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SIXTY-FIRST YEAR NO. 37 THURSDAY, JANUARY 6, 2022

SUPPORTING GLOBAL MARITIME SECURITY ABRAHAM LINCOLN CARRIER STRIKE GROUP DEPLOYS

SAN DIEGO - The *Abraham Lincoln* Carrier Strike Group departed on a regularly scheduled deployment Monday, January 3, in support of global maritime security operations.

The Abraham Lincoln CSG is led by the command staff of CSG 3 and consists of Abraham Lincoln aircraft carrier, Carrier Air Wing (CVW) 9, cruiser USS Mobile Bay, and destroyers of Destroyer Squadron 21 (DESRON 21) - USS Fitzgerald, USS Gridley, USS Sampson and USS Spruance.

Carrier Air Wing Nine includes eight squadrons: the "Tophatters" of Strike Fighter Squadron 14, flying F/A-18E Super Hornets; the "Black Aces" of Strike Fighter Squadron 41, flying F/A-18F Super Hornets; the "Vigilantes" of Strike Fighter Squadron 151, flying F/A-18E Super Hornets; the "Wizards" of Electronic Attack Squadron 133, flying EA-18G Growlers; the "Wallbangers" of Airborne Command & Control Squadron 117, flying E-2 Hawkeyes; the "Chargers" of Helicopter Sea Combat Squadron 14, flying MH-60S Knight Hawks; the "Raptors" of Helicopter Maritime Strike Squadron 71, flying MH-60R Sea Hawks; and the "Black Knights" of Marine Fighter Attack



Capt. Amy Bauernschmidt, commanding officer of USS Abraham Lincoln aircraft carrier, speaks with local media during a press conference before the ship got underway for a regularly-scheduled deployment. Navy photo by MC1 Kelby Sanders

Squadron 314, flying F-35Cs.

Marine Fighter Attack Squadron 314 is the first Marine unit to transition to the F-35Cs, doing so at the end of 2020 after retiring the squadron's F/A-18C Hornets. The squadron officially reached

operational capability in July. The "Black Knights" are based at MCAS Miramar.

"The entire CSG 3 team is trained and ready to deter and, if necessary, win conflicts as called upon by our nation's leaders," said Rear Adm. J.T. Anderson, commander, Carrier Strike Group 3. "As we leave today on this routine, scheduled deployment, I know the Sailors and Marines of this team will continue to serve this great nation and its people. It is our honor to do so."

The units of the *Abraham Lin-coln* CSG began their pre-deployment training cycle back in April and recently completed a monthlong integrated exercise where commander, 3rd Fleet certified the strike group for deployment.

"These Sailors are incredible professionals who have trained exceptionally hard to ensure they are ready for any operational obligations required of us on deployment," said Capt. Amy Bauernschmidt, *Abraham Lincoln*'s commanding officer. "They're absolutely prepared for today's deployment, and I have no doubt they will represent our nation proudly as we defend our national interests."

The Abraham Lincoln carrier strike group and CVW 9 are deploying with the most advanced air wing in the Navy. Through the integration of organic 4th and 5th generation information and survivability, increased command and control abilities, and airborne electronic attack capacity, all sustained with a robust logistical support platform, the Navy's next

iteration of the Carrier Air Wing will be more lethal and survivable in today's contested battle space, and well into the future.

3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute our Navy's role across the full spectrum of military operations - from combat operations to humanitarian assistance and disaster relief

3rd Fleet works together with our allies and partners to advance freedom of navigation, the rule of law, and other principles that underpin security for the Indo-Pacific region.



USS *Abraham Lincoln* (CVN 72) transits San Diego bay on her way to deployment. Navy photo by MC1 Kelby Sanders.

JANUARY OBSERVANCES: SUNDAY SUPPER, CREATIVITY, WAYFINDING

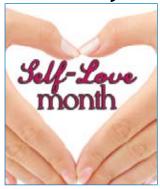
Nat'l Meat Month Nat'l Soup Month Be Kind To Food Servers Nat'l Hot Tea Month Nat'l Oatmeal Month Nat'l Sunday Supper Nat'l Blood Donor Month Nat'l Thank You Month California Dried Plum Digestive Nat'l Hobby Month Bread Machine Baking Nat'l Slavery and Human Trafficking Prevention Nat'l Fiber Focus Month Cervical Health Awareness Teen Driving Awareness Nat'l Prune Breakfast Food



Nat'l Braille Literacy Children Impacted by a Parent's Cancer Month Nat'l Retail Bakers Month Nat'l Birth Defects Prevention Celebration of Life Month. Nat'l Slow Cooking Month

Nat'l CBD Month Receding Gums Awareness Nat'l Wheat Bread Month California Restaurant Month Drag Month Adopt A Rescued Bird Month National Clean Up Your Computer Month Nat'l Get Organized (GO) Nat'l Mentoring Month Nat'l Women's Empowerment Thyroid Disease Awareness Apple and Apricot Month Nat'l Artichoke and Asparagus **Tubers and Dried Fruit** Nat'l Stalking Awareness Get a Balanced Life Month

Music Therapy Social Media Advocacy Month Nat'l Radon Action Month Alzheimer Awareness Month Book Blitz Month Clap 4 Health Month Int'l Brain Teaser Month Int'l Change Your Stars! Int'l Child-Centered Divorce Int'l Creativity Month Int'l New Year's Resolution Month for Businesses Int'l Quality of Life Month Int'l Wayfinding Month Int'l Wealth Mentality Month Learn to Ski and Snowboard Nat'l Bath Safety Month



Nat'l Be On Purpose Month Nat'l Codependency Awareness Nat'l Eye Care Month

Nat'l Glaucoma Awareness Nat'l Healthy Weight Awareness Nat'l Human Resource Nat'l Mail Order Gardening Nat'l Personal Self-Defense Awareness Month Nat'l Personal Trainer Awareness Month Nat'l Polka Music Month Nat'l Poverty in America Awareness Month Nat'l Skating Month Nat'l Staying Healthy Month Nat'l Train Your Dog Month Self-Help Group Awareness Shape Up U.S. Month

Career & Education

Solutions to sensitive subjects and taking care of military families.

See page 5

Local Military

USS Abraham Lincoln captain becomes first woman to take a US aircraft carrier to sea.

See page 7

Base Movie Schedule

Resident Evil: Welcome to Raccoon City, West Side Story (2021), Ghostbusters: Afterlife, Encanto, House of Gucci See page 14

Air Force authorizes pass for COVID booster

WASHINGTON - Airmen and Guardians who are eligible and elect to receive a booster dose of the COVID-19 vaccine are authorized a four-hour pass, or up to four-hours administrative leave for Department of the Air Force civilians.

"We strongly encourage all Airmen, Guardians, and DAF federal employees to receive a booster. As COVID-19 cases continue to surge, we need to do everything possible to protect ourselves, our families, and our communities - that means getting a booster," said Under Secretary of the Air Force Gina Ortiz Jones. "The fourhour authorized time may be applied retroactively for those who have already received the booster."

The Office of Personnel Management authorizes federal employees up to four hours of administrative leave to receive a vaccine booster shot, which is designed to cover â€æthe time it takes to travel to the vaccination site, receive the vaccination dose, and return to work."

If federal employees take less than four hours to receive their booster shot, they should be granted only that amount of time in administrative leave, and employees cannot receive leave or overtime if they get their booster shot outside of COVID-19 vaccination. their normal work hours.

Federal employees are also authorized up to four hours of administrative leave to accompany their family members who are receiving any dose of a Federal employees should obtain advance approval from their supervisor before being permitted to use administrative leave for COVID-19 vaccinaTo date, more than 95 percent of Total Force Airmen and Guardians have been vaccinated. For the latest information on DAF COVID policies, statistics, news and resources, visit the DAF COVID-19 website on *AF.mil* or *Spaceforce.mil*.

Army Guard husband, wife promoted to CW05

tion purposes.

by Sgt. 1st Class Zach Sheely

ARLINGTON, Va. - Only about 3 percent of those in the Army are warrant officers, and rarer still are those who have reached the top warrant officer rank - chief warrant officer 5. So, it was even more unusual to get the opportunity to pin on that rank in a double ceremony with one's spouse.

For Brian and Shelly Brooks, both assigned to the National Guard Bureau, that's exactly what happened when the two were promoted to Chief Warrant Officer 5 in a ceremony at the Herbert R. Temple Jr. Army National Guard Readiness Center here recently.

"Today marks a special day for not only Brian and myself but our family," said Shelly, the senior signal warrant officer for the Army Guard information technology directorate. "We've finally reached the pinnacle of our careers and can see that retirement rainbow on the horizon, but there is still work to be done."

The couple, married for 13 years, have a combined 68 years of military service. They served as a warrant officer in a joint environment and at the battalion, troop command, and brigade levels before coming to NGB in 2018. Brian, the senior ground maintenance warrant officer for the Army Guard's logistics directorate, said the two are blessed to serve at the NGB together and that he's especially proud to be promoted alongside Shelly.

"Watching Shelly make that top rank makes me really proud," he said. "I've seen her hard work firsthand. A lot of these things that I see, her boss

doesn't even see because she's doing it at home, she's doing it on a weekend."

The journey to the top rank has been long but rewarding, said Brain. It started for him in December 1983 when he enlisted as a construction equipment repairer in the Iowa Army National Guard's 224th Engineer Battalion. He became a warrant officer

in June 1997.

Shelly enlisted in the Colorado A r m y National Guard as a military police officer in



(from left) CWO 5 Teresa Domeier, CWO 5 Brian Brooks, and his son, Noah. Photo by Sgt. 1st Class Jon Soucy

May 1990. Following a short break in service, she re-entered the Army Guard in December 1992 and graduated to the warrant officer ranks in 2003.

The two met three years later while serving at the Atterbury-Muscatatuck Regional Training Institute Warrant Officer Candidate School at Camp Atterbury, Ind. At the time, both were TAC "training, advising and counseling" officers in charge of training for warrant officer candidates at the school.

They were married on Dec. 25, 2008. Each brought two children from previous relationships and have since had two together.

Arm

- •CID, SHARP, military justice reforms all underway
- •SOF to continue work in Pacific, Eastern Europe in 2022 **Navy**
- •USS Montgomery blue crew CO and XO fired
- •Navy needs more time to flush Pearl Harbor drinking water



•Here are some important personnel policy changes Sailors can expect in 2022

•Navy faces mounting pressure on

Red Hill in the new year

Marine Corps

- •14% of Reserve Marines unvaccinated as deadline passes
- More boards coming for Marine leadership involved in deadly AAV sinking
- •New in 2022: The Marines need the F-35, but its future is complicated
- •New in 2022: These cannon-cockers are testing the Corps' new ship-sinking missile

Air Force

- •Air Force enlisted promotions will run a bit differently in 2022
- •Arnold AFB in Tennessee prepares to test next-generation jet engines

Space Force

•NDAA addresses Vandenberg Space Force Base infrastructure. Calif. wildfire needs

National Guard

•Oklahoma Guard bars unvaccinated airmen from drilling after Jan. 1

Coast Guard

•Missing teens wrote 'SOS' in snow, helping Coast Guard helicopter find them

Your Military

•What were the biggest military stories of 2021? A look back

Military History & Culture

•Betty White, former member of the American Women's Voluntary Services and legendary comedian, dies at 99



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National Military

With 2022's arrival, Air Force gears up to commemorate its 75th anniversary

WASHINGTON - It's never too early to start celebrating a major milestone, which explains why the Air Force and Department of the Air Force kicked off the year with a bang Jan. 1 by highlighting the start of their 75th year at the Tournament of Roses Parade and the Rose Bowl.

Seventy-five years after the Air Force's birth on Sept. 18, 1947, the spirit of innovation that has driven the service was on display when a B-2 Spirit from the 509th Bomb Wing, located at Whiteman Air Force Base, Missouri, roared over the Tournament of Roses Parade and one of the most prestigious college bowl games, the 2022 Rose Bowl, to kick-off the yearlong 75th-anniversary celebration.

The B-2 has supported the Tournament of Roses and Rose Bowl for nearly two decades, showcasing one of the Air Force's premier weapon systems over the skies of Pasadena to inspire a future generation of patriotism and aviation.

Joining the B-2 this year to kick off the celebration was an Air Force Total Force Band, comprised of 75 Airmen-Musicians from 14 units. Fittingly, the band marched in the 75th spot in the Tournament of Roses parade lineup.

