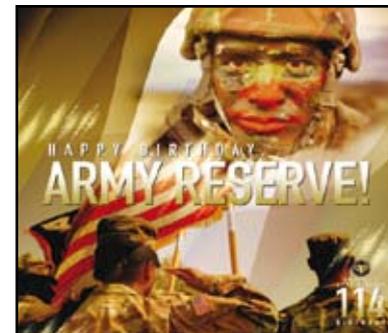


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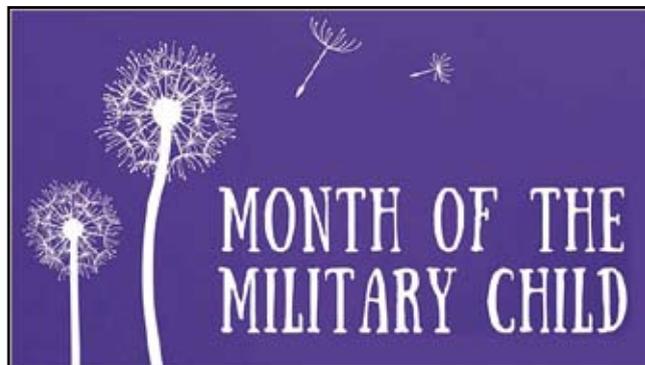
SIXTY-SECOND YEAR NO. 1
THURSDAY, APRIL 21, 2022

APRIL IS DOD'S MONTH OF THE MILITARY CHILD

Military OneSource offers resources, live events and more to purple up support for MilKids

by Terri Moon Cronk,
DOD News

For nearly 40 years, April 1 has marked the Defense Department's kickoff for the Month of the Military Child, and this month promises to be packed with events for parents and children of all ages, said a program analyst in DOD's Children, Youth and Families, Office of Military Family Readiness Policy, Military Community and Family Policy.



Dianna M. Ganote said DOD is supporting this month with the theme of mental health and the overall well-being of all military children.

The Month of the Military Child is a time to focus on and celebrate the contributions of military children and the unique needs of their lives, she noted.

The objective for this month's recognition is to "highlight the unique life and challenges of military children. Our goal is to improve their quality of life and help mitigate the demands they experience from all the transitions, such as frequent moves, parental separations for military training and worrying about their parents when they're deployed" Ganote said.

While DOD sets aside April to recognize military children, support for them is present year-round, she noted. At the installation level, families will

find such support resources as child development centers, youth centers, Military and Family Support Centers and military and family life counselors.

Front and center in the support realm for military parents and their children is MilitaryOneSource.mil – DOD's 24/7 gateway to trusted information, resources and confidential help, including topics that parents might need for child-raising issues. The website also has resources and events listed that are dedicated to the Month of the Military Child. The phone number for Military OneSource is 800-342-9647.

Off the installations, there is community-partner support for military children through their schools and organizations such as 4-H and the Boys and Girls Clubs of America, she said.

Ganote highlighted how military children have a tough road

to travel as an integral part of DOD's readiness by moving approximately six to nine times in their lives. When their parents are deployed, their children's milestones such as birthdays, the holidays and graduations are sometimes missed. But these children are not alone, she said, because without their children's support, military parents wouldn't easily handle



the important mission of serving their country.

"I'd like us to remember what military children's lives are like and how unique their challenges. It's quite incredible when we think about the transitions they go through that most children don't, and our military children are so resilient through it all," she said.

And the color purple is important to the DOD community, because it reflects all branches of the military. "Across the nation, and around the world every April, states, governments, schools and families all do their part by wearing purple or shining a purple light on their homes, schools, state capitals and local landmarks," Ganote said.

"I would invite everyone to take a moment to support



An Idaho Army National Guardsman embraces a family member Feb. 23, 2022, before deploying to support Operation Enduring Freedom. Photo By: National Guard Master Sgt. Becky Vanshur.

military children during April," she said.

About Military OneSource

Military OneSource is a DOD-funded program that is both a call center and a website providing comprehensive information, resources and

Left: A happy homecoming when USS Makin Island returned to San Diego.

assistance on every aspect of military life. Service members and the families of active duty, National Guard and reserve (regardless of activation status), Coast Guard members when activated for the Navy, DOD expeditionary civilians and survivors are eligible for Military OneSource services, which are available worldwide 24 hours a day, seven days a week, free to the user.

COAST GUARD TERMINATES ILLEGAL CHARTER VESSELS IN SAN DIEGO BAY

SAN DIEGO - Coast Guard Sector San Diego personnel terminated three illegal charter boats operating in San Diego Bay last weekend

Sector San Diego boarding team members and investigators identified three illegal charter boats operating in the bay and terminated all three voyages due to unsafe overloading conditions, insufficient lifesaving equipment and failure to provide a qualified or licensed operator

while carrying passengers for hire.

"Illegal charters are a serious risk to their passengers and to other boat operators on the water," said Cmdr. Ronald Caputo, Coast Guard Sector San Diego prevention. "There is a reason for the regulations we put in place; we don't want lives to be lost. We urge anyone suspecting that a vessel is violating the law to report the alleged violation to Coast Guard Sector San Diego."

All three vessels received a captain of the port order that restricts those boats from operating until they prove they have satisfied all valid charter requirements to the Coast Guard. During the investigations, it became apparent they were booked through online applications. While these applications simplify the booking of voyages, responsibility for compliance with Coast Guard passenger safety laws and requirements

rest solely with the boat owners, not the online application administrators.

The Coast Guard urges anyone paying for a trip on a passenger vessel to verify that their captain has a safety plan and a Merchant Mariner Credential. For larger charter boats or those with more than six passengers, ask to see a Coast Guard issued Certificate of Inspection. If the operator cannot produce appropriate credentials, passengers

should not get on the boat.

Any boat carrying passengers for hire are required to hold a Coast Guard license and meet minimum safety standards. Proper emergency safety gear, navigational systems and communication equipment are required for safe operations. Uninspected passenger vessels are only permitted to carry up to six passengers for hire under Coast Guard regulations.

Owners and operators of ille-

gal charter vessels can face maximum civil penalties exceeding \$59,000 for illegal passenger-for-hire-operations. Charters that violate a captain of the port order can face over \$500,000 in penalties and may result in Class D felony charges.

For information regarding your boating operations or charter regulations, contact Sector San Diego Investigations Division personnel at (619) 572-2904 or via e-mail at SDIO@uscg.mil.

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See page 9

Base movies



The Lost City, Morbius, Umma, Father Stu

See page 10

Russian cruiser that sank shows up in online photos with fire raging

by Alison Bath
Stars and Stripes

Photos posted to social media Monday appear to confirm that Ukrainian missiles struck the Russian cruiser Moskva before it sank in the northern Black Sea, military experts say.

The widely shared but unsourced photos appear to be authentic, analysts said. They show the Russian Black Sea Fleet flagship listing to port, or the left side, with fire and smoke coming from the structure.

The photos and a video appear to have been taken from a Russian rescue tugboat after a fire started on the Moskva and its crew abandoned the ship, said H.I. Sutton, a military expert and open source intelligence analyst. Istanbul-based ship watcher Yoruk Isik identified the tugboat as part of the Russian Black Sea Fleet's 145th Rescue Ship Squadron, 1st Group, Sutton said.

"The damage does not rule out a missile strike(s), and it remains the likely cause," Sutton said in a Monday post to his blog and promoted on his Twitter account @CovertShores. "Possible puncture marks in the side of the hull are visible where the fire is."

More analysis would be needed to confirm if the marks were caused by a missile strike, Sutton said.

The Moskva suffered a catastrophic fire and subsequent munitions blast Wednesday that seriously damaged the guided-missile cruiser.

Maksym Marchenko, governor of the Odesa region of



Images posted to social media April 18 appear to show the Russian missile cruiser Moskva damaged, on fire and leaning after taking on water. Stars and Stripes was unable to independently verify the origin of the images early Monday, but a range of military experts said the pictures appear legitimate.

Ukraine, said that two Ukrainian missiles caused the fire and explosion. That claim was denied by Russian officials who said the origin of the fire was "localized" and was being investigated.

On Thursday, the Russian Defense Ministry said the Moskva sunk while being towed to port in Crimea. Pentagon officials on Friday said that a missile strike caused the blast.

In analyzing the photos, Sutton said the lack of life boats on the ship indicated the crew already had left. The photos also

could have been taken before a catastrophic explosion seriously damaged the Moskva, he theorized.

The fire appeared to be in the middle of the ship in the funnels, behind "the main P-1000 Vulkan (SS-N-12 SANDBOX) anti-ship missiles and ahead of the S-300F Rif (SA-N-6 GRUMBLE) air-defense missiles," Sutton said.

The area also was near the Moskva's engines, he said.

"We cannot be sure at this point, but possibly there was a

catastrophic explosion of either the anti-ship or air-defense missiles. Or possibly other systems," Sutton said.

Video posted on Twitter by military expert Rob Lee shows dark, black smoke billowing from the Moskva with another ship nearby.

