shelters adoption specials present more furry best friend opportunities

The County animal shelters are nearly full, so the Department of Animal Services is offering its Full House Adoption Specials through July. Dogs that weigh 50 pounds and more are available for a \$25 adoption fee. Additionally, the shelters have lots of sweet, fluffy kittens available for a \$25 adoption fee – and they are also offering a buy one kitten, get another free bonus special because who doesn't love to see two kittens playing? For more details, visit [countynewscenter.com](http://countynewscenter.com).



## MOVIES AT THE BASES

Movies & times subject to change. \* Indicates last showing  
Visit [www.navydispatch.com/entertainment\\_03movies.htm](http://www.navydispatch.com/entertainment_03movies.htm) to find base theatre information

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

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

**Thursday, July 13**  
5:50pm About My Father pg13  
7:50pm Transformers: Beasts pg13

**Friday, July 14**  
6pm The Flash pg13

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

6pm The Flash pg13

**Sunday, July 16**  
1pm Elemental pg

3:10pm The Flash pg13

**Wednesday, July 19**  
6pm The Flash pg13

**Bob Hope Theater** 577-4143  
MCAS Miramar Bldg 2242

**Friday, July 14**  
6pm The Flash pg13

**Saturday, July 15**  
3pm Elemental pg

6:30pm The Flash pg13

**Sunday, July 16**  
12pm Elemental pg

3pm Spider-Man: Spider-Verse pg

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

**Saturday, July 22**  
3pm The Flash pg13

6:40pm The Blackening r

**Sunday, July 23**  
12pm Elemental pg

3pm Transformers: Beasts pg13

**Lowry Theater - NASNI**, 619-545-8479

Bldg. 650  
Outside food and beverage are NOT permitted. Debit/credit cards only.

**Friday, July 14**  
6pm The Flash pg13

**Saturday, July 15**  
1pm Elemental pg

3pm Transformers: Beasts pg13

6pm The Flash pg13

**Sunday, July 16**  
1pm Spider-Man: Spider-Verse pg

4pm The Flash pg13

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

**Pendleton Theater and Training Center**

Bldg 1330 Mainside (Across from Mainside Center)

**Saturday, July 15**  
\*SENSORY FRIENDLY

1:30pm The Little Mermaid (PG)

**Saturday, July 22**  
1:30pm Spider-Man: Spider-Verse (PG)

**Saturday, July 29**  
1:30pm Transformers: Beasts (PG13)

**Saturday, August 5**  
1:30pm Elemental (PG) \*SENSORY FRIENDLY

**Q-Zone - NAB**

Bldg. 337 • 619-437-3190

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

**NDVDs -- Free Admission**

**Thursday, July 13**  
11am Lightyear pg

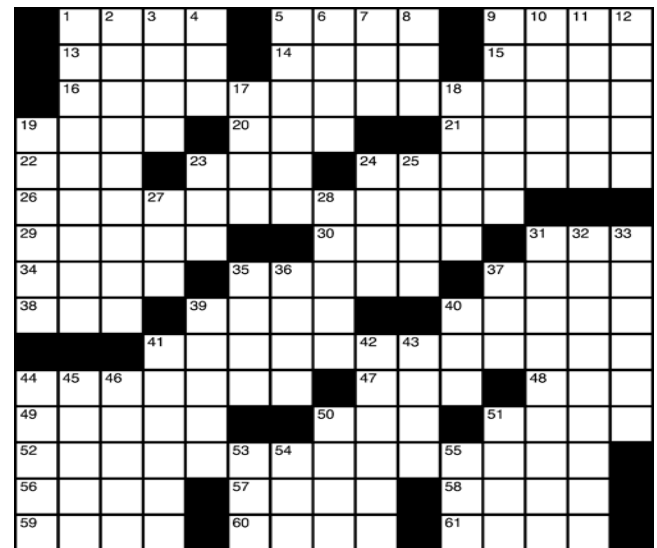
5pm Are You There God? It's Me, Margaret. pg13