The Airmen taking part in the start of the year celebration highlighted one of the service's greatest strengths: the nearly 700,000 active duty, Guard, Reserve and civilian Airmen who remain the heart and soul of the service, said Air Force Chief of Staff Gen. CQ Brown, Jr., who currently serves as the service's highest ranking military officer.

"Ever since the Air Force became a separate military service, empowered Airmen have pushed the boundaries of technology and innovation that have allowed the service to excel and keep pace with the rapid changes and the demands placed upon us," Brown said. "Our commemoration of this important anniversary provides a chance to reflect on the amazing accomplishments of our service and those who have served among

its ranks since 1947, while also celebrating the boundless future that lies ahead."

Brown added, "As the Air Force approaches its 75th anniversary, we have a responsibility to our nation and our international allies and partners. I am confident that our Airmen will continue to innovate, accelerate and thrive so that we can execute our mission to Fly, Fight, and Win - "Airpower Anytime, Anywhere."

"The 75th anniversaries of the U.S. Air Force and the Department of the Air Force provides a unique opportunity to highlight the contributions of our Total Force Airmen, both past and present, who have fought and defended our nation in air and space," Secretary of the Air Force Frank Kendall said. "When you think about what the Air Force has accomplished since its inception in 1947, there's so much to be proud of - it's truly incredible.

"These past 75 years have showcased the service's ability to adapt to any situation and provide unparalleled airpower as well as spacepower right up to the establishment of the U.S. Space Force within the Department of the Air Force in 2019, "he said. "As we look ahead to the next 75 years, we must continue to adapt and modernize so that our Airmen and Guardians have the warfighting capabilities they need to stay ahead of our pacing challenges, while also ensuring they and their families have the resources they need to thrive. One team, one fight!"

Throughout 2022, the Air Force will celebrate its 75th milestone with various events around the U.S. and world-wide to showcase the values, commitment, and expertise of America's Total Force Airmen, past and present. In addition, the service will spotlight its history, accomplishments, and many of the pioneering Airmen whose innovation, dedication to mission, and war-fighting spirit helped established the U.S. Air Force of today.

Innovation fueled by Airmen has always been a part of the Air Force's heritage, even before it



The Air Force Total Force Band plays in the Tournament of Roses Parade Jan. 1. America's Air Force participated in America's New Year celebration to kickoff 2022 and the year long celebration of the 75th anniversary of the Department of the Air Force. Air Force photo by Nicholas Pilch

became an independent service nated the first and only five-star general of the Air Force by Presi-

Maj. Gen. Billy Mitchell, also known as the "Father of the Air Force," was one Airman who paved the way for the service. According to military historians, his commitment to pushing boundaries and working towards a distinct aerial service branch seeded a renaissance for the airpower legacy that would distinguish itself during conflicts across the globe for years to come.

Likewise, Gen. Henry H. "Hap" Arnold, who was desig-

nated the first and only five-star general of the Air Force by President Truman, also played a key role in leading, developing and innovating American military airpower during World War II, providing the necessary vision and drive to ultimately create the conditions for an independent Air Force following the war.

Today, Arnold is considered an airpower pioneer whose efforts helped lay the foundation for modern USAF logistics, R&D, and operations, according to the National Museum of the U.S. Air Force.



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by Jim Garamone

Even though the mission of U.S. forces in Iraq has changed, the troops are still in a hazardous environment and retain the ability to defend themselves, Pentagon Press Secretary John F. Kirby told reporters Jan. 4.

The mission of U.S. forces shifted from combat to advise and assist two weeks ago, per an agreement between the United States and Iraq. Yet troops advising and assisting Iraqi forces

Forces launched strikes against rocket-launching sites near Green Village in Syria and shot down two armed drones targeting forces in Al Asad Air Base. There were no casualties among friendly forces.

The strikes against the rocketlaunching sites were not airstrikes, Kirby said. Forces hit the sites to ensure rockets were not launched against coalition

But that begs the greater question of if U.S. personnel are at risk in the mission. "They clearly are at risk in the region," Kirby said. "I mean, one of the reasons why these sites were hit was we had reason to believe that they

were going to be used as launch sites for attacks on Green Village. So clearly, our men and women remain in harm's way. And we have to take that threat very seriously. We always have the right of self-defense.

Kirby would not say who manned these rocket-launching sites "That said we continue to see threats against our forces in Iraq and Syria by militia groups that are backed by Iran," he said. "But again, I don't have specific attribution on who was responsible for these specific sites."

Iran is a major player in Iraq and U.S. officials have been consistently concerned about the threats to U.S. forces in the region. "That is not a new concern," Kirby said. "And I think we've seen in just the last few days, that there have been acts perpetrated by some of these groups that validate the consistent concern that we've had over the safety and security of our people."

On Russia, Kirby said should NATO allies ask for more U.S. capabilities in Europe, "we would be positively disposed to consider those requests." Still, he noted, the United States has a

Time for Guam missile defense build-up is now

by C. Todd Lopez **DoD News**

There's no time to spare when it comes to getting the tools in place to defend Guam a U.S. territory, home to 168,000 Americans, and a centerpiece of America's defensive abilities in the Pacific region.

"Guam represents the region's most critical node for not just command and control but also logistics and for our power projection," Lt. Gen. Stephen Sklenka, the deputy commander of U.S. Indo-Pacific Command, said recently. "It's key terrain and it enables the success of our operational framework and its strategic importance can't be overstated."

Right now, he said. DoD has committed about \$11 billion in funding for military construction projects on Guam over the next five years, and that will help ensure Guam remains a place from which the U.S. military can fight, if needed, in the Indo-Pacific region.

"Guam is a place where our combat power will aggregate and congregate and from which it will emanate," Sklenka said. "From there we send a powerful strategic message to our allies and our adversaries that the United States has invested in this region - "we prioritize the Indo-Pacific."

One area that needs work, Sklenka said, is Guam's missile defense system.

"Today's missile defense capabilities in Guam are, as we know, only sufficient to protect against yesterday's threats," he said. "To defend Guam against the [Chinese military's] evolving capabilities ... we require a landbased, persistent, 360-degree system. There's no getting around that. The Guam defense system has got to be an architecture that fuses the most capable integrated air missile defense programs of record today and those that are developing into the future.'

Funding such a system. Sklen-

Ships and boats moored at Apra Harbor, Guam, April 17, 2013. Navy photo Jeffrey Jay Price

ka said, is a top priority for Indo-Pacom, and has been for a while now

"It's been our top priority for the last three years going on four, and the past two successive commanders have gone on the record to state this," Sklenka said. "They've warned all that will listen that the threat to Guam will only increase over the next five years. Those aren't idle threats. Those are based off of events that we're seeing unfold around us right now.'

While the Missile Defense

to lead the development of a more modern missile defense system on Guam, Sklenka said it's not important if it's MDA or one of the services - of more importance, he said, is that it

"Our point is, we need something," he said. "We don't care whether it's led by [the] Army, whether it's led by [the] Navy or whether it's led [by] MDA. What we're saying is we need the decisions to be made, the architecture to be agreed upon, and to move out. Because this is a problem that we don't have the luxury anymore of waiting and analyzing and assessing.

'We've done all that stuff. We've done all the studies. it's time to move out, to get this thing into action. And if the best way to do that is to have MDA lead it, then let's figure out a way to give them the opportunity to lead it."

"very large and robust footprint" in Europe that complements the sizable capabilities that European allies possess. "There already exists a lot of capabilities," he

said. "And some of those capabilities could be moved around - if that was, in fact, the request and was decided that would be the most prudent thing to do."



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USS Milwaukee returns to sea

NAVAL STATION GUANTANAMO BAY - USS Milwaukee littoral combat ship returned to sea Jan 3., after being in port as a result of a portion of the crew testing positive for COVID-19. The ship departed with all

crew members which include the "Sea Knights" of Helicopter Sea Combat Squadron (HSC) 22 Detachment 5 and embarked U.S. Coast Guard Law Enforcement Detachment."It is great to be heading back out to sea," said Cmdr. Brian Forster, USS *Milwaukee* commanding officer. "The crew worked together as a team to ensure we are ready to conduct the mission. My entire crew is feeling great, healthy and excited for the next portion of our deployment." *Milwaukee* has been in port since Dec. 20, when it arrived for a regularly scheduled port visit. While all Sailors on board are 100 percent immunized, a portion of the crew tested positive for COVID-19. All affected Sailors exhibited mild or no symptoms.

NASA's new astronaut class announced

NASA announced recently their newest astronaut class. The 10 recruits will spend the next two years in training to prepare for the missions of tomorrow. It's the first new astronaut class in four years, and more than $12,\!000$ people applied from across all 50 states and U.S. territories. This is the first time that NASA required each candidate to hold an advanced degree in a STEM field and utilize an online assessment tool. The 10 astronaut candidates will begin rigorous training when they report for duty at Johnson Space Center this month. Their training will focus on five key areas - Russian language skills, T-38 training, robotics, spacewalking, and learning the International Space Station's systems. Upon completion of training, they will become eligible for flight assignment. Missions could include commercial crew flights and deep space missions to the Moon and beyond. Candidates are: Nichole Ayers, Marcos Berrios, Christina Birch, Deniz Burnham, Luke Delaney, Andre Douglas, Jack Hathaway, Anil Menon, Christopher Williams, and Jessica Wittner.

Places of Worship

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a Jolla Lutheran Church

"We Follow Jesus" Sunday 9:30am Worship and Sunday School Wednesday 6:30pm Bible Study 7111 La Jolla Blvd., La Jolla, CA 92037 (858) 454-6459 LaJollaLutheranChurch.com

iving Water Lutheran Church Meeting at Green Flash Brewery Gathering Room 6550 Mira Mesa Blvd.

(Entrance Directly in back - off Sequence Dr.) Worship 8:45am LivingWaterSD7@gmail.com (858)792-7691 Pastor: Rev. Steven Duescher

esa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CWO3, USMC (Ret.) Seeking Sinners; Saving Souls, Strengthening Saints Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd, Poway • 858-485-6110 • www.mesaview.org

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Live Stream: 12:30-1:30pm on "Moministries" free church app

esurrection Lutheran Church

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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. We thank you for your service!

Career and Education

Task Force *Tripoli*: Supplying solutions to sensitive subjects

by MC2 Malcolm Kelley

USS Tripoli Public Affairs

TSS Tripoli – A Sailor's training, toughness and resourcefulness can allow them to meet the challenges of keeping a warship afloat and operational. But discrimination and harassment, if not properly addressed, can break the resolve of even the most resolute Sailor.

Aboard amphibious assault ship USS Tripoli, under the guidance of Command Master Chief Matthew Logsdon, Task Force Tripoli addresses sensitive and difficult issues, such as racism, sexual harassment, and other forms of discrimination with the goal of creating a positive working environment to support a diverse group of competent and confident Sailors.

"This generation of United States Navy Sailor has been challenged like no other in modern history," said Logsdon. "Sailors have to be diverse, inclusive, and innovative members of this organization to maintain the highest state of readiness in defending our nation's interest.

Task Force *Tripoli* is meant to able to address Sailor's grievances and offer solutions. Its formation followed the Feb. 5, 2021 stand-down from the Secretary of Defense to address extremism in the United States military. Navy leadership established Task Force One Navy (TF1N) from the Culture of Excellence program to examine social issues and develop policies accordingly across the entire Navy. Task Force Tripoli is meant to be a command-level version of TF1N.

"Task Force Tripoli is a task force put together with different demographics, ages, sexual orientations, pay grades and ranks," said Culinary Specialist 1st Class Jabrian Johnson.

"It's a group put together to give everyone a space to have uncomfortable conversations in a

Task Force Tripoli will be able to give a voice to Sailors who would otherwise not feel comfortable voicing their issues, Johnson said.

"There are a lot of things that happen within the Navy, within the Tripoli, that go unnoticed,' said Johnson. "The primary goal is not just for you to have complaints, but for us to have solutions for your complaint. What can we do to make things better?"

Senior Chief Yeoman Coby Turner, ship's secretary aboard USS Tripoli, says Sailors should know that Task Force Tripoli is actively interested in addressing issues regarding discrimination in an open and productive manner.