"Looks like a legit photo of the Moskva after it was struck by Ukrainian Neptune anti-ship missiles," Lee tweeted in a separate post on Monday.

Loss of the 11,490-ton ship

is a crippling blow to Russia's navy and its national pride. The Moskva played a sizeable role in Kremlin efforts to enforce a blockade in the northern Black Sea and reportedly was one of the ships involved in the seizure of Snake Island in the opening days of the war in February.

It also could hamper Moscow's

attempts to attack Odesa. Since early in the invasion, Russian navy ships have launched missile attacks and small-scale amphibious assaults, in addition to patrolling the northern Black Sea.

On Saturday, the Russian Defense Ministry posted a video it said was of Russian navy Adm. Nikolay Yevmenov meeting

with some crew members of the Moskva in Sevastopol.

Analysts estimated that about 50 of an estimated 500 crew members were present at the meeting.

The ministry has not made any announcement about casualties.

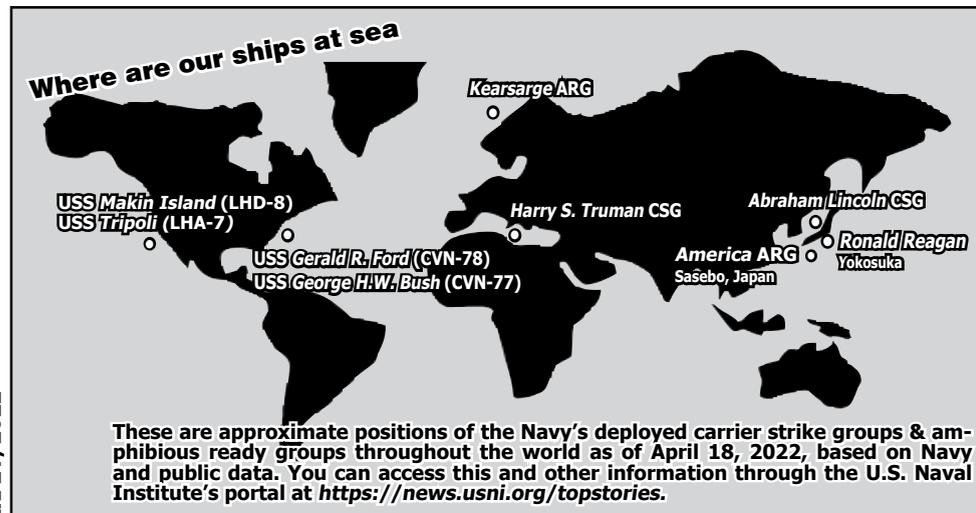
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- ✓Chalking Up Awareness at NMRTC Bremerton
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- ✓New International Naval Task Force to Enhance Red Sea Security
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Total Navy Battle Force: 298 Ships underway

Deployed ships underway: 54
Non-deployed ships underway: 26
Total ships underway: 80
Ships deployed by Fleet
Fleet Forces, 0: 3rd Fleet, 0
4th Fleet, 3: 5th Fleet, 13
6th Fleet, 26: 7th Fleet, 70
Total 112



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678-349-1816



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Visit this page of our website to watch fun videos about our different teams and participants: <https://www.midway.org/give-join/volunteers/volunteer-opportunities/>

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DOD: Security assistance support to Ukraine not affecting U.S. readiness

by C. Todd Lopez,
DoD News

Since the beginning of the Russian invasion of Ukraine, Feb. 24, the U.S. government has provided \$2.6 billion in security assistance to the Ukrainians to help them regain and defend their sovereignty. Much of what has been sent has come straight out of U.S. military stockpiles. Nevertheless, the U.S. military's own readiness has not been affected by having sent that gear overseas, said Pentagon Press Secretary John F. Kirby during a briefing April 14.

"I can assure you that we're not at the point where our inventories of these systems have ... or will imminently affect our readiness," Kirby said. "We're comfortable that our stocks are in keeping with our readiness needs. But we obviously know that, as these packages go on, and as the need continues inside Ukraine, we want to lead turn. ... We want to be ahead of the bow wave on that and not get to a point where it becomes a readiness issue."

On April 13, the Defense Department announced an additional \$800 million security assistance "drawdown" package

to support Ukraine. A drawdown package allows the president, in certain circumstances, to withdraw existing weapons, ammunitions and material from U.S. military stocks to provide to other nations.

The support package announced yesterday is the seventh security assistance drawdown package that has been sent to Ukraine.

During a briefing April 13, Kirby said Deputy Defense Secretary Kathleen H. Hicks met with leaders of U.S. defense contractors to discuss production of the very kinds of systems, equipment and weapons the U.S. is sending to Ukraine.

"We wanted to make sure that we had a good, honest, candid discussion with these CEOs about the systems that they're producing; about the rate at which

they're being produced; about the possibility for accelerating some



Marine Corps Lance Cpl. David Parrott launches a Switchblade unmanned aerial vehicle during training at Camp Lejeune, N.C., July 7, 2021. As of April 14, 2022, the U.S. has sent 700 Switchblade systems to Ukraine. Photo by Marine Corps Pfc. Sarah Pysher

of those production lines and expanding them based on the heavy draw on our inventory to support Ukraine," Kirby said.

While Kirby said the focus of Wednesday's meeting with defense contractor leadership was heavily focused on their ability to produce the very kinds of things that are being sent over to Ukraine, he also said the meeting was part of a regularly occurring series. For instance, there was a similar meeting focused on hy-

personic technologies held several months ago.

At last Wednesday's meeting, Kirby said, defense contractors such as Boeing, L3-Harris, Raytheon, BAE Systems, Lockheed Martin, Huntington-Ingalls, General Dynamics and Northrop Grumman were all represented.

"It was a good discussion," Kirby said. "We were very grateful ... for their willingness to come on in and have this discussion."

So far, Kirby said, the Defense Department has not seen any efforts by Russia to interdict the

Air Combat Command begins fielding tools to analyze, protect base EMS

by Staff Sgt. River Bruce

Electromagnetic radiation is constantly traveling at the speed of light with most of it being invisible to the naked eye. Now, with the use of new spectrum monitoring tools, Air Combat Command can track EM radiation from sources like radio and aircraft communication.

A spectrum monitoring system was installed and piloted in Joint Base Langley-Eustis in 2021. This system provides ACC's spectrum professionals the capability to monitor the electromagnetic environment within their bases, opening a new

security assistance being sent to Ukraine, but the U.S. remains cautious about its ability to provide the Ukrainians with what they need.

"We don't take ... any movement of weapons and systems going into Ukraine for granted," he said. "That's why we're very careful about how much information we put out there about it. That's why we are careful to modulate that activity on any given day. We're not taking it for granted."

The Ukrainians are not taking the provided weapons and

way to visualize EM energy.

ACC's radio frequency spectrum monitoring system can assist in detecting, identifying, classifying, and locating radio frequency signals of interest in complex spectrum environments, then process that information into actionable intelligence.

Shaw Air Force Base, S.C., and Seymour Johnson AFB, N.C., will be the first two ACC bases to field spectrum monitoring tools this spring, after the success of the pilot program. ACC plans to provide all its bases this capability as funding allows.

systems for granted, and they are moving the supplies inside their country, said Kirby.

According to a Defense Department fact sheet published today, as of April 14, the U.S. has provided or committed to provide Ukraine, more than 1,400 Stinger anti-aircraft systems; 5,500 Javelin anti-armor systems; 700 Switchblade tactical unmanned aerial systems; 7,000 small arms; 50,000,000 rounds of ammunition; and 18 155mm Howitzers with 40,000 155mm artillery rounds; 16 Mi-17 helicopters; hundreds of armored Humvee vehicles and 200 M113 Armored Personnel Carriers.

NASA defines the EMS as the range of all types of EM radiation, like aircraft and radio communication. Once installed, these strategically placed inward-facing nodes can collect data from EM radiation and communicate the electromagnetic environment of a base's perimeter to computers so the signals can be displayed on monitors for analysis. From here, ACC headquarters can analyze the EM environment within any ACC base that has spectrum monitoring tools installed.

Refer to www.acc.af.mil.

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Your Military

- Doorstep deliveries starting June 1 for these 8 military commissaries

National Guard

- National Guard discussing possible deployments to Eastern Europe

JMC ammunition experts deployed to Europe provide vital technical assistance, support

by Cameron Porter,
405th AFSB Public Affairs Officer

KAISERSLAUTERN, Germany - In order to deter further Russian aggression in Europe and to support its NATO Allies and partners, it's no secret the U.S. has deployed thousands of Soldiers to Europe and repositioned many more across the continent.

Providing precision-grade munitions to outfit these Soldiers is a critical component to current operations in Europe, one that the U.S. Army Joint Munitions Command's ammunition experts deployed here don't take lightly.

Officially known as Quality Assurance Specialist (Ammunition Surveillance), about a dozen JMC QASAS personnel recently deployed to Europe from various Army depots and ammunition plants across the U.S. These ammunition experts now fall under the command and control of the 405th Army Field Support Brigade.

