

ARMED FORCES DISPATCH



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Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-SECOND YEAR NO. 15

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FORT HUNTER LIGGETT FIRST IN ARMY TO RECEIVE PREHOSPITAL WHOLE BLOOD TRANSFUSION CAPABILITY

by Amy Phillips

Fort Hunter Liggett PAO

U.S. Army Garrison Fort Hunter Liggett's remoteness, and the robust efforts of Fire Capt. Devon Haggie, allowed the installation to be the first in the Army and Department of Defense to receive the life-saving capability to transfuse whole blood by its Emergency Medical Service (EMS). In addition, no EMS system in California otherwise currently provides this capability, making the FHL program the first in the state. Prehospital whole blood programs are the aspiration of many EMS systems nationwide.

"Having this system and the ability to provide whole blood to injured Soldiers and civilians on Fort Hunter Liggett is a life changer," said Haggie, EMS Coordinator. He witnessed the significance of this program during a visit with San Antonio Fire Department EMS in Texas last year.

"They told me stories of people being completely unresponsive and most likely going to die. And with one unit of whole blood administered, the patients are actually sitting up and talking while being wheeled into the trauma center. That alone is extremely eye-opening to me, and being so remote was one of the reasons why I pursued this capability for the installation," said Haggie.

"There are several other in-



Dr. (Maj.) Nicholas Studer with the Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston, Texas, shows Fort Hunter Liggett Emergency Services staff the intricacies of the TraumaFlow tubing system. US Army photo by Amy Phillips

stallations that have this requirement but don't have motivated staff like Mr. Haggie, or the infrastructure to support this program," said Dr. (Maj.) Nicholas Studer, Physician-Scientist at the U.S. Army Institute of Surgical Research (USAISR) at Joint Base San Antonio-Fort Sam Houston, Texas and the Medical Director for the Army EMS Program. "Mr. Haggie almost single-handedly enabled this capability for Fort Hunter Liggett."

into FHL's selection as the first Army prehospital Whole Blood site was the Garrison Commander's emphasis on prehospital medicine, Soldiers' survivability in training areas and the installation's austere environment. The Army EMS Program, USAISR, and Armed Services Blood Program worked together to overcome the logistics, equipment, and training barriers to bring whole blood to FHL.

FHL's whole blood program utilizes components that were

developed for battlefield use by the USAISR, as well as proven technologies that stem from the Army's civil-military integration programs in the San Antonio area in particular.

The Army has increasingly recognized the requirements for rapid pre-hospital blood infusions for Soldiers injured on the battlefield. In 2019, Studer reached out the last producer of "trauma tubing" and modified the "TraumaFlow" tubing product to meet the Army's requirements. Partnered with the San

Antonio Fire Department, that agency made the initial purchases of a new tubing product which can support both the military and civilian patients.

"You can expect that blood tubing is usually twice as fast at infusing fluid as regular IV tubing, and TraumaFlow is three times as fast as regular blood tubing," Studer said. He added that TraumaFlow is more compact and significantly less costly compared to several other products available to rapidly transfuse blood on the battlefield or in city streets in America.

FHL also received a QinFlow Warrior blood/fluid warmer and a Peli Biothermal CREDO blood

storage cooler. Both developed for military purposes and well-proven with the whole blood program in the San Antonio metropolitan area, under the Southwest Texas Regional Advisory Council. Studer provided the initial training on these components, including the TraumaFlow tubing, to the FHLEMS staff on June 22, 2022.

Accompanying Studer on his FHL visit was Dean Ross and Bonnie Taylor with the Army's Office of the Surgeon General (OTSG), to help answer questions and provide guidance. Ross is the Director of the Army EMS Program and is charged with standardizing EMS care Army-wide.

Veteran services available at annual VVSD Stand Down

The Veterans Village of San Diego's will host the Veterans Stand Down 2022 this weekend (July 29-31). Event times are 9 a.m. to 4 p.m., Friday and Saturday; and 9 a.m. to 1 p.m. Sunday.

Stand Down 2022 will be at Roosevelt Middle School, 3366 Park Blvd., San Diego.

This event is for homeless veterans, veterans at risk of homelessness or unemployed. Fill out a participation application at <https://vvsd.net/stand-down-application/>.

Veteran services available at Stand Down 2022 are •Access to multiple veteran-centric programs; •Breakfast, lunch and dinner; •Clothing/shoes; •Employment information; •Homeless programs and services; •Homeless resource center; •Hygiene items; •Homeless court/legal services; •Medical services/resources; •Pet resources; •Entertainment; and •Haircuts.

VA summer sports clinic for disabled veterans returns to San Diego

WASHINGTON - Veterans will participate during the National Veterans Summer Sports Clinic, Aug. 7-12 in San Diego. The sports rehabilitation clinic returns for the first time in person since 2019 after being held virtually in 2020 and 2021 to limit the spread of COVID-19. The hands-on sporting event brings together more than 100 military Veterans from across the country who have a range of disabilities, including traumatic brain injury, polytrauma, spinal cord injury or loss of limb. "Our goal is to motivate veterans with disabilities to find new ways to adapt," said National Veterans Summer Sports Clinic Director, Maggie Kremer. "The clinic is a training ground to instill the value of an active lifestyle, aid in community integration, develop determination and build a strong foundation to explore what's next." Veterans battling back from injury receive instruction in sailing, surfing, adaptive fitness, kayaking and cycling to complement VA's recreation therapy programs at facilities across the country. Veterans like David Martins, an Army Veteran from San Diego enjoy the competitive spirit, camaraderie and exercise.



AUGUST'S LIST OF MONTH-LONG OBSERVANCES

Family Meals Month
Nat'l Sandwich Month
Nat'l Breastfeeding Month
Nat'l Crayon Collection
Nat'l Peach Month
Nat'l Panini Month
Nat'l Back To School Month
Kids Eat Right Month
Get Ready for Kindergarten
MediAlert Awareness
Black Business Month
Nat'l Romance Awareness
Nat'l Immunization Awareness
Children's Eye Health & Safety
Nat'l Family Fun Month
Nat'l Catfish Month

Nat'l Brownies At Brunch
Nat'l Goat Cheese Month
Nat'l Eye Exam Month
American Artist Appreciation
Arrr-gust: Int'l Pirate Month
Nat'l Golf Month
Get Acquainted with Kiwifruit
Shop Online for Groceries
Black August
Nat'l Win With Civility Month
Washington Wine Month
Children's Vision & Learning
Nat'l Water Quality Month
Motorsports Awareness
Read A Romance Month
Rawgust

Spinal Muscular Atrophy Awareness Month
Drawing August
Happiness Happens Month
Nat'l Truancy Prevention
Nat'l Psoriasis Awareness
Nat'l Neurosurgery Outreach
American Adventures Month
Black Philanthropy Month
Tree Check Month
Rye Month
Nat'l Gastroparesis Awareness
Int'l EFT Tapping Month
Int'l Peace Month
Celery, Fennel and Cactus
Mushroom and Onion Month

Summer Sun Safety Month
Aicardi Syndrome Awareness
Amblyopia Awareness Month
Boomers Making a Difference
Bystander Awareness Month
Learn Japanese Month
Nat'l Minority Donor Awareness
Nat'l Parks Month
Nat'l Political Affiliation
Discrimination Awareness
Nat'l Traffic Awareness Pedestrian Safety Month
Straight Pride Month
What Will Be Your Legacy World
Mutt-i-grees Rescue

Your FREE weekly paper

Take one!

Career and Education

New 988 suicide & crisis lifeline offers easier option for emergency care

See page 5

Base Movies

Elvis, Minions: The Rise of Gru, Jurassic World Dominion, Lightyear, The Black Phone, Edward Scissorhands

See page 8

Harris Jewelers ordered to pay millions to service members, including some in San Diego

A nationwide jewelry retailer has agreed to pay \$34.2 million to resolve allegations that it used deceptive sales tactics on active duty service members, including those stationed in San Diego, it was announced Wednesday.

Harris Jewelers reached the settlement with the Federal Trade Commission and the attorneys general of more than a dozen states. It requires the company to write off \$21.3 million in consumer debt and provide millions in consumer refunds. The debt includes more than \$800,000 owed by Californians, according to a statement from the California Attorney General's Office.

