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SIXTY-SECOND YEAR NO. 13
THURSDAY, JULY 14, 2022

UNBOUNDED DETERMINATION FROM JAMAICAN SPECIAL FORCES TO U.S. CEREMONIAL GUARD TO NAVY SEABEE

by Petty Officer 1st Class
Stephane Belcher
NMCB-5

Born and raised in a Jamaican rural area, Construction Mechanic 3rd Class Johnathan Fearon served 12 years in the Jamaican Defense Force before moving to New York and enlisting in the U.S. Navy.

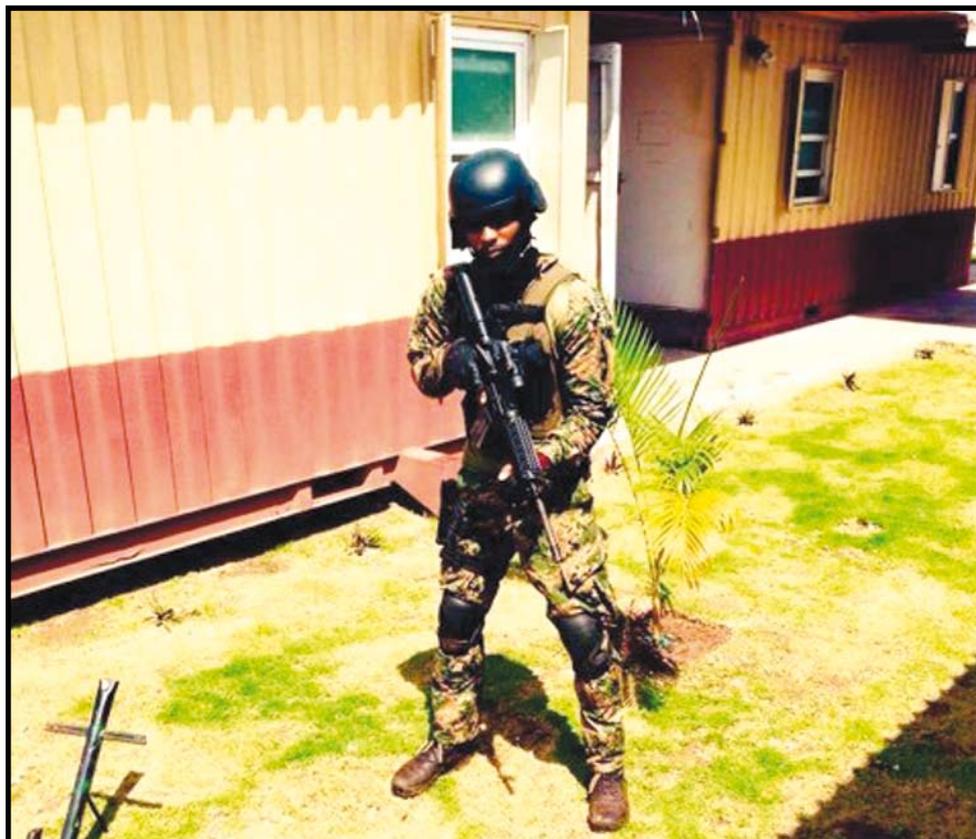
Fearon, with Naval Mobile Construction Battalion (NMCB) 5, joined the Navy at age 38, participated in the Ceremonial Guard, and now he's a Seabee.

He is one of 15 children. His grandmother raised him and several siblings because his father was ill. His mother moved to the U.S. to help him have a better life, which worked out for him, his wife, and their three kids.

As Fearon talked about his life, he reminisced about his childhood and his grandmother's impact on him.

"She grew me well; I can say, disciplined. I learned to do chores around the house, you know, take care of myself," said Fearon. "So you might hear me speak a certain way. She was the one that said, 'Hey, you need to speak like this. You can't speak like that around the house.' So I would gravitate towards that."

When he wasn't going to



Construction Mechanic 3rd Class Johnathan Fearon. US Navy photo by MC1 Stephane Belcher

school or doing chores, he set up make-shift basketball goals on light poles and played football or cricket.

"We had fun back in the day doing that," Fearon recalled with a smile. "We'd have other people come down from other places to

play, so it was really fun."

Despite helping his family around the house and going to school when he could, he still graduated high school. After high school, he left the countryside and moved to Kingston to live with his sister. He spent

a few years looking for a job, but nothing happened until he spoke to the Jamaican Defense Force recruiter.

Fearon explained that most people in Jamaica try a trade—like a nurse, police officer, fireman, or the Jamaican Defense

Force because they don't require higher education. They pass a test, and then they go through the training.

"I didn't have that educational background," added Fearon. "So I said, 'okay, you know what, I'm going to not gravitate towards sitting on the streets and stuff.' So based on my drive, I joined the Jamaican Defense Force, and it turned out good for me."

Once he passed the test, he

trained for six months in New-castle at the University of Jamaican Defense Force. He explained how much harder he felt the training was compared to what he's going through in the U.S. Navy.

"It's much more than the Navy. It's a lot harder," he explained. "We train for infantry-type battles. Because we take our training from the British, we do British type training, similar, almost similar to this, but if it were like Marines."

see **Seabee, page 8**

Super Hornet on USS Truman blown off deck in Mediterranean Sea

by Alison Bath, Stars and Stripes

NAPLES, Italy - A Navy Super Hornet assigned to an aircraft carrier sailing in the Mediterranean Sea was blown off the ship's deck last week during heavy weather, the Navy said July 10.

One Sailor received minor injuries while conducting operations on USS *Harry S. Truman* during an unexpected brief period of intense winds and heavy rains Friday morning, but was in stable condition and expected to make a full recovery, U.S. 6th Fleet said in a statement. That incident wasn't related to the F/A-18 Super Hornet going overboard, and all other personnel were accounted for, said Cmdr. Richlyn Ivey, a spokeswoman for 6th Fleet.

No one was on board the plane or nearby when the aircraft was blown off the ship's deck. A determination about recovering the aircraft was being reviewed, Ivey said. The plane was assigned to Carrier Air Wing 1.

It wasn't clear where in the Mediterranean *Truman* was when the incident occurred. *USNI News* reported Thursday that the ship was in the Ionian Sea.

Truman was conducting a replenishment at sea with USNS *Robert E. Peary* and USNS *Supply*, which was safely ended, according to the statement. Forecasted weather was not expected to impact the replenishment, Ivey said.

PAWS OF WAR: HELPING BRING HOME WAR TORN PUPS, CATS

The Paws of War, War Torn Pups & Cats program reunites military personnel with the animals they rescued and bonded with while serving overseas at no cost to our heroes.

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This program truly epitomizes the slogan, Helping Both Ends of the Leash.

Stories about the brave wom-

en, men, and dogs that serve the country are healthy reminders of the sacrifices some individuals make for others. And there are

other brave dogs who put themselves in the line of fire to save our soldiers, or who give the gift of love and companionship to our war torn heroes.

These pups may not have the training, but they have the love and courage to emotionally, and sometimes physically, save our service men and women. Through this, they form intense and loyal bonds with humans. They become like family. Sadly though, it's incredibly difficult to keep these new found families together once a Soldier returns home.

Paws of War loves getting these precious dogs and cats safely to the U.S. The overseas horrors bestowed upon animals is atrocious. Leaving them behind is heart-breaking and devastating for our military members.

Donations to this program help with costs and includes vaccines, medical treatment, rescue liaison, transportation and more. Donate at <https://pawsofwar.org>.

Since 2014, Paws of War have brought over 300 dogs and cats, rescued by our troops serving overseas to safety in the U.S.

Paws of War's mission is to train and place shelter support dogs to serve and provide independence to military veterans who suffer from the emotional and physical effects of war. In turn, each vet can experience the therapeutic and unconditional love only a companion animal can bring. To provide animals rescue for our troops serving overseas.

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Career & Education

Help available for Airmen, Guardians to mitigate inflation impacts.

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AutoMatters & More



'Spider-Man: Beyond Amazing - The Exhibition' debuts at Comic-Con Museum.

See page 9

Marines, Australians hone logistics skills they'll need to deploy from 'Down Under'

by Seth Robson
Stars and Stripes

A three-week exercise in northern Australia is testing U.S. and Australian forces' ability to move troops and equipment across hundreds of miles in the event of a regional crisis or humanitarian disaster.

Exercise Koolendong, which runs through Aug. 2 in two Australian states, kicked off July 11 in the Northern Territory. The U.S. Marine Rotational Force-Darwin, the Australian Army's 1st and 13th brigades and the Royal Australian Air Force's 36th, 37th and 75th Squadrons are simulating a crisis response, Australia's Defense Department announced Monday.

The exercise allows Australia-



The Army's Logistics Support Vessel-3, the Gen. Brehon B. Somervell, of Transportation Company Pacific-Provisional, 8th Theater Sustainment Command, is docked in Darwin, Australia, on July 3. US Army photo by Teresa Kasper

lian forces and the Marines to practice combined arms littoral combat, Australian Army Col. Marcus Constable, commander of Headquarters Northern Com-

mand, said in the statement. Littoral combat takes place close to or on shore.

"We are deploying significant forces by land, air and sea to training areas in both [Western Australia] and the [Northern Territory] including Mount Bunday Training Area, RAAF Base Curtin and Yampi Sound Training Area," Col. Christopher Steele, who leads the Marines in Darwin, said in the statement.

The entire 2,200-strong Marine rotational force is taking part; it began a six-month rotation to the Northern Territory in March, according to Capt. Joseph DiPietro, a spokesman for the force.

The drills call for moving troops and vehicles 650 miles from Darwin to Broome, 1,000 miles north of Perth in Western Australia, he said in a telephone interview Tuesday.