Positioned at multiple locations in Germany, to include the Ammunition Center Europe in Miesau Army Depot, as well as forward locations like Poland, these QASAS personnel are responsible for providing expert technical ammunition and explosives assistance and support to units stationed in or deployed to Europe.

Everything from Patriots, Javelins, Hellfire and TOW missiles to 105 and 155 mm artillery cannon rounds, plus 40 mm grenades, 30 mm autocannon machine gun rounds, crew served machine gun ammunition, small caliber rifle ammunition, and more, the JMC QASAS ammunition experts assist units with it all.

"Everything we're doing hinges off of the JMC campaign plan with strategic readiness, materiel readiness and munitions synchronization," said Charles Merten, U.S. Army Materiel Command's ammunition senior command representative, 405th AFSB. "Whether it's for combat or for training, our job is to ensure the Soldiers have serviceable, reliable ammunition to conduct their missions and do their jobs. That's where this entire QASAS team comes in."

Paul Leykamm is one of the QASAS personnel deployed to Poland. Leykamm, who has 17 years of experience as a QASAS and is home stationed at Rock Island Arsenal, Illinois, has been on ground in Zagan, Poland, providing Class 5 ammunition and explosives technical assistance to deployed and rotational units there for the past two months.

He and a small QASAS team are supporting elements from the XVIII Airborne Corps, V Corps, 10th Army Air and Missile Defense Command, 41st Field Artillery Brigade and more. "We're assisting them with everything from missiles on down to 5.56 mm small arms ammunition," Leykamm said. "We help them with everything - from posture, security, safety, storage and serviceability to how to handle it, how to move it and how to treat it appropriately."

"The Soldiers are welcoming our support and our help, and that is refreshing from a QASAS standpoint, to see that and to see their appreciation. It makes our job a lot easier and a lot more rewarding," said Leykamm.

Refer to www.army.mil.

DOD aims to close gap in bringing U.S. tech innovation to market

by C. Todd Lopez

The United States today is responsible for only about 12 percent of microelectronics production globally, with most production now in Asia. The U.S. also lacks much of the capacity to confirm the viability and marketability of new microelectronics technologies so that American industry might be convinced to invest in them.

The Defense Department-led "microelectronics commons" aims to close the gaps that exist now which prevent the best ideas in technology from reaching the market. It will involve the identification of existing production facilities that are willing to participate and use DOD and federal funds to finance the initial investments.

Victoria Coleman, who serves now as the chief scientist of the Air Force, originated the concept of the microelectronics commons around seven years ago while working at the University of California at Berkeley.

"The genesis of this idea was in a conference room at the Lawrence Berkeley National Lab," she said. "The context was an understanding from really top-tier academics that investments that we were marking in early-stage microelectronics research could not be proven in the facilities that we have here at home. We had to go instead off to overseas places, in particular, to do the work that is necessary to prove out the innovation. That kind of blew my mind."

As an example, she said, one researcher in neuromorphic computing at Stanford had the ability locally to manufacture only a handful of the microelectronics he'd devised. Neuromorphic computing emulates how the human brain interacts with the world to deliver capabilities closer to human cognition and power future autonomous artificial intelligence solutions that require energy efficiency and continuous learning.

"But in order to prove it out, you need hundreds of thousands, if not millions, of these things," she said. "You need them at scale ... had to go to go make them, which, if we're worried about vendors infiltrating us, they didn't need to do it. I mean because we went right to them. And these are the crown jewels of what we are investing in as a nation for the next generation. So, why did you go there? Because there was no other place to go."

The idea for the microelectronics commons was further developed while Coleman was at the Defense Advanced Research Projects Agency. She said it was there, that she worked with staffers on Capitol Hill to get the idea put into the Creating Helpful Incentives to Produce Semiconductors Act, commonly called "CHIPS."

Coleman said U.S. researchers in both academia and industry still develop fantastic concepts for new microelectronics technologies, including for things such as novel photonics, spintronic materials, quantum computing, or non-volatile memory, among others.

In a research lab at a university, for instance, technological advancements in microelectronics that exist now or that may be invented in the future, might only exist on paper or in a handful of real-world prototypes. Ultimately, the goal for the innovator of a new technology is to have a market interested in making use of it and a producer interested in manufacturing it.

Refer to www.defense.gov > News > News-Stories > Article > Article > [dod-aims-to-close-gap-in-bringing-us-tech-innovation-to-market](https://www.defense.gov/News/News-Stories/Article/Article/dod-aims-to-close-gap-in-bringing-us-tech-innovation-to-market).

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(619)222-7291 LivingWaterSD7@gmail.com

Bayview Church

Attract... Assimilate... Activate
6134 Pastor Timothy J. Winters St., San Diego 92114 (619) 262-8384
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Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am
www.bayviewbc.org info@bayviewbc.org

Canyon View Church of Christ

"Love God, Love People, Serve the World"
Sunday Bible Classes for all ages 9am
Sunday Worship 10am
4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org
(Near corner of Balboa Ave. & Clairemont Dr.)
www.canyonview.org (858) 273-5140

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Helping people love God and each other!
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Children's Ministries for All Kids!
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445 C Ave., Coronado, CA 92118 (619) 435-6588

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LaJollaLutheranChurch.com

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(858)792-7691 LivingWaterSD7@gmail.com
Pastor: Rev. Steven Duescher

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website: www.st-lukes-la-mesa.org
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We thank you for your service!

Career and Education

Dealing with denial about crisis

by Dr. Daneen Skube,
Tribune Content Agency

Q: My job is crisis management within my company. I'm sick of people denying problems, getting run over by problems, and expecting my department to come in and wave a magic wand. I clearly point out the problems, but no one believes me until things fall apart. How do I cope when denial is such a popular workplace pastime?

A: You can cope if you realize you did not sign up to be the emergency medic for your company. Crisis management does not mean everyone else's denial should always be your problem. Part of your solution will be speak quietly and as balls drop let painful consequences educate your co-workers.

In Greek mythology there was a famous daughter of a king and queen who had been "gifted" by the gods with the ability to foretell the future. She tried to warn people about problems that always came to pass. No one believed her and she ended up getting murdered due to all the anxiety she caused with her accurate warnings.

Mythology and folklore con-

tain much wisdom about how we should conduct ourselves in life. The story of Cassandra is a wise warning that simply seeing and stating problems will not guarantee that you'll receive appreciation or reward.

Many of my clients are brilliant and proactive. All my clients eventually learn the art of seeing the future. They ask questions that allow others to see problems, and they wait until evidence of the problem is in view before acting.

If you boldly state like Cassandra, "Hey folks you'll lose this war," you'll be in trouble. If you ask insightful questions that get others to see the poor odds of winning the same war, you'll achieve influence.

Many adults are profoundly stubborn when it comes to making the same mistake over and over without much learning. If you try to intercede to prevent others from suffering then the pain never becomes strong enough for any break through to occur.

You may find it hard to sit on your hands when you see storm clouds on the horizon. Even when your job is crisis manage-

ment you need the support and awareness of your co-workers to get your team to act. If you continue to try to be a one-per-

Interpersonal Edge



by
Dr.
Daneen
Skube

son emergency response hero, you end up both fed up and burnt out.

It takes a village to fix a crisis and that village has got to move out of denial and into acknowledgment of the problems its faces. Then, the villagers will be better motivated to fix them. Use more patience and more strategy and you'll discover both you and your team will benefit.

The last word(s)

Q: On some days I just want to quit. I understand the movement they call the "Great Resignation," but I cannot afford to stop work yet. Is there a way to keep showing up when I just want out of the rat race?

Creative teens have a chance to win college scholarships

(StatePoint) An annual scholarship contest is once again helping creative teens pay their college expenses. Here's what to know:

Duck brand's 22nd Annual Stuck at Prom Scholarship Contest awards nearly \$25,000 in scholarships to the creators of the best Duck Tape prom attire. New and experienced crafters alike who are enrolled in high school or home school are invited to enter their beautiful and bold dress and tuxedo designs through June 8.

"Over the last two years, many students didn't have the opportunity to experience prom at all, yet we had more young designers than ever before crafting at home and showing off their artistry virtually," said Ashley Luke, senior product manager at Shurtape Technologies, the company that markets the Duck brand. "Now it's time for the next generation of talented teens to put their creativity to the test."

A: Yes, keep your eye on the long-term goal (your financial peace of mind) and remember you are indeed not a rat. Look for the small pleasures in your daily grind and make your remaining time at work valuable.



Larissa Leon, 2021 winner of Duck's Annual Stuck at Prom Scholarship Contest. Courtesy photo

For important contest dates, more information about this year's rules and to enter, visit StuckAtProm.com. No matter what inspires you, be it art and animals or culture and high fashion, it's your turn to shine. So pull out your scissors and skills and start making your award-winning masterpiece.