## CROSSWORD PUZZLE

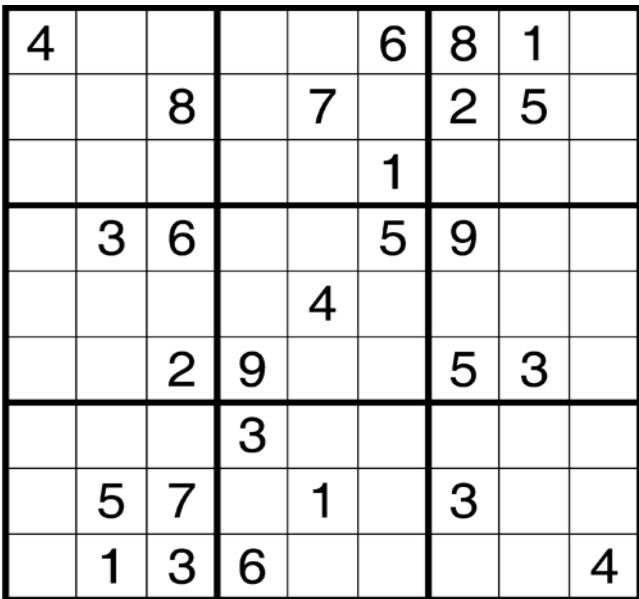
Across

- Flash
- Hustle and bustle
- Just
- Lake near the Rock and Roll Hall of Fame
- rug
- Bean sprout?
- West Coast footballer on an RV vacation?
- "As Good as It Gets" Oscar winner
- Deer madam
- Considerable
- "Sex Education" actor Butterfield
- Mischief maker
- Used crayons
- San Fernando counterfeiter?
- Mystery writer's middle name
- Emotional shock
- Show stoppers
- Times Square gas
- Parking unit
- Property attachment
- Minnesota senator Klobuchar
- Unctuous
- Tailor's dummy, e.g.
- Fisher who won't take advice?
- Goal of regular exercise
- Omaha Beach craft. Abbr.
- Boiling blood
- Disney princess w/red hair, green tail
- Prefix with center
- Colony members
- Indecisive European?
- Opposite of exo-
- Spanish rivers
- Big name in razors
- Pond plant
- Shortfin shark
- More than half

- City near the Mount of Olives
- Steel, e.g.
- Italian automaker since 1899
- Like the yin side: Abbr.
- Xeroxed
- Exhort
- Flash
- "So there!"
- Funhouse fixture
- Mystery writer's first name
- Superman player
- Like some jugs
- Without thinking
- Shoelace end
- Caribbean metropolises
- Dark time for poets
- Nile threat
- Eye rudely
- Office PC nexus
- "Love Train" group, with "The"
- O'Hare arrivals
- Former name of arid-region Afro-Asian rodent
- Sleeps soundly?
- Poses
- Furthermore
- Captain's journal
- Marks in ancient manuscripts
- Dynamite stuff
- Basis of monotheism
- Westernmost Texas county
- "Yeah, right!"
- Castell: office supply brand
- Ryan of "The Beverly Hillbillies"
- PI—a colada garnish?
- Furry Endor critter
- Choir member
- Equip
- Actress Vardalos
- Relatives, slangily



## ROY'S SUDOKU



## Protect your eyes from sun damage

Most of us know that too much sun can cause sunburn and skin damage. But did you know that the sun's ultraviolet (UV) rays can also harm your eyes? UV light is invisible. It can't be seen by the human eye. But it can still damage your vision.

Sunlight has a mixture of both visible and invisible rays, or waves. The long waves, like radio waves, are harmless to people. But shorter waves like UV light can cause problems. There are two types of UV rays. UVA can cause wrinkles and aging of the skin. UVB is responsible for sunburns and most UV-related cancers.

Several eye problems have been linked to UV light as well. These include cataracts, which are cloudy areas in the eye's lens. Cataracts can make vision blurry, hazy, or less colorful. Excess UV light has also been linked to cancers of the eyelid.

Wearing sunglasses and a wide-brimmed hat is a safe and easy way to protect your eyes from UV light. To protect your eyes from sun damage, choose sunglasses that block at least 99% of both UVA and UVB rays. These might also be marked with a UV400 rating.

Check your local weather forecast for the UV index, which shows the intensity of UV rays. Even on cloudy days, the UV index can be high and potentially harmful to eyes.

### Q: What is UV light?

UV light is a form of electromagnetic radiation. It is invisible to the human eye because of its very short wavelength. Only a very small portion of the electromagnetic spectrum is visible to the human eye as light.

There are three types of UV light, based on wavelength range. UVA wavelength is 315 to 400 nanometers. UVB is 280 to 315 nanometers, and UVC is 100 to 280 nanometers.

### Q: Why do I need to protect my eyes from UV light?

UV light more easily penetrates eye tissues than visible light,

potentially increasing the risk of eye problems.

Among the three types of UV light, UVA emits the least energy but can cause aging of the skin. Wrinkles and "sunspots" are some of the most common long-term effects of UVA, but it is also linked to some skin cancers.

UVB emits slightly more energy than UVA. UVB damages DNA directly and is responsible for sunburns and most UV-related cancers.

UVC emits more energy than UVA and UVB but is mostly blocked by the Earth's ozone layer. Aside from the sun, UVC comes from welding torches and UV sanitizing bulbs. It more easily penetrates the skin, potentially damaging skin cell DNA and increasing skin cancer risk.

### Q: How do I protect my eyes from UV light?

Wearing sunglasses and a hat is the simplest and safest way to protect your eyes from UV rays. Choose sunglasses that fit well and that block light from coming in around the lenses. Choose a hat with a broad, dark brim that shades your eyes and reduces glare.

Consider staying indoors during parts of the day when the sun is strongest, usually between 10 a.m. and 4 p.m. Check your local weather forecast for the UV index, a measure of UV intensity. Be aware that the UV index can be high even on cloudy days.

### Q: What eye problems are linked to UV light exposure?

Several eye problems are linked to UV exposure.