Officials in California said Harris operated stores on or near military bases, including Naval Base San Diego, where service members were told that purchasing products on credit would improve their credit scores, regardless of the customer's credit history. The

company also "utilized unfair and deceptive sales practices" with its jewelry protection plan and did not include disclosures in its advertisements and retail installment sales contracts, according to the AG's Office.

The settlement requires Harris to stop collecting the more than \$21.3 million in outstanding debt held by 13,426 service members, and provide nearly \$12.9 million in refunds to 46,204 service members who paid for protection plans. Those refunds include more than \$700,000 to California service members.

The company will also be required to vacate judgments against 112 consumers, which totaled more than \$115,000, while deleting any negative credit entries reported to consumer reporting agencies.

Injunction terms also include a ban on the future marketing or sale of related products.

Alleging mistreatment, authorities close California kennel serving US troops

STARS AND STRIPES - Authorities in California recently shut down a kennel that boarded dogs for military members, leaving 21 animals unclaimed.

Military Mutts Ranch on Cowboy Country Trail, south of Highway 371, in Aguanga, Calif., was closed by Riverside County Animal Services on July 14, according to animal services spokesman John Welsh.

"This property came to our attention for a few different reasons," Welsh told *Stars and Stripes* by phone. "We received a tip that there was a horse that was deceased on the property, there was also a malnourished horse. So, that opened up an animal cruelty investigation."

Some of the 21 impounded dogs have chips, but the owners can't be reached, Welsh said.

"It's terrible to think that this is happening to somebody who's putting their life on the line for our country," he said. "It's important for folks that are going on these long deployments to do a good job of searching for a good facility because there's nothing worse than them going on deployment and then coming back and finding their dog has been injured or lost."

Felony cruelty charges stemming from the dead horse and alleged mistreatment of a dog are pending in Riverside County against the kennel owner, Charlotte Orrin, CBS Los Angeles reported on July 15. The county in May denied her application to renew her kennel license.

Navy spouse Grace Turner, 21, said she boarded her three dogs - a German shepherd, an Australian shepherd and a mini-Australian shepherd - at the kennel so that she and her husband, Dylan Benson, who is stationed at Naval Base San Diego, could spend four days at a country music festival in Palm Springs.

Turner said she dropped the dogs off April 28 and picked them up May 2, but her mini-Australian shepherd, Kylo, was missing.

"[Orrin] wasn't even there, I think she was too afraid to see my face," Turner said by phone. "Her employee told me there was a burglary and they think Kylo was stolen with two Belgian Malinois puppies. I was like, 'Who would break into a boarding facility and only take three dogs?' I didn't believe any of it."

Turner said she promptly called the police, who showed up immediately and searched the property. *Continue reading at www.strips.com.*

Army

- 2 Soldiers connected to the mystery of decapitated paratrooper convicted of non-violent charges
- After setting ultra-endurance record, Army Zephyr drone keeps flying, whether it wants to or not

HEADLINES NEWS

- Bolton family mourning death of US Army Reserve Soldier
- At NetModX experiments, Army takes on contested communications

Navy

- Navy decommissions USS *Whidbey Island*
- New Navy unmanned division to serve as bridge between program office, fleet

Marine Corps

- Marine's actions during Afghanistan exit bring Bronze Star with combat 'V'
- Long 3 years': Trial to start in deaths of 7 'Jarhead' motorcyclists

Air Force

- New Air Force information warfare commander wants to increase partnerships
- F-15's paint job honors hero who gave his parachute to another airman after their plane was hit
- Aviation crashes are again on the rise. Are ongoing safety and training issues to blame?

Space Force

- Startup SCOUT piques Space Force interest with space data software
- The newest branch of the military is taking a different approach to fitness

Coast Guard

- Coast Guard intercepts sailboat packed with as many as 200 Haitian migrants off Biscayne Bay
- Green Berets in Florida are practically begging for a place to drop off their kids before work

Veterans

- Army veteran allegedly attacks GOP nominee for NY governor at rally
- Aerospace engineer and Black WWII veteran falsely labeled a mutineer dies at 101
- WWII 'Ghost Army' was a secret for 51 years. NC vet now being honored for his role.
- Marine veteran grows new business with microgreens



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Low-cost tech shaping modern battlefield, Socom commander says

In his 38 years as a Soldier, across theaters ranging from the Middle East to Europe, the commander of Special Operations Command says he never had to look up. But those days are ending.

by Claudette Roulo

"I never had to look up because the U.S. always maintained air superiority," Army Gen. Richard D. Clarke said during a discussion July 22 at the Aspen Security Forum in Aspen, Colorado. "We won't always have that luxury," he said.

Low-cost quadcopters and larger unmanned aerial vehicles are disrupting the status quo as militaries and insurgents increasingly rely on them, the general said.

"When Russia is running out of them for Ukraine, and they're going to Iran to go buy more, should cause us all a bit of concern because you can see how valuable that they can be in the future fight," he said.

U.S. and partner forces have largely focused on ways to defeat enemy drones after takeoff, but Clarke said there is also a need for interagency discussions on ways to disrupt supply chains to prevent them from taking off.

But first, there must be a discussion on norms and authorities for their use, he said. With a "very low" cost of entry for some of the small unmanned systems, the general said some countries may want to use drones to move patients or supplies. Medical transport vehicles are protected under the Geneva Conventions.

Clarke said the Defense Department has charged Socom with looking at another threat that is inexpensive to produce

and use - chemical and biological weapons.

ISIS used chlorine and mustard gases in Iraq and Syria, he said. Russia has used chemical weapons against its political

allies - on its own soil and elsewhere, Clarke added.

"The fact that someone in the basement in Mosul with a few lab sets can do this," proved that it's a simple process

to create these weapons, the general said. Chemical and biological weapons are a terrorist weapon system, he said, and ISIS and al-Qaida will continue to use them because they instill fear.

"As we go into the future, we have to be prepared for that eventuality ... and look for methods to continue to combat it," Clarke said.

Though U.S. officials have

said government and other critical systems are receiving daily cyberattacks, the general said he's equally concerned with the way adversaries are using cyber to exploit the information space.

Malign actors are spreading misinformation and disinformation online, and these have had an impact on elections, he said.

Misinformation is false or misleading information - a mistaken breaking news announcement, for example. Disinformation is meant to intentionally deceive the recipient.

Clarke said cyber gives adversaries a quick route to spread false information that can damage the U.S. cause.

"The message, if you look at the internet and what is happening from the African countries, its U.S. sanctions against Russia are causing food shortages in Africa," the general said. "So we're being blamed for people in Africa not getting to eat. ... We have to look at what is on the internet and get the truth out about what is happening. And I think we have to be able to do that as a government a little bit faster than what we're doing today."

USS Fort Lauderdale (LPD 28) set for namesake city commissioning

USS Fort Lauderdale (LPD 28) will be commissioned, Saturday, July 30 at the Port of Fort Lauderdale, in Fort Lauderdale, Fla. Those interested in viewing the ceremony can do so via livestream coverage.



Built by the Huntington Ingalls Industries in Pascagoula, Miss., Fort Lauderdale was launched March 28, 2020, and christened Aug. 21, 2021. The ship was delivered to the Navy March 11, 2022. Fort Lauderdale will be commissioned in Fort Lauderdale on July 30, and then transit to her homeport, Naval Station Norfolk, Va.

LPDs transport and land Marines, their equipment, and supplies by embarked landing craft or conventional landing craft and amphibious assault vehicles, augmented by helicopters or vertical take-off and landing aircraft. These ships support amphib assault, special operations, or expeditionary warfare missions and serve as secondary aviation platforms for amphibious operations.