"The distances that we are exercising in Koolendong replicate the long distances and austere environments we might operate in throughout the Indo-Pacific," he said.

Koolendong is likely a test of the logistics behind deploying units such as the newly formed Marine Corps littoral regiment to defend archipelagos in the Indo-Pacific region, Ross Babbage, a former Australian assistant defense secretary, said in an e-mail Tuesday.

"This would probably involve company-sized units (100-120 troops) inserted with real or simulated anti-shiping and shorter-range anti-aircraft missile systems together with all of the situational awareness systems ... that would be required to make the concept work." - Ross Babbage

The vast Australian exercise areas are particularly useful for this type of test, he said.

The exercise prepares troops to respond to a security crisis or major natural disaster in Southeast Asia, including the South China Sea, in which Australian and American forces deploy from Darwin, according to Carlyle Thayer, an emeritus professor at the University of New South Wales and lecturer at the Australian Defence Force Academy.

"The most logical forward base for these forces would be in the Philippine archipelago," he said in an e-mail Tuesday.

The U.S. Army's Logistics Support Vessel-3, the Gen. Brehon B. Somervell, will move vehicles and troops from Darwin to Broome, DiPietro said.

The rotational force's MV-22 Osprey tiltrotor aircraft are also

U.S. hosts 10 countries at soccer championship

by David Vergun

The U.S. is hosting an international soccer championship for military women - the World Military Women's Football Championship - which began July 11 in Spokane, Wash.

The International Military Sports Council, or CISM (Conseil International du Sport Militaire) is sponsoring the event, which runs through July 22 and is hosted by nearby Fairchild Air Force Base. Ten countries are participating in the championship games, the 13th such event.

The passion and energy in the U.S. team is incredible, Coast Guard Lt. j.g. Scotti Culton, defender No. 7, said.

"It's a one team, one fight mentality," she said, adding that the U.S. team has been practicing from early in the morning to late at night. "We hype each other up every day even though our muscles are aching," she said.

Army 1st Lt. Nikiay Comer, forward No. 2, said everyone is focused on the team from

moving personnel beyond the range of the Marines' helicopters, he said.

"This is important tasking and there is a lot to test and sort out to ensure that it can be made to work," Babbage said.

Belgium in Monday's afternoon game.

"They're a strong team with good talent, but so are we," she said.

View the schedule of matches at <https://www.defense.gov/News/Feature-Stories/Story/Article/3089207/us-hosts-10-countries-at-soccer-championship/>.

The U.S. team is called the U.S. Armed Forces Women's Soccer Team. Each year, CISM sponsors world military championships in 26 sports on international and regional levels.

Other CISM sporting events are: aeronautical pentathlon, archery, basketball, beach volleyball, boxing, climbing, cycling, equestrian, fencing, football, golf, judo, military pentathlon, modern pentathlon, naval pentathlon, orienteering, parachuting, sailing, shooting, skiing, swimming and life-saving, taekwondo, track and field, triathlon, volleyball, and wrestling.

CISM also hosts the Military World Summer and Winter Games every four years.

CISM's mission is to endorse friendship among armed forces personnel from all nations through sports activities, thus enabling the physical training, military readiness and education for them.

The organization aims to enhance mutual respect and solidarity and promote peace.



ARMY

- Army sees progress on Fort Detrick groundwater contamination
- Retired three-star general who mocked Jill Biden tweet is suspended from mentor role
- Arms room theft conspiracy ends in Army captain, NCO convictions
- Army says seven sets of remains from Carlisle Indian school returned to families

AIR FORCE

- Increased military flights likely at Barnes Air National Guard base
- Meeker takes command of Wright-Patterson's 88th Air Base Wing
- Air Force to make promotions scarcer in bottom rungs of enlisted ranks

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- Navy says footage of Red Hill fuel spill unlikely to result in disciplinary action
- Navy Blue Angels' buzzing of buildings is up in the air a year after a flyby injured a dozen
- Two Sailors hurt during gas leak at BAE Systems shipyard

SPACE FORCE

- Vandenberg missile rocket test ends in explosion seconds after launch
- ULA Atlas V launches from Cape Canaveral with missile warning satellite
- Space Force graduates first guardians to train under service-specific curriculum

COAST GUARD

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- Ex-Coast Guard employee pleads guilty in test-fixing case
- Academy welcomes 302 swabs for Day One

MARINE CORPS

- Marine denies assault charge after arrest on Okinawa
- California Marine returns home for first time since being injured in Kabul bombing



Armed Forces Dispatch (619) 280-2985

Published by Western States Weeklies, Inc.
2604 B-280 El Camino Real, Carlsbad, CA 92008
E-mail: editor@navydispatch.com
Publisher.....Sarah Hagerty

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Team investigating racial disparity in military justice embarks on installation visits

by C. Todd Lopez
DoD News

In May, Deputy Defense Secretary Kathleen H. Hicks directed the creation of an internal review team to look into the root causes of racial disparities in the military's investigative and justice systems. Now, members of that team have embarked on conducting a series of listening sessions and visits to military installations to undertake the work that will help them deliver a final report to the deputy secretary.

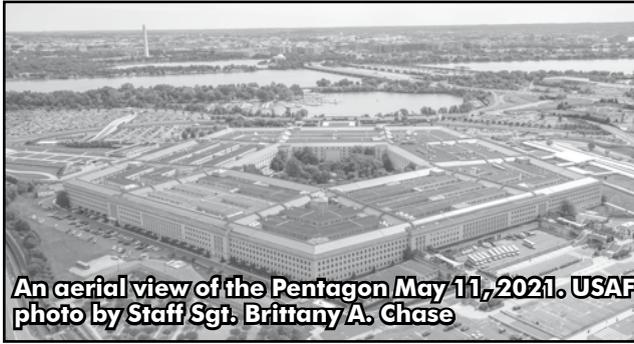
"Racial disparities in the investigative and military justice systems have been a problem for far too long, and it is incumbent on the Department to take immediate action to correct these issues wherever they exist," Hicks wrote in a memorandum delivered May 3 to Pentagon leadership, com-

manders of combatant commands and others. "Our people deserve nothing less."

In the memorandum, the internal review team was given three months to look into the root causes of racial disparities in the investigative and military justice systems.

"The review will provide actionable recommendations that the Department can implement to improve policies, programs, processes and resources to address these disparities," Hicks said of the team's work. "It will incorporate ongoing work within the military departments and complement independent external reviews of this issue."

The team began work June 1 and will deliver the findings to Hicks by August 24.



An aerial view of the Pentagon May 11, 2021. USAF photo by Staff Sgt. Brittany A. Chase

Navy relieves sub commander in Pacific Fleet

The Navy relieved the commander of submarine USS *Scranton* last Wednesday after eight months at the helm, according to a news release.

Cmdr. Seth Rumler was relieved by Rear Adm. Rick Seif, commander of Submarine Group 7, "due to loss of confidence in his ability to command," according to the Navy release on Friday.

Rumler had assumed command of the Los Angeles-class submarine Nov. 6, according to a tweet on the Pacific Fleet Submarine Force's official Twitter account.

"Navy commanding officers

are held to high standards of personal and professional conduct," according to Lt. Cmdr. Amelia Umayam, spokeswoman for the Pacific Fleet Submarine Force, in the release. "They're expected to uphold the highest standards of responsibility, reliability and leadership, and the Navy holds them accountable when they fall short of those standards."

Cmdr. Michael McGuire, deputy commodore of Submarine Squadron 15, was named interim commanding officer, according to the Navy.

Umayam wasn't available for further comment Monday.

by Kelly Agee, Stars and Stripes

Navy implements new policies to make it easier for victims to report sexual assaults

by Caitlin Doornbos, Stars and Stripes

WASHINGTON - The Navy enacted two new policies recently to help break down institutional barriers that once made reporting sexual assaults more difficult, according to the service.

The first - dubbed the "Safe-to-Report policy" - protects Sailors, Marines and Naval Academy midshipmen reporting incidences of sexual assault from being disciplined for minor misconduct in which they might have participated while they were victimized, according to one of the new policies.

The idea is to encourage victims to report their assaults without fear of punishment for behavior that might be discovered in an ensuing investigation, such as an underage drinking, curfew violations or having an "unprofessional relationship with the accused," the Navy said in a statement.

"Choosing to report a sexual assault is already a major decision for a survivor. It's a first step to accessing the services they need and the justice they deserve," Navy Secretary Carlos Del Toro said in the statement. "Removing this barrier empowers victims and survivors - they shouldn't have to choose whether to implicate themselves by reporting a crime committed against them."

Before the "Safe-to-Report" policy, victims "may have had to choose whether to implicate themselves for misconduct by reporting an assault," according to the Navy.

The Navy also implemented a new "No Wrong Door" policy aimed at ensuring victims of sexual assault seeking help don't fall through the cracks by attempting to seek care from an office or agency that might not be the right fit for their needs. Before the policy, finding the right care could be confusing because the Navy offers a host of victim care services from multiple offices, including the Sexual Assault Prevention and Response Program, Family Advocacy Program, and Military Equal Opportunity Program, just to name a few.

Oregon coast timbers may be from shipwreck that inspired 'The Goonies'

<https://www.strips.com/theaters/us/2022-07-10/oregon-coast-shipwreck-goonies-movie-6610518.html>



(photo) A large timber discovered on the Oregon coast in June that may be part of the 1693 wreck of the ship *Santo Cristo de Burgos*. Photo courtesy of Maritime Archaeological Society



Summer at Knott's Berry Farm

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Happy rebirth-day to the Marine Corps, with another cake in November?

by Jeff Jardine

Happy rebirth-day to the United States Marine Corps! Rebirth-day? Let us explain.