A pterygium is a protein and fat deposit in the white part of the eye (sclera). It can cause irritation and, in rare cases, affect how tears cover the eye.

A pterygium (Surfer's Eye) is a growth that extends from the sclera to the clear tissue called the cornea, which covers the iris and pupil.

A cataract is a cloudy area in the eye's lens. Prolonged exposure to UV rays modifies lens proteins, leading to cataract formation and worsening eyesight. Over time, cataracts can make vision blurry, hazy, or less colorful.

Cancers of the eyelid, including basal cell carcinoma and squamous cell carcinoma, are linked to UV exposure. No link has been

made between UV exposure and other types of ocular cancers.

Age-related macular degeneration (AMD) blurs central vision due to the breakdown the macula — the part of the eye that controls sharp, straight-ahead vision. The macula is part of the light-sensitive retina in the back of the eye. Some studiesThis link is external to nei.nih.gov and will open in a new browser window or tab. indicate prolonged exposure to UV rays without protection increases the risk for AMD.

### Q: How can I protect my children's eyes from UV?

Sunglasses are available in many sizes, including kids' sizes. But sunglasses may not be practical for all kids. A hat may be a more practical solution.

### Q: Should I avoid cheaper sunglasses?

Don't assume that expensive, designer sunglasses provide better UV protection than sunglasses available from grocery stores or discount vendors. Only buy sunglasses that are clearly marked as providing 99-100 percent protection from UVA and UVB or marked as having a UV400 rating.



**U.S. Navy Lt. Cmdr. (Dr.) Brandon R. Garren, the service chief of the Department of Urology at Walter Reed National Military Medical Center, poses for a photo in the operating room. The center recently implemented a single-port robotic surgical system. Photo by Ricardo Reyes-Guevara, DoD.**

## Walter Reed National Military Medical Center performs historic first angle-port robotic surgery

7/3/2023 by James Black

Walter Reed unveiled its new single-port robotic surgical system, becoming the first Department of Defense facility, and the first military hospital in the National Capital Region, to use the newly FDA-approved medical device.

"This is one of the most transformative technological advances across disciplines right now, reshaping how we approach surgical disease," said U.S. Navy Lt. Cmdr. (Dr.) Brandon R. Garren, who with his team today, performed a minimally invasive surgery on a patient with an enlarged prostate. Garren, the service chief of the Department of Urology at Walter Reed, worked with a multidisciplinary team that trained for months to perform today's milestone surgery.

During the groundbreaking procedure, Garren utilized a console with hand and foot controls to command the robots, while a second surgeon stood by to supervise the way the surgical instruments worked. Garren controlled the robot's motions, adjusting its precision with his hand and foot gestures, while a series of robotic arms picked up and manipulated the surgical instruments.


Robotic surgery has exponentially improved outcomes for patients: minimizing scarring, improving recovery times and post-operative pain — as well as reducing hospital stays. The technology has wide-ranging applications for a variety of surgical procedures including coronary artery bypass, joint replacement, organ transplantation, gynecological operations, and cancer treatments.



**#NMRTC San Diego's Junior Enlisted Association (JEA) and First Class Petty Officer Association (FCPOA) hosted a 4th of July CMC hike with CMDCM Adolfo Gonzalez, #NMCS D's Command Master Chief, on July 1 at Mother Miguel Mountain. #Sailors from the hospital and other branch clinics showed up to honor Independence Day with team building and camaraderie.**



**On June 30, the Graduate Medical Education program conducted the annual graduation ceremony for residents and fellows. Congratulations to all of the graduates!! From Naval Hospital Camp Pendleton Facebook page.**





# READY FOR LIFE

## DONATE BLOOD

Whole blood and platelet donors needed

NMCS D Blood Donor Center,  
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**PERRY**  
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**WRANGLER Willy's 4xe**

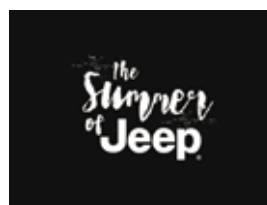
Lease for  
**\$388/month**  
 for 36 months



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

**MAKE THIS THE SUMMER EVENT**

Tops Off Test Drive Event good thru July 31st



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

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

**PERRY**  
 New 2023 Ram  
**1500 Big Horn Crew Cab 4X2**

Lease for  
**\$488/month**  
 for 42 months



For well-qualified buyers. MSRP of \$56,250. Down payment \$4,995. Residual \$28,585. Tax, title, license acquisition fee not included. 10,000 miles per year. VIN: 1C6RRREFT2PN604018, 1C6RRREFT9PN604016

**Certified Pre-owned** **PERRY** **Certified Pre-owned**  
 CHRYSLER • DODGE • JEEP • RAM • FIAT

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

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

	<b>2015 RAM 1500</b> <b>\$21,995</b> #668592
	<b>2020 JEEP GRAND CHEROKEE</b> <b>\$30,995</b> #245884
	<b>2022 JEEP WRANGLER</b> <b>CERTIFIED</b> #113087

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