'We hope to continue to get open and honest candor and feedback from Sailors, and to be able to take it, digest it, address it, and then send it up the chain of command," said Turner. "Sailors will



Aviation Boatswain's Mate (Handling) Airman Jerry Blakeley cleans a watertight door aboard USS Tripoli Dec. 10. Navy photo by MCSN Chris Sypert

benefit from just knowing that someone's not just concerned, but they have continued concerned and a means for resolution.'

Johnson describes Task Force Tripoli as an augmentation of the command climate survey, which gauges the overall attitude Sailors have towards the state of the command.

"Command climate surveys are often anonymous, whereas with Task Force Tripoli, you have a task force of people come together with a common goal," said Johnson. "It does more than just handle complaints. It's solution-based

Task Force Tripoli will help senior leadership advice on how to improve their working relationships with their Sailors and to ensure their needs are being met, Turner said.

"It will help us go back to senior leaders and tell them where they're messing up, and where they're doing well, rather than wait once a year for the survey," said Turner.

Logsdon considers the United States Navy's level of diversity as a source of strength.

Our vast mixture of age, gender, ethnicity, and sexual orientation has created the most powerful naval force in history," said Logsdon. "There are always social problems to solve, and some are more complex than others. However, if we truly respect each other we can solve any issue in our path.'

USS Tripoli is the Navy's newest Americaclass amphibious assault ship homeported in San Diego. The ship is assigned to Amphibious Squadron 7.

'The best part is the satisfaction of taking care of military families'

By Mark Heeter

WIESBADEN, Germany - If you're an Army family member who has come to Germany in the past few years, Debi Mc-Glothlin has met you or taken care of you along the route that brought you here.

"All Army families coming over to Germany have to be approved for travel through my office," said McGlothlin, the family travel program manager, who has been with IMCOM-Europe since 2015.

"The best part is the satisfaction of taking care of military families. I've got over 41 years of doing it,," she said, noting that she also served as a Soldier in the 1970s

We didn't have maternity uniforms," she said with a laugh. "We wore civilian clothes and put our name tag and our rank on our civilian clothes.

After her active duty service, as well as stints as an Army librarian and commissary employee. McGlothlin walked into the job of her dreams in February 1985 at Fort Campbell, where she has spent the vast majority of her career.

"I remember walking in as a GS-3 and started doing what I wanted to do, in personnel," she said. "I went to the ID card section, and my heart never left it.'

McGlothlin has also worked in-and out-processing, retirements, assignments, separations," but the roads always led back through the ID card section, which she supervised for 20 years at Fort Campbell.

"Every assignment has been my favorite, because I've connected with the Soldier or family, one way or the other. I either took care of a Soldier, a spouse, a retiree, a widow, a Medal of Honor recipient. It didn't make

Among the most memorable and important of her assignments, she said, was working casualty affairs at Fort Campbell following the 1985 plane crash in Gander, Newfoundland, when all 256 people, most returning home to Fort Campbell, perished.

'It's always about taking care of the individual," she said.

During her time with IM-COM-Europe, McGlothlin received the 2017 Frederick Vollrath senior civilian award from U.S. Army Europe.



If you are an Army family member who has come to Germany in the past few years, Ďebi McGlothlin has met you or taken care of you along the route that brought you here. Army photo

Law grants National Guardsmen and Army Reservists access to job board from personal devices

National Guardsmen and Army Reservists soon may be able to search a government database for short-term work on their smartphones, thanks to a provision in the recently passed annual defense spending bill. The change will make it easier for the Army



to retain talent, the four members of Congress who pushed for it said in a statement last week. "Removing unnecessary red tape and providing more flexibility to securely search for career-enhancing

active-duty opportunities is going to help our soldiers," Sen. Jacky Rosen, D-Nev., said last week in the statement. Joining Rosen in the statement were Sen. Joni Ernst. R-Iowa: Rep. Chris Jacobs. R-N.Y.; and Rep. Tim Ryan, D-Ohio. The Tour of Duty online job board already offers deployments and short-term active duty orders. But since 2017, it has required access to a government network. frequently necessitating a trip to an armory for those who don't have a military device at home.



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Photo gallery



FORT PICKETT, Va. (Jan. 5, 2022) - Joseph Omar, International Organization for Migration (IOM), assists Afghans before they board a bus and depart. The Department of Defense is providing transportation, temporary housing, medical screening, and general support for at least 50,000 Afghan evacuees at suitable facilities, in permanent or temporary structures, as quickly as possible. This initiative provides Afghan personnel essential support at secure locations outside Afghanistan. Navy photo by **MCC John Pearl**

ARMY GARRI-**SON PRESIDIO OF MONTEREY** (Jan. 4, 2022) Michele Carty, fiancé of Command Sgt. Maj. Joseph Traylor, incoming command sergeant major, speaks with a



well-wisher after Traylor's assumption of responsibility ceremony at the Presidio of Monterey. Photo by Winifred Brown

Hometown connections at sea

by MC2 Devin Kates

GULF OF ADEN - It's not uncommon for service members to meet others from their home state when they report to a new command. It's far less likely you'll serve alongside a hometown friend. That's what happened to Electronics Technician 3rd Class Julianna Kowalewski-Silva while she was working at the coffee shop aboard USS Portland (LPD 27).

Hundreds of Marines frequent the "Reveille Cafe" on a daily basis, but one morning, a face stood out to Kowalewski. To her surprise, one of her old high school friends was standing on the other side of the counter. Although she had enlisted in the Navy, and Cpl. Joseph Coulter in the Marine Corps, both of their careers took them from New Lenox, Ill., to the same ship in the middle of the ocean. They immediately sprang into conversation about friends and family back home.

"Being on deployment and working hard, sometimes you forget where you come from, being in the hustle of the mission," said Kowalewski. "Having someone from your same home town can ground you to your roots from where you came from and where you are now. It



Marine Cpl. Joseph Coulter, left, and Electronics Technician 3rd Class Julianna Kowalewski-Silva, right, shown aboard Portland amphibious transport dock ship Oct. 24. Navy photo by MC2 Devin Kates

is very relaxing to talk about stories and friends from back home to someone who has the same friends as you.'

That spirit of kinship and camaraderie goes beyond a shared hometown, however. Since arriving on board, Coulter has observed that Sailors and Marines from all walks of life have forged bonds just as strong.

"Being on USS Portland makes me feel part of a bigger team than just my individual unit," said Coulter. "Being able to see the cohesion between the Marines and Sailors work so close together to achieve a higher mission makes me proud to be aboard Portland.'

Since then, both Marine and Sailor have done well to represent their hometown of New

Kowalewski-Silva reported on board Portland in August 2020, said Senior Chief Information Systems Technician Rodney Shinn, Kowalewski's leading chief petty officer. "Since reporting, she has been one of our most valuable Electronics Technicians; she's responsible for millions of dollars worth of mission essential radar and navigation systems that only she maintains the skill to manage. It's a lot of responsibility for a young Sailor in today's Navy, but not only does she go above and beyond technically, she does it with a smile on her face, some "pep" in her step, and motivates and encourages her Shipmates around her to be the best.

Kowalewski-Silva graduated from Providence Catholic high school in 2018 and has served in the Navy for three years. Coulter graduated from Lincoln Way West High School in 2017 and has served in the Marine Corps for three-and-a-half years.

Portland and the 11th MEU are deployed in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



by Lisa Smith Molinari

of Life

"There's no knob on the door," I said to the Balfour Beatty Communities manager when we arrived at our quarters at Naval Station Newport, Rhode Island. It was a hot day in July of 2013 when the BBC manager sheepishly opened the knob-less door of the century-old duplex house we had been assigned.

Having come from another BBC property at Naval Station Mayport, Florida, we thought we knew what to expect. However, our idyllic oceanside Florida housing neighborhood was lined with pristine, newly constructed, pastel-colored homes. Although we had little need to ask BBC to perform repairs during our tour of duty in Florida, we happily visited their air-conditioned offices with freshly baked cookies and free pens.

Once in Rhode Island, we gladly leased another BBC house, believing we'd have another positive experience. As we entered the house on move-in day, we were shocked to find move-in day, we were shocked to find broken windows, construction debris, unfinished repairs, and a dirt-floor basement area covered in multiple piles of dog feces. The jittery BBC manager promised us repairs would be made right away.

This was the first of many broken promises BBC made to us during our five-year stay in that property. We, and many of our base neighbors, • submitted negative comment cards

The Meat & Potatoes Will privatized housing complaints avoid the abyss?

and complaint letters regarding our unsatisfactory experiences to BBC. Little did we know, BBC would later be accused of ignoring and hiding resident complaints. Across the US, privatized housing residents were complaining about rodents, mold, faulty wiring, construction errors, cockroaches, lead paint, raw sewage, rotten wood, toxic water, chronic leaks, asbestos, and more.

In 2018, Reuters published a series of reports of military families suffering from lead poisoning, mold-related illnesses, and other dangerous conditions while living in privatized housing. In January 2019, the Military Family Advisory Network conducted a survey of privatized military housing residents, finding that 55 percent of respondents had a negative or very negative experience with privatized

In February 2019, the Senate Armed Services Committee held hearings and initiated an investigation by the Department of Justice, discovering that, from 2013 to 2019, Balfour Beatty was engaging in widespread schemes to defraud the military out of millions of dollars in performance incentives by "cooking the books" — fudging numbers and destroying resident comment cards. By submitting false records to the Army, Navy and Air Force, Balfour Beatty was able to collect 95 percent of performance bonuses each year, despite allowing military families to suffer in poor conditions.

Two Balfour Beatty employees were found guilty of criminal fraud charges last year. Then on December 22, 2021, the DoJ announced a "global resolution" of criminal and civil investigations into Balfour Beatty's fraud schemes. Balfour Beatty plead guilty and was ordered to pay over \$68 million in fines, and submit to an independent monitor for three years to ensure compliance with the contract.

ep, you read that right.... Despite admitting to felonious criminal fraud against the Army, Navy and Air Force, Balfour Beatty still gets to manage and collect revenue from 50,000 units of privatized housing worth \$6 billion under a 50-year lease that has been criticized as guaranteeing profit. It's no wonder Balfour Beatty's shares rose on the day of the DoJ announcement.

Some call the fines a slap on the hand for Balfour Beatty, and other privatized housing managers still under investigation have not been brought to justice. After more than a year of delays, a Military Housing Privatization Initiative Tenant Bill of Rights (TBoR) and a Universal Lease were created, but not all landlords have implemented the new policies

In the meantime, military families continue to live in more than 200,000 privatized military housing units in the US. What should they do when major issues arise? Fill out another comment card and hope it doesn't get lost in the abyss? Not anymore. If you have a housing problem and don't know your rights under TBoR, request free help through Armed Forces Housing Advocates, www.afhousingadvocates.org.

Military families are resilient. We can handle a missing door knob or two. But we shouldn't be forced to endure poor or hazardous living conditions without reliable protection from the armed forces we serve.

National cyber director unveils new approach at conference

By Joe Billingsley, **College of Information and Cyberspace**

After almost two years of operating within the COVID-19 environment, Cassandra C. Lewis knew it was time that her organization's annual flagship conference focus on the enduring impacts of the pandemic.

"For many of us, stateside, it appears that the worst of the lockdowns are behind us. However, for much of the rest of the world, which we are a very active participant in, the pandemic is still very much on the forefront of their minds," Lewis said after a recent trip abroad to gather with international alumni of the National Defense University.

Lewis leads the University's College of Information and Cyberspace, as its newest chancellor as of Dec. 17, after having served as interim chancellor for about two years. The college is commonly referred to as "The Cyber War College," alongside its sister senior service colleges that award Joint Professional Military Education Phase II credit to select U.S. military officers.

This was the second year in a row that the annual conference has been offered exclusively online due to COVID-19-related concerns. The pandemic-fueled pivot to remote work and adoption of enabling technologies like Microsoft Teams was one of the points made by Kelly Fletcher at Cyber Beacon 2021

Fletcher, who is performing the duties of the DOD chief information officer, served as the morning keynote speaker of Cyber Beacon 2021, alongside moderator Harry Wingo. Wingo is a member of the CIC faculty and lead for the CIO Leadership Development Program at CIC, a prestigious, intensive and in-residence 15-week graduate program offered by CIC.

"While the in-person experience is invaluable and irreplaceable, hosting the conference virtually has its benefits," Joe Billingsley, the event's main organizer said.