Underway, shift colors. The Navy's newest amphibious transport dock ship, future USS Fort Lauderdale (LPD 28), begins her maiden voyage as the ship departed from Ingalls Shipbuilding in Pascagoula, Miss., July 11, en route to her commissioning site in Fort Lauderdale, Fla., and homeport in Norfolk, Va. USN photo

Ships Underway

Total Battle Force: 298

Deployed ships: 111
(USS 73, USNS 38)

Non-deployed ships: 82
(56 Deployed, 26 Local)

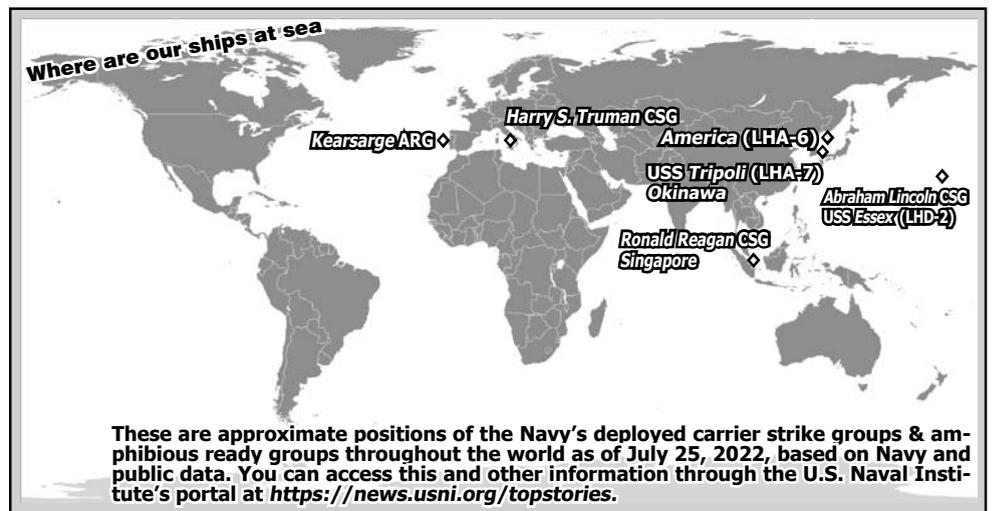
Ships Deployed by Fleet

2nd Fleet, 0: 3rd Fleet, 9

4th Fleet, 3: 5th Fleet, 13

6th Fleet, 29: 7th Fleet, 57

Total 111



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Air Force's 75th anniversary celebrated by allies, partners at international air show

RAF FAIRFORD, United Kingdom (AFNS) - One of the largest air shows in the world returned recently and featured a special tribute this year to the U.S. Air Force as it approaches its 75th anniversary. The Royal International Air Tattoo was held here.

Airmen and aircraft from around the globe, including the highest military and civilian leaders from the U.S. Air and

Space Forces, came together for the 2022 event. RIAT showcased the historically close ties between American and British air services by including a special tribute in honor of the U.S. Air Force's anniversary.

"Having the Department of the Air Force's 75th anniversary recognized at RIAT is truly an honor and shows the depth of the DAF and RAF's special partnership," said Secretary of

the Air Force Frank Kendall. "For the last 75 years, our two great air forces have worked side by side in defense of our great nations and our shared values."

Taking place after a two-year hiatus because of the pandemic, Kendall and other senior leaders said the event remains a symbol of the Department of the Air Force's commitment to helping ensure the security of Europe and maintaining the historically

strong alliance with Britain and other allies across Europe.

"Events like RIAT and our multilateral and NATO exercises allow us to engage with multiple partners and allies simultaneously," said Chief of Space Operations Gen. John W. "Jay" Raymond. "These events not only help us to make the most of our time but also allow us a large forum to learn from each other."

This year's event brought a multitude of U.S. Air Force aircraft, including the CV-22B Osprey, E-4B, KC-135R Stratotanker, and the KC-46A Pegasus, to name a few.

"Our Airmen, past and present, are indispensable teammates to our allies and partners," said Air Force Chief of Staff Gen. CQ Brown, Jr. "Having the opportunity to showcase our aircraft and Airmen at air shows like RIAT

gives our allies and their nations a look into the incredible force that is the U.S. Air Force. We look forward to participating in RIAT for years to come."

While RIAT is based in Europe, it has become an international forum with key allies and partners from a variety of regions. The senior leaders took the opportunity to engage counterparts from their respective Air and Space Forces.

Views from the services

SAN FRANCISCO (July 22, 2022) - A Coast Guard military working dog was honored during a retirement ceremony held by members of the Maritime Safety and Security Team San Francisco on Base Alameda. The ceremony marked Chief Petty Officer Feco's retirement from the Coast Guard after eight years of distinguished service. USCG photo by PO2 Matthew West



KOROR, Republic of Palau (July 6, 2022) - Marine Corps Lance Cpl. Trinitee Bynoe, a food service specialist with I Marine Expeditionary Force, draws with a local child as she volunteers at Vacation Bible School US Marine Corps photo by Sgt. Anabel Abreu Rodriguez



FORT DRUM, N.Y. (July 19, 2022) - Army Soldiers from New Jersey Army National Guard conduct a live fire exercise with 105 mm Howitzers at the eXportable Combat Training Capability exercise here. More than 2,500 Soldiers are participated in the training event, which enables brigade combat teams to achieve the trained platoon readiness necessary to deploy, fight, and win. USA National Guard photo by Sgt. 1st Class Wayne Woolley

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New 988 suicide & crisis lifeline offers easier option for emergency care

A new 988 telephone number became operational July 16, designated as the new three-digit dialing code that routes callers to the National Suicide Prevention Lifeline.

A new 988 telephone number became operational July 16, designated as the new three-digit dialing code that routes callers to the National Suicide Prevention Lifeline.

The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

When people call, text, or chat

988, they will be connected to trained counselors who are part of the existing National Suicide Prevention Lifeline network. Trained counselors will listen and work to understand how their problems affect them, provide support, and connect them to necessary resources.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

The Lifeline's network of more than 200 crisis centers has been in operation since 2005. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hope-

ful after speaking with a Lifeline counselor.

The 988 expansion will also address the need for ease of access for military veterans, service members and their families in times of crisis.

Vets can use this new option by dialing 988 and then pressing 1 to contact the Veterans Crisis Line. Veterans may still reach the Veterans Crisis Line with the current phone number - 1-800-273-8255 and Press 1- through chat, and by text (838255).

VCL responders are trained in crisis intervention and military culture. Information and suicide prevention resources found at 988lifeline.org.

Will a geographic move fix my career woes?

by Daneen Skube

Q: I'm unhappy in my work and personal life and just got an offer to move across the country for a new job. I'm hopeful I can leave my frustrations behind me. How often do you see a geographic change improve your clients' mental health?

A: I rarely see geographic changes improve my clients' woes if they believe they'll leave their problems behind. Our problems tend to travel with us to wherever we move.

If you're only tempted to move across the country because you think you can outrun your challenges, you'll be disappointed. People tend to do better when they move because they're running to a new dream, not running away from an old nightmare.

There's a wise saying that wherever we go...there we are. Many adults only start intensive therapy when they realize the common denominator in all their problems...is themselves.

We all occasionally are the victims of unfair or disappointing circumstances. But, after we get through being upset, the only power we have is to leave the situation, change our reaction, or make peace with our circumstances.

A client this week asked me how I create results and peace in my own life. I responded, "I look at how my behavior is making what's happening likely and change my response. Then

I look at whether learning and changing myself has or will change my situation. Next I consider whether leaving is my best choice. If none of the above

INTERPERSONAL EDGE

work, I make peace with what I can't change."

Many of my clients believe making peace with what we cannot change means condoning it. Realize that if you get in a war with reality...reality will win every time! Whether you agree with the upsetting

circumstances, if you cannot change them, the only path to sanity is to stop having a battle with reality.

If you've left no stone unturned in changing your interpersonal skills, your inner reactions, and cannot leave, then find a way to adapt. Be aware that as time marches on you may find a new tool, technique, or exit that you do not see now.

When we use introspective accountability, we realize that if we keep having the same prob-

see **Career, page 9**

WAI launches annual Girls in Aviation Day

Chapters and Corporate Members to Host Events Worldwide

Thousands of girls, ages 8-17, around the world on September 24 will be able to experience the 8th Annual Girls in Aviation Day in their local communities through unique events hosted by Women in Aviation International (WAI) Chapters and Corporate Members. WAI will continue to offer additional virtual resources, activities, information, and instructional videos via the free Aviation for Girls App.

Already nearly 50 events are planned for airports, FBOs, museums, hangars across the U.S., Canada, Europe, Africa, and Asia. Girls will be introduced to the career and lifestyle possibilities in aviation and aerospace through meeting female role models, career panels, exploring airplanes and airports, and a host of hands-on, fun and educational activities ranging from a sectional chart scavenger hunt, to exploring the Moon and Mars exploration sites, to learning about aircraft engines and avionics with maintenance technicians.

To enjoy the full GIAD experience, while supplies last, WAI event hosts will offer free merchandise kits to participants featuring a GIAD backpack filled with a sticker, key chain, glitter tattoo, bandana, Aviation for Girls 2022, and an aviation sectional chart. Additionally, GIAD T-shirts for adults and children, and caps are available for a small cost. In San Diego visit <https://waisd.org/events> to see if our local chapter has something planned. Kids who don't have access to an in-person event near them can also order a free GIAD kit, while supplies last, here: <https://wai-store.org/girls-in-aviation-day-2022/>.