The Marine Corps traditionally celebrates its birthday on November 10 each year, recognizing the decision by the



Second Continental Congress in 1775 to establish two battalions of Marines.

They were known then as the Continental Marines, because the United States was still in its formative stages. The Founding Fathers still had some "founding" to do, and wouldn't do so formally until July 4, 1776, when they declared independence from England. At that moment, the American Revolution became official even though it had been brewing for several years.

When the Revolution ended with the Treaty of Paris in 1783, the new government disbanded the Marines and scaled back on the Navy as well. But instability caused by the French Revolution (1789-1799), along with British raiders, created threats to the new nation and its ability to grow its economy. The Americans realized the need to protect their coastline.

Consequently, President John Adams signed legislation on July 11, 1798 that re-created the Marine Corps. Less than two months earlier, on April 30, he'd established the Department of the Navy, of which the Marines are a part.

Adams restored the branches over the opposition of Thomas Jefferson. Yet, when Jefferson became president, he relied on the Navy and Marines in the Barbary War (1801-1805).

Pirates for centuries had been seizing ships, enslaving their crews, and disrupting trade in the Mediterranean. When the Northern Barbary states of Algiers, Tunis, Morocco, and Tripoli began targeting American ships - demanding bribery payments to leave them alone - Jefferson refused. With a new appreciation for Naval forces, he expanded the Navy and sent the Marines into the fray. On April 27, 1805, 400 Marines stormed into Tripoli to burn the captured frigate Philadelphia rather than have it become a pirate ship that would be used against them.

The Battle of Derna, as it was called, marked the first time an American force invaded a foreign land and raised the American flag on foreign soil. The lasting effect? The operation became part of the Marine Hymn:

"From the Halls of Montezuma to the shores of Tripoli, we fight our country's battles in the air, on land, and sea."

The Marines, who still operate within the Department of the Navy, fought in many operations during the War of 1812, and helped Andrew Jackson crush the British in the decisive Battle of New Orleans in 1815. Though underfunded and undermanned during the Civil War, they were instrumental in defeating the Confederacy.

During the Spanish-American War, the Marines First Battalion became among the first Americans to see action and routinely crushed enemy forces bearing far greater numbers.

The Marines expanded dramatically in leadership and force strength during World War I and



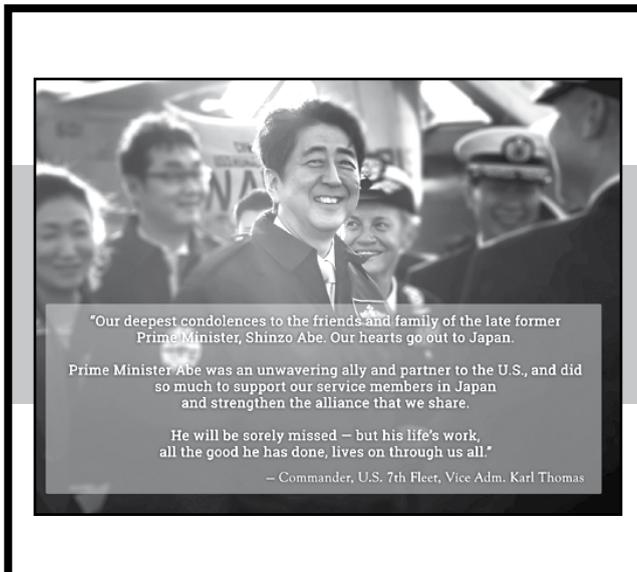
Continental Marine from 1776.

were a dominant force throughout World War II - and all the wars since.

Yes, the Marine Corps was born on November 10, 1775.

Then, after 15 years off, it was reborn on July 11, 1798.

So happy rebirth-day, U.S. Marine Corps. Think of it as having your cake and eating it twice.



"Our deepest condolences to the friends and family of the late former Prime Minister, Shinzo Abe. Our hearts go out to Japan. Prime Minister Abe was an unwavering ally and partner to the U.S., and did so much to support our service members in Japan and strengthen the alliance that we share. He will be sorely missed - but his life's work, all the good he has done, lives on through us all." - Commander, U.S. 7th Fleet, Vice Adm. Karl Thomas

Navy rescues stranded mariner

PEARL HARBOR - The U.S. Navy rescued a stranded mariner July 5 after his sailboat became disabled during a trans-Pacific voyage.



The mariner, a 75-year-old American citizen, had been adrift without sail or power for 12 days when he was rescued by personnel aboard USS *Frank E. Peterson, Jr.* (DDG 121) 300 miles south of Oahu, and transported aboard the ship to Joint Base Pearl Harbor-Hickam, Hawaii, July 6.

"This search and rescue operation speaks to the capability of the U.S. Navy to respond quickly, aggressively, and safely across a lot of ocean to save a life and have positive mission impact," said Cmdr. Daniel A. Hancock, the on-scene commander of the rescue effort and commanding officer of *Frank E. Peterson, Jr.* "I'm proud of the crew's professionalism in response to short-notice, real-world tasking."

The ship worked in coordination with the Joint Rescue Coordination Center and the U.S. Coast Guard's 14th District, who provided the information needed to locate and contact the sailboat and were waiting at the pier to escort him for customs and caretaking.

"The combined effort and coordination displayed by everyone involved resulted in an efficient and successful rescue," said Lt. Charles Lesperance, an operations unit controller for Joint Rescue Coordination Center Honolulu.

"These partnerships in the Pacific are essential in creating a force multiplier to cover such a large area of operation," said Lesperance.

Additionally, the 14th District provided aerial support with a HC-130J long-range search and rescue aircraft to verify the loca-

Sailors assigned to the destroyer USS *Frank E. Peterson, Jr.* use a rigid inflatable boat to aid a stranded mariner off the coast of Oahu, Hawaii. US Navy photo by Lt. Colton Sedlak

tion of the sailboat in advance of the ship's arrival, verify the condition of the vessel and see the mariner aboard.

Once aboard the ship, *Frank E. Peterson, Jr.* personnel provided the mariner medical attention, as well as food, water and the opportunity for rest after his ordeal. He had been underway for 54 days.

"The safe rescue of this mariner reflects their character and tenacity, and emulates the daring, toughness, and mission success of our namesake, Lt. General Frank E. Petersen, Jr.," said Hancock. "This is a capable warship but her real strength is without a doubt her determined crew."

The mariner had lived aboard the sailboat for the past three years and had been sailing from New Zealand.

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Places of Worship					
B	ethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd., Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 10:30am Sundays Bible Class, Wednesdays 10am (619)222-7291 LivingWaterSD7@gmail.com	C	hrist Community Church <i>Helping people love God and each other!</i> Services Onsite or Online Sundays 8:45 & 10:30am Children's Ministries for All Kids! Small Groups for Teens & Adults of All Ages! 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15 www.gotoChrist.com or (858) 549-2479	M	esa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CWO3, USMC (Ret.) <i>Seeking Sinners; Saving Souls, Strengthening Saints</i> Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd., Poway • 858-485-6110 • www.mesaview.org
B	ayview Church <i>Attract... Assimilate... Activate</i> 6134 Pastor Timothy J. Winters St., San Diego 92114 (619) 262-8384 Sunday 6:45am, 8:30am, 11am Worship Service Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am www.bayviewbc.org info@bayviewbc.org	F	irst Baptist Church of Coronado <i>"Reach Up, Reach Out, Reach Our World"</i> Jim W. Baize, Pastor www.fbcoronado.com Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am Meeting in person and online on YouTube or Facebook FB: First Baptist Church of Coronado email: secretary@fbcoronado.com 445 C Ave., Coronado, CA 92118 (619) 435-6588	M	military Outreach Ministries Int'l Church <i>"Transforming the World, One Person at a Time"</i> Dr. Dennis Eley, Jr, Th.D., MBA • dennis@militaryoutreachministries.org 7997 Paradise Valley Rd, San Diego, CA 92139 Sunday Services In Person • 8am - 9:30am or 12-1:30pm Live Streams: 8:30am or 12:30pm on "Moministries" free church app www.militaryoutreachministries.org
C	anyon View Church of Christ <i>"Love God, Love People, Serve the World"</i> 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	L	a Jolla Lutheran Church <i>"We Follow Jesus"</i> Sunday 9:30am Worship Wednesday 6:30pm Bible Study 7111 La Jolla Blvd., La Jolla, CA 92037 (858) 454-6459 LaJollaLutheranChurch.com	R	esurrection Lutheran Church <i>A Small Place with a Big Heart!</i> Worship Service Sunday at 10:15 am. (please see website for details) 1111 Fifth Street - Coronado, CA 92118 - 619.435.1000 secretary@resurrectioncoronado.com - www.rl.church https://www.facebook.com/resurrectioncoronado/ The Rev. Dr. Brian Oltman, Pastor
		L	iving Water Lutheran Church <i>"Whoever believes in me, streams of living water will flow from within him."</i> Meeting at Hampton Inn Corner of Carmel Mountain Rd. and El Camino Real Join us for worship at 8:45am (858)792-7691 LivingWaterSD7@gmail.com Pastor: Rev. Steven Duescher	S	t. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. <i>We thank you for your service!</i>

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Career and Education

Help available for Airmen, Guardians to mitigate inflation impacts

by Tech. Sgt.

Armando Schwier-Morales

ARLINGTON, Va. (AFNS) - Assistance to reduce the impact of inflated costs on Airmen, Guardians and their families is available through four areas of effort.