He continued, "We are able to save American taxpayer dollars due to no travel and lodging expenses for government officials and tap into globally distributed speakers and attendees. One of the best examples of this was Jeff Moss, founder of the Blackhat and DEF CON hacker conferences, presenting from Singapore

Alongside its full-time JPME program on its Fort McNair campus in the nation's capital, CIC also offers graduate certificates and a master's degree for remote and part-time students. These regionally accredited graduate programs are tuition free for eligible DOD personnel.

A representative from the part-time student body, Kellie Bohnsack of the Cybersecurity and Infrastructure Security Agency, was selected to provide an introduction for the afternoon keynote of Cyber Beacon 2021. "Highlighting our remote student population is very important to me," Lewis said.

Bohnsach introduced Chris Inglis, the first National Cyber Director, which is a brand-new role in the White House. Although new in this role, this is not the first time he has participated in CIC-hosted events.

Most recently, last year, Inglis represented the United States Cyberspace Solarium Commission in a workforce focused event in conjunction with the National Security Commission on Artificial Intelligence, and the National Commission on Military, National and Public Service.

Talking of the office he now leads, Inglis stated in his Cyber Beacon remarks that "The money came into being, such that we could then resource the office, about three weeks ago. So, to say it's new and nascent is perhaps an understatement."

Inglis used the Cyber Beacon forum to explain what this office will do. He said, it plans to "bring coherence, connectivity [and] leverage for all the parts that are already in this space, such that we propose, if you're a transgressor in this space, you've got to beat all of us to beat one of us.'



by Alex Wilson Stars and Stripes

USS Abraham Lincoln made history on Monday as it departed San Diego for a scheduled deployment, the first-ever of a U.S. aircraft carrier skippered by

Capt. Amy Bauernschmidt assumed command of Abraham Lincoln in August. The ship departed with its strike group for a regularly scheduled deployment in support of global maritime security operations, according to a Monday news release from U.S. 3rd Fleet.

"These Sailors are incredible professionals who have trained exceptionally hard to ensure they are ready for any operational obligations required of us on deployment," Bauernschmidt said in the release. "They are absolutely prepared for today's deployment, and I have no doubt they will represent our nation proudly as we defend our national interests."

A Milwaukee native, Bauernschmidt graduated with a bachelor's in ocean engineering from the Naval Academy in 1994, the first graduating class in which women were allowed to serve aboard combatant ships and aircraft, according to the Navy. She earned a master's at the Naval War College and was designated a naval aviator in 1996. She has 3,000 flight hours.

> ployed in 2019 from its previous homeport of Norfolk, Va., operating first in European waters be-

fore heading to the Middle East, where it operated in the Arabian Sea and Gulf of Oman.

Still is located at NRSW Administration

The air wing includes Marine Fighter Attack Squadron 314, the first Marine Corps squadron of F-35C Lightning II fighter jets, along with squadrons of F-18 Super Hornets, EA-18 Growlers and other aircraft.

She was also the first female ex-

ecutive officer aboard a carrier when

she stepped into that role aboard

Abraham Lincoln in August 2016.

The strike group includes Carrier Air Wing 9, which 3rd Fleet

described as "most advanced air

wing in the Navy.'

This is the second carrier deployment for the F-35C. USS Carl Vinson went to sea with Navy squadrons in August.



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Capt. Amy Bauernschmidt, commanding officer of USS Abraham Lincoln, speaks on Nov.

11, 2021, during the ship's 32nd commission-

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Photo gallery



PHILIPPINE SEA (Dec. 31, 2021) - Sailors assigned to USS Carl Vinson aircraft carrier pose next to a cake in the mess deck during a New Year's Eve event. Navy photo by MCSN Leon Vonguyen



FARMINGTON, N.M. (Dec. 15, 2021) - Lt.j.g. Roberto Ramirez, assigned to Navy Medical Readiness Training Command, San Diego, checks on a patient in the intensive care unit during COVID response operations at San Juan Regional Medical Center in Farmington, N.M. Sailors are deployed from California in support of the continued Department of Defense COVID response operations in order to help communities in need. U.S. Northern Command, through U.S. Army North, remains committed to providing flexible Department of Defense support to the whole-of-government COVID response. Army photo by Spc. Nicholas Goodman







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SCSTC Enhancing Surface Navy lethality on the waterfront

by Lt. Erik Nordgaard

SAN DIEGO - In this era of strategic competition, the Navy is shaping a more capable and lethal force through Ready, Relevant Learning (RRL).

RRL addresses the questions of when, where and how Sailors train for combat readiness. On Nov. 1 2021, the Center for Surface Combat Systems was officially renamed Surface Combat Systems Training Command, pronounced "Sea-Stick," as part of large internal realignment effort, which included setting the foundation for RRL tenets. By providing modernized training to the point of need - the individual ships - SCSTC is pivoting training to the waterfront.

The "Sea-Stick" domain consists of more than 6,500 staff and students in 12 global locations. Waterfront detachments are centered around fleet concentration areas with Det Southwest in San Diego. SCSTC waterfront detachments execute training with the detachments roles outlined in the Optimize Fleet Response Plan in three phases. The three phases meet the intent of RRL through classroom and shipboard training tailored to each platform, baseline and combat suite configuration.

Phase I is maintenance focused through Self-Assessment and Groom Training (SAGT) training events. The SAGTs are the building blocks of operating weapons and combat systems. Instructors provide students the skills to assess, troubleshoot and operate within specifications.

They focus on preventive maintenance, alignment of combat systems in accordance with Combat System Operational Sequencing System, technical publication guidance, and Sound Shipboard Operating Principles and Procedures. SAGT topics are Navigation; Command Control Communications Computers & Intelligence (C4I); Electronic Cooling Water Systems; 400 hertz; Aegis Computer Network Technician I/II, SPY, Vertical Launching System, Anti-Submarine Warfare, Surface Vessel Torpedo Tube, and Embedded Training Systems.

"SAGT is especially vital because it evaluates the health of the ETS for further training events, while providing instruction on using CSOSS to integrate train-

ing systems," said Lt. Cmdr.
James Worley, officer in charge, SCSTC
Det Southwest.
"Each SAGT event typically runs for a week, with a day of classroom training at the local SCSTC detachment with the

remainder of the week spent conducting hands-on training aboard the respective ship."

The next major portions of training are Phase II and Phase III events, known as Advanced Warfare Trainings. AWTs encompass classroom learning, Individual Operator Training (IOT), and then planning and executing scenarios using ETS. Classroom lessons and training scenarios are specifically tailored to a ship's baseline in order to support RRL. The AWTs are focused on single ship operations. There are three major categories of AWT: ASW, Integrated Air and Missile Defense, and Ship Self Defense System.

The objective of ASW AWT is to train two Condition II ASW teams with the necessary knowledge, skills, and abilities to perform unit level ASW mission planning, search planning, sensor employment, detection, classification, localization, attack, Battle Damage Assessment, and re-attack and torpedo evasion during all phases of ASW against all submarine threats in any theater.

"The ASW AWT Phase II is two weeks in length,"said Senior Chief Sonar Technician Sarah Clowry Hughes, weapons department leading chief petty officer, Det Southwest. "The first two days are classroom training at the waterfront detachment where lectures are provided to establish a baseline of knowledge across all ASW team members. IOT takes place on the third day.

"Sailors are given introductory training on console use and capabilities," she said. "Days four through 10 are increasingly complex ASW scenarios. The

10th and final Our end state is to day of training is used by Afloat provide ships with the Training Group necessary technical [ATG] to assess knowledge, combat watchstander system grooms, tactics proficiency to instruction, and conhone further sole operator training training and to develop watchteam is regarded as cohesion and maximize the ASW AWT combat lethality. Phase III."

- James Worley

The end state of IAMD and SSDS Phases II and III is to provide ships the necessary tactics instruction and console operator training to develop watchteam cohesion

and maximize combat lethality. IAMD and SSDS AWT Phase II commences with three days of classroom training, focusing on battle orders and doctrine review. The final two days consist of detect-to-engage aboard ship. SC-STC instructors deliver training focused on the basics of tactical watchstanding, such as preplanned responses, battle orders and firing point procedures.

IAMD and SSDS AWT Phase III consist of one day, classroom training and four days of scenarios aboard ship. The scenarios are tactical watchstanding using fleet specific rules of engagement against a full range of sub-sonic, supersonic and hybrid threats. The IAMD AWT curriculum includes specialized training for Ballistic Missile Defense capable ships.



Photo courtesy of ASYMCA San Diego (https://www.asymca.org/san-diego-home).

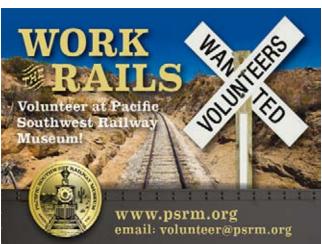
ASYMCA San Diego delivers comfort and joy to military kids

SAN DIEGO - The Armed Services YMCA San Diego recently provide toys to 1,000 military children to brighten their holiday.

The San Diego Padres and other sports teams attended. "Many of our military families struggle this time of year" Tim Ney, executive director of the San Diego Armed Services YMCA,

"We are extremely grateful that we can provide support to our military families during this holiday season."

The Armed Services YMCA's 32nd Annual Operation Holiday Joy Program supports military families E-6 and below during the holiday season. Through a toy store shopping experience, pre-registered families were invited to shop at no-cost for their children. This event provided two toys per child for 1,000 military children. A special thank you for the generous support of FOX 5 San Diego, Cox Communications, Walmart, Northrop Grumman, Morgan Stanley, OMBAC, SDG&E, San Diego Madres, Toys for Tots and more.





Year in Review: Camp Pendleton's 2021

by Lance Cpl. Andrew Cortez and Lance Cpl. Hope Straley Camp Pendleton

Over the course of the last 12 months, Camp Pendleton, has faced many challenges that have pushed the Marines, sailors and service members aboard the installation to become stronger leaders and better warfighters.

Throughout this period, the mission never stopped for the

Camp Pendleton goes to great lengths to minimize wildfires. This year the Camp Pendleton Fire Department and surrounding communities made multiple firebreaks that stretch for miles along the hillsides of the installation. These firebreaks prevent fires from jumping across to another patch of vegetation. The CPFD also conducted multiple prescribed burns to minimize small brush fires that can be

range. Before the range opened, Marines had to travel to Marine Corps Air Ground Combat Center Twentynine Palms to gain the training now available on Camp Pendleton. By implementing areas on the range that can facilitate high explosives training, it better supports the competitive evolution of the service members at Camp Pendleton.

Camp Pendleton Marines also had the opportunity to train in the new annual rifle qualification course of fire. In 2016, the Marine Corps started to work on the annual marksmanship training, improving the program to increase the proficiency of Marines. Camp Pendleton's range training division trained marksmanship coaches to take shooters through the new course of fire. The course changed from static long range shooting to more technical movements. Today, ARO is the new standard for all Marines outside of entry-level training.

Camp Pendleton has taken many steps closer to Force Design 2030 this year. Steel Knight is an annual joint training operation 1st Marine Division conducts with the U.S. Navy. Components of this training include live-fire exercises, naval fleet components and high explosives. The training is executed in a realistic combinedarms environment to enhance naval warfighting tactics. As the direction of the fighting forces change, so does the way Marines and Sailors train



Marines, sailors, and service members, even with the coronavirus pandemic entering its second year.

As the COVID-19 virus continued to spread, the installation started a comprehensive program to provide vaccines for service members, prioritizing mission critical and deploying Marines and sailors. Base officials monitored the local situation and adjusted the installation's health protection condition accordingly, instituting mitigation measures when the situation called for it. When the Department of Defense made vaccinations mandatory in the summer, the vaccination program stepped up to ensure service members were afforded full vaccination by the deadline

The base was the first to host the Corps' new infantry training course, known as the Infantry Marine Course. Marine combat instructors with Infantry Training Battalion, School of Infantry - West worked for over a year to help develop the new 14-week course. It is taught to entry-level infantry Marines and emphasizes freedom of thought and freedom of action. This can help new infantry Marines successfully operate independently as riflemen, machine gunners and anti-tank missilemen. The course changed the instructor-to-student ratio to one squad instructor for each 14-man squad of Marines. This student-centered approach allowed opportunities for the new infantry Marines to ask questions and create a one-on-one experience. The Fleet Marine Force is still evaluating the IMC graduates before finalizing the course to ensure the new program is creating more lethal infantry Marines.