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Thursday, August 11 | 9-11 a.m. | GVB (IP)

Friday, August 12 | 9-10:30 a.m. | KMB (IP)

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Wednesday, August 10 | 1-2:30 p.m. | NBPL (IP)

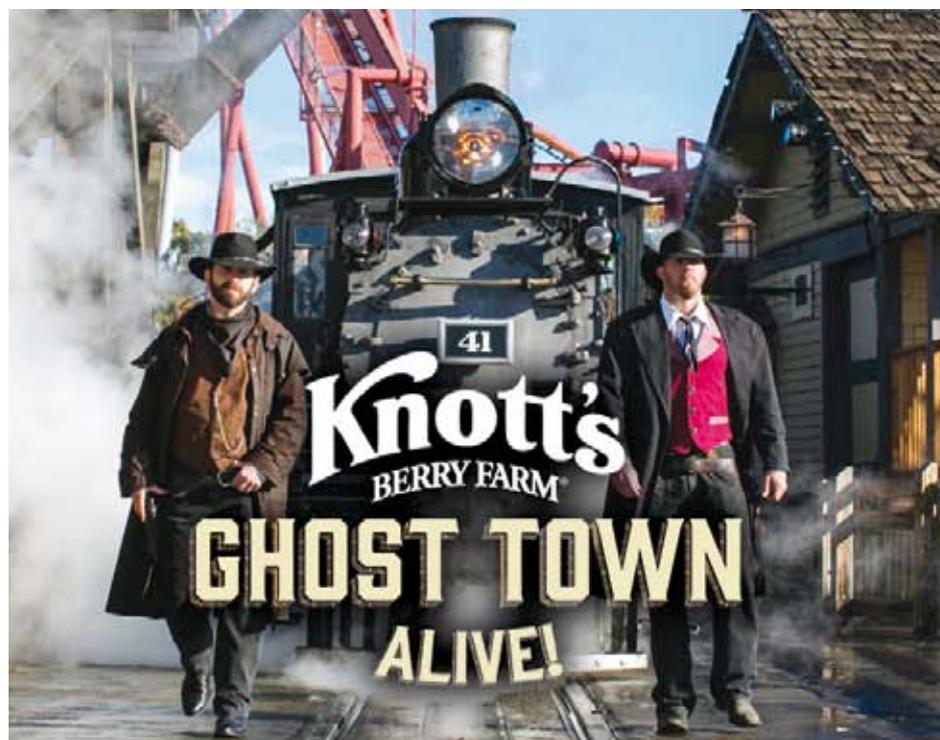
Wednesday, August 24 | 9-10:30 a.m. | NBSD (IP)

Resume Writing

Wow employers with an organized, effective and winning resume.

Thursday, August 25 | 10-11:30 a.m. | BVH (IP)

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NAVWAR ranks as number two organization in the Navy on 2021 'Best Places to Work' list

by Kara McDermott, Naval Information Warfare Systems Command
Naval Information Warfare Systems Command (NAVWAR) landed second out of the 18 Department of Navy (DON) subcomponent organizations, and was named the top Navy systems command, in the 2021 Best Places to Work in the Federal Government rankings.

The annual report, produced by the Partnership for Public Service and Boston Consulting Group, offers the most comprehensive assessment of how federal public servants view their jobs and workplaces, providing employee perspectives on leadership, pay, innovation, work-life balance and other issues.

"As we have in past years, we use these insights to take a hard look at the areas that can make work here more meaningful, worthwhile and impactful," said NAVWAR Executive Director John Pope. "We are focused on using this valuable feedback to drive and shape new policies and initiatives to continue on our path of creating a workforce where everyone can execute at their maximum potential."

Rankings are determined by an agency's Best Places to Work employee engagement and satisfaction score, which measures employee satisfaction, commitment of the workforce and willingness to put forth discretionary effort to achieve results. The score is calculated using a proprietary weighted formula that looks at responses to three questions in the Office of Personnel Management's Federal Employee Viewpoint Survey (FEVS) including:

- I recommend my organization as a good place to work.
- Considering everything, how satisfied are you with your job?
- Considering everything, how satisfied are you with your organization?

Notably NAVWAR had an engagement and satisfaction score of 77.2, the second highest in the command's history, and well above the U.S. Government average of 64.5.

While the rankings do not cite specific programs or policies that most contribute to any given organization's ranking, the FEVS survey results showed that the NAVWAR workforce ranked in the upper quartile of respondents in the areas of effective leadership, employee skills/mission match, innovation and work-life balance.

Prioritizing the development of a world-class workforce is one of the objectives outlined in NAVWAR's recently-released Strategic Vector 2022, a document that aligns the command with the Chief of Naval Operations' Navigation Plan and describes a data-driven approach to making NAVWAR the world's preeminent provider of information warfare capabilities driving operational dominance from seabed to space.

Areas of efforts that support this objective include a curated data

science training continuum, free web-based training through UdeMy, an internal distinguished speakers' series, an annual supervisor forum, wellness coaching, telework and remote work policies and external award and recognition opportunities.

The 2021 Best Places to Work rankings included 502 federal organizations: 17 large federal agencies, 24 midsize agencies, 29 small agencies and 432 subcomponents. NAVWAR was included in the agency subcomponent category as a subcategory of DON.

NAVWAR's survey results includes the roll up of NAVWAR Headquarters, Naval Information Warfare Center (NIWC) Pacific, NIWC Atlantic, Program Executive Office (PEO) Command, Control, Computers, Communication and Intelligence (C4I), PEO Digital and Enterprise Services and PEO Manpower, Logistics and Business Solutions.

SMWDC breaks ground on Surface Advanced Warfighting School

by Petty Officer 1st Class Devin Lowe

Naval Surface and Mine Warfighting Development Center's Surface Advanced Warfighting School broke ground recently on board Naval Base San Diego for the refurbishment of two buildings (3303 and 3292) to collocate all Warfare Tactics Instructor (WTI) courses of instruction (COI), Tactics, Techniques and Procedures (TTP) development, and Advanced COI classroom training.

SAWS achieved initial operational capability January 2022 and anticipates achieving full operational capability in 2026.

"Once the construction is complete, the separate, redundant, administrative and classroom-instruction functions from four separate WTI COIs will be replaced by one consolidated schoolhouse where cross-domain warfighting innovation is improved, and we are making more WTIs available to the Fleet," said SAWS Director, Capt. Steven McDowell.

At full capability, all WTI candidates will complete their training in San Diego, becoming warfighting experts in one of the four surface WTI warfare areas – amphibious warfare (AMW), anti-submarine warfare / surface warfare (ASW/SUW), integrated air and missile defense (IAMD), and mine warfare (MIW).

"SAWS is an important element of SMWDC's reorganization, we needed to become a more efficient and functional organization," said McDowell. "All of the WTI and TTP production was given to SAWS for efficiency. It gives us the ability to do more with what we have and strengthen our WTIs and our organization."

One change SAWS is making in TTP development is standing up communities of focus - focus groups made up of subject matter experts throughout SMWDC designed to tackle specific problems. All WTIs that graduate from SAWS will be assigned a community of focus alongside civilian experts.

Photo gallery



PACIFIC OCEAN (July 12, 2022) - Members of Coast Guard Cutter *Midgett* and the Navy check the flight deck for debris prior to flight operations during RIMPAC. USCG photo by Petty Officer 3rd Class Taylor Bacon



SAN DIEGO (July 21, 2022) - Sgt. Christopher Thola, a flight operations specialist with Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing, re-enlists at Mount Soledad Veterans Memorial Park. USMC photo by Cpl. Sarah Marshall



PACIFIC OCEAN (July 22, 2022) - Chief of Naval Operations Adm. Mike Gilday meets with Sailors assigned to aircraft carrier *USS Abraham Lincoln* during Rim of the Pacific (RIMPAC). RIMPAC 2022 is the 28th exercise in the series that began in 1971. USN photo by MCC Amanda R. Gray



MCRD, SAN DIEGO (July 12, 2022) - Educators with Recruiting Station Riverside and Recruiting Station San Diego participate in a combat fitness test during Educators' Workshop here. The program is designed to better inform the public about the benefits and opportunities available in the Marine Corps. US Marine Corps photo by Sgt. Ana S. Madrigal

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USS Essex first Navy warship to deploy with upgarded 3D printer

by Kelly Agee
Stars and Stripes

The Navy deployed an updated 3D printer on amphibious assault ship USS Essex recently, an upgrade that promises wider capability and a safer work environment.