New DoD policy authorizes breast milk shipment reimbursement

The Department of Defense recently announced that effective April 7, the Joint Travel Regulations (JTR) will allow nursing service members and civilian employees to be reimbursed for breast milk shipment costs when on official travel for more than three days. This change was championed by the Department of the Air Force Women's Initiatives Team, one of seven DAF Barrier Analysis Working Groups, after identifying this barrier for DoD members who relocate for temporary duty during the first year after birth. "This change is a huge step and great benefit for lactating uniformed service members and DoD civilian employees," said Maj. Samantha Sliney, WIT co-lead. "The DAF WIT has been working for two and a half years to push this through the JTR change process so members can be provided the necessary support to continue accomplishing the mission while meeting the demands of parenthood." According to the DoD release, the JTR were revised to specify that breast milk shipping costs may be reimbursed during temporary duty travel as a special need travel accommodation.



Pearl Harbor Corpsman named Naval Medical Forces Pacific 2021 Senior Sailor of the Year

SAN DIEGO - Naval Medical Forces Pacific announced the 2022 NMFP Senior Sailor of the Year during a ceremony at Naval Base San Diego, April 13. Hospital Corpsman 1st Class David Lay, with Navy Medicine Readiness and Training Command Pearl Harbor, was chosen as this year's winner from amongst 13 finalists who represented NMFP commands that are located from Maryland to Okinawa, Japan. "The margin between the winner and the 12 other candidates was razor thin," said Commander of NMFP, Rear Adm. Tim Weber to the finalists. "Truly all of you are the best of the best, not for just what you do, but how you do it." There are 548 first class petty officer billets across the 13 different NMFP commands competing for the coveted honor, but the spirit of comradery was palatable as command master chiefs from each command looked on from the audience, waiting to learn whose Sailor would be named.



EOD Expeditionary Support Unit 1 holds change-of-command

by Lt. John Mike

CORONADO - Explosive Ordnance Disposal Expeditionary Support Unit 1 welcomed its newest leader during a change-of-command at Naval Amphibious Base here April 15. Cmdr. Blake Whittle relieved Capt. Patrick Brown in front of friends, family members, and EODESU-1 personnel as part of an outdoor ceremony at the unit's headquarters. Brown took command of EODESU-1 in July 2020. "You placed an immense amount of trust in me and [leadership], and I thank you for that," said Brown, as he likened the unit's culture to that of a large family. "To be the head of this household is amazing and humbling." Brown's next assignment will be as director, ordnance logistics (N42) at U.S. Pacific Fleet in Hawaii. In his first address as EODESU-1's commanding officer, Whittle thanked Brown for his leadership and expressed his excitement to work with the unit's civilians and Sailors. "I know you're the very best, and I look forward to getting to know the entire team and working with you to continue our critical mission together," said Whittle.

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Diversity, Equity, Inclusion & Accessibility

DEI&A Summit held at Navy Region Southwest

by Chief Petty Officer Joseph Vincent

SAN DIEGO - Military and civilians from throughout Navy Region Southwest (NRSW) and San Diego County met together to hold the first annual Diversity, Equity, Inclusion and Accessibility (DEI&A) Summit, April 14.

The summit, organized by Navy Lt. Arabia Shanklin, the DEI Practitioner at NRSW, was a half a day community collab-

orative event designed to share ongoing DEI&A initiatives and best practices among local government, private & non-profit agencies.

“Our goal is to collectively understand, collaborate, and empower positive influencers to improve organizational performance and work place culture within our spheres of influence,” said Shanklin. “We did that through inviting NRSW’s community partners with a future

goal to extend the invitation to additional local government, public & private sectors whom they do not have a pre-existing relationship with.”

The event, offered virtually as well as in person, featured DEI&A speakers from civilian companies and non-profits alongside military specialists. More than 60 people were in attendance.

“The way ahead from the conference is turning the thought and action of the San Diego DEI&A Stakeholders into a rough road map, aligning our practice and execution with our ideals,” said Shanklin. We asked

“We had the opportunity to see our common DEI&A goals align and walk out of the summit with an intentional working plan for tangible targeted change.”
- Lt. Arabia Shanklin

“We had speakers from Amazon, City of San Diego, San Diego Zoo, ResMed, and Leaders 20/20 leading panels and breakouts alongside our Navy and Marine Corps DEI&A specialists,” said Shanklin. “We saw our common DEI&A goals align and walk out of the summit with an intentional working plan for tangible targeted change.”

Lasting just 4 1/2 hours, the summit encouraged all attendees to share their unique perspectives and have the sometimes difficult, but honest conversations that occur in the DEI&A environment, said Shanklin.

that we should not try to mirror society but be better.”

Top NRSW leadership, to include Rear Adm. Stephen Barnett, commander, NRSW, Capt. Mark Nieswiadomy, chief of staff, and Command Master Chief Lisa Tisdale were active participants in the event.

“Whether you’re with NRSW or the County, we’re here to make a difference,” said Barnett. “Your collective stories, along with our experiences from our organizations, to include our successes and failures - all of it - will help us learn on how we can improve our work culture.”

Abraham Lincoln Carrier Strike Group conducts exercises with the JMSDF

USS *Abraham Lincoln* aircraft carrier, USS *Mobile Bay* and USS *Spruance* of Carrier Strike Group Three and JS Inazuma and JS Kongo of JMSDF Escort Division 11 engaged in various joint events to include enhanced maritime communication operations, air warfare training, and various other drills to hone in on integrated maritime operations and combat readiness.

capabilities while safeguarding our shared interests and values.”

Coordinated maritime engagements and operations with international partners are part of the U.S. Navy’s routine presence in the Indo-Pacific. Since arriving in the U.S. 7th Fleet



Aviation Boatswain's Mate (Handling) 3rd Class Daniel Panaguigon directs an EA-18G Growler on the flight deck of *Abraham Lincoln* aircraft carrier. Photo by MC3 Javier Reyes

“Our enduring commitments to our relationships in the Indo-Pacific region

continue to grow and blossom through integrated and bilateral at-sea exercises including the Japan Maritime Self Defense Force,” said Rear Adm. J. T. Anderson, commander, CSG 3. “These exercises demonstrate our collective combat-credible

region in January, CSG 3 units have participated in multiple operations and exercises to include dual carrier operations with *Carl Vinson* aircraft carrier, exercises Noble Fusion and Jungle Warfare 2022, and a long-range air demonstration.

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Camp Pendleton takes big steps toward wildlife preservation

by Lance Cpl. Nataly Espitia
Camp Pendleton

April is widely regarded as Earth Month all over the globe. Camp Pendleton honors, protects, and conserves the Earth not only on this occasion, but every day of the year. Plenty of land and resources go into the conservation and care for wildlife aboard the installation.

The main force to combat land deterioration and climate issues is known as the Environmental Security Department. This department has a very diverse staff, varying from logistical and environmental planners to 10 biologists who manage the coastal, riparian, and upland species throughout the base, which also implements policies to mitigate the loss of habitats.

“It’s the job and responsibility, which drives the organization to help manage the natural resources that Camp Pendleton has,” said Melissa Vogt, a conservation law enforcement officer with Environmental Security. “Camp Pendleton is a biodiversity hotspot. If it weren’t for its existence, all this coastline would be condos and hotels.”

The installation is home to 19

federally listed species and several state species that are either threatened or endangered. One of those species is the California Lease Turn, which is currently endangered. This bird lives on the coastline of California and is protected by the Integrated Natural Resource Management Plan.

“The Integrated Natural Resource Management Plan, which is a combination of military priorities, natural resource management priorities, and outdoor recreation priorities, is a major document that outlines methods to help preserve this as desert habitat,” said Vogt.

“Every command who conducts training on or near protected land is given this document to ensure the viability of the base.”

A large quantity of Camp Pendleton’s budgeting is set aside for conservation due to the amount of protected land. If the installation isn’t protected properly, Camp Pendleton could potentially lose rights to continue training in certain areas.

“If an acre of land is disturbed, depending on the species, Camp Pendleton may be required to

mitigate and set aside double or even ten times the amount of land somewhere else on the installation that can’t be used for training,” said Nate Redetzke, a wildlife biologist with the Uplands Management Section, Environmental Security. “Whenever the Marine Corps wants or is required to construct new courses, or move a course to another area, then they have to complete the National Environmental Policy Act of 1969 process.”

NEPA’s primary objectives are to ensure that agencies consider every aspect of a proposed project’s environmental impact, and to inform and involve the public of potential hazards and their alternatives.

Through the processes of the Environmental Security Department, land conservation, environmental protection, and NEPA, two species aboard Camp Pendleton have been downgraded from endangered to threatened: the California gnatcatcher and the kangaroo rat.

“For any wildlife biologist that’s working with a threatened or endangered species, the ultimate goal is getting the animal off the list and making



Melissa Vogt, a conservation law enforcement officer with Environmental Security, Camp Pendleton, patrols along the coastline March 29. Marine Corps photo by Lance Cpl. Nataly Espitia

sure the species is doing well,” said Redetzke. “Camp Pendleton is very special. It’s the most undisturbed area between Los Angeles and San Diego. Nowhere else will there be expansive land like this where habitats can be restored in order to make it more beneficial for the native ecosystem.”