With dense vegetation spreading across approximately 125,000 acres of training area,

started by live-fire ranges. These fire prevention efforts helped the CPFD fight the Sierra Fire more efficiently, ultimately saving service members and buildings from being hurt or damaged.

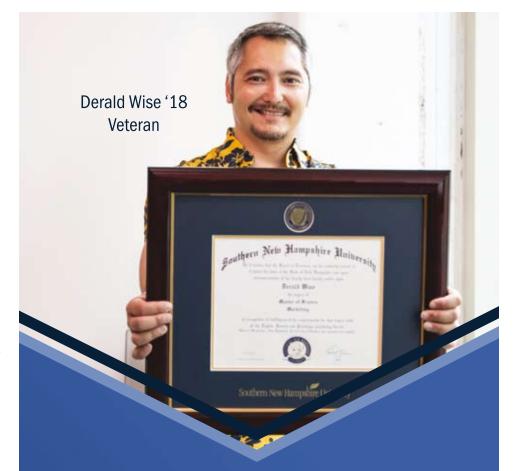
To start the second half of the year, 3rd Marine Aircraft Wing Marines on Marine Corps Air Station Camp Pendleton participated in a three-week long training evolution known as Summer Fury. Components of the training included aerial refueling and gunnery, sonobuoy operations, as well as night operations. Summer Fury is hosted by the



Marines and sailors of 3rd MAW to help refine the capabilities of the Marine Air-Ground Task Force. Since the skills of the Marines and Sailors are changing, it improves the chances of success in advanced expeditionary basing operations. This plays into Force Design 2030, which is the Marine Corps' latest effort to adapt and outmaneuver adversaries

Just a few days after Summer Fury, Camp Pendleton opened a new training range: Range 800. This range was designed to better facilitate the training needs of infantry Marines stationed on Camp Pendleton by integrating machine guns, mortars and rockets into a platoon attack (photo) New training isn't the only change the installation underwent this year. After 11 years, families will be able to give their children a better opportunity for elementary education on Camp Pendleton. The Mary Fay Pendleton Elementary School had their ribbon cutting ceremony this fall, providing the school campus with updated facilities and classrooms that cater to a more enhanced learning environment.

In the new year, training will continue to advance as Marines get closer to meeting Force Design 2030.



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Marine Corps Recruit Brayden Bellow-Cope, a recruit with Alpha Company, 1st Recruit Training Battalion, points his compass during a land navigation event Dec. 29. This event was a segment of the crucible, the culminating event of recruit training. Marine Corps photo by Sgt. Christopher



Sailors with I Marine Expeditionary Force conduct physical training to elevate their heart rate during Tactical Combat Casualty Care course held by the Combat Skills Training School Dec. 17. TCCC consists of classroom instruction and practical application on life saving skills. Photo by Sgt. Maximiliano Rosas

'Designated lifesaver': Marine's quick actions likely saved victim of drive-by shooting

by Chad Garland

A Marine corporal's visit to a San Diego-area coffee shop turned out to be a godsend for a wounded man, who is still alive thanks to first aid given by the Marine, authorities say.

Cpl. Giovanni Brunacini and a friend were leaving the Starbucks in the Lemon Grove Plaza shopping center on Nov. 17 when gunfire was unleashed some 200 yards away, leaving a homeless man badly injured.

The Camp Pendleton-based infantryman hurriedly administered medical care, which authorities say kept the man from dying in the apparent drive-by shooting.

"The victim is stable and is expected to survive his injuries, thanks to the help of the Marine," Sgt. Pat Fox of the San Diego County Sheriff's Department said in an email Monday.

A marksmanship instructor, Brunacini was visiting a friend working at the coffee shop. Their goodbye was interrupted

"It was relaxed: it was very chill. We were laughing, and all the sudden, boom, it just,

combat mindset happened," Brunacini said in a Marine Corps video released Friday.

He grabbed his medical bag and ran through the parking lot toward the gunfire, ducking behind cars along the way, he said. When the shooting was over, he saw a man on the ground and no one was helping him.

After sprinting over, Brunacini found him lying in a pool of blood with two shots to his lower abdomen, an exit wound in his belly button and a shattered forearm, he said in the

"What was going through my head was what my corpsman had taught me," he said, crediting combat-lifesaver training with giving him the skills to treat the man until police and paramedics arrived.

A rifleman with 2nd Battalion, 5th Marine regiment who'd deployed to Iraq, Brunacini now believes every Marine should

Marine Cpl. Giovanni Brunacini is credited with saving the life of a man who was badly

Brunacini said his military medical training allowed him to administer the necessary first aid. Photo by Alison Dostie/Marine Corps

get the medical training that an airport in the Iraqi capital prepared him for the violence back home

wounded in a shooting in sub-urban San Diego on Nov. 17.

The wounded man was taken to a local hospital and was out of surgery a few hours after the shooting, Fox said that night. Detectives are still investigating leads.

Brunacini had deployed to protect the U.S. Embassy compound in Baghdad, he told local news. Marines reinforced the embassy for much of 2020 after a riot there and the U.S. airstrike that killed an Iranian general at that January.

"I was the designated lifesaver for our squad," Brunacini told San Diego's NBC 7 News on Nov. 18. "I knew what I had to do there, and I knew what I had to do ... last night."

Days after the shooting, the family of 37-year-old victim Robert Mansi thanked Brunacini in-person, San Diego's ABC 10 News reported.

"He's a hero, definitely a hero in my life, always," said Alicia Mansi, the man's mother.

Marine Corps bases put kibosh on wearing fitness attire at exchanges, commissaries

by Chad Garland Stars and Stripes

Running errands in running shorts is a threat to good order and discipline, the Marine Corps has decided, so it's letting bases bar troops from wearing fitness gear at commissaries and

The policy change was instituted a little over a year after former Defense Secretary Mark Esper issued a widely publicized November 2020 memo allowing military and civilian shoppers to wear workout clothing at onbase stores.

Prior to Esper's memo, installation commanders throughout the military could set local dress codes, resulting in rules about athletic attire at the grocery and department stores that sometimes varied across regions or even within services.

The rules were sometimes little known or poorly enforced, service members have said

But a few months ago, several Marine commands began issuing rules that contradicted Esper's military-wide policy.

It turns out that Commandant Gen. David Berger had gotten the Navy secretary's approval for an exception to that policy in a September memo that was not widely disseminated.

"Due to this exception, the Marine Corps has not authorized service members to wear athletic attire at commissaries and exchanges aboard Marine Corps installations," Capt. Ryan Bruce, a Marine Corps spokesman, recently told Stars and Stripes by phone.

Esper had given service secretaries permission to grant variances based on mission requirements and the need to maintain military order.

The reason the Corps sought one was that "wear of athletic attire ... detracts from the high standards of personal appearance and personal conduct that contribute to good order and discipline," Berger wrote in his request to the Navy secretary.

Bruce e-mailed a copy of that memo to Stars and Stripes.

The commandant said the policy exception would authorize local dress codes and allow commanders to update and enforce regulations that require Marines to wear appropriate attire at all times.

The Marine Corps has among the most stringent servicewide rules for its members' civilian attire. For example, it requires them to wear belts if their pants have belt loops, and it limits how much of an undershirt can be exposed.

But the exception Berger received allows for rules that are not limited to just Marines, Bruce said.

On several Marine bases in the southwestern U.S., all service members and civilians are prohibited from wearing athletic shirts and shorts, swimwear and 'Spandex type gym attire" at stores, says an order that Marine Corps Installations West at Camp Pendleton, issued in

It allows other on-base facilities to set dress standards consistent with that policy.

Marine Corps Installations East issued an order a few weeks later that bars Marines and sailors from wearing civilian athletic attire or fitness uniforms to most base facilities. That goes for the main exchange, the commissary, convenience stores, the base theater, the golf course and the stables. Workout attire is still OK for athletic facilities, pools, beaches and the marina.



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0 www.armedforcesdispatch.com THURSDAY, JANUARY 6, 2022

Actor, comedian Mel Brooks served in Army in World War II

by Dave Vergun DoD News

Actor, comedian, composer and filmmaker Mel Brooks was born Melvin James Kaminsky in 1926. He grew up in Brooklyn, New York.

In 1944, he was drafted into the Army. Due to his high scores on his military entrance exam, Brooks was placed in the Army Specialized Training Program at Virginia Military Institute, where he learned combat engineering and other fighting skills.

Twelve weeks later, he was sent to basic training at Fort Sill, Oklahoma.

In November 1944, he arrived in France and then Belgium, serving as a forward artillery observer with the 78th Infantry Division.

A short time later, he was transferred to the 1104th Engineer Combat Group, participating in the Battle of the Bulge. He was sent to the forward edge of



Mel Brooks during World War II in Europe. Army photo

the battle areas, helping to clear German land mines so Allied forces could advance. On five occasions, Brooks' unit had to fight as infantry and suffered casualties doing so.

In Germany, the unit was the first to construct a bridge over the Roer River, and they would later build bridges over the Rhine River.

By April 1945, Brooks' unit was conducting reconnaissance missions in the Harz Mountains of northern Germany. Days

later, the war ended.

In May 1945, Brooks recalled seeing starving Jewish refugees who had escaped the concentration camps. Brooks said this left an indelible impression on him as he is Jewish. He said he felt lucky to be an American.

A short time later, Brooks was honorably discharged from the Army as a corporal.

His entertainment career took off in 1949, when he was hired by his friend Sid Caesar to write

jokes for the DuMont NBC TV series "The Admiral Broadway Revue."

Brooks is one of the few people who have received an Oscar, an Emmy, a Tony and a Grammy.

The American Film Institute lists three of Brooks' films on its AFI's 100 Years ...100 Laughs list: "Blazing Saddles" (#6), "The Producers" (#11), and "Young Frankenstein" (#13)

On Dec. 5, 2009, Brooks was a recipient of the 2009 Kennedy Center Honors at the John F. Kennedy Center for the Performing Arts in Washington, DC. He was also inducted into the Hollywood Walk of Fame on April 23, 2010.

On Oct. 18, 2021 it was announced that Brooks, now 95, would write and produce "History of the World Part II," a follow-up TV series to his 1981 movie. That year, he also published a memoir titled "All About Me!"

Flexible funding disbursement to help homeless vets

The Department of Veterans Affairs disbursed \$20 million in American Rescue Plan funds Dec. 21 to VA Medical Centers to provide critical and life-saving emergency assistance to veterans experiencing homelessness or those enrolled in the Department of Housing and Urban Development-Veterans Affairs Supportive Housing program during the coronavirus pandemic.

Through a time-limited congressional authority, VAMCs can use these funds to bring help required for safety and survival and to support stability and health for transportation and communications equipment and services.

"This unprecedented authority allows the Department of Veterans Affairs to meet the immediate needs of veterans who lack stable housing, transportation to medical appointments, food and other essentials – all while helping them to achieve long-term housing and financial stability," said VA Secretary Denis McDonough. "COVID-19 transmission continues to rise this winter in many communities and these resources will help VA use these flexibilities to protect the health and safety of homeless and at-risk veterans."

In 2021 VAMCs across the country helped more than 24,000 veterans from May through November thanks to the expanded authorization described in the Veterans Health Care and Benefits Improvement Act. VAMCs have purchased groceries, meals, apartment start-up kits, furniture, merchandise vouchers and laundry vouchers for veterans experiencing homelessness.

Learn more about flexible assistance at https://www.va.gov/ homeless/Flexible Assistance for Homeless Veterans.asp.

Korean War veteran finds his bliss at Ventura Veterans Home

by Jeff Jardine

Bobby Knaus is happy to be "home" - at the Ventura Veterans

Among the many things the holiday season inspires is the opportunity to count our blessings.

Bobby Knaus counts his merely by reflecting where he was a year ago in setting, spirit, strength, and soundness.

"I spent last Christmas alone," the 91-year-old Korean War veteran said. "I was living in a mobile home, (in) failing health, no family or friends."

A caregiver spent a few hours with him each week, but he needed more help and, equally important, kinship. He yearned to be among those he could relate to, who also had served and fought for freedom. He needed to connect and to be connected.

"My wish was to spend my final days around veterans, get the health and services to live my life out without physical and emotional pain," Knaus said. "I really wanted to be around my fellow veterans and people that care."