Aiming to ease the burden of price hikes, the Department of the Air Force is assessing and enacting support across compensation, entitlements for permanent change of station/household goods moves, personal finance readiness and food insecurity aid.

"Our Airmen, Guardians and their loved ones fulfill critical national security roles on behalf of the nation," said Secretary of the Air Force Frank Kendall. "Financial strain due to inflation can create stresses on our teammates, and it is our responsibility as leaders at all levels to do everything we can to use available programs and resources to provide relief, and where appropriate, advocate for additional measures."

"Real-world events continue to drive up inflation. Unfortunately, the rising costs due to inflation have placed an increased burden on our service members and their families," said Under Secretary of the Air Force Gina Ortiz Jones. "As we work to implement measures to mitigate those impacts, I encourage all Airmen and Guardians to look at the resources and programs available and see which ones can best help, as well as inform their chains of command who are there to help during times such as this."

A large effort is being made by Airman & Family Readiness Centers to ensure Airmen and Guardians are not only educated but ready to meet current economic conditions. Airmen and Guardians can contact their local finance or A&FRC for more information. For a detailed breakdown of each area of effort, see below.

Compensation:

- The Military Leaders Economic Security Toolkit, located on the Military OneSource website, offers information and support. The site

is updated regularly to reflect challenges and policy changes related to economic security.

- In 2022, DoD Military Base Pay increased by 2.7 percent basic housing allowance on average increased by 3.8 percent and basic substance allowance increased by 2.3 percent.

- DAF is working with the Office of the Secretary of Defense on the 14th Quadrennial Review of Military Compensation, a DoD com-

missioned review of compensation principles and concepts for members of the armed forces. DAF supports OSD's initiative to mitigate the impact of Overseas Cost of Living Adjustment by decreasing rates at a slower pace - no more than a 2-point reduction per month.

- The Joint Travel Regulation was updated with a new authority granting partial dislocation allowance for members directed to move out of government quarters, including single Airmen and Guardians moving out of dormitories. The purpose of the allowance is to partially reimburse a member for the expenses incurred in relocating the household.

“Real-world events continue to drive up inflation. Unfortunately, the rising costs due to inflation have placed an increased burden on our service members and their families.”

*Under Secretary of the Air Force
Gina Ortiz Jones*

Installation housing offices are assisting members as they PCS with potential housing challenges.

Installation housing offices are assisting members as they PCS with potential housing challenges.

Personal Financial Readiness:

- A&FRCs personal financial readiness program sustains and improves financial literacy and readiness by offering information, education, training, and free personal financial counseling.

- The Air Force Aid Society continues to support emergent needs such as basic living expenses and childcare costs. Airmen and Guardians can submit requests through A&FRCs.

Food Insecurity:

- First sergeants and A&FRCs assist Airmen, Guardians, and families in need of food security-related grants and loans with referrals to programs such as: Department of Agriculture's Supplemental Nutrition Assistance Program, the Federal Subsistence Supplemental Allowance program, and the Air Force Aid Society.

- The FY22 National Defense Authorization Act established a Basic Needs Allowance, providing supplemental income for members and dependents whose gross household income falls below 130 percent of federal poverty guidelines. A working group should implement guidance once it's published.

Entitlements for PCS/Household Movements:

- Joint Travel Regulation allows for installations to request temporary lodging expense extensions to support on and off-base lodging, which allows Airmen and Guardians to receive temporary expense entitlements beyond the traditional 10 days as they await housing following a PCS. Installations may request TLE extensions up to a total of 60 days.

- As of July 1, the DoD adopted the IRS's increase to the standard mileage rates to reflect on current rising fuel costs. The mileage rate

Interpersonal Edge



by
Dr.
Daneen
Skube

Humor dispels fear

to problem-solve comes back on line.

A wise journalist, Clive James, observed that, "Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing." As James pointed out, skillful humor comforts us by reminding us that the human condition involves lots of adversities and mistakes.

When we're scared, we most need our own self-love and patience for our less-than-optimal selves. Ironically, when we're scared we're most prone to being self-critical and demanding perfection at a time when we're most likely to make mistakes.

Effective humor pokes fun at ourselves, our common struggles, and our weaknesses without shame. We tend to relax when we laugh, forgive ourselves of our vulnerabilities, and have more energy to tackle problems.

I personally enjoy searching through collective quote internet sites like Pinterest as I always chuckle through the humor. Popular quotes include, "Before I had kids I knew I was going to run a right ship. After kids: And...the ship is on fire!" As a parent of many kids, I know the futility of perfection. I laugh out loud and return to the chaos of parenting in a less stressed way.

I keep mentioning effective humor because you do not want to use jokes to be passive aggress-

sive, to shame team members, or indirectly express conflict. Good humor is self-deprecating, acknowledges our vulnerabilities, and reminds us to hold onto fears lightly.

If you're not sure how to use humor at work, watch comedians who are good at humble humor. Comedians like Ellen DeGeneres is a master at the funny monologue. She's also great at poking fun at our common human condition.

There are people who think laughter truly is the best medicine. Bernie Siegel, author and physician, even believed that laughter promotes powerful healing for serious medical conditions.

On Monday, acknowledge the things that may be making your co-workers anxious, and let humor dance through your next meeting. Your new approach will benefit both your productivity and your team's physical and emotional health!

The last word(s)
Q: I have a co-worker who is a predictable drama queen. I'm so exhausted with dealing with her "issues." What is the best way to handle the office drama queen?

A: Yes, just because your co-worker is inviting you to her dramas does not mean you have to attend her show. Look bored, change the subject, and let her know you have a project to do and she'll stop looking for you to be her audience.



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Supporting Sailor self-sufficiency for enhanced information readiness

by Kara McDermott
NAVWAR

Editor's note: Read this story in its entirety on the Navy Newsstand at <https://www.navy.mil>.

Naval Information Warfare Systems Command (NAVWAR) enterprise is working to improve operations and maintenance of command, control, communications, computers and intelligence (C4I) systems by enabling Sailors to be more self-sufficient at sea.

To support this strategic initiative, the command has established a Sailor Self-Sufficiency Integrated Product Team (SSS IPT) dedicated to increasing Sailors' ability to maintain, maneuver, cyber-defend and repair damage on ships, submarines and tactical shore stations in a contested battlespace.

The rise in power among long-term strategic rivals in the sea, space and information domains, coupled with the rapid pace of evolving technology, underpins the importance of U.S. Navy ships operating

independently. This means that Sailors must be able to employ, operate and maintain C4I hardware and software systems autonomously while at sea.

"Our goal when delivering a system to the fleet is for the Sailor who maintains our equipment to be able to confidently take the system to sea without external support," said Rear Adm. Kurt Rothenhaus, program executive officer for Program Executive Office (PEO) C4I. "However, listening to the fleet and looking at the data, we recognized we needed to do more in the areas of system design, training and technical documentation to improve self-sufficiency."

Stood up in August 2020, the SSS IPT is guided by three pillars: training, technical resources, and distance support, help desk and Regional Maintenance Center (RMC) engagement. The goal is to provide life-cycle sustainment solutions that will have a direct impact on Sailor performance at sea with increased technical knowledge,

skills and abilities.

The objective of the training pillar is to accelerate delivery of capability-based training solutions. While a systems command (SYSCOM) like NAVWAR is resourced by system that will then be fielded through the work of various program offices, those systems must be able to interface with each other to provide capabilities to a ship. With that in mind, then-Program Executive Officer for PEO C4I, Vice Adm. Carl Chebi, implemented the Capabilities-Based Training Roadmap in 2018.

For example, if a radio room has many different radios, crypto devices and circuits, the focus can't be on just one radio system because that radio cannot work without a transport mechanism that reaches to a satellite to provide connection to the distant end, with secure crypto in the middle.

"We've started building end-to-end training that goes from

the operator interface to the distant end and back through getting a response," said Nichole Sellers, PEO C4I deputy, assistant program executive office for logistics and head of the information warfare training department at NAVWAR.

"We want to make sure Sailors are trained through the entire process, including interfaces, so they can effectively troubleshoot and be more organically self-sufficient and don't have to reach out for technical assistance."

In addition to the C4I Capabilities Training Roadmap execution, this pillar focuses heavily on the integration of IW into the Live, Virtual, Constructive training (LVCT) environment in order to provide both scalable and cost-effective training.

This will enable realistic training in the basic, advanced and integrated phases of training which will result in more proficient and resilient IW forces.



Sailors participate in a 'Script-o-thon' conducted by Pacific Fleet. US Navy photo by Jennifer Blakenship

IW-enabling C4I systems and capabilities are complex. The key objective of the Sailor support and documentation pillar is to improve technical resources available to fleet operators. Program of record (POR) training and documentation is often focused on "stand-alone" systems and does not address system interoperability and troubleshooting of equipment interfaces.

The creation of the Information System Operations Sequence System (ISOSS) will guide end-to-end troubleshooting across a complete C4I capability. This authoritative, prescriptive guide is independent of, but complementary to, the Combat Systems Operational Sequencing System (CSOSS) and aims to bridge the gap between CSOSS and POR documentation.

Leadership change for Blue Crew aboard *Mobile*

by Petty Officer 2nd Class Vance Hand

NAVAL BASE SAN DIEGO – Cmdr. Richard Skinnell relieved Cmdr. Christopher Wolff as commanding officer of littoral combat ship *Mobile* Blue Crew during a ceremony here July 8.

Wolff served as *Mobile* Blue Crew's first skipper (2021-2022). During Wolff's time in command, *Mobile* completed final contractor trials, combat system ship qualification trials and basic phase requirements.