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NPS students explore potential cost efficiency of battery-powered warships

by Rebecca Hoag

MONTEREY, Calif. - When Naval Postgraduate School Financial Management students Lt. Cmdr. Evan Bloxham and Lts. Christopher Masters and Ashraful Haque, started their joint research project on the financial feasibility of powering warships using lithium-ion (Li-ion) batteries, they were admittedly skeptical it would actually yield any results favoring this form of electrification.

"We found a lot of research and were very interested in the progress that had been made by lithium-ion batteries, as well as how much investment in both the public and private sector was going into it," said Masters. "We were both kind of skeptical about the application of and the actual savings that lithium-ion batteries can provide. And so we just wanted to look into it and see if, on a long-time scale or large project, is there potential for cost savings."

The student team's capstone project was funded in part by a Naval Research Program (NRP) grant secured in Oct. 2021 to explore net-zero pathways for the operational Navy. At the end of the project, they presented their work in a virtual brief, which was attended by many experts at NPS as well as outside interests, including the senior climate advisor for the Navy. There will be three additional projects briefed through the grant over the 2022 Academic Year.

"There's been a lot of interest in the Pathways to Net Zero Emissions because of the push within the DOD and other federal agencies to reach net-zero by 2050," says Kristen Fletcher, a Faculty Associate for Research in the Energy Academic Group (EAG) at NPS. Fletcher was one of the students' advisors, along with Dr. Simona Tick, an NPS manpower and economics lecturer in the Department of Defense Management.

The students conducted a cost-benefit analysis on converting a gas-powered warship to be powered using a Li-ion battery system, eventually developing a working financial model that can be used to calculate the carbon emissions of the service fleet using gas turbine as well as the battery alternative over the span of 15 years.

The costs they look at included the energy needs of the warship to run for a year, the cost of the battery and the conversion process, the cost of fuel prior to conversion, the social cost of emissions, and the difference in maintenance costs between gas and Li-ion powered ships. Emissions are relatively straight forward for a gas-powered warship, but they also calculated the emissions associated with using U.S. domestic energy, which is not all from renewables.

They used the U.S. Energy Information Administration's conversion rates to determine the energy use in gas-powered ships versus Li-ion battery powered ones. The team also looked at three different oil price scenarios based on market volatility.

NMCB-3 Detail San Clemente Island partners with ACB-1, builds CALA pad site

SAN CLEMENTE ISLAND - Seabees from Naval Construction Battalion (NMCB) 3 and Amphibious Construction Battalion (ACB) 1 moved nearly 20,000 cubic yards of material in the month of February as part of Detail San Clemente Island. The team worked with Reyes Construction Company Inc. in support of the P-762 Combat Air Craft Loading Area Project.

"I think it's a pretty cool project and the first landing pad/horizontal construction project that I have done," said Steel Worker 2nd Class Bryce Thompson, P-762 project crew leader. "I'm just happy that I got the hydraulic hammers out here, now I can make these excavations look [much] better," Thompson said since the crew encountered native rock requiring a need to use hydraulic hammers.

The detail excavated three work areas including CALA Pad 2, Ordnance Pad, and access roads. Builder 3rd Class Johan Maldonado-Corro was relied upon during the project manager to ensure that the depth of all excavations and locations were conducted in accordance with the project plans and specs.

"While I have been out here, I have learned how to take elevations and perform site layouts," said Maldonado-Corro. When he wasn't working on the project site conducting site layout and grade checks, he operated one of several CAT 730 Dump trucks the detail had on the island, supporting the movement of material for rock crushing.

The team from ACB 1 played a critical role in preparing the fill materials that would be transported from Mount Morgan to the CALA Project. These resources were needed to raise the construction site to the appropriate grade before concrete placements started. Equipment Operator Constructionman Trenton Merritt, assigned ACB 1, was responsible for loading the trucks as they arrived at Mount Morgan.

"I like learning things from the personnel here at NMCB 3 and I plan on sharing the skills and knowledge I've gained with ACB 1 when we finish this deployment," said Merritt. "I hope there are future opportunities for Seabees to work with civilian contractors from industry." Merritt loaded an average 80-90 trucks per day during the project.

NMCB 3 is forward deployed throughout the Indo-Pacific region and United States ready to support major combat operations, theater security, humanitarian assistance and disaster relief operations. The command is part of the Navy Expeditionary Combat Forces, whose primary mission is clear the battlespace of hazards; secure critical terrain; build infrastructure and logistics chains; and protect the Fleet, facilities and forces.

Photo Gallery



EL CENTRO
April 14, 2022

Vice Adm. Kenneth Whitesell, Commander, Naval Air Forces Pacific, left, observes unmanned operations conducted by pilots and aircrewman assigned to the "Blackjacks" of Helicopter Sea Combat Squadron 21. HSC-21 participated in a proof of concept showing the capabilities of manned unmanned teaming by utilizing both manned and unmanned aircraft to accomplish a mission. Navy photo by MC2 Olympia O. McCoy



NAVAL BASE SAN DIEGO
April 14, 2022

Sailors assigned to Military Sealift Command hospital ship USNS Mercy (T-AH 19) move a mock patient during a training exercise. The drill focuses on chemical warfare response. Navy photo by MCSN Raphael McCoy



POWAY
April 9, 2022

Family members and next of kin of WWII veterans hold photos of their heroes during a solemn sequence - Prayer of Remembrance - during the 80th anniversary of Bataan Death March at Poway Veterans Park. The commemoration was to inspire, educate the current and future generations of the courage, tenacity, and sacrifice of WWII veterans who fought in the Philippines. More than 300 families of veterans, participants, guests, and weekend shoppers were on hand. Courtesy photo

Armed Forces DISPATCH



USS MAKIN ISLAND, at sea
April 10, 2022

A landing craft, air cushion (LCAC) assigned to Assault Craft Unit (ACU) 5 approaches the well deck of Makin Island. Amphibious assault ships use LCACs and helicopters to move Marine assault forces ashore. Navy photo by MC3 Nadia Lund



USS TRIPOLI, at sea
April 15, 2022

Sailors attend a Holocaust remembrance ceremony in the hangar bay aboard Tripoli. Tripoli is underway conducting routine operations in U.S. 3rd Fleet. Navy photo by MC2 Theodore Quintana



PORT HUENEME
April 15, 2022

Navy Seabees with Naval Mobile Construction Battalion participate in a Bee-Fit Challenge. The Bee-Fit Challenge was a collaboration of events hosted by the Drug and Alcohol Programs Advisors, the Suicide Prevention team, and the Sexual Assault Prevention and Response team. Seabees train on high-quality construction, expeditionary logistics, and combat operations. Navy photo by Culinary Specialist 3rd Class Shayna Paranis

VA advances equity in benefits, services and health care

Action plan addresses discrepancies among underserved veterans

WASHINGTON, D.C. - The Department of Veterans Affairs released its Equity Action Plan, April 14, to eliminate barriers to health care, benefits and services, and create opportunities to improve access and experiences for historically marginalized veterans.

VA's Equity Action Plan is part of the Biden-Harris administration's broader focus on advancing equity as outlined in Executive Order 13985, Advancing Racial Equity and Support for Underserved Communities Through the Federal Government.

"The department's mission is to ensure equity and access for all those who served their country in uniform and the Equity Action Plan is a natural extension of that mission," said VA Secretary Denis McDonough.

"We have efforts underway to change policies, processes and procedures, as well as identify infrastructure and data enhancements to enable access to all veterans, including

underserved veterans."

To serve all veterans, VA must reach the most marginalized and underserved - regardless of race, gender, age or socio-economic status. The plan sets forth a myriad of goals to effectively incorporate equity across the department. To help achieve broad equity in every area of VA operations and engagement this includes:

- Building and maintaining trust with underserved veterans.
- Developing data to measure equitable delivery of care and services.
- Improving access for advancing outcomes when it comes to: • Health care, benefits and services for underserved veterans.
- Contracts awarded to minority, small disadvantaged and women-owned businesses.

This follows the creation of an Inclusion, Diversity, Equity and Access task force, April 1, 2021, which developed a set of 20 recommendations to ensure equitable treatment and experiences for all VA employees and veterans and their families, caregivers and survivors.

DOD identifies remains of WWII pilot and Medal of Honor recipient Addison Baker

by Wyatt Olson
Stars and Stripes

Lt. Col. Addison Baker's B-24 was in flames as he led a bomber formation over oil refineries in Romania on Aug. 1, 1943, during World War II.

The plane he piloted, nicknamed Hell's Wench, was riddled with anti-aircraft flak and steadily losing altitude.

"Ignoring the fact he was flying over terrain suitable for safe landing, he refused to jeopardize the mission by breaking up the lead formation and continued unswervingly to lead his group to the target upon which he dropped his bombs with devastating effect," states the citation for the Medal of Honor Baker was awarded for his actions that day.

"Only then did he leave formation, but his valiant attempts to gain sufficient altitude for the crew to escape by parachute were unavailing and his aircraft crashed in flames after his successful efforts to avoid other planes in formation," the citation continues.

The entire crew of 10 perished in the crash, and Baker's body remained unrecovered.