Essex became the first to operate a Xerox ElemX 3D printer while underway when it took the machine aboard July 8, said Lt. Cmdr. Nicolas Batista, Essex's aircraft intermediate maintenance department officer. The printer was installed in time for the multinational Rim of the Pacific exercise underway at Hawaii and California.

The Navy and DoD are focusing on implementing new technologies, a Xerox manager told Stars and Stripes.

"The advantage of the ElemX is that unlike other metal 3D printing technologies that use hazardous, and potentially explosive metal powders, we use aluminum wire as a material input," Tali Rosman, general manager of Xerox Elem Additive, said by e-mail July 20. "This means there's no need for personal protective equipment or special facility modifications, making our technology more easily deployable on board a naval ship."

3D printers are not new to the U.S. military. The Marines are finding new applications for the printers to keep their equipment running and repaired in the field, far from conventional supply lines.

Essex had a uPrint Polymer 3D Printer onboard during its July 2018 to January 2019 deployment, Batista said. The ElemX, unlike the uPrint, uses 4008 aluminum standards that can withstand higher loads and is more rigid.

Also, the ElemX requires minimal post-processing, providing a finished part in a matter of hours, as opposed to several



Petty Officer 2nd Class Fernando Munguia, a machinery repairman aboard USS Essex, sets up an ElemX 3D printer aboard the amphibious assault ship during Rim of the Pacific drills near Hawaii, July 12. USN photo by Donita Burks

days with other 3D metal technologies, Rosman said.

The printer is in Essex's aircraft intermediate maintenance department's composite shop, Batista said. The shop works on airframes, avionics and support equipment for aircraft. The engineering and combat systems shop also has technicians trained to operate the printer.

Batista said the crew has printed numerous items, including small hydraulic valve hand wheels, fire hose spanner wrenches and light brackets.

"This 3D Printer will essentially bridge the gap in some of our supply chain shortfalls by providing organic repair capability in printing much-needed tools and parts, which

enhances our capabilities in increasing material readiness in an expedited turnaround time," Batista said.

Petty Officer 3rd Class Roxanne Barrera, 22, an aviation structural mechanic from Torrance, Calif., briefed Secretary of the Navy Carlos Del Toro about the ElemX last week. She said the device is important because it makes parts more readily available for the crew.

"This could be very beneficial for aviation parts in the future, and I am excited to see this through," Barrera said via email.

The printer is being evaluated at sea on its performance under the ship's speed, humidity, temperature and sea state.



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The Commandant of the Marine Corps Gen. David H. Berger delivers his remarks during the Marine Corps Recruiting Command Change of Command Ceremony at Marine Corps Base Quantico, Va., on July 21, 2022. Major General Bohm served as the commanding general of MCRC from July 2020 to July 2022 and will soon assume command as the Inspector General for the Marine Corps. US Marine Corps photo by Lance Cpl. Gustavo Romero

Bowers takes command of Marine Corps Recruiting Command

Maj. Gen. Jason Q. Bohm relinquished command of Marine Corps Recruiting Command to Maj. Gen. William J. Bowers during the change of command ceremony at Warner Hall on July 21.

Bohm commanded MCRC from July 12, 2020 to July 21, 2022. During his tenure, he led MCRC through one of the most challenging recruiting environments in the midst of the COVID-19 pandemic.

“What a great team, and I was blessed to have been a part of it,” said Bohm, while addressing attendees at the ceremony. “The MCRC mission is an ‘all-force’ mission that impacts us all and takes all of us to accomplish it.”

While Bohm was in command, MCRC accessed 3,393 officers into the active and reserve components, 537 enlisted Marines received appointments as warrant officers and 67,969 men and women shipped to recruit training. The command successfully achieved annual accession missions and exceeded DoD quality standards.

In recognition of their accomplishments, the Marines, Sailors and civilians within MCRC were awarded the Meritorious Unit Commendation for mission success from Fiscal Year 2020 to 2021.

“The command here is just incredible,” said Gen. David H. Berger, the 36th Commandant of the United States Marine Corps, during the ceremony. “The staff noncommissioned officers, sergeants and commissioned officers of MCRC accomplish amazing things each and every day.”

Gen. David H. Berger, Commandant of the Marine Corps

officers, sergeants and commissioned officers of MCRC accomplish amazing things each and every day.”

Bowers comes to MCRC after serving more than 32 years in the Marine Corps. He has vast recruiting experience serving previously as the commanding officer for Recruiting Station Lansing, Michigan for three years and as the commanding officer of the Sixth Marine Corps District, Marine Corps Recruit Depot, Parris Island, S.C. Prior to assuming command of MCRC, Bowers served as the commanding general for Marine Corps Installations Pacific, Marine Corps Base Camp Foster, Okinawa, Japan.

“To team MCRC, I look forward to contributing to this vital mission” said Bowers. “I promise to give you my very best every single day.”

U.S. Marines with Task Force Koa Moana 22 continue improvements on the Joint Range Complex

by Lance Cpl. Gadiel Zaragoza

I Marine Expeditionary Force
U.S. Marines and Sailors with Task Force Koa Moana 22, I Marine Expeditionary Force, continued improvements on the Joint Range Complex in Ngchesar, Republic of Palau from June 27 to July 15.

The Joint Range Complex is a firing range where U.S. military and Palauan law enforcement can conduct firearms training to increase their readiness and skills necessary within their field. The JRC consists of a 250 feet long, 135 feet wide shooting range and a single building being used as a range house. This year, the task force completed the second phase of the JRC project, designed to update the complex and to further relationships with the local law enforcement agencies.

“My team and I worked off the progress made by Koa Moana 21 by updating the Joint Range Complex to increase its longevity,” said 1st Lt. Chance Hogan, the engineer officer in charge with TFKM 22. “We gave it a solid footing to prevent further erosion and continue joint operations with local law enforcement utilizing this range.”

One of the updates completed on the building was adding an overhang on the front and back faces to protect it from possible weather damage. Inside the building, the Marines re-wired different electrical components, creating a plastic insulins to improve durability, and installed new lights on all sides of the building.

The Marines improved the range surface by establishing a stable, compacted gravel range. These updates to the complex will allow Department of Defense personnel and local Palauan law enforcement to shoot effectively without being disrupted by the clay.

Marines with TFKM 22 began the groundwork for future improvements on the JRC, but the final version is not yet complete. The building was analyzed for future solar panel installation, ventilation, plumbing, and overall expansion of the complex.



Marine Corps Pfc. Brayon Cordovagonzalez, a heavy equipment operator with Task Force Koa Moana 22, flattens gravel using a compactor during the construction of the Joint Range Complex in Ngchesar, Republic of Palau, July 5. The Joint Range Complex will provide the U.S. military and Palauan law enforcement agencies a place to sharpen their skills and improve marksmanship capabilities, strengthening readiness and interoperability in support of U.S. Indo-Pacific Command’s strategic and operational objectives. US Marine Corps photo

“It will likely be done in a few years as they have the opportunity to expand on the area,” said Gunnery Sgt. Monica Knight, the utilities chief with TFKM 22. “This year we finished up the second phase by making improvements to the existing structure and range. There are discussions on future plans to add a building and continue expansion to the JRC.”

U.S. interaction with partner nations and states builds upon shared knowledge and best practices, from which we can together develop and enhance our mutual tactics, techniques, and procedures to build readiness and capability ahead of real-world crises.

Marines and Sailors from Task Force Koa Moana 22 are in the Republic of Palau from

June to August 2022. Named “Koa Moana” after a Hawaiian/Polynesian phrase meaning “ocean warrior,” the task force is designed to strengthen and reinforce relationships between the U.S. and partner nations in the Indo-Pacific region and enhance interoperability with local security establishments in support of U.S. Indo-Pacific Command strategic and operational objectives.