Skinnell joins the crew leadership alongside Cmdr. Matthew Shaw, *Mobile* Blue Crew's executive officer, and Command Senior Chief Marcus Jimenez, the crew's senior enlisted leader.

"I'm extremely honored to join such a talented and professional team," said Skinnell. "I want to commend Cmdr. Wolff and each of the *Mobile* crews on their impressive accomplishments and *Mobile*'s mission readiness."



MCRD, San Diego Marine Band to perform in the San Diego Pride Parade on July 16.

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In 2011, San Diego became the first city in the nation to have a military contingent specifically for service members and veterans in its annual Pride Parade. Since that time, the contingent has become a key part of the premier event.

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Scott H. Silverman
author of *The Opioid Epidemic*, has been helping San Diegans get and stay off drugs for decades. He created Confidential Recovery, an outpatient drug treatment program that has day, night, and telehealth counseling options.

www.confidentialrecovery.com

Photo gallery



SAN DIEGO (July 1, 2022) - Master Chief Damage Controlman Matt Carpenter, left, and Information Systems Technician 2nd Class Zachary Negron set up shoring during a flooding drill aboard Carl Vinson aircraft carrier. Vinson is pier-side. US Navy photo by MC2 Haydn N. Smith

USS MAKIN ISLAND (July 7, 2022) - Seaman Joshua Cookson applies reflective tape aboard amphibious assault ship USS Makin Island. While at sea, Sailors wage a constant battle against the elements that take a continuous toll on the integrity of the ship, and Sailors fight every day to keep the vessel operational. US Navy photo



CAMP PENDLETON (June 30, 2022) - A Marine with Combat Logistics Regiment 1, 1st Marine Logistics Group, I MEF, pushes a Medium Tactical Vehicle Replacement vehicle during a regimental field meet here. The field meet was held to boost morale and camaraderie throughout the regiment. US Marine Corps photo by Cpl. Aldo Sessarego



Navy confirms name of Sailor who died on board carrier *Carl Vinson*

SAN DIEGO – Information Systems Technician 2nd Class Darren Collins, 22, a Sailor assigned to USS Carl Vinson, died July 10 on board the ship. The Navy is investigating the circumstances of Collins' death and there are no indications of suicide or foul play.

"My deepest condolences go out to the Collins family in this time of tragic loss," said Capt.

Scott Miller, CO of *Carl Vinson*. "As shipmates we grieve the untimely passing of a talented young man. We will continue to provide support to the *Vinson* crew and the Collins family. In addition to our shipboard resources, our Sailors are receiving tremendous support from the base and regional mental health services."

The ship's psychologist, chap-



Navy file photo of IT2 Darren Collins. US Navy photo by Senior Chief Petty Officer Stacy Laster

lains, and deployed resiliency counselor are providing a variety of support services to the crew to include individual counseling and support groups.

The official cause of death is still pending.

Farnsworth to assume command at FRCSW

NAS NORTH ISLAND - Capt. Marc Farnsworth will relieve Capt. Steven Leehe as commanding officer of Fleet Readiness Center Southwest here July 15. As the FRCSW boss since May 2020, Leehe saw his team recognized twice for its

comprehensive environmental programs, and earned the CNO Fiscal Year 2020 Aviation Safety Award for its consistent and effective airborne operations. Leehe retires after 40 years of combined naval and Marine Corps service.

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Solving for X: I MEF cyber team wins DOD virtual 'Capture the Flag' competition

by Sgt. Dana Beesley

I Marine Expeditionary Force

After four days and 13 hours of putting their defensive cyber operations capabilities to the test, I Marine Expeditionary Force's DCO-Internal Defensive Measures (IDM) recently emerged victorious from the Deputy Commandant for Information (DC I), Marine Corps "Capture the Flag" Cyber Games 2022.

This fourth iteration of the Marine Corps Cyber Games, hosted at the Naval Air Warfare Center via the National Cyber Range in Orlando, Fla., was the first to force teams to focus on defensive cyber skills rather than offensive cyber skills. Here, teams earned points by capturing cyber flags, in a simulated contested environment, which ranged in difficulty from Apprentice, Journeyman and Master.

For Cpl. Ian Bergman, a cyberspace warfare operator with I MEF's champs, the uniqueness

of this year's event challenged him and his fellow Marines to try new methods of analyzing data to reach a common goal.

"Although cyber analysts

Cpl. Ian Bergman (right): "... we all needed to be willing to offer a hand where we could fit in in order to win."

US Marine Corps photo by Cpl. Austin Fraley

The team agreed that constructive communication and fluidity between all ranks involved is unique in the cyber community and paramount to its success. Lance Cpl. Thomas Feuerborn



have similar jobs, everyone gets tasked either as a pair, a team, or individually to try and solve these puzzles and capture these flags," said Bergman. "We utilized the skills that certain Marines are better at to chase down flags. While every analyst had a job to capture their individual flag, we all needed to be willing to offer a hand where we could fit in in order to win."

observed that many solutions to scenarios would not be solved without the ability to learn from each other.

"The Marine Corps is heavily based on leadership, where if someone makes a mistake, a lot of people will end up covering down to fix that mistake," Feuerborn said. "Any one person in cyber can be the key to unlocking a specific problem. A lot of it has been instilled from the bottom up; teaching your Marines to be better than you are."

Bridging the gap between

talent management and problem solving in a simulated environment was a new challenge for the Marines to overcome. Staff Sgt. Keith Wolf, the team leader for DCO-IDM, credited the team's success with understanding whom to employ where in various scenarios throughout the competition.

"You have to use talent management to know where to start; who's good at what and being able to look at questions from every different angle," said Wolf. "There's a set number of total flags, which get unlocked as you progress. Most of the time, you have to solve one question to even know how to get to the next question to answer. The way that you could lose points was by being locked out of a question by answering it wrong too many times."

Feuerborn said the experience of this year's competition brought a new level of camaraderie and cohesion to the team, a cohesion which enabled them to score almost 400 more points than last year's winning team.

"Going through these cyber-attacks, you're constantly troubleshooting and problem solving and trying to figure out what's going on," said Feuerborn. "There's not one way to answer any given question, but there are more effective or efficient ways to get to the answers. It's all about honing that skill with your team or partner going about it with redundancy."

Finding the "missing piece" of a cyber threat directly correlates to that of a typical math equation, according to Bergman. DCO is categorized as passive and active defense operations to defend Department and Defense and other friendly cyber spaces. Offensive cyber operations are categorized as operations intended to project power by the application of force through cyberspace.

"Let's say if you're writing out an equation and trying to solve for x, and you forget an algorithm that you needed, I would remind you to 'Carry that 2,'" Bergman said. "In cyber, it's 'You forgot to click on this.'"

If I have a piece of information that [my teammate] is missing, he'll be able to open it up or pull out everything that was noise; otherwise you might just be continuously digging and chasing the flag."

Because of competitions like the Marine Corps Cyber Games, team analyst Sgt. Robert Gerbec said he and the other members of the team found that they were more equipped for real-life scenarios they may have in the future.

"Exercises like this help us hone our eye for the sort of obscure situations we may face," said Gerbec. "You're not always going to know where the adversary is going to be, what kind of systems they're going to use, how they're going to get into your network, or what their ultimate end goal is. [During the Cyber Games] we had a write up of what the scenario was, so we had kind of a baseline of what our adversaries' suspected eventual goal is, so we knew to check these certain things."

MCRD San Diego

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Seabee continued from page 1

Fearon said the training is similar to Marines, who all go to a battalion when they're done. He started working on internal security and assisting the Jamaican Constabulary Force in maintaining law and order. They patrolled with special operations.

After nine years as infantry in the Jamaican Defense Force, he decided to try their special forces.

"I liked how they looked at the time. Everybody wanted to be like them," he said. "It's a tough program. It's harder than the British. Except for the water part, it's harder than the Navy Seals. It's harder than the green beret and Canadian special force."

They had to navigate the terrain with only water to survive during training evolutions. Foraging for food brought them closer together, like family. Fearon mused over his time

with special forces and talked about how he missed the camaraderie.

"Working with the special forces there, it was like any special forces, real tight-knit community," he added. "People call you by your first name and all that. People know who you are and address you as such. Like, I miss that."

In the special forces, he went to Guatemala for a special forces competition, which brings in special forces throughout the western hemisphere.

"We actually won the assault competition. I went one year, and we won that," Fearon said with a smirk. "So I was really proud of myself because it's the only year I went, and we won because I'm good at shooting. So that was like a high point for me, so I got out."

After getting out of the Jamaican Defense Force, he moved to the U.S.

His mother came to New York in the early 2000s, and throughout her time working

odd jobs, she got the paperwork for him and his siblings to come to the U.S.

In 2019, he decided to enlist in the U.S. Navy.

In boot camp, Fearon took advantage of another opportunity. He joined the Ceremonial Guard in Washington D.C. and served for two years. He was part of the firing party, provided funeral honors for the fallen, participated in ceremonies for dignitaries and retirements, and received every qualification he could.

He reported to NMCB-5 as a construction mechanic in March of 2022. He was advanced to Petty Officer 3rd Class for his time in the Ceremonial Guard. He attends college in his free time but takes every opportunity to learn his new craft.

"I'm trying to really adjust. As I said, I was in the special forces; one of the things they teach you over there is adapting to whatever environment you're in," Fearon said.

"I know I'm a bit old. I'm 40

years old, and I work mostly amongst younger Sailors. But I still, you know, I try to learn from them because this trade is purely new to me. I just try to get involved and learn my new job."

Fearon just completed his first exercise with the battalion. Although he's used to doing things a different way, he adapts.