It turns out that wishes can come true and his certainly did last July 15, when he moved into the Veterans Home of California-Ventura. Indeed, he'll tell you he is now in a great place, both in life and location.

"I love it here," Knaus said. "This



is my home. Being around fellow veterans and the care I receive from the staff have changed both my physical and mental status. I have gained 22 pounds. I am active again and participate in home activities. I don't eat my meals alone, and I am surrounded by my fellow veterans that are not only friends, but now family."

"Bobby Knaus exemplifies why the Veterans Homes of California exist and have for the past 137 years," said Coby Petersen, Deputy Secretary of Veterans Homes. CalVet owns and operates the Ventura Home and seven others throughout the state. "Just as he feels blessed to be there, we are blessed to make such a difference in his life – to see him among friends, his spirits soaring, and his health improving. This is our passion and our mission for Bobby – for all of the other veterans in our

Homes as well."

That Knaus survived his two major duties in the military to make it to age 91 and the Ventura Home is truly a blessing in its own right.

Born and raised in Kansas, he left school after his freshman year of high school. A few years later as a 17-year-old in 1947, he enlisted in the Army and finished high school through the Armed Forces Institute.

In 1948, Knaus found himself on Okinawa serving with the 8115th Service Detachment. One of the bloodiest battles of World War II, the fighting on Okinawa in 1945 lasted from April 1 until June 22 that year and was the last major battle of the war. Two months after it ended, the Allies dropped atomic bombs on Hiroshima and Nagasaki, compelling Japan's surrender. The 8115th went in after the war to defuse and remove bombs, shells, rockets and other ordnance – both Allied and Japanese - that failed to explode during the fighting. They loaded it onto ships, sailed them out more than 12 miles from shore, and detonated the ships, sending them to the bottom of the East China Sea.

During a 2017 oral history interview, Knaus said that his detachment alone loaded and destroyed as many as 25 of those ships. It was a dangerous assignment that claimed the life of one soldier and wounded many

more. When that duty ended, he went to Japan until October 1949 before returning to the United States.

Just as Knaus was about to end his enlistment in 1950, the Korean War began. President Truman nixed all discharges. Then, Knaus' initial orders to join an engineering unit to build bridges suddenly changed. He became part of the 2nd Infantry Division, 9th Regiment, joining 30,000 other U.S. soldiers during the invasion of Pusan, South Korea. He fought in several battles throughout the war – fighting the force of 50,000 Chinese communists in the winter 1950 to 1951 – and earned three Bronze Stars.

So bitter was the fighting that he and others had to repel an attack by North Koreans on the airfield before Knaus could board a plane to Japan for a couple of long-overdue and well-deserved days of rest and recuperation.

"We carried our weapons everywhere," Knaus said. "When we went to the bathroom, or went to sleep; we carried them everywhere – on board all the way to Japan."

He fought battles during the bitterly cold Korean winters. Knaus suffered one minor shrapnel wound, but otherwise made it out of the war unscathed.

Find this story at https://calvet-connect.blog/2021/12/21/bliss-at-ventura/.

Social Security Matters Should I take Social Security even if I don't need it?

from Association of Mature American Citizens

Dear Rusty: I am 66 years plus 8 months old, am still working making six figures, and can support myself. I'm a healthy, self-employed single woman and have a State Pension (from a divorce settlement). I will work part time, probably through next year and until I am 70 years old or more. What should I do about my Social Security - take it or "bank it" in Social Security? Signed:
Fully Independent Lady

SECURITY

MATTERS

Dear Fully Independent: When to take your Social Security is always a personal choice which should look at your health, life expectancy and need for the money at this time. Since you imply that you don't really need the money at this time, you might choose to simply wait until age 70 to claim,

which will give you both the highest possible monthly benefit in your later years, as well as the most in cumulative lifetime benefits if you enjoy at least average longevity.

Statistically, according to Social Security, a healthy woman your current age will, on average, live to about 87. If you wait until age 70 to claim (vs. claiming now) your benefit will be about 30 percent higher and you'll breakeven money-wise when you're about 83. Depending upon your benefit amount and how long you live, that could give you tens of thousands of dollars more in benefits during your later years, and that higher monthly SS benefit would be a good hedge against future inflation.

Keep in mind too that, at your current income level, up to 85 percentyour Social Security benefits will become part of your taxable income. Even if you are only working part time, your combined income from all sources (including half of your SS benefits) will cause a minimum of 50% of your SS benefits for each tax year to become part of your taxable income at your normal IRS tax rate. The point being that the amount of your SS benefits which will be taxed by the IRS is related to your overall income, so there are tax advantages to waiting to claim until your income is lower.

We can only advise you on your Social Security options. If you wish to consider claiming your SS earlier and investing those benefits, you should seek the services of a Certified Financial Planner who can discuss your investment options, your risk tolerance and possible rate of return. From a Social Security standpoint, waiting until age 70 will maximize your benefit amount and, if you enjoy at least average longevity, reduce your "longevity risk" (the risk you might outlive your money). It will also yield the most in lifetime SS benefits. But, in the end, only you can make that decision after carefully considering all your options.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). With or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit the AMAC website (amacfoundation.org/programs/social-security-advisory) or e-mail us at sadvisor@amacfoundation.org.

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Poway Community Park site for Winter Festival on Jan. 7-8

The annual Winter Festival returns to Poway Community Park on Jan. 7-8, bringing to life all the magic and charm of winter. Whether it's building a snowman, sledding down the snow hill, roasting marshmallows by the campfire, making silly faces in the photo booth, or taking a spin around the synthetic skate rink, there is something for everyone.

Visitors are encouraged to come curious and hungry, as a variety of old favorites and new specialty food vendors are on-site The festival runs from 5-9pm on Friday and from 3:30 -8:30pm on Saturday.

From 2:30-3:30pm on Jan. 8, there is a unique edition of the festival for the special needs community. It features all of the same fun events as the Winter Festival. Pre-registration is not required, but special needs guests should check in upon arrival for a free event wristband.

Admission to the Winter Festival is free; some activities include a nominal fee. ATM machines are not available at the event, and some vendors are cash only, so visitors should plan accordingly. Free shuttles are available from Poway City Hall, located at 13325 Civic Center Dr., and the Boys and Girls Club, which is at 12988 Bowron Rd. Poway Community Park is located at 13094 Civic Center Dr. For information, call (858) 668-4671 or visit www.poway.org

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Armed Forces Dispatch (619) 280-2985

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NOVA® Home Loans 'Giving Campaign' announces 2021 military focused donation recipient

In 2021, NOVA® Home Loans committed to donating over \$500,000 to the communities they serve through their annual Giving Campaign. The money is distributed to non-profits throughout the markets they serve in Arizona, Colorado, Nevada, and California. The winning organizations were first identified by a nomination process, and then voted for, by customers in the communities they serve

This year one of NOVA Home Loans 2021 La Jolla Giving Campaign Recipients was \$3,000 to the San Diego North Education Foundation Operation Connect. The mission of Operation Connect is to connect transitioning service members to business leaders, owners, and influential people in the community, to help them become tomorrow's leaders.

NOVA's donations are in keeping with their core value of philanthropy, according to Jon Volpe, NOVA's Chairman and CEO. "As a kid, I relied on help from mentors to propel me through school and athletics, which led me to where I am today," says Volpe. "I've always been fully committed to giving back to the communities we serve because I believe giving is contagious." To learn more about NOVA Home Loans visit www.novahomeloans.com

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5 John Wick for one

11 Wedding reception VIPs 14 Puerto Rico, por ejemplo

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20 "Zip your lip!

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22 "And how!

23 *Be the first to begin 27 Hug

29 Mom's mom

30 Extended pd. away from work

31 Notable period 33 Commercial charge

37 U.K. network

38 *Party gifts container 41 Coffee dispenser

44 Aggregate

45 Container cover

46 Escape clauses 49 Letters in alphabet soup 52 *Act in desperation

56 Retinal cells

57 Fannie or Ginnie follower

58 Silently understood 61 Dismissal metaphor, with "the

62 Familiar slogan ... and what each answer to a starred clue is?

65 A-lister 66 Wind instruments

67 Biter on a pooch

68 Nonetheless

69 Corporate jet maker 70 Hide partner

Down

1 Frisbee, for one 2 Befuddled

3 Shoe with strap that nearly encircles the ankle

4 More smoke-filled 5 FDR's successor

6 German pronoun found in half of Munich?
7 What we have here

8 Highway divider 9 Actress Seales of "Insecure"

10 Opposing vote 11 Emmy category 12 Phoenix's 2019 Best Actor role

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25 Queen of Olympus

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38 Rise, as prices 39 Batter's job in a squeeze play 40 Eros, in Rome

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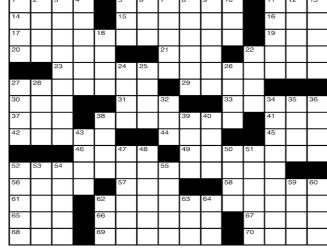
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JANUARY 6, THURSDAY, armedforcesdispatch.com

2



San Diego County has nearly 5,100 farms including full-time, part-time, large, small, conventional, organic, urban, rural, established, and just starting out. Approximately 69% of San Diego County farms are 1-9 acres and more than 40% of the producers are women. San Diego is a leading producer of avocados nationwide. and top crops include nursery, flowers, tomatoes, citrus, poultry, eggs, mushrooms, succulents, and strawberries

At daily San Diego farmers markets in neighborhoods throughout the county, you can sample freshfrom-the-farm produce from regional farmers and tasty treats from local artisans. Mingle with the locals and meet the farmers while you nibble on sweet, ripe fruit, listen to live music, stroll through colorful booths, and experience San Diego's delicious lifestyle. At some markets, cooks whip up crepes, kettle corn and tamales; vendors sell garlic-stuffed olives, olive oil, cheese, and honey, all prepared locally.

At many farmers markets, you'll also find local artisans selling everything from handmade soaps, jewelry, and art to textiles, pottery, photography, and other crafted treasures

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Tuesdays' for residents/military

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situation. Please check https://www.culturalpartnership.org/updates for

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Due to large crowds and for visitor safety, access for organized groups

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San Diego Air & Space Museum (Not valid for special exhibi-

• The Institute of Contemporary Art, San Diego (formerly San

Some museums may offer complimentary admission to their perma-

nent collections only and charge for admission to special exhibitions,

• The City's Botanical Building is closed until further notice.

Diego Art Institute) is not open on Tuesdays at this time.

San Diego Natural History Museum (Not valid for films)

manent collections only and charge admission to special exhibitions,

out each month to residents of the City and County of San Diego, and to

the latest information on closures, operating hours, and other details.

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Fleet Science Center

Second Tuesday

Third Tuesday

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Fifth Tuesdays

San Diego Museum of Art

Japanese Friendship Garden

Mingei International Museum

San Diego Automotive Museum

Regular admission prices are in effect

Diego Bay are complemented by a quaint small-town vibe and fresh produce at the Coronado Farmers Market. On Wednesday evenings, farmers congregate at the Ocean Beach Certified Farmers Market where their bounty is paired with live bands, art vendors and friendly locals in the laid-back beach town. On Thursday afternoons, head to one of San Diego's trendiest neighborhoods for the North Park Farmers Market. Here, vou'll find artists innovators and urbane young families shopping for grassfed beef, pastured chickens and the best produce local farmers have

On Friday mornings, check out the Rancho Bernardo Certified Farmers Market for fresh produce, hot food vendors, baked goods, handmade crafts, and more. During the weekends, hit up the Little Italy Mercato on Saturday mornings and sample "la dolce vita" with a cup of espresso, while you peruse five blocks of local goods ranging from artisan-cured meats and fresh live uni from the water off Point Loma to rainbows of fruits and veggies. On Sunday mornings, choose between the sprawling Hillcrest Farmers Market, filled with food vendors. artisans and farmers, and the seaside La Jolla Open Aire Market to seek out fresh produce, clothing, iewelry cut flowers, and more.

No matter what time of year

BALBOAPARK

or what day of the week you visit San Diego, you'll find incredible markets where the region's farmers will tempt your taste buds and share the amazing riches of San Diego's agricultural output.

> For more information about farmers markets around San Diego County, visit the San Diego County Farm Bureau website at http://www.sdfarmbureau.org/ farmers-market/. Davs and times are subject to change.