MARINE CORPS AIR-GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif. (July 23, 202) - Range 400 is used to conduct company-level live-fire training in a deliberate Marines with 3rd Battalion, 23rd Marine Regiment, 4th Marine Division, Marine Forces Reserve, advance towards their support by fire position at Range 400 during Integrated Training Exercise 4-22 at assault against prepared defensive positions. ITX is designed to provide large forces the opportunity to command and control their Marines through a live-fire program incorporating every element of the MAGTF. US Marine Corps photo by Lance Cpl. David Intriago



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988 PRESS 1

Chula Vista veteran 'dragons' home a slew of ribbons from S.D. County Fair

by Jeff Jardine

What do you get when a military veteran is also a veteran woodcrafter?

In Alisa Shvorin's case, plenty of ribbons.

A Vietnam War-era Air Force veteran and resident at the Veterans Homes of California-Chula Vista, Shvorin won two major awards during the recent 2022 San Diego County Fair.

Shvorin's intricate design - "The Guardian Dragon" - took home ribbons for Best of Show and 1st Place in the intarsia class. Intarsia is an art form popularized during the Italian Renaissance (1400-1600 AD), and involves inlays of precision-cut wood pieces.

"The dragon had 175 pieces," Shvorin said. "It took me the better part of a year and a half to cut out all the pieces, sand them, fit them, and sand and fit them some more."

Why a dragon?

Etched dragon on a background of wood that is illuminated with a toggle of a switch.

"I love dragons," she said. "I have tons of dragon tee shirts."

With the ribbons came a \$300 donor award from a local corporation.

"I gave the money to a student," Shvorin said.

Shvorin did every bit of the work in the Chula Vista Home's woodshop. She used nine different types of wood - Alder,



(top) Air Force vet, Alisa Shvorin, creates and works in the woodworking shop at the Veterans Home of California-Chula Vista. Her Guardian Dragon takes Best of Show and First Place. Courtesy photos

Curley Maple, Aspen, Ebony, Padauk, Green Poplar, Red Cedar, Redwood, and Yellowheart - to create her masterpiece. Each type of wood's color is natural. No stains added.

Shvorin spent three years in the Air Force, all stateside as a specialist working on flight instrumentation and was stationed at four different bases: Lackland in Texas, Chanute (since decommissioned) in Illinois, Nellis in Nevada, and Eielson in Alaska.

She left the Air Force in 1976 and went to college on an Air Force scholarship at the University of Arizona in Tucson, where she joined the ROTC.

It wasn't until after she moved into the Veterans Homes of California-Chula Vista in 2015 that she developed a real interest in woodworking.

"Nothing more than fiddling around with it," Shvorin said. "It was just something to do. I'm not into games. I like working with my hands and found that I liked working with wood."

She perfected her craft and was among the Home's crafters who entered 19 total pieces in

the San Diego County Fair in 2019.

"We did very well," she said. "We won a Best of Show for a wine rack one of the gentlemen here made."

The COVID-19 pandemic

Career

continued from page 5

lems, we're probably doing the same ineffective thing. Getting to a breaking point where we're curious about that "thing" is the beginning of freedom.

As upsetting as it is to realize our habits are undermining our happiness, there's liberation in realizing we can change. If we see what's not working, that's the beginning of learning better skills. In my therapy practice I jokingly call this awareness the, "I could have had a V-8," moment. The insight that there's a healthier option is powerful!

Effective therapy is not about complaining about our problems or our childhood, it's about taking responsibility to change what we are doing. Skillful therapists take us outside our comfort zone, and help us see how we often set ourselves up for misery.

nixed the fairs in 2020 and 2021. It returned this year, and so did Shvorin with the winning design - "The Guardian Dragon."

She has the ribbons to show for it, guarded by a snarling wooden beast Shvorin made with her own hands.

Before you commit to your new position, take a piece of paper and divide it in two. On the left side, write down all the benefits of the new job. On the right side write down the problems you believe will go away with the move. Go back and highlight anything you wrote down on the right side that your interpersonal habits may be causing.

If you change your geography, without changing your psychology, then your old problems will reoccur in your new job. You'll have given up stable friendships, your home, and familiar routines only to find yourself no better off in your new location.

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The Meat & Potatoes of Life



by Lisa Smith Molinari

For decades, I've tried to be cool. Despite numerous desperate attempts to be fashionable, listen to hip music, take up trendy hobbies and become more aloof, I've learned that I just can't change who I am. Finally, in my 50s, I've decided to accept my lot in life and give in to my tendencies.

But no sooner did I embrace my lack of swag, when suddenly, without trying, I've become the epitome of chic.

No, I don't play acoustic guitar on my front porch swing. I've never run a marathon, snow boarded, or surfed. I only wear a waterproof sports watch so I don't have to take it off when I wash dishes. I've never eaten Kobe beef. I'm not well versed on Beaujolais wines. In fact, my signature recipes include Stuffed Meatloaf and Homemade Mac-n-cheese.

I can't walk in high heels, I wear cotton briefs, and I avoid chunky jewelry because it catches on stuff. I've always been a thrift and discount shopper, and I brag to family and friends about how little I spend on my clothing. I wear drug store make up and paint my own nails. Shopping malls give me a headache.

Our house is furnished with an eclectic combination of second

Budget is the new black

hand purchases, inherited items, and one or two rehabbed dumpster treasures. We didn't pick this home decor out of financial necessity, but rather because I like old stuff, especially if it doesn't cost much. I guess you could say, it's a passion of mine.

The last outdoor concert I went to was Jimmy Buffet in 2000, but I was eight months pregnant and worried about second hand smoke. I have no tattoos or trendy body piercings, unless you count that second hole in my left ear that my roommate from college made for me using a potato and a sewing needle in 1985.

Although friends warned me it might appear that I'd "given up," I drove a minivan for most of my adult life. Not just any minivan, mind you - a used minivan that started out white, but after several military moves, became the dull hue of stale bread, pitted with chips and bubbled with rust. There was a hole in the carpet where my left foot rested during endless daily car pools. Two air fresheners couldn't hide the lingering odor of post-practice sweaty teens, countless spilled drinks, road trip upchuck, and chicken nuggets lost between seats.

Until recently, a hip-happening mom wouldn't be caught dead in a minivan. Stylish moms overwhelmingly prefer SUVs, which project an image of sporty spontaneity and an adventuresome spirit. While a minivan says, "I drink home brewed coffee with powdered creamer every morning while taking the kids to school," an SUV screams,

"Despite the fact that I only drive on suburban roads between The Gap, pee wee soccer practice and the Starbucks drive-thru, I need an all-terrain vehicle because I might drop everything, throw on a bikini and go kite surfing for the day."

Frankly, I'm just an ordinary middle-aged wife and mom, but here's the thing: I'm cool now because I'm frugal, pragmatic, and resourceful. I might not be on point, but I am definitely on budget.

In our current times with rampant inflation at a forty-year high of 9.1 percent and still rising, people everywhere have had to change their habits and their images. Families are tightening budgets, clipping coupons, and paying cash. The mom who used to look so stylish with her 11 mpg Range Rover, overpriced coffee, and designer handbag, is SO last season in today's unfortunate economic climate.

Nowadays, thriftiness and sustainability are the latest fads, virtues I've been practicing for years. Today's trendsetters shop at discount stores, Facebook Marketplace, Craig's List, and estate sales. They know which groceries double coupons, which movies stream for free, and which restaurants run specials. They've cancelled expensive trips in favor of "staycations" and free experiences. They drive cars with good gas mileage.

The hottest style today is savvy spending, and staying within a budget is all the rage. For the first time in my life, I'm finally on trend. Try not to hate me because I'm so cool.

AutoMatters™ & More



by Jan Wagner

Due to COVID-19, it has been several years since the last big San Diego Comic-Con. However, I am thrilled to tell you that San Diego Comic-Con recently returned in a very big way, with massive crowds.

I was there to cover as much as I could all five days, including preview night (July 20-24, 2022). What I will do here is try to give you an overview of the entire event, with more coverage to come later, documented in thousands of still photos and a few videos.

According to the mission statement of The San Diego Comic-Con International, it is "dedicated to creating the general public's awareness of and appreciation for comics and related popular art forms." There was truly something for everyone. It was impossible to see everything, due to necessarily overlapping multiple events in multiple venues.