"It's really easy compared to what I used to do back home," he explained. "It just takes time. It still sucks, but it's not as bad as what I've been through. Some things I've seen done differently, but I still have to put away everything I've learned because this is different. So I say, 'Okay, I'll try to learn this,' instead of maybe I would have done it differently."

He doesn't know if he'll stay in the Navy after his first enlistment. Still, he enjoys the experience and taking in all the knowledge his shipmates offer. As for his family, his wife and kids have adjusted. Now they love living here.

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VA adopts Login.gov for a unified sign-in experience

WASHINGTON - By creating an account on Login.gov, veterans can now use the same login and password to access a growing list of federal government websites, including the Department of Veterans Affairs, Office of Personnel Management and Small Business Administration to deliver a secure and streamlined identity verification experience.

Currently, vets can login to VA.gov, My HealthVet and VA's flagship Health and Benefits mobile app using Login.gov.

Operated by the General Services Administration's Technology Transformation Services, the availability of Login.gov at VA marks a major milestone in improving how vets access their benefits and services.

Implementing Login.gov fulfills a key objective of President Biden's Executive Order on Transforming Federal Customer Experience and VA plays an integral role in innovative technologies driving simplified access to the world-class care and benefits veterans have earned.

"Login.gov is a secure digital credential designed to streamline how users access government benefits and services," said Chief Technology Officer Charles Worthington. "As part of the department's digital transformation efforts focused on continuous improvement, we're embracing the innovative technology designed by Login.gov to provide our vets a seamless sign-in experience to better serve, engage and enhance the customer experience."

"This is an important example of using technology to deliver services that provide convenient access to benefits while supporting vets as they transition into civilian life," said Director of GSA's Technology Transformation Services Dave Zvenyach. "It's our mission at GSA to provide a secure and seamless digital experience for vets and those supporting them."

The launch of Login.gov follows several other digital transformations including the relaunch of VA.gov, and the launch of VA's flagship mobile application enabling veterans to schedule and track health care appointments.

VA expands live donor care and support

WASHINGTON - The Department of Veterans Affairs implemented a final rule July 1 describing the authority to provide support for donation procedures and related care to those who donate an organ or bone marrow to veterans for transplants.

Live donor support includes the following at no cost to the live donor, both in-house and in the community:

- *Initial screening, tests and studies necessary to qualify an interested individual as a live donor for a specific veteran.*
- *Medical care and services related to the solid organ or bone marrow donation procedure.*
- *Post-donation follow-up, to include medical care and services required to address reasonably foreseeable donor health complications resulting directly from the donation procedure for the period specified in the regulation.*
- *Necessary travel and temporary lodging expenses, including those of one needed attendant or support person for the live donor, at rates prescribed in the regulation.*

The final rule also highlights the informed consent rights of live donors, including the right to revoke their consent at any time and for any reason. Additionally, growing awareness and use of paired kidney donations or kidney donation chains in the private sector are voluntary efforts that could benefit vets, and so these are specifically addressed in the final rule.

"The more live donors we have, the more the gift of life is given to the veterans we serve," said VA National Director of Clinical Services Manimegalai Murugavel. "We know the availability of live organs and bone marrow doesn't meet the need for transplants nationwide. That's why it's important we find live donors to facilitate transplantation within a reasonably short time compared to the wait time of an organ from a deceased donor."

As part of the integral care required by an eligible veteran in need of a transplant, VA has offered solid organ transplant services since 1962 and bone marrow transplant services since 1982, including providing care and services for live donors donating a solid organ or bone marrow to a vet.

Veterans compete at Golden Age Games

WASHINGTON - After two years of virtual participation at-home, approximately 500 veterans from across the country are set to compete in the VAs' National Veterans Golden Age Games July 18-23 in South Dakota.

Military vets aged 55 and older will return to live competition and clinics at multiple venues throughout Sioux Falls.

Through its "Fitness for Life" motto, the National Veterans Golden Age Games motivates veterans to commit to fitness through daily recreational movement and activity. The rehabilitation event demonstrates the essential value of sports and complements VA rehabilitation programs and year-round training offered to vets at VA facilities across the country.

"Inspiring and supporting Veterans to take part in activities they enjoy is crucial for not just their physical health, but also their mental health," said VA Adaptive Sports and Arts Director Leif Nelson. "Rehabilitation programs like Golden Age Games use sports to motivate veterans of all

abilities as they serve as active and fit role models in their communities."

During the six-day event, senior veteran athletes will compete in 14 sports: air pistol, air rifle, badminton, blind disc golf, bocchia, cornhole, horseshoes, nine ball, pickleball, powerwalk, shuffleboard, table tennis and track and field. Exhibitions this year include air rifle for those visually impaired and kickball as a team sport.

"The Golden Age Games saved my life," said Linda Morgan, an Air Force veteran. "Before the games, I was really going downhill. I was scared. The games motivated me to stay active and keep moving. My first year was in 2016 in Detroit. It got me moving and I haven't missed one game since."

VA presents the annual event with support from national sponsors, Veterans Canteen Service and other corporate and local sponsors that recognize the role fitness plays in lives of older Americans.

Follow @Sports4Vets Facebook, Instagram and Twitter.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

"Mom, can the dog I'm sitting for this weekend stay at our house so I won't have to sleep at my owner's place?" the text from his daughter, Lilly, read. "He's a little Pomeranian mix named Ricky-Bobby," she wrote, "Isn't that cute?"

As a parent, it's no fun to say "no" all the time. "Yes" is so much easier. I'm a firm believer that children thrive when they are in an environment that is well-defined by rules and led by a strong but nurturing authority figure. However, being a good mother is hard, and sometimes you just want to say "Yes."

Yes, eat chicken nuggets for dinner again. Yes, draw on yourself with markers. Yes, wear bootie shorts to school. Yes, take a log of cookie dough in your lunchbox.

"Yes, tell the owner to bring her dog over to our house," I heard myself say when Lilly got home. But she sensed my hesitation.

"What's the matter, Mom?"

"Well, I don't really want a yappy little dog in our house who will probably pee on everything, terrorize Moby, and drive me crazy. But I don't like saying no," I admitted.

"Mom, I swear, the lady told me that Ricky-Bobby is super-friendly and well-behaved," Lilly promised.

Blinded by love for children and dogs

"That's what they all say," I grumbled. Scowling, I went out to prune the petunias.

My mind wandered back to a memory from NS Mayport, when our base neighbor asked us to walk and feed "P'Nut," her Chihuahua mix, who wore a rhinestone studded collar, ate Goldfish Crackers, and slept in a skillet-sized bed. "How hard could it be?" I thought.

Following specific instructions, I opened her garage door at exactly 5:30 pm and heard P'Nut's surprisingly sharp barks. Entering the house, I scooped exactly one-quarter cup of kibble into P'Nut's tiny food dish, informed P'Nut that it was "time to go outside," and led her into the open garage. Making soothing noises, I approached P'Nut with the leash.

Just then, P'Nut's minuscule black lips peeled back from her needle-like teeth, and she lunged for my fingers. I sprang backwards with an embarrassing shriek. Chalking the incident up to a fluke, I cooed, "Does widdle P'Nut wanna go on a wicky-walk? You sweet little th... AHHHHH!"

Relieved to find my fingers intact, I asked the neighbor for assistance. A Navy helicopter pilot, he stepped confidently toward P'Nut, declaring, "I'll pick her up - she won't hurt me." In the chaos that ensued, P'Nut flashed her fangs and dashed around the garage, squealing like a pig. When the dust settled, the pilot was back on his porch, yelling, "She doesn't like me!"

I gave up the on walking the obstinate little diva, and lured her back in the house using Goldfish treats. Like a court jester who's been sentenced to the gallows, I bowed before Her Excellency to offer the bribe. Thankfully, she accepted.

The memory of P'Nut was interrupted when Ricky-Bobby arrived with his owner, and our yellow lab, Moby, loped over to greet them. Before we had a chance to introduce ourselves, Ricky-Bobby emitted ear-piercing barks in rapid-fire succession like some kind of semi-automatic sound weapon, and wriggled free from his owner. Jumping as high as his toothpick legs would allow, he attempted to sink his sharp little teeth into Moby who ran off, Ricky-Bobby nipping and yapping behind.

The chaos continued until Moby agreed to stay twenty feet away from Ricky-Bobby and his owner, who said, "Isn't he sweet? He'll settle down after a while." She proceeded to promise that her mini-Kujo would "never bite" or pee in our house. But he might "mark a bit" and leave an "angry poop or two" that would be "firm and easy to pick up."

Lilly glanced in my direction. One look at my widened eyes, and she knew what she had to do. "Ricky-Bobby is so adorable... but I think it would be best if he stays in his own house where he's comfortable."

That's my girl. She's learning early that saying no isn't always easy, but it's often the right thing to do.

AutoMatters™ & More



by Jan Wagner

It seems quite fitting that this World Premier exhibition opening at the new Comic-Con Museum, in San Diego's beautiful Balboa Park, coincides not only with next week's return to the first full-scale San Diego Comic-Con since COVID struck, but also with the publication of "AutoMatters & More" number 750!

This 7500 square-foot, interactive, highly informative exhibit celebrates the 60th anniversary of Spider-Man with: life-size sculptures of Spider-Man in action; immersive experiences that bring to life Spider-Man's most notorious villains; digital canvases, sound and classic comic elements in brilliant high-definition; rarely seen design materials, concept art and movie props; an original copy of 1962's "Amazing Spider-Man" number one; behind-the-scenes looks at some of Spidey's biggest pop-culture milestones; and, for the first time ever on display, original art from Spider-Man comic books, including works by Steve Ditko, John Romita Sr., John Romita Jr., Todd McFarlane, Erik Larsen, Mark Bagley, Sara Pichelli and many more legendary artists. There is also a large selection of Spider-Man memorabilia available in the Spider-Man gift shop.