Lt. Col. Addison Baker, in an undated photo taken during World War II. Air Force file photo

On April 13, the Defense POW/MIA Accounting Agency announced that Baker's remains, unaccounted for all these decades, had been identified April 8.

Baker's military timeline:

- 1929: Enlisted in the Army.
- 1930: Trained for flying at Brooks and Kelly Fields, Texas.
- 1940: Assigned to the 112th Observation Squadron at Pope Field, N.C.
- 1942: As a major in command of the 93rd Bomb Group's 328th Bomb Squadron as it headed for the European theater.
- 1943: Commanded the 328th Bombardment Squadron (Heavy), 93rd Bombardment Group (Heavy), 9th Air Force.
- 1943: He flew out of Libya on Aug. 1 in one of several formations involved in Operation Tidal Wave, a massive bomb-

ing mission on the oil fields and refineries in Romania that were crucial to Germany's war effort.

The plane carrying the formation's navigator had gone down en route to the target, and as a result, Baker led the planes toward the target area.

His B-24 burned after crashing into the town of Ploesti, and immediately after the end of the war in 1945, the remains of five crew members were recovered and identified, DPAA said.

Unidentifiable remains - Baker among them - were buried

as unknowns at U.S. military cemeteries in Europe. In 2017, DPAA began exhuming and examining unknown remains associated with Operation Tidal Wave, and a set of remains that had been interred at Ardennes American Cemetery in Belgium was determined to be Baker, DPAA said.

Baker was awarded the Medal of Honor on March 11, 1944.

"By extraordinary flying skill, gallant leadership and intrepidity, Lt. Col. Baker rendered outstanding, distinguished, and valorous service to our Nation," the citation states.

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New Dole Electric freight vehicles at Port of San Diego + Goodguys rods & customs cruise

Dole Celebrates the Addition of more Electric 'clean air' Freight Vehicles at their Port of San Diego Operations. Recently members of the Press and special guests were welcomed by Dole Fresh Fruit North America to their secure operations center at the Port of San Diego's Tenth Avenue Marine Terminal, to get a first-hand demonstration of their new Orange EV battery-electric utility tractor rigs (UTRs) that were replacing their four diesel-fueled predecessors used in the loading and unloading of bananas and pineapples. "Dole purchased the equipment using vouchers provided via the Clean Off-Road Equipment Voucher Incentive Project (CORE) administered by the California Air Resources Board (CARB). CORE is intended to accelerate deployment of advanced technology in the off-road sector by providing a streamlined way for fleets to access funding that helps offset the incremental costs of such technology. Funding for the program is allocated via the California State Legislature." These vehicles represent the future of container freight handling, with the stated goals of significantly improving air quality and reducing greenhouse gas emissions.

First, with the massive 'Dole Pacific' container ship, two of Dole's five new electric freight vehicles, and Dole's larger than life, iconic Bobby Banana and Penelope Pineapple mascots as backdrops, we were welcomed with addresses by Nelson Montoya, President, Dole Fresh Fruit North America; Chairman Dan Malcolm, Port of San Diego Board of Port Commissioners; Vice Chair Nora Vargas, San Diego County Board of Supervisors and California Air Resources Board (CARB) member; Mayor Todd Gloria of the City of

San Diego; Xavier Roussel, Chief Marketing and Sustainability Officer, Dole Food Company; Ray Leyba, President, International Longshore and Warehouse Union Local 29; Miguel Romero, Vice President - Energy Innovation, San Diego Gas & Electric; and Sarah Marsh, Terminal Manager, Dole Fresh Fruit.

AutoMatters™ & More



by Jan Wagner

Then our attention was directed to the demonstration, as containers were transferred between the ship and the trailers towed back and forth by the new EVs. Considering all of the activity, the process was surprisingly quiet.

I was curious how the cranes were so quickly attaching cables to the very heavy containers, to carry them between the ship and the trailers. As it was explained to me, paddles on a "spreader bar" (which matches the containers' periphery) have cameras on them, to help the crane operator guide the spreader bar into place. Then a pin on each corner is locked into a little hole in each corner casting on the container. After that is accomplished, the heavy container can be lifted.

Orange EV provides fleets, such as Dole's, with turnkey pure-electric terminal trucks for clean, zero emissions, environmentally-friendly,

quiet container handling operations. In Dole's case, these trucks replaced four vehicles powered by diesel engines.

"As of April 2022, the deployed Orange EV fleet has surpassed 5 million miles and 1.4 million hours of operation." Their "pure electric, zero emissions yard trucks are meeting the most rigorous duty cycles and 24x7 shift schedules in container handling operations across the U.S., Canada and the Caribbean."

Sadly, in case you are wondering, we were not given miniature versions of Bobby Banana and Penelope Pineapple in our gift bags — which did, however, include other Dole swag, plus a bunch of bananas and a delicious pineapple.

Goodguys Del Mar Nationals 'Rods & Customs' Cruise. It is quite fitting to wrap-up my "AutoMatters & More" coverage of the 2022 Goodguys Del Mar Nationals with a leisurely 'rods & customs' cruise along the iconic, palm trees-lined, main street of the Del Mar Fairgrounds.

Goodguys car shows celebrate the people and their cars. These cars are meant to be driven, and at the Goodguys Del Mar Nationals these cars were indeed driven: in the autocross, as reported in part one of this report, in this cruise and, in many cases, to and from this wonderful annual event.

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

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The Meat & Potatoes of Life



by Lisa Smith Molinari

Recently, I've been thinking a lot about loneliness. Not only as it has related to my life, but as a state of being that affects humankind in general.

I know what you're thinking... "Wow, that's real deep, Lisa." Perhaps, "Who died and made you the Dahlia Lama?" Or, maybe, "I'm bored and turning to the funny pages."

Patience, people! Loneliness is an important subject because it affects everyone, whether it's the 4rd grader who eats lunch in the cafeteria by himself every day, the adolescent girl who didn't get invited to prom, the middle-aged man whose wife left him for another woman, the old woman whose husband dies before she does.

In the military community, loneliness and social isolation are prevalent, because our mobile lifestyles distance us from our social groups more frequently than others. We often find ourselves in unfamiliar locations, schools, and workplaces, surrounded by strangers. It's up to us to make new relationships after each move, which can be awkward and make us feel like losers.

Every time my navy family moved during and after my husband's 28 years of active duty service, I regressed to my insecure middle schooler days. I didn't have acne, curl my bangs into a sausage roll, or wear headgear, but in every new location, I sheepishly

Only the lonely: What kills us doesn't make us stronger

looked around at others and wondered pitifully, "Do they like me? Am I cool enough? Will I fit in?"

Over the years I became accustomed to regular bouts of isolation and loneliness. It was, of course, to be expected after moves, during deployments and travel duty. Simply part of the job of being a military spouse. I may have developed some strange coping habits, but I often decided to be my own source of emotional support, rather than relying on others. I pulled my big girl panties up and handled it like a good military spouse should. Or so I thought.

There's only one problem: human beings aren't meant to be alone. If you don't believe me, just ask scientists: "As a social species, humans rely on a safe, secure social surround to survive and thrive. Perceptions of social isolation, or loneliness, increase vigilance for threat and heighten feelings of vulnerability while also raising the desire to reconnect. Implicit hypervigilance for social threat alters psychological processes that influence physiological functioning, diminish sleep quality, and increase morbidity and mortality."

English, please! What these egg-heads are saying is that loneliness messes people up. I could have told you that. More specifically, it alters our mental and physical health, disrupts our sleep, and shortens our lives. In one study, "Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review," researchers at Brigham Young University found that the subjective feeling of loneliness increases one's risk of death by

26 percent. Actual social isolation increases mortality by 29 percent, and living alone shows a 32 percent increase.

How do we avoid loneliness and live long, healthy lives?

Stay connected, duh! Loneliness is subjective and perceived, so it can happen to anyone — married, single, living with others, etc. — and depends upon a person's connection to his or her support network. Conversely, people who are physically isolated from others — after a move, during deployment, etc. — may not feel lonely at all because they've maintained that connection. With a plethora of social media apps, easy video conferencing, and other web-based communication services available 24/7/365, anyone can have a portable support network today. Plus, there is a physical world full of people right outside the door. We need to get out there and interact with others. Go to the base gym. Chat with someone at the playground. Knock on a neighbor's door and introduce yourself. Volunteer. Do lunch.

Just don't do what I did. Don't assume that loneliness is your cross to bear. Don't think that figuring everything out on your own makes you a better military spouse. Don't believe that wanting friends and crying when you can't seem to find them is a sign of weakness. The truth is that we all need companionship, camaraderie, and connectedness to stay strong and healthy.

Loneliness isn't a weakness, but rather, it's proof positive that we are human.

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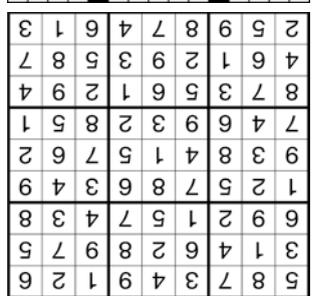
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AROUND TOWN

Jeff Dunham at Pechanga Arena San Diego, Fri, April 22, 7pm.