Coronado Coronado Certified Farmers

Tuesday: 2:30pm-6pm Coronado Ferry Landing, 1201 First St at B Ave, Coronado, CA 92118

Downtown / **Gaslamp Quarter City Heights Certified Farmers** Market

Saturday: 9am-1pm On Wightman St from Fairmount Ave to 43rd St, San Diego, CA

92105

Gaslamp Artisan Market

Fifth Ave from Island Ave to J St. and Island Ave from Fourth Ave to Fifth Ave, San Diego, CA 92101

Little Italy Mercato Certified

501 W Date St from Kettner Blvd to Front St, San Diego, CA 92101

Saturday: 8am-1pm 598 Harbor Ln - Fish Harbor Pier

(near Tuna Harbor), San Diego, CA 92101

Market

92103

North Park Thursday Certified

2900 North Park Way from 30th St to Granada Ave, San Diego, CA

Mission Bay and Beaches

ers Market

Farmers Market

La Jolla Open Aire Market

Sunday: 9am-1pm 7300 Block of Girard Ave at Genter St, La Jolla, CA 92037

Visit our military museums

The Veterans Museum at Balboa Park. The Veterans Museum and Memorial Center is a museum located in historic Balboa Park of San Diego, California, Founded in 1989, it is dedicated to create, maintain, and operate an institution to honor and perpetuate the memories of all men and women who have served in the Armed Forces of the United States of America.

Active duty military, Museum Member, Children under 12: Free Veterans/Seniors: \$4 • Adults: \$5 • Student ID: \$2 2115 Park Blvd, San Diego (Balboa Park) • (619) 239-2300 http://www.veteranmuseum.org/

Hours: Tues-Sat 10am-4pm • Closed Sunday & Monday MCRD Command Museum & Historical Society. Museum focusing on Marine Corps history from the 19th century to today is also a

research library. Free admission • Open to those who have base access 1600 Hochmuth Ave, San Diego, 92140 • (619) 524-4426

https://www.mcrdmuseum.org/ Hours: Mon-Sat 8:30am-4pm • Closed Sunday

Marine Corps Mechanized Museum Camp Pendleton. Managed under the auspices of Camp Pendleton's Museum Division Office, the collection of over 50 vehicles ranges from World War I to the first Gulf War. It includes Patton tanks, armored wheeled and tracked vehicles, trucks, jeeps and amphibious vehicles. When coming aboard Camp Pendleton, please ensure that you have a valid photo ID for every vehicle occupant along with current registration and proof of insurance. 24194 Vandegrift Blvd, Oceanside, CA 92058. (760) 725-5758

Mon-Thur 8am-4pm, Fri 8am-1pm, Closed Saturday & Sunday

USS Midway Museum. The USS Midway Museum is a maritime museum located in downtown San Diego, California at Navy Pier. The museum consists of the aircraft carrier Midway. The ship houses an extensive collection of aircraft, many of which were built in So Cal. Online ticket prices reflect \$2 discount/ticket over regular admission: \$26-Online Adult (ages 13+) • \$18-Online Youth (ages 6-12) \$18-Online Veterans (must show ID at entrance)

FREE-Children 5 & under, Active Duty military including reservists (w/ valid ID), Active Sworn law enforcement & firefighter (w/valid ID). Open daily 10-5, last admission 4pm. https://www.midway.org/

The Ranch House Complex at Camp Pendleton. The complex is listed as the Santa Margarita Ranch House Nat'l Historic Site and as a California State Historical Landmark. Docent-led tours are availby appointment; masks required. Please email your request to: MCBCÁMPEN_history@usmc.mil or phone (760)725-5758 The Camp Pendleton Historical Society is a 501(c)3 organization in support of the base's History and Museum's programs. Go to: http://www.camppendletonhistoricalsociety.org/ for information.

Great Park, Irvine, California-the former MCAS El Toro in August 2023.

FARMERS MARKETS

Wednesday: 4pm-8pm

Saturday: 8am-12pm

fied Farmers Market

Tuesday: 2pm-7pm

San Diego, CA 92109

to Hornblend St

Old Town

ers Market

ego, CA 92123

South Bay

ers Market

4900 Newport Ave from Cable St

to Bacon St. San Diego, CA 92107

Pacific Beach Certified Farm-

4150 Mission Blvd from Reed St to

Pacific Beach Blvd, PB, CA 92109

Pacific Beach Tuesday Certi-

4500 Bayard St. from Garnet Ave

Mission Valley and

Kearny Mesa Certified Farm-

Service Road from Lightwave Ave

to Spectrum Center Blvd, San Di-

Chula Vista - Otay Ranch Cer-

2015 Birch Rd. and Eastlake Blvd.

Beach

Friday: 2pm-7pm (April - Septem-

Imperial Beach Pier Plaza, 10 Ev-

ergreen Ave, Imperial Beach, CA

South Bay Certified Farmers

Friday: 2pm-6pm (October

Certified

tified Farmers Market

Tuesday: 4pm-8pm

Farmers Market

Wednesday: 3-7pm

Imperial

ber)

March)

91932

Chula Vista, CA 91915

Saturday: 10:30am-2:30pm

Saturday & Sunday: 11am-4pm

Farmers Market

Saturday: 8am-2pm

Tuna Harbor Dockside Market

Hillcrest / Uptown Hillcrest Certified Farmers

Sunday: 9am-2pm 3960 Normal St from Lincoln Ave to University Ave, San Diego, CA

Thursday: 3pm-7:30pm

La Jolla

Ocean Beach Certified Farm-

4475 Bonita Rd. Bonita, CA 91902 **East County** Borrego Springs Certified

Farmers Market Friday: 7am-Noon (October -April, closed May – September) Christmas Circle, 700 Palm Canyon Dr and Borrego Springs Rd Borrego Springs, CA 92004

Mesa Village Certified **Farmers Market**

Friday: 3pm-7pm La Mesa Blvd from Palm Ave and

Allison Ave, La Mesa, CA 91942 Santee Certified Farmers

Wednesday: 3pm-7pm (March -October)

Wednesday: 2:30pm-6:30pm (November - February) 9600 Carlton Hills Blvd and Mast Blvd, Santee, CA 92071

Santa Ysabel Certified Farmers Market

Sunday: Noon-4pm 21887 Washington St at Hwy 78 and Hwy 79. Santa Ysabel, CA 92070

North Coastal Carlsbad State Street Certified Farmers Market

Wednesday: 3pm-7pm (March-October)

Wednesday: 3pm-6pm (November-February)

2900 State St from Carlsbad Village Dr to Grand Ave, Carlsbad,

Del Mar Certified Farmers Market

Saturday: Noon-4pm

Civic Center, 1050 Camino Del Mar, Del Mar, CA 92014

Leucadia Certified Farmers

Sunday: 10am-2pm Paul Écke Elementary, 185 Union

St, Encinitas, CA 92024 Oceanside Certified Farmers Market

Thursday: 9am-1pm

Pier View Way and Coast Hwy 101, Oceanside, CA 92054 Rancho Santa Fe Certified **Farmers Market**

Sunday: 9:30am-2pm Del Rayo Village Center. 16079 San Dieguito Rd, Rancho Santa Fe, CA 92091

Solana Beach Certified Farmers Market

Sunday: Noon-4pm 444 South Cedros Ave, Solana Beach, CA 92075

North Inland

Escondido Certified Farmers Market

Tuesday: 2:30pm-7pm (October - May)

Tuesday: 2:30pm-7pm (June -September)

200 East Grand Ave from N Juniper St and S Kalmia St. Escondido.

Fallbrook Main Avenue Certified Farmers Market Saturday: 9:30am-2pm

100 S Main Ave from Hawthorne and Fig. Fallbrook, CA 92028 Mira Mesa Certified Farmers

Tuesday: 3pm-7pm (February - October) ** Opens 2nd Tues in

Tuesday: 3pm-6pm (November -

December, closed in January) Mira Mesa High School, 10510 Reagan Rd. San Diego, CA 92126 North San Diego (Sikes Adobe) Certified Farmers Market

Sunday: 10:30am-3:30pm Sikes Adobe Historic Farmstead, 12655 Sunset Dr, Escondido, CA 92025

Poway Certified Farmers Mar-

Saturday: 8am-1pm 14134 Midland Rd at Temple St. Poway, CA 92064

Rancho Bernardo Certified **Farmers Market & Specialties** Friday: 9am-1pm

Bernardo Winery, 13330 Paseo Del Verano Norte, San Diego, CA

San Marcos Certified Farmers Market

Market
Tuesday: 3pm-7pm
250 North City Dr. (between Campus Dr. and Redel Rd.), San Maryos CA 92078 cos. CA 92078

Vista Certified Farmers Market

Saturday: 8am-Noon County Courthouse, 355 South County Courthouse, 355 South Melrose Dr (south of Hacienda), Wight CA 02001 Vista, CA 92081

SD Humane Society Community Pet Pantry

San Diego Humane Society is supporting families and their pets who need extra help during the COVID-19 pandemic. Through the Community Pet Pantry, anyone can visit our campus locations in El Cajon, Escondido, Oceanside or San Diego to pick up a bag of dog or cat food, and other supplies, as available. No appointment is needed for this service. Tuesday-Sunday | 9am-6pm.

San Diego Humane Society Campus Locations

572 Airport Road Oceanside, CA 92058

San Diego Campus 5480 Gaines Street San Diego, CA 92110

showings, and events. Please call individual museums for information. El Caion Campus Oceanside Campus 1373 N. Marshall Ave Children under 12 years of age must be accompanied by an adult at El Cajon, CA 92020 most museums, but some museums have different minimum ages that Hours: Open daily 10am-5pm • Last admission at 4pm require an adult. Please verify the minimum age for the museums you Escondido Campus wish to visit. Dates and operating hours subject to change WITHOUT Flying Leatherneck Aviation Museum. The Flying Leatherneck 3500 Burnet Drive Aviation Museum, formerly at MCAS Miramar, will be relocating to NOTICE. Please check with individual venues if you have any ques-Escondido, CA 92027

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

FREE entry to the first 375 customers (per showing), no outside food, concessions will be available.

Thursday, Dec 30 6pm House of Gucci (R) Saturday, Jan 1

1pm Encanto (PG) 3:30pm Ghostbusters: Afterlife (PG-13) 6:30pm Resident Evil: Raccoon City Sunday, Jan 2

1pm Encanto (PG) 3:30pm Resident Evil: Raccoon City (R) Friday, Jan 7

6pm West Side Story (2021) (PG-13) Saturday, Jan 8 3pm Ghostbusters: Afterlife (PG-13)

Pendleton Theater and **Training Center** Bldg 1330 Mainside (Across from Mainside Center) Theater closed Jan 1

Saturday, Jan 8

6pm House of Gucci (R) 9pm Resident Evil Racoon City (R) Saturday, Jan 8

Friday, Jan 7

3pm Encanto (PG) 6pm A Journal For Jordan (PG-13)

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Theater closed for holiday.

Lowry Theater - NASNI, 619-545-8479

Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program. Debit and credit cards accepted only

Friday, Dec 31 6pm Resident Evil: Racoon City (R) Saturday, Jan 1 3pm Journal For Jorday (PG-13) 6pm House of Gucci (R)

Sunday, Jan 2 1pm Encanto (PG) 4pm Resident Evil Racoon City (R) Updates: sandiego.navylifesw.com

1:30pm Ghostbusters: Afterlife (PG-13) **Beyond Van Gogh: An Immersive Experience** Ongoing Friday, Jan. 14-Sunday, March 6

Del Mar Fairgrounds

Beyond Van Gogh: An Immersive Experience is a world-renowned three-dimensional art exhibition, featuring over 300 of Vincent Van Gogh's masterpieces projected through a unique multimedia experience that utilizes cutting-edge projection technology, to tell the story of Van Gogh's career in a way that has never been seen before. The exhibit includes many of Van Gogh's most popular pieces such as "The Starry Night,' "Sunflowers," and "Café Terrace at Night." Beyond Van Gogh offers a unique look at the tortured artist's stunning work, connecting guests to Vincent Van Gogh's art in a way they have never experienced before. Cost: \$23.99 - \$93.99. Get tickets online at https://vangoghsandiego.com/. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar, 92014

ON BASE/ON BOARD

NAS North Island Drop in Ping Pong Tournament. Fri, Jan 7, 5pm. VADM Martin Liberty Center (NASNI) NAS North Island, Bldg. 1507, Coronado. Contact Info: 619-545-3331.