I spoke with Brian Crosby, Director of Themed Entertainment for Marvel. He told me that this exhibit is "largely focused on the comics, predominantly, because that's really where his story begins... but we certainly sprinkle in some of those other pop culture elements."

'Spider-Man: Beyond Amazing - The Exhibition' debuts at Comic-Con Museum

"Stan (Lee) is the reason we're all here, at least for me and Marvel. Stan and Steve Ditko, they created this character back in 1962, and really he was a character that Stan's publisher didn't want to do. Stan had this idea to do a younger superhero — a teenager who had problems, and that was not what his publisher thought was going to sell. And so they told Stan to kind of shelve it. But there was a book called "Amazing Fantasy" that, as Stan tells the story, was going to be cancelled anyway and so he thought, 'what the heck, I'll throw that Spider character in there' — and not only was he a teenager but also he was themed after a bug, and the publisher said 'people don't even like spiders, they hate spiders.' Stan threw him in there anyways, the fans went nuts for it and the rest is history."

Prior to his current position, and over a period of about ten years, Brian was a theme park designer for Walt Disney Imagineering. He helped design theme park attractions all over the world. He worked on "STAR WARS," Marvel, "It's A Small World," "Tron" and a number of other theme park attractions. "When the Walt Disney Company purchased Marvel in 2009, it was kind of the beginning of the Marvel Cinematic Universe, so there wasn't a huge awareness of the characters that everybody knows now — like Thor, Loki and the Guardians of the Galaxy. Having been a huge comic books fan I knew those characters, so I kind of immediately gravitated towards all Marvel stuff when I was at Imagineering, and then getting to know the folks at Marvel — in particular Joe Quesada, who was the Chief Creative Officer at the time. We became great

friends and that's how I was offered my current job, kind of overseeing all of these attractions and experiences for Marvel, since 2015."

According to Rita Vandergaw, Executive Director of the Comic-Con Museum, the museum came to be to give visitors the opportunity to experience some of what is the Comic-Con convention, but on a daily basis.

Other exhibits currently at the Comic-Con museum — included with the purchase of admission — are: "PAC-MAN ARCADE," a neon-lit arcade room with games, artwork and memorabilia; "Dave Stevens And The Rocketeer: Art for Arfs' Sake" (no, that is NOT a typo), with 40 original covers and pages from "The Rocketeer," as well as Stevens' early works, his artwork for Comic-Con, animation storyboards, and uniquely designed props and pieces; "Eight Decades of Archie," with vintage comic books, animation production materials, original art and pieces from the WB's popular "Riverdale" T.V. series; and a Sneak Preview of "Hemingway in the Comics."

"Spider-Man: Beyond Amazing — The Exhibition" runs through December 2022. To learn more about this and the other exhibitions at the Comic-Con Museum, to purchase tickets, and to see the museum's events calendar, visit <https://comic-con.org/museum>.

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](https://www.automatters.com). On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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AROUND TOWN

Sandcastle Ball, Fri, July 15. Imperial Beach. sunandseafestival.com

Top Rank presents: Championship Boxing at Pechanga Resort Casino, Fri, July 15, 4pm. www.pechanga.com

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

Concerts in the Park: Brett Payne Country Music Band at Jim Wood Park, Oceanside. Fri, July 15, 5pm. (760) 533-6161

Movies in the Park: Raya and the Last Dragon at Bradley Park South, San Marcos. Fri, July 15, 6:30pm. www.san-marcos.net

SD Padres vs. Arizona Diamondbacks, Petco Park. Fri, July 15-Sun, July 17. Padres Cantina Fri, postgame fireworks Sat, meet Star Wars characters Sun. www.mlb.com/padres

Party in the Park, Fri, July 15, 4:40-6:40pm. Pregame happy hour in Petco Park's Gallagher Square for Party in the Park. Live music, fun activities.

Orange County Fair at OC Fair and Event Center July 15 thru Aug 14. www.ocfair.com

Sun and Sea Festival in Imperial Beach. Sat, July 16. www.sunandseafestival.com

Coronado Community Sing-Along, Sat, July 16, 10am-2pm. Free. Lyric sheets provided. Musicals, movies, plays, ABBA, Beatles, more!
Pride 5K Walk and Run in Hillcrest. Sat, July 16. sdpride.org

Mopar Club of San Diego's All American Car Show at Seaport Village and Embarcadero Marina Park North, Sat, July 16, 9am-2:30pm. moparclubsandiego.net

San Diego Pride Parade at Balboa Park, Sat, July 16, 10am-3pm. www.sdpride.org

Best Coast Beer Fest, Sat, July 16, noon-4pm. \$55-\$85. 100+ breweries on hand. Fundraiser for cancer patients/survivors. Water-

front Park, downtown SD.
Summer Movies in the Park Series: Luca at Poway Community Park, Sat, July 16, 6:30-10pm. www.poway.org

Guided Nature Walk. Saturdays, July 16, 23, 30, 9:30-11am. Free. Mission Trails Regional Park-San Carlos. mtrp.org

Miner's Loop Trail Hike, Sat, July 16, 9-11am. Free. Guided walk. Black Mountain Open Space Park, 12115A Black Mountain Rd. Hard to find entrance is off Carmel Valley Rd., on south side of road, about 0.7 miles east of intersection with Black Mtn. Road, Rancho Peñasquitos 92129.

69th Annual World Championship Over-the-Line at Fiesta Island, July 16-17, 7:30am. www.ombac.org/over-the-line

Family Campout at Lake Poway. Sat-Sun, July 16-17. poway.org

San Diego Pride Festival at Balboa Park, Sat-Sun, July 16-17. www.sdpride.org

San Clemente Ocean Festival at San Clemente Pier. Sat-Sun, July 16-17. www.oceanfestival.org

Summer Concert Series at Old Poway Park, Sun, July 17, 5:30-7pm. www.poway.org

MLB All-Star Game at Dodger Stadium. Tues, July 19. www.mlb.com/dodgers/fans/all-star-game

Styx and REO Speedwagon with Loverboy at North Island Credit Union Amphitheatre, Tues, July 19, 6:45pm. ticketmaster.com

Something Rotten at Moonlight Amphitheatre. July 20-Aug 6. www.moonlightstage.com

Encinitas Cruise Night on South Coast Highway 101 from D to K Street, Thur, July 21, 5:30-7:30pm. www.encinitas101.com

Mandy Moore at The Belly Up, Thur, July 21, 8pm. bellyup.com

Del Mar Thoroughbred Club Horse Racing Opening Day at Del Mar Racetrack, Fri, July 22. www.dmtc.com

ROY'S SUDOKU

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MOVIES AT THE BASES

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

Naval Base Theater - NBSD,

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

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

Thursday, July 14
6pm Jurassic World Dominion pg13
Friday, July 15
6pm Where the Crawdads Sing pg13
Saturday, July 16
3:30pm Lightyear pg
6pm Where the Crawdads Sing pg13
Sunday, July 17
1pm Lightyear pg
3:30pm Jurassic World Dominion pg13

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, July 15
6pm Lightyear (PG)
9pm Jurassic World Dominion (PG-13)
Saturday, July 16
1pm Top Gun: Maverick (PG-13)
4pm Lightyear (PG)
7pm Where the Crawdads Sing (PG-13)
Sunday, July 17
Noon Lightyear (PG)
3pm Where the Crawdads Sing (PG-13)
Friday, July 22
6pm Elvis (PG-13)
9pm The Black Phone (R)
Saturday, July 23
1pm Lightyear (PG)
4pm Elvis (PG-13)
7pm Where the Crawdads Sing (PG-13)
Sunday, July 24
Noon: Jurassic World Dominion (PG-13)
3pm Elvis (PG-13)

Lowry Theater - NASNI,

619-545-8479
Bldg. 650

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

Friday, July 15
6pm Jurassic World Dominion pg13
Saturday, July 16
3pm Jurassic World Dominion pg13
6pm Top Gun: Maverick pg13
Sunday, July 17
1pm Lightyear pg
4pm Where the Crawdads Sing pg13
Friday, July 22
6pm Elvis pg13
Updates: sandiego.navylifefsw.com

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, July 9
1:30pm Top Gun: Maverick (PG13)
Saturday, July 16
1:30pm The Bob's Burgers Movie (PG13)
Saturday, July 23
1:30pm Jurassic World Dominion (PG13)
Saturday, July 30
1:30pm Elvis (PG13)
Saturday, Aug 6
1:30pm Lightyear (PG)

Q-Zone - NAB

Bldg. 337 • 619-437-3190
Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs
Friday, July 15
5pm Morbius pg13
Saturday, July 16
11am Sing 2 pg

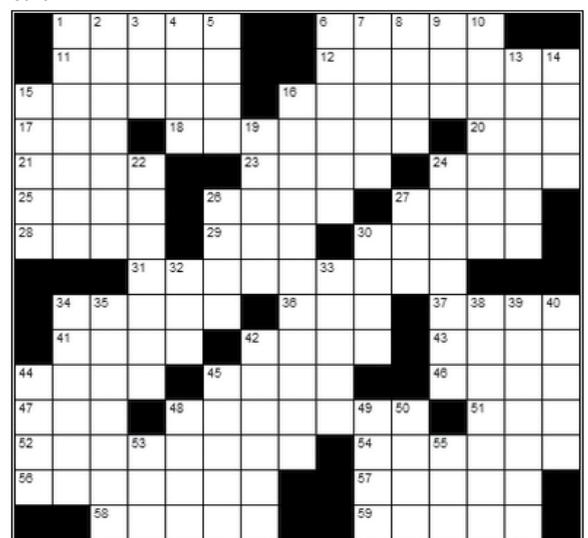
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- Bad treatment
- Caper
- Noodles
- Proof of purchase
- Materialize
- Shame
- Used in baseball
- Utter nonsense
- Estimated time of arrival
- Diva's solo
- Diplomacy
- Remain
- British tax
- Celtic language
- A set of garments
- Charity
- Dog command
- 70's dance music
- Attacker
- Reason
- A rotating disk
- Dull pain
- Sword handle
- Pack down
- Weightlifters pump this
- Shopping place
- Sandwich shop
- Bird home
- Petroleum
- Chivalrous
- Consumed
- Unequally
- Christian holy day
- Gist
- Woody plants
- Direct
- Sows