Throughout the days leading up to San Diego Comic-Con, I was inundated by press releases telling of new things that will be showcased there. I tried to read all of them, and subsequently made arrangements to cover some of their "activations" (convention-speak for really cool, often off-site activities designed to promote such things as T.V. series and new movies). One of those activations, which I experienced on

San Diego Comic-Con '22 The big picture

Preview Night (Wednesday), was for the exciting new NETFLIX action/adventure movie called "The Gray Man." It was described as "a one-of-a-kind physical, interactive installation." "By combining innovative technology with inspiration from the film, guests will work through a series of training modules to test their skills before becoming a Sierra Agent for themselves. In a race against the clock, guests will transport top secret information to a secure location for agent retrieval. The ideal agent has the smarts, strength and speed to tackle all the obstacles, including challenges to open doors and deliver the USB and a bone-chilling stunt, as guests sprint across the roof of the tram while dangerous explosions roar around them; will they complete all three modules in time?"

This was just one of many off-site activations. The design of some accommodated more people than others. The one for NBCUniversal, in its traditional location near the "Historic Gaslamp Quarter" overhead sign, across the street from the Convention Center, was designed in such a way that it could accommodate many people. However, try as I did, there was at least one major activation that I was unable to experience.

While it did not provide a complete picture of all the great things that there are to see and do - noteworthy among them being the often-major off-site activations - a good place to start to figure out a plan for what to try to take in is the Comic-Con "QUICK GUIDE." As I scanned through each day's schedule, I circled panels that I wanted to try to cover. I left Thursday open, so that I could walk around

and get a visual overview, and I left Sunday open to try to see and do things that were not on my radar. Doing that was a very good thing because all three of the panels that I sat in on were truly wonderful and informative.

Many people literally camped out for more than a day on the sidewalks around the side and rear of the Convention Center, to try to get a seat for the major panels in the famous "Hall H." I began what was my very busy Saturday by covering the "Star Trek Universe" panel there, and then moved elsewhere to cover panels for "The Orville" (Ballroom 20) and SYFY's "Resident Alien," one of my favorite T.V. shows (in the large Indigo Ballroom of the Hilton Bayfront hotel). Perhaps surprisingly, some of the best panels were held in some of the much smaller rooms.

I wrapped up my Saturday by watching the annual Comic-Con Masquerade. I did not leave there until after 11:00 PM! Fortunately the San Diego Trolley was running an extended schedule.

I checked out the crowded Exhibit Hall in the Convention Center, which was filled with vendors large and small, and I checked out the Interactive Zone at Petco Park.

That's all for now. I will get into more detail in future columns.

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. Copyright © 2022 by Jan Wagner - AutoMatters & More #752

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Morality is the basis of things and truth is the substance of all morality. Mahatma Gandhi

AROUND TOWN

Del Mar Thoroughbred Club Horse Racing, Del Mar Racetrack, runs thru Sept 11. dmtrc.com

Fun Friday Nites at San Marcos Community Center, Fri, July 29, 6-10pm. www.san-marcos.net

SD Padres vs. Minnesota Twins at Petco Park. July 29-31.

Guided Nature Walk, Sat, July 30, 9:30-11m. Free. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos. mtrp.org

Birding Basics Class, Sat, July 30, 1-2:30pm. Free. Meet at Visitor Center, Classroom A, last Saturday of every month. Seating limited to first ten people, masks required. Mission Trails Regional Park. One Father Junipero Serra Trail, San Carlos.

Orchid Society Summer Show & Sale, Sat-Sun, July 30-31. Free. Casa del Prado, Balboa Park.

Summer Movies in the Park Series: The Mitchells vs. The Machines at Poway Community Park, Sat, July 30, 6:30-10pm. poway.org
Family Campout at Walnut Grove Park. Sat-Sun, July 30-31. www.san-marcos.net

Family Campout at Lake Poway. Sat-Sun, July 30-31. poway.org

Escondido Cars & Coffee. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. All cars, trucks and bikes welcome.

Summer Concert Series at Old Poway Park, Sun, July 31, 5:30-7pm. www.poway.org

A Midsummer Night's Dream at The Old Globe. July 31-Sept 4. www.theoldglobe.org

SD Padres vs. Colorado Rockies at Petco Park. Aug 1-4.

Taste of Encinitas, Tues, Aug 2, downtown Encinitas. encinitas101.com
18th Annual Carlsbad Music Festival in Carlsbad Village. Fri-Sun, July 5-7. www.carlsbadmusic-festival.org

Imperial Beach Surf Dog Competition at Portwood Pier Plaza. Sat, July 6. surfdogevents.com

The Beach Boys at The Rady Shell at Jacobs Park, Sat, July 6, 7:30pm. www.theshell.org

CRSSD Festival at Waterfront Park. Sat-Sun, July 6-7. crssd.com

ArtWalk at Liberty Station. Sat-Sun, July 6-7. artwalksandiego.org

Thru Sept 5 San Diego International Organ Festival at Spreckels Organ Pavilion in Balboa Park, 7:30pm, every Monday. www.spreckelsorgan.org

Gaslamp Quarter Live Thursdays. Neighborhood-wide Gaslamp music series celebrating live music in the heart of San Diego each Thursday June-August 5-8pm. Info: www.Gaslamp.org

Thru Aug 25 Concerts at the Cove at Fletcher Cove Park, 6-7:45pm. cityofsolanabeach.org

Carlsbad TGIF Concerts in the Park Every Friday, 6pm, thru Aug. 19. www.carlsbadca.gov

Pageant of the Masters in Laguna Beach. Through Sept 2. www.foapom.com

The County of San Diego's free "2022 Summer Movies in the Park" season is underway. To see upcoming movies and venues please visit www.summermoviesin-thepark.com

Twelfth Night at Lyceum Theatre. July 28-Aug 21. www.sdrp.org

Orange County Fair at OC Fair and Event Center thru Aug 14. www.ocfair.com

Promenade Market downtown San Diego. 10am, Ongoing Saturdays thru Dec. Free. Enjoy crafts, coffee, and street food including Mexican, woodfired pizza, gyros, smashed avocado toast, kettle corn, waffles and crepes, and more. Ruocco Park, 585 Harbor Lane, San Diego, 92101.

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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, July 28

6pm Elvis pg13

Friday, July 29

6pm Minions: The Rise of Gru pg

Saturday, July 30

3:40pm Minions: The Rise of Gru pg

6pm Where the Crawdads Sing pg13

Sunday, July 31

1pm Lightyear pg

3:20pm Minions: The Rise of Gru pg

Thursday, August 4

6pm The Black Phone r

Lowry Theater - NASNI, 619-545-8479

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

Friday, July 29

6pm Minions: The Rise of Gru (pg)

Updates: sandiego.navylifeweb.com

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, July 23

1:30pm Jurassic World Dominion (PG13)

Saturday, July 30

1:30pm Elvis (PG13)

Saturday, Aug 6

1:30pm Lightyear (PG)

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, July 29

6pm Minions: Rise of Gru (PG)

9pm The Black Phone (R)

Saturday, July 30

1pm Jurassic World Dominion (PG-13)

4pm Minions: The Rise of Gru (PG)

7pm Elvis (PG-13)

Sunday, July 31

Noon Minions: Rise of Gru (PG)

3pm Elvis (PG-13)

Friday, Aug 5

6pm THOR: Love and Thunder (PG-13)

9pm Bullet Train (R)

Saturday, Aug 6

1pm Minions: Rise of Gru (PG)

4pm THOR: Love & Thunder (PG-13)

7pm Bullet Train (R)

CROSSWORD PUZZLE

Across

- 1 Pours to the brim
- 6 Fit together
- 10 _-porter: ready-to-wear
- 14 Cellphone bill statistic
- 15 Baseball's Moises
- 16 Resign, in chess
- 17 "Make yourself comfortable"
- 20 Editor's "Don't change that"
- 21 Lubricate
- 22 Start a journey
- 23 Sine _ non: essential
- 25 Quick bite
- 26 Personal connections
- 29 "Don't be a stranger!"
- 35 Maple tree fluid
- 36 Backless sofa
- 37 "Cheers" actress Perlman
- 38 Olympics venue
- 40 It tops a king
- 41 Riyadh resident
- 42 Pooh's Hundred _ Wood
- 43 Show gratitude to
- 45 Squealer
- 46 Regardless of how things go
- 49 Phoenix MLB team, on scoreboards
- 50 New Look designer
- 51 U.S. Presidents, so far
- 53 Deprived (of)
- 56 Broke bread
- 58 Machu Picchu builder
- 62 Where a puppy may learn the starts of
- 17-, 29- and 46-Across
- 65 Stretched tight
- 66 Capital of Peru
- 67 2000s "American Idol" judge Abdul
- 68 Syringe, briefly
- 69 Throwaway part of a cherry
- 70 Annual Tournament of _ Parade

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From recovery to resilience: Navy service member shares his story

by Gabby Bonilla, contract support of Operation Warfighter (July 22, 2022) Navy Chief Petty Officer John “Blake” Conley spent weeks preparing to make the Navy Wounded Warrior Team

With the help and support of Navy Wounded Warrior and Warrior Care’s Military Adaptive Sports Program (MASP), he will be competing in the upcoming 2022 Warrior Games.