Troubadours: The Music of Carole King and James Taylor at Moonlight Amphitheatre, Fri, April 22, 7:30pm.

Roger McGuinn at Poway Center for the Performing Arts, Fri, April 22, 8pm.

Queen Nation at Belly Up, Fri, April 22, 9pm. www.bellyup.com

Padres vs. Dodgers at Petco Park, Fri, April 22 6:40pm; Sat, April 23 5:40pm; Sun April 24 1:10pm. www.mlb.com/padres

Gem Faire, Fri-Sun, April 22-24, noon-6; Sat-Sun 10-5. Free-\$7. Jewelry, precious & semi-precious gemstones, beads, crystals, gold & silver, minerals. Scottish Rite Center, 1895 Camino del Rio South, Mission Valley.

Broadway San Diego presents Rent at San Diego Civic Theatre. Fri-Sun, April 22-24. www.sandiegotheatres.org

La Jolla Concours d'Elegance at Ellen Browning Park. Fri-Sun, April 22-24. www.lajollaconcours.com

Coachella Music Festival, April 22-24 www.coachella.com

20th Annual Creek to Bay Cleanup in your neighborhood. Sat, April 23. creektobay.org

Earth Day Volunteer Event at San Elijo Lagoon Ecological Reserve, Sat, April 23, 9am-12pm. www.thenaturecollective.org

Earth Day Festival at Alta Vista Botanical Gardens, Sat, April 23, 10am-3pm. www.altavistabotanicalgardens.org

3rd Annual Taco and Beer Festival Sat, April 23. Tacos, beer, live music in Downtown SD.

Wildlife and Wildflowers, Sat, April 23, 2-4pm. Free. Ranger-led intermediate, 2 mile hike, uneven/steep surfaces with some steps for all ages. Bring water, sun protection, sturdy shoes. Leashed, friendly dogs welcome. Meet: north end of parking lot near comfort station. Please time for parking, if lot is full park on street and walk in. Chollas Lake, 6350 College Grove Dr, 92115

SD Gulls vs. Tucson Roadrunners at Pechanga Arena SD, Sat, April 23, 7pm.

Stayin' Alive - The Bee Gees Tribute at Moonlight Amphitheatre, Sat, April 23, 7:30pm. www.moonlightstage.com

Grateful Shred at Belly Up, Sat, April 23, 9pm. www.bellyup.com

Green Oceanside's Earth Day of Service & Celebration, Sat, April 23, 9am-1pm. Free. Bucaer Park, 1506 South Pacific, Oceanside.

Clean & Green Community Clean-up, Sat, April 23, 9am-noon. Age 18+. Sign up. Big Drive Park & Ride, 8711 Big Rock Rd, El Cajon.

Earth Day Event, Sat, April 23, 9am-1pm. Free public event: displays of all things nature-related, Kumeyaay cultural sharing, live animals, activities for kids, guided walks, more. Meet at the upper parking lot. Torrey Pines State Beach and Reserve, 12600 N. Torrey Pines Road, La Jolla.

Spring In To Camping at Lake Poway. Sat-Sun, April 23-24. www.poway.org

Guided Nature Walk, Sun, April 24, 9:30-11am. Free. mitrp.org

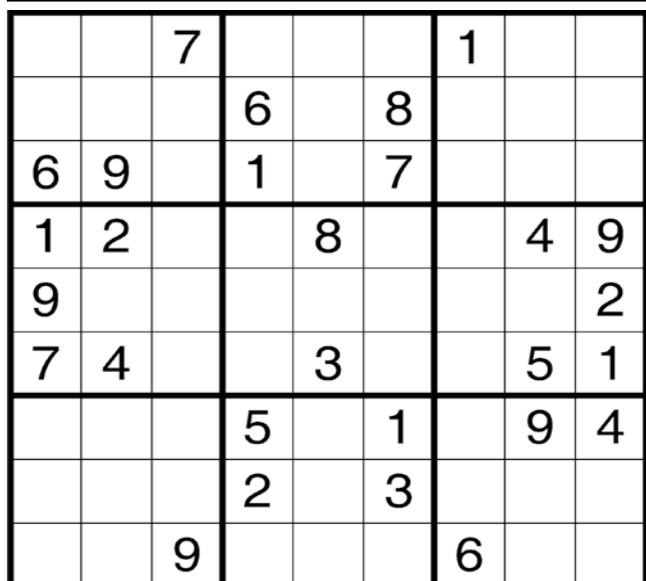
EarthFair in Balboa Park, Sun, April 24, 10am-5pm. www.earthdayweb.org

Fallbrook Avocado Festival Sun, April 24. www.fallbrookchamberofcommerce.org

J Balvin at Pechanga Arena, Sun, April 24, 7pm.

Itzhak Perlman at California Center for the Arts, Escondido, Mon, April 25:30pm. www.artcenter.org

ROY'S SUDOKU



MOVIES AT THE BASES

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

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

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

Thursday, April 21

6pm The Outfit r

Friday, April 22

6pm The Lost City pg13

Saturday, April 23

1pm Umma pg13

3pm The Batman (2022) pg13

Sunday, April 24

1pm The Lost City pg13

3:30pm Father Stu r

Thursday, April 28

6pm The Lost City pg13

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

Friday, April 22

6pm The Lost City pg13

Saturday, April 23

3pm Morbius pg13

6pm Umma pg13

Sunday, April 24

1pm The Lost City pg13

4pm Father Stu r

Friday, April 29

6pm Infinite Storm r

Bob Hope Theater 577-4143 MCAS Miramar Bldg 2242 ★

Friday, April 22

6pm Umma (PG-13)

Saturday, April 23

3pm The Lost City (PG-13)

6:30pm Father Stu (R)

Sunday, April 24

Noon The Incredibles 2 (PG)

3pm The Lost City (PG-13)

Friday, April 29

6pm The Lost City (PG-13)

Saturday, April 30

3pm Umma (PG-13)

6:30pm Infinite Storm (R)

Pendleton Theater and Training Center ★

Bldg 1330 Mainside (Across from Mainside Center)

Saturday April 23

1:30pm Morbius pg13

Saturday, April 30

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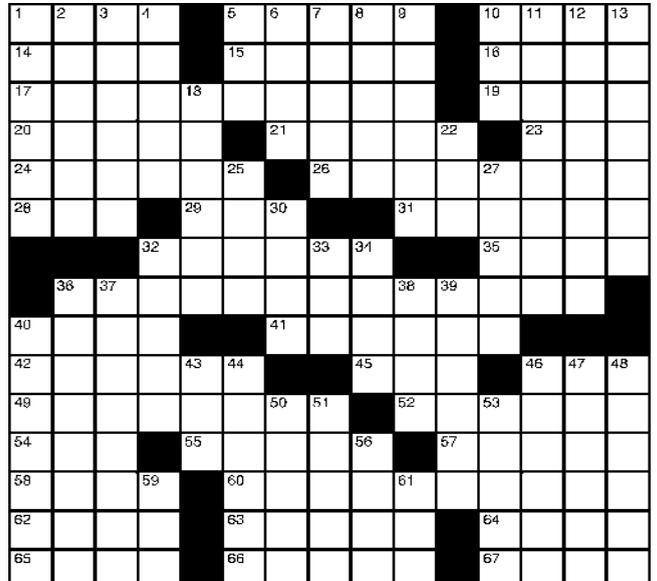
CROSSWORD PUZZLE

Across

- 1 Logo of The Hartford
- 5 Less noble
- 10 Pueblo people
- 14 Thick book
- 15 Amazon assistant
- 16 Spoonbill kin
- 17 Circuitous
- 19 Daily vitamin, e.g.
- 20 Puzzled
- 21 Some German imports
- 23 PreCheck org.
- 24 Plump
- 26 Unfilled, as a schedule slot
- 28 Many MIT grads
- 29 Roleo surface
- 31 "Expand on that," in improv comedy
- 32 LummoX
- 35 Quite a stretch
- 36 No-frills card game
- 40 Emperor after Galba
- 41 State bordering Arizona
- 42 Like a quarter's edge
- 45 Podcast interruptions
- 46 "LOTR" menace
- 49 Short nightgown
- 52 Turin title
- 54 "___ have what she's having": quip from "When Harry Met Sally..."
- 55 Super sexy
- 57 "I'll pass"
- 58 "On the double!"
- 60 In person ... and like 17-, 26-, 36- and 49-Across?
- 62 "Howdy ... you just get here?"
- 63 "Looking 4 Myself" R&B singer
- 64 Each
- 65 Wall St. index
- 66 Fresh
- 67 ___ Martin Cognac

Down

- 1 Attack from above
- 2 Mosey
- 3 Tickle
- 4 Parental units?
- 5 Ewes do it
- 6 "L.A.'s Finest" actress Jessica
- 7 Gangnam District city
- 8 Ooze with
- 9 Formally approve
- 10 Trendy
- 11 Where to find departure info?
- 12 Beer named for a Czech city
- 13 Christmas and Easter
- 18 Mexico's national flower
- 22 Office address abbr.
- 25 "You can observe a lot by watching" speaker
- 27 2020 US Open winner Naomi
- 30 Pranks
- 32 "The Pianist" Oscar winner Adrien
- 33 Beef broth soup
- 34 Italian volcano
- 36 Like ninjas
- 37 Ennui
- 38 Sci-fi vehicles
- 39 "Twelfth Night" duke
- 40 "Only the Lonely" crooner
- 43 State slate, briefly
- 44 Inept one
- 46 Saved, in a way
- 47 Hallmark Channel fare
- 48 Goosebumps-inducing
- 50 Potlata Palace city
- 51 Scottish vacation sites
- 53 Accomplish much
- 56 Golf course areas
- 59 Draw
- 61 Sample



Friends Don't make Friends Wait in Hot Cars!