DOWN

- Clothing
- Christian rite
- Employ
- Pierce
- Noble
- Son of a king
- Adjust again
- Hurting
- Modern
- Of motion
- A spud
- Used to carry meals
- Manila hemp
- In a forceful or urgent manner
- Skylit lobbies
- Violent attack
- Prolong
- Being
- Transgression
- Moist
- Supersonic transport
- Female demon
- Metal shackles
- Unventilated
- Made
- Party organizer
- Reply to a knock
- Bank employee
- Pout
- Terpsichore
- Heredity unit
- Trawling equipment
- Empty weight
- Animal doctor
- Observe



Are you prepared for a disaster?

by Janet A. Aker,
MHS Communications

Wildfires have burned more than 3 million acres of land in the U.S. already this year — an area bigger than Connecticut.

An array of disasters — like massive wildfires, hurricanes, cyclones, tornadoes, floods, and mud slides — now seem to be everyday risks.

So, how to prepare for an evacuation affecting your family and pets? Or even losing your home?

Start by creating a basic disaster emergency kit and create a plan to get back together as a family in the event of a disaster. Watching this disaster preparedness video can help you create your kit.

“The most important things you should have is the basic life-saving equipment”, said Christopher Springer, head of emergency management at, Naval Medical Center San Diego.

That means flashlights, radios, and batteries to support that equipment. “Then look at your actual household to think about your family members who

have special needs or special medications, then build each emergency preparedness kit for your home and your family,” Springer said.

TRICARE also has information to go to the TRICARE newsroom on what to do before, during, and after a disaster, and your benefits during a disaster.

Your Pets

For your pets, the Army Public Health Center recommends gathering an emergency kit with a two-week supply of pet food, water, and any medications. Make sure you have copies of pets’ vaccination and medical records as well.

Some emergency shelters require crates for pets, and some only accept service animals. It’s a good idea to identify pet-friendly housing options outside of the evacuation area.

Make sure your pet’s ID tags include your current contact information. You also may want to ask your veterinarian about getting your pet microchipped in case you’re separated during an emergency.

Hurricanes and Lessons Learned

In the eastern U.S., people are more likely to see hurricanes, flooding, and tornadoes. This year, the government predicts an above average hurricane season with up to 21 storms, and the year has already seen many deadly tornadoes.

For the staff of Tyndall Air Force Base in Florida in 2018, the impact of hurricanes became all too real, when Hurricane Michael devastated the base in October 2018. Many base personnel and families lived in the surrounding community, which had to rebuild following the hurricane.

“One of the biggest lessons we learned after the Tyndall was destroyed by was to understand what your insurance plan says,” said Robert Genova, the Emergency Management Operations support manager at Tyndall.

“Once the storm has passed, what are you authorized to do, such as having a contractor put tarp on your roof, and will your insurance pay for that?” he advised. “You need to understand

what kind of limitations you have on your insurance.”

Preparedness Toolkits

Every military service has a guide and thorough preparedness toolkit localized to the installation and outside-of-base housing. New service members or PCS’ed families get initial information on the local hazards during their orientation briefings.

For example, the Air Force’s Be Ready guide is an authoritative and highly thorough reference source for all types of natural, man-made, technological and terrorism-related disasters.

The guide helps military families prepare for those events and runs the gamut from basic preparation to exactly how to deal with most any type of disaster.

The toolkits and catalogs go from awareness posters, information tear sheets, table tents, to hazard vignette short videos. There are also kids’ awareness campaign materials that include activity books and tear sheets focused on the threats or hazards for each installation.



Airmen at Keesler Air Force Base, Mississippi assisted the 81st Civil Engineer Squadron with filling more than 2500 sand bags. Hurricane season runs from June 1 through November 30. US Air Force photo by Kemberly Groue.

How military hospitals and clinics prepare for disasters

by Janet A. Aker,
MHS Communications

When disaster strikes — like massive wildfires, hurricanes, tornadoes or floods — military hospitals and clinics need to be prepared.

These major facilities across the Military Health System have to continue existing operations, and at the same time they also need to be prepared to treat injuries or illnesses that might result from the disaster itself.

That’s why it’s essential that military hospitals and clinics be prepared in the event of an evacuation.

“We look at our plans, our hazards vulnerability assessment for the area, and we sit down with all of the nurses, different department heads, and we get a list of medical items that they might need for each event,” said Christopher Springer, head of the Emergency Management/MEM, Naval Medical Center San Diego.

Each military hospital and clinic has multiple mobile medical kits at the ready for different disaster situations as part of their continuity of operations plans when Disaster Medical Assistance Teams are called upon.

“They contain everything from syringes to IV bags, catheters to sodium chloride,” Springer said. The list is of medical materiel is so large because military hospitals and clinics provide a higher level of care.

“We have one mobile kit for evacuation. We have one for sheltering in place, we have one for a possible active shooter. That way, we have something to quickly reference to see whether we have

all those items,” which are stored throughout each facility, according to Springer.

Military hospitals and clinics have generators, back-up generators, and external generators, as well as multiple back-ups for refrigerators for medications. “If all other redundancies fail, our facilities department is prepared to reach out to pre-identified contractors and vendors who can provide necessary resources,” he said.

Evacuating a Military Hospital or Clinic

To evacuate an entire facility when the worst-case scenario happens and there is no power at all, medical staff would escort ambulatory patients down stairwells or use medical evacuation sleds for bed-ridden patients.

“In the worst-case scenario, we may have to hold some patients on station at our pre-evacuation locations until we get EMS vehicles to arrive to transport patients to another location,” Springer said.

Military medical personnel will continue to support wounded warfighters and beneficiaries no matter what disaster occurs. “If they’re not prepared mentally, and if their family is not prepared, if they’re worried about their family, their minds might tend to go somewhere else instead of focusing on the patient care mission,” Springer suggested.

To counter this, “the biggest thing I instruct the staff to do is to make sure you know your surroundings, make sure you have the ability to communicate, and make sure you have a plan to let your family know that if a disaster happens, you both know where to go and who to contact,” Springer said.

Developmental pediatrics team visits Vandenberg

by AIC Tierra Sibley,
SLD 30 Public Affairs

The 30th Medical Group hosted a developmental pediatrics workshop at Vandenberg Space Force Base, Calif., May 25, 2022.

Developmental Pediatrics delivers specialty treatment to families that have children with developmental, mental health and learning disabilities. The Air Force Developmental Behavioral Family Readiness team hosted a workshop to introduce information on the different programs that assist parents with special needs children. The workshop serves military families by directing and connecting them with services to help with their children’s developmental and behavioral needs.

“Sitting in this workshop made me feel a bit more relieved, knowing that there are so many programs and options available,” said

Staff Sgt. Agueda Leleua, 30th Logistics Readiness Squadron vehicle maintenance mechanic, whose daughter was recently diagnosed with autism. “This program is really great. The people that are on the developmental pediatrics team really do care about your child care, how you’re feeling and your needs.”

For the last two years, the developmental pediatrics team has visited Vandenberg to assist the families with special needs children.

“We help support the local team of pediatric providers, nurses, and special needs coordinators to address families concerns,” said Col. Eric M. Flake, Joint Base Lewis-McChord development- behavioral family readiness center medical director. “We provide high quality evaluations and best practices recommendations to help minimize



Col. Eric M. Flake, Joint Base Lewis-McChord medical director, greets and welcomes parents during the developmental pediatrics workshop at Vandenberg Space Force Base, Calif., May 25, 2022. Flake explained how the Air Force Developmental Behavioral Family Readiness Center collaborates with families that have children with special needs to provide assistance with programs that cater to their specific developmental and behavioral needs. (U.S. Space Force photo by Airman 1st Class Tierra Sibley)

behavior problems and augment a child’s development.”

Flake explained that the Air Force DBFRC is the Surgeon General’s strategic program to help all families have the necessary medical developmental and behavioral support anywhere in the world.

“This will allow them to receive the necessary medical care using innovative hub and spoke services to minimize denials or the necessity of them being reassigned to another base because the current base cannot support their medical needs,” Flake said.

The Space Force realizes that not every community will be able to provide extensive services to help families with special needs children. The DBFRC has the capabilities to perform developmental evaluations, help with treatment planning, and coordinate with autism spectrum disorder and non-autism spectrum disorder specific services. This ties into behavioral analysis, counseling, special education advocacy and more.

To receive help, contact your primary care manager to refer you for DBFRC assistance. They will review the information and a virtual appointment will be made.

DoD Safe Helpline
Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

text*55-247 (inside the U.S.)
202-470-5546 (outside the U.S.)

Live 1-on-1 Help | Worldwide 24/7
For CONFIDENTIAL victim assistance

*text your location for the nearest Sexual Assault Response Coordinator

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1-800-273-TALK (8255)
suicidepreventionlifeline.org

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