Blake’s wounded warrior journey began in July 2019, when he experienced strong migraines and bad reactions with his medication within one month. After receiving an MRI, he was told there was a mass in his brain. Blake shared, “I was only 35 years old, so I wasn’t expecting to have cancer.”

Sharing the overwhelming news with his family, they decided to make a cross country move. Blake explained, “I did my neurosurgery in Pearl Harbor, they removed a four square inch mass out of my left frontal lobe. Then we moved to Walter Reed, that’s where my wife’s family is located, and it was easier to get help with our children during this time. Having a support system from my family has been awesome.”

A year after finishing his chemotherapy, Blake has now taken control of his recovery and is participating more in adaptive sports and reconditioning activities with his family support.



Navy recovering service member shares his recovery journey, and how adaptive sports encouraged him physically and mentally. Photo by Roger Wollenberg.

“I’ve been trying to incorporate these kinds of activities with the kids, and we’re able to have fun and get out a little bit more,” Blake shared. Creating goals has allowed Blake to remain focused and motivated to try out for the Navy’s Wounded Warrior Team and compete at the 2022 Warrior Games.

Navy Wounded Warrior offers programs and services across the country. In May 2020, Blake started participating in the MASP program at Walter Reed National Military Medical Center in Bethesda, Maryland, where adaptive sports and reconditioning activities are an integral part of the recovery program.

“I went through chemo during

the COVID shutdown,” continued Blake. “It’s a very untypical Navy life for me, I’m used to having friends at my command, but I didn’t have that. My last day of chemo was in February 2021.”

“Currently, I am stationed at Navy Warrior Transition Company at Walter Reed,” Blake stated. “I’m also temporary additional duty for Navy Wounded Warrior and fulfill the role of a non-medical care manager.” “It’s an important part of reintegration and very rewarding being able to help people enroll and get the support they need to be successful,” Blake shared.

As an active participant in military adaptive sports programs, “this was something that helped

me get out the house, be active, and meet people,” he said. “It’s cathartic to talk to other service members who are going through troubling conditions and pass on positivity.”

For Blake, it’s a privilege to be on the Navy team at the Warrior Games.

“To represent all the other wounded warriors and what they’ve gone through in their struggle, meet new people from different branches, it’ll be really cool.”

Moving beyond his cancer has been very rewarding, he said.

“My family and I can get out a little bit more,” he said.

“I hope from my experience that my kids realize that if you stay positive you can get through anything. Also, what kids are going to turn down Disney?”

The 2022 Warrior Games will take place at the ESPN Wide World of Sports Complex at Walt Disney World Resort in Florida from August 19-28. To participate in Warrior Care’s Military Adaptive Sports Program, visit the MASP webpage at <https://warriorcare.dodlive.mil/Care-Coordination/Military-Adaptive-Sports-Program/>. To learn more about Navy Wounded Warrior visit their homepage at <https://www.navywoundedwarrior.com/>.



The Uniformed Services University is leading a new study to fulfill a critical need for treating post-traumatic headache. Photo courtesy of USU.

Pioneering post traumatic headache study kicks off

(July 15, 2022) A new, first-of-its-kind study is underway to fulfill a critical need for treating post-traumatic headache (PTH), for which no treatments currently exist. The multi-site study, led by the Uniformed Services University’s Center for Neuroscience and Regenerative Medicine (CNRM), has started to enroll participants and will test how well a migraine medication – erenumab – could be used to treat this condition, which affects about half of those who experience mild traumatic brain injuries.

PTH is a secondary headache disorder that develops within seven days after a head and/or neck injury. It is also frequently experienced after mild traumatic brain injuries, and can persist long after injury.

The trial, “Treatment of Acute Post-traumatic Headache with a CGRP Receptor mAb in Military Service Members and Civilians with Mild Traumatic Brain Injury,” is the first randomized, placebo-controlled, multi-site trial to study the safety and effectiveness of using erenumab to treat PTH. The trial aims to enroll 404 participants by the end of 2026, and is currently open to the following military treatment facilities: Naval Medical Center Camp Lejeune, Brooke Army Medical Center, and Womack Army Medical Center. A fourth site, William Beaumont Army Medical Center, is expected to be open to participants later this year.

“Currently, there are no approved treatments specifically for post-traumatic headache,” said Army Lt. Col. (Dr.) Bradley Dengler, CNRM Director and neurosurgeon. “If successful, this erenumab treatment would be among the very first evidence-based approaches to reduce or eliminate headaches shortly after mild TBIs, with the potential to return soldiers to duty faster than current therapies.”

“This is a step forward for the millions of people affected each year by post-traumatic headache,” said Annabel Lee Raboy, the trial’s Research Manager and employee of the Henry M. Jackson Foundation for the Advancement of Military Medicine. “Our study team has deeply-rooted personal and professional ties to our nation’s active duty and veteran communities. We’ve all experienced or witnessed the impact PTH can have on a patient and their loved ones. It’s an honor to support a trial that could identify a solution.”

To learn more about the trial, please contact cnrmstudies@usuhs.edu or visit <https://www.clinicaltrials.gov/ct2/show/NCT05049057?term=david+brody&draw=2&rank=6> Clinical Trial website. For more information about CNRM, visit <https://cnrm.usuhs.edu> CNRM website.

What causes hepatitis? A look at viral hepatitis

Hepatitis has been in the news a lot lately. New cases have been showing up in children around the world. Doctors aren’t sure why. Hepatitis is inflammation of the liver. Inflammation is the body’s protective response to injury or infection. What causes hepatitis isn’t always known.

Viruses are the most common culprit. There are five known viruses that cause the condition: hepatitis A, B, C, D, and E. Hepatitis A and E are usually spread through contaminated food or water. Hepatitis B, C, and D are contracted through exposure to infected blood and possibly other body fluids.

Other viruses may also cause symptoms of hepatitis. Usually, your body can fight off these types of infections. But sometimes, they become chronic, or long lasting.

Other causes of hepatitis include heavy alcohol use, toxins, certain medications, and autoimmune diseases. Autoimmune diseases happen when the body’s protective response to illness or disease goes awry. This can cause your body to attack your own cells and organs, like the liver.

Chronic hepatitis can have seri-

ous complications. It can damage your liver and lead to liver failure. It can also cause liver cancer.

What Is Viral Hepatitis?

Viral hepatitis is an infection that causes liver inflammation and damage. Inflammation is swelling that occurs when tissues of the body become injured or infected. Inflammation can damage organs. Researchers have discovered several different viruses NIH external link that cause hepatitis, including hepatitis A, B, C, D, and E.

Hepatitis A and hepatitis E typically spread through contact with food or water that has been contaminated by an infected person’s stool. People may also get hepatitis E by eating undercooked pork, deer, or shellfish.

Hepatitis B, hepatitis C, and hepatitis D spread through contact with an infected person’s blood. Hepatitis B and D may also spread through contact with other body fluids. This contact can occur in many ways, including sharing drug needles or having unprotected sex.

The hepatitis A and E viruses typically cause only acute, or short-term, infections. In an acute infection, your body is able to fight off the

infection and the virus goes away.

The hepatitis B, C, and D viruses can cause acute and chronic, or long-lasting, infections. Chronic hepatitis occurs when your body isn’t able to fight off the hepatitis virus and the virus does not go away. Chronic hepatitis can lead to complications such as cirrhosis, liver failure, and liver cancer NIH external link. Early diagnosis and treatment of chronic hepatitis can prevent or lower your chances of developing these complications.

When doctors can’t find the cause

of a person’s hepatitis, they may call this condition non-A–E hepatitis or hepatitis X. Experts think that unknown viruses other than hepatitis A, B, C, D, and E may cause some cases of hepatitis. Researchers are working to identify these viruses.

Although non-A–E hepatitis is most often acute, it can become chronic.

Learn more about viral hepatitis, autoimmune hepatitis, and NIH’s research on hepatitis <https://www.niaid.nih.gov/diseases-conditions/hepatitis>.

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