VEHICLE TEMPERATURE

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



Support for victims of sexual violence, trauma continues year round

Bringing attention to and preventing sexual assault and military sexual trauma is an every-day, year-long goal. While National Sexual Awareness and Prevention Month is recognized in April, bringing attention to and preventing sexual assault and military sexual trauma is an every-day, year-long goal.

Some people may not be sure how to start fighting sexual assault in the military, but knowing where to find help and support is an important first step. Sexual assault

can include unwanted or forcible sexual advances, touching, or any sexual activity that occurs without your consent. It also might include sexual harassment, inappropriate jokes and flirtation, pressure to engage in sexual activity, or rape.

Sexual assault can happen to anyone, regardless of gender – whether the assaulter is someone you know, a stranger, or even your romantic partner.

Military sexual trauma (MST) is the experience of sexual assault

within the military or among military personnel. According to the Department of Defense, MST includes sexual assault, sexual threats or harassment, unwanted touching or grabbing, or any sexual activity that occurs without consent during active-duty military service (regardless of location). MST also includes the trauma that a survivor might experience as a result.

Despite there being fewer women in the military, more female service members report experiencing MST than males. Still, it's estimated that about the same number of men and women in the military experience sexual assault during their service.

Impact of sexual assault on performance

Sexual trauma takes a terrible toll on people who experience it, and it can harm their mission performance. Common emotional responses after an assault – such as feeling depressed, agitated, upset, or angry – can impair a service member's ability to stay focused and alert on the job.

Other consequences of sexual trauma that impede performance include feeling 'numb' to both positive and negative experiences, nightmares, and trouble sleeping.

Survivors of MST can find it

of outcome, alcohol, lack of interest in an investigation are among the reasons an individual may choose not to report a sexual assault," explained Barefoot, "but that does not need to be a barrier to seeking medical care."

Having a sexual assault forensic exam ensures the patient receives any care they may need and that any forensic evidence is safely preserved in case the survivor later decides to file an unrestricted report. By law, evidence collected during a SAFE is required to be retained for 50 years.

"We want the very best for our patients. They are seeing us on one, if not the worst, day of their lives and if we can reduce their fear, their anxiety, their pain, by even a little bit, that is successful healthcare," said Barefoot.

Forensic health professionals, like Barefoot, provide medical treatment and evaluation, have a specialized knowledge in injury identification, evidence collection and may provide testimony in court to assist with prosecution of individuals who commit acts of abuse.

For more information about Sexual Assault Prevention and Response policy and initiatives in the DOD, visit the Sexual Assault Prevention and Response Office (SAPRO) Sexual Assault Prevention and Response Office (SAPRO) website. <https://www.sapr.mil/>

physical injuries that a victim can see themselves so they often dismiss the need for medical care. Forensic healthcare is the perfect marriage between recognizing when there is a medical need and a legal need," said Barefoot.

At BACH a SAMFE is available 24/7 to provide care and support to victims of sexual violence.

After treating any acute injuries, the SAMFE will talk with the patient about things they might not be thinking about after a sexual assault—pregnancy, sexually transmitted diseases, HIV, behavioral health needs, and evidence collection.

"Most of our patients tell us the exam was not what they were expecting," said Barefoot. "I personally spend time getting to know my patient a little bit. I want to know who they are, what they do, and what their support system is before I ask them about what happened to them. We take as long as they need and make our patients as comfortable as possible because we are here for them."

The SAMFE can arrange for any additional tests or medications. They can also schedule follow-up care the patient may need. The exam is confidential and does not require notification of a service member's command or law enforcement.

"Fear of retaliation, shame, minimizing the event, uncertainty

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SAFE option provides care for victims of sexual violence

by Maria Christina Yager, Blanchfield Army Community Hospital
A special medical exam available to survivors of sexual violence preserves lasting evidence that may aid in the prosecution of a perpetrator of sexual assault.

Called a Sexual Assault Forensic Examination, SAFE, the exam is conducted by a specially trained healthcare provider known as a Sexual Assault Medical Forensic Examiner, SAMFE. Within the Department of Defense, military treatment facilities with an emergency department, and provide care 24/7, must have at least one SAMFE. Smaller MTFs without emergency departments may partner with a local private or public healthcare agency to ensure patients have 24/7 access to a provider certified to perform SAFEs.

According to Blanchfield Army Community Hospital's Blanchfield Army Community Hospital website Forensic Healthcare program manager, Evangeline Barefoot, seeking medical treatment is important for victims of sexual violence.

One of nine SAMFEs at BACH, Barefoot explained that while television crime shows may emphasize the exam's value in collecting evidence of a sexual assault from the victim's body, her number one concern is the victim's medical and emotional wellbeing following the trauma of sexual violence.

"Sexual assault rarely leaves

April is
Sexual Assault Awareness and Prevention Month

DoD Safe Helpline
Sexual Assault Support for the DoD Community

COURAGE TO REPORT FUELS CHANGE

STEP FORWARD Prevent. Report. Advocate.

SCAN TO LEARN MORE
<https://www.usmc-mccs.org/sapr/>

USMC SAPR To report sexual assault or speak to a victim advocate, contact the Camp Pendleton 24/7 Sexual Assault Support Line at 760-500-1707 or the DoD Safe Helpline 877-995-5247.

U.S. Marine Corps graphics by David G. Smith, Marine Corps Base Camp Pendleton.

hard to connect to others, feel isolated or lonely and have a hard time developing trust with their partner. Since it can be very hard to address the feelings that come with sexual trauma, people often will engage in coping strategies that feel good right away but have negative long-term consequences. For example, some service members might use alcohol or drugs, which can further impede performance.

Get help

It takes a lot of courage to face or report sexual assault, particularly in the military. If you have experienced MST, understand you are not alone. It's also important to know what resources are available, so you can overcome any challenges that can affect your performance. With support and treatment, growth is possible after trauma.

If it feels hard to reach out, start by learning more about military sexual trauma.

Visit Health.mil's Sexual Assault Prevention section Opens to a new window on the Health.mil website for information on DOD programs and resources, as well as a video and links to additional articles.

Learn more about MST and support services from the U.S. Department

of Veterans Affairs Military Sexual Trauma (<https://www.mentalhealth.va.gov/msthome/index.asp>) and National Center for PTSD (https://www.ptsd.va.gov/understand/types/sexual_trauma_military.asp).

If you're ready to seek support, consider the following resources and services provided by the military.

The DOD Safe Helpline offers confidential, 24/7 phone support at 877-995-5247. You also can access live help (<https://chat-ohl4.safehelpline.org/tos/SHL>), individual and group online chat support, text help, or other self-care information with the mobile app (<https://www.safehelpline.org/app>).

The DOD Sexual Assault Prevention and Response Office (SAPRO) offers many resources on reporting and support services. SAPRO also provides links to branch-specific policies and resources. Or visit the websites for the different branches:

Army Sexual Harassment/ Assault Response & Prevention <https://www.armyresilience.army.mil/sharp/>

Air Force Sexual Assault Prevention and Response <https://www.resilience.af.mil/SAPR/>

Navy Sexual Assault Prevention and Response Program <https://www.cnrc.navy.mil/ffr/>

family readiness/fleet_and_family_support_program/sexual_assault_prevention_and_response.html

Marine Corps: Sexual Assault Prevention and Response <https://usmc-mccs.org/services/support/sexual-assault-prevention/>

National Guard: Sexual Assault Prevention and Response Program <https://www.nationalguard.mil/Leadership/Joint-Staff/J-1/SAPR/>

Coast Guard: Sexual Assault Prevention & Response Program <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Sexual-Assault-Prevention-Response-and-Recovery-Program/SAPR-Resources/>

Call or reach out to your branch Sexual Assault Response Counselor 24/7. Contact Military One-Source at 800-342-9647 to learn more. <https://www.militaryone-source.mil/family-relationships/family-life/preventing-abuse-neglect/getting-help-for-relationship-sexual-abuse/>

VA medical centers have MST coordinators who can guide you to specific resources and programs. Each center (<https://www.va.gov/directory/guide/home.asp?isFlash=1>) also provides information on onsite MST-related counseling services.

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