NAB College Football Championship Game Viewing Party. Mon, Jan 10, 5pm at Q-Zone Liberty Center , Bldg 337, (NAB) Naval Amphibious Base Coronado. Watch the game on multiple TVs! Snacks included. While supplies last. Contact Info: 619-437-3190.

Pizza Making with MWR, Thur, Jan 13, 6pm, \$15. Naval Base San Diego Waterfront Community Rec Center, Brinser St., Bldg. 45, Pier 2. Learn how to make pizza dough from scratch, then you will get to make your own pizza! Sign up today https://sandiego.navylifesw.com/ Contact Info: 619-556-9597

Camp Pendleton Zero Dark Dirty 6K Night Obstacle Trail Run: Fri, Jan 21, 6-7:30pm, Lake O'Neill. Assemble for Zero Dark Dirty and test your skills. The course offers various obstacles and the challenge of running at night. Open to active duty and base patrons. An active duty ID card, dependent ID Card, retiree ID card, DOD-authorized ID card, or a CAC card must be presented when checking in yourself and your child. The general public, sponsored visitors, contractors, and other non-base patrons with DBIDs cards or visitor passes are not eligible to race. Unfortunately, at this time patrons with Veteran Health ID cards are also not eligible to participate in Hard Corps Race Series events. MCCS Semper

More info: (760) 725 -7223 http://www.mccscp.com/hcrs Camp Pendleton MCCS offers Active Duty: Super Tuesday Special. Marine Memorial Golf Course at Bldg 18415.

All Active Duty patrons can play 18 holes of golf on every Tuesday at any

time available at the Super Twilight green fee rate! \$9 to \$14 green fee depending on rank (golf cart not included). Great savings from the normal green fee rate of \$14 to \$25 depending on rank. No boots, uniforms, or cammies are allowed when playing on course

MCAS Miramar Welcome Aboard Orientation (WAO). Jan 10-12 at The HUB, 5305 Miramar Way, San Diego, CA 92145. Start your tour off right with Welcome Aboard Orientation (WAO)! MCAS Miramar is a great duty station and a great place to live. This 3-day orientation will acquaint you with all the installation has to offer and the opportunities available. WAO runs from 0730-1630 on all three days. First duty station Marines will also complete the Personal Readiness Seminar during day 3 of the orientation. WAO is mandatory for all E1-E6, WO1, O1-O2 Se Members. Spouses and all other ranks are encouraged to attend. Register thru calendar link at http://www.mccsmiramar.com/calendar/.

MCAS Miramar Youth Sports Calendar: Download here: http://

www.mccsmiramar.com/downloads/ MCCS Miramar Flag Football Tournament. Jan 19-April 1. Mon-Ved-Fri 1100-1300. Prize \$150. Sign up by January 11.

MCCS Miramar Basketball League (Evening). Jan 18-May 3. Tuesdays 1700-2000. Prize \$250. Sign up by January 13.

MCCS Miramar 6v6 Soccer League. Jan 25-April 14. Tu-Th 1100-1300. Sign up by January 18.

Gem Fair • January 7-9 Del Mar Fairgrounds

Fine jewelry, precious & semi-precious gemstones, millions of beads, crystals, gold & silver, minerals & much more at manufacturer's prices. Buy direct from the importers & wholesalers. Jewelry repair & cleaning while you shop. Cost: \$7. Open Fri Noon-6; Sat 10-6; Sun 10-5. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar 92014

Monster Jam • January 15-16 Petco Park • Downtown San Diego

Monster Jam's trucks and drivers roar into Petco Park for a weekend of fast-paced entertainment on Jan. 15 and 16. The motorsports competition features an unforgettable performance of high-flying feats and intense stunts. Some of this year's competing trucks and drivers include Jim Koehler driving Avenger, Chris Koehler driving Axe Kayla Blood driving Soldier Fortune, and Mike Christensen behind the wheel of Vendetta. Gates open at 4:30pm on Saturday, with a start time of 7pm, and at 1pm on Sunday, with a start time of 3pm.

Prior to the show, the Monster Jam Pit Party gives fans the opportunity to see the massive trucks up close, meet drivers and crews watch live pre-race interviews, and participate in Q&As. There is fun for the whole family at the Pit Party, which takes place at 2:30pm on Saturday and 11:30am on Sunday

Petco Park is located at 100 Park Blvd., San Diego. For more information, visit www.monsterjam.com.

El Cajon Coin Show • January 16 Ronald Reagan Community Center, El Cajon

Discover interesting things about coins, learn how to start your own coin collection, or add new coins to your collection during a fun-filled Sunday. This will be the first coin show in the San Diego area since 2019. There will be plenty of U.S. and foreign coins, antique coins and paper currency too. And, as always, no pressure to buy anything Dealers and local coin club members will available to sell, buy, and appraise coins, at no charge. Local club members will be available to answer your coin-related questions. In addition, ANACS, the American Numismatic Association Certification Service, the oldest grading service in the country, will be on hand to offer free advice and help with coin certification. Cost: \$1. Sat, Jan 16, 9am-4pm. Ronald Reagan Community Center, 195 E. Douglas, El Cajon, 92020



At University of Maryland Global Campus (UMGC), helping servicemembers and veterans build brighter futures is a proud tradition. Today, we're making education more possible than ever. If you apply by February 14, we'll waive your application fee. Take advantage of our career-relevant programs, online and hybrid classes, no-cost digital materials replacing textbooks & more than 170 classroom and service locations worldwide. At UMGC, our dedicated military and veteran advisors are here for you. Get personalized advising & lifetime career services. Classes start January 12.



Scan the QR Code to Apply & Save with No App Fee Thru 2/14.

619-550-1537 | UMGC.EDU/BASE



Eight tips to get better, more restful sleep

by Claudia Sanchez-Bustamante, **MHS Communications**

Ideally, doctors say, adults should get between seven and eight hours of sleep each night.

But, according to one national survey, about one in three American adults say they sleep far less than that most nights.

For some people, the daily grind of work and family responsibilities simply doesn't leave enough time in the day for a full night's sleep.

But for many others, the lack of sleep stems from a lifestyle or medical problem that might require healthier daily habits or long-term treatment from a health

Long-term sleeping problems can affect your mental health, relationships, quality of life, and performance at work. "If you're experiencing persistent problems with poor sleep, or if sleep difficulties are affecting your quality of life, you should seek professional assistance," said U.S. Public Health Service Capt. (Dr.) Anne Dobmeyer, a sleep expert who is currently the DHA's section chief for Primary Care Behavioral Health Science, Development, and Education.

Sleeping problems are often cited among the top reasons why service members go to a local military hospital or clinic, according to data published by the

DoD awards \$136.7 million contract to establish domestic production capacity of

Nitrocellulose membrane is a critical material used in manufacturing SARS-CoV-2 rapid point-of-care tests. This industrial base expansion effort will allow MilliporeSigma to establish a nitrocellulose manufacturing capability in its Sheboygan, Wisconsin facility to support more than 83.3 million tests per month for COVID-19 testing and future needs.

The DoD's Defense Assisted Acquisition Cell (DA2) led this effort in coordination with the Department of the Air Force's Acquisition COVID-19 Task Force (DAFACT). This effort was funded through the American Rescue Plan Act (ARPA) to support domestic industrial base expansion Armed Forces Health Surveillance

Sleeping is Healthy

Getting enough sleep is not a luxury. "It is something people need for good health," according to the Centers for Disease Control and Prevention.

Yet a third of American adults report usually getting less than the recommended amount of sleep, says the CDC. The ideal amount varies for individuals, but it usually ranges between seven to eight hours a night for adults.

Not sleeping properly is linked with many chronic diseases and conditions, including Type 2 diabetes, heart disease, obesity, and depression. It can also increase risk for injury - such as motor vehicle

Treating Sleep Problems

A variety of factors can contribute to insomnia, including bad sleep habits, depression, anxiety, illness, discomfort (like being too hot or cold); or irregular work schedules such as during military deployments. Fortunately, there are ways to diagnose and treat behaviorally based treatment for insomnia. Called Brief Behavioral Treatment for Insomnia, or BBTI, it involves changing sleep-related behaviors during the day to promote restful and lasting sleep at

"We can improve our nighttime sleep by changing some of our waking behaviors," Dobmeyer said. BBTI generally requires about five bi-weekly sessions of 20-30 minutes

"The appointments in BBTI typically include monitoring sleep patterns, making changes

to evening and bedtime routines, and altering the sleep schedule (bedtimes and waking times) to promote better sleep," she said.

The treatment teaches patients to adopt certain behaviors that lead to better sleep and adjust other behaviors that may contribute to poor sleep. The aim is to develop an individualized prescription for sleep and wake time and to alter it as needed over time, said Dobmever.

Even people without a clinical diagnosis of insomnia may benefit from improving sleep-related behaviors. She recommends these eight tips below for better sleep:

- · Have a consistent routine before bedtime to help you wind down and relax.
- · Avoid napping during the day.
- Avoid exercise before bedtime; exercising in the late afternoon or early evening is better.
- · Avoid heavy meals, alcohol, caffeine, and tobacco close to bedtime
- Reserve the bed primarily for sleep. Avoid watching television, reading, working, or gaming in bed. Over time, doing these activities in bed trains the body and mind that the bed is a place for wakefulness, not sleepiness.
- · Avoid using screens that emit blue light, like cell phones or iPads, within two to three hours of bedtime. Blue light suppresses the brain's production of melatonin, making it more difficult to fall asleep.
- · Go to bed and rise at the same time or close to it every day. Keeping a consistent wake time is particularly important.
- Don't stay in bed if you have

service members who are deployed may not have the space or time to adopt completely healthy sleep behaviors. In that case, Dobmever recommends adopting as many of these recommended behaviors as possible and to speak with their primary care manager if sleep problems persist.

Sleep Medication

Dobmeyer cautions against relying heavily on sleep medication. "Although sleep medications can be helpful in certain circumstances for short periods of time, many sleep medications have side effects and are not intended for long-term use," she said

Often, the medications' benefit only lasts as long as the patient continues to take them. So, people find that sleep problems come back when they try to decrease or stop the medication, she said.

With behavioral treatment, such as BBTI, individuals can instead learn to rely on themselves to make the necessary lifestyle changes to benefit their sleep. Just like an individual might alter their lifestyle to begin an exercise regimen to achieve an athletic goal, they can learn to alter their lifestyle to retrain their bodies to achieve restful sleep.

For people who don't get sufficient improvement from BBTI at the primary care level, MHS patients can go see a specialist at a behavioral health clinic for a more intensive treatment called Cognitive Behavioral Treatment for Insomnia, known as CBT-i.

CBT-i includes the components of BBTI plus additional training in relaxation skills and in cognitive approaches to enhance sleep, such as decreasing worry or negative thoughts that interfere with sleep. Dobmeyer said this includes "teaching patients to recognize thought patterns that negatively affect their sleep."

CBT-i treatment typically ranges from eight to 12 appointments lasting 45-50 minutes in a specialty behavioral health office.

There are other treatment options for physiological sleep disorders, such as sleep apnea, in which breathing repeatedly stops and starts. (These will be covered in more detail in later articles.)

For more information, check out DHA's podcast, A Better Night's Sleen at health mil or talk to your Sleep at health.mil, or talk to your primary health provider.

critical material used in COVID-19 tests

On Dec. 29, 2021, the Department of Defense (DoD), on behalf of and in coordination with the U.S. Department of Health and Human Services. awarded a \$136.7 million contract to MilliporeSigma to establish nitrocellulose membrane production capacity in the United States.

for critical medical resources.

Being deployed may not always make it possible for service members to get proper sleep, but experts recommend they try to adopt healthy sleep practices as much as possible, such as using their bed or cot only for sleeping.

Behavioral health consultants in primary care clinics across the Military Health System provide

County library's top 10 borrowed lists for 2021

Entertainment and education can be yours at no cost with a library card. The San Diego County Library system has got it all from books to e-books to audiobooks in just about every genre. Plus, they also have movies and music

Now if you need some recommendations, we have included the County Library's Top 10 lists for books and movies checked out

Library patrons can go in person to get any physical materials from 10am to 4pm Monday through Friday at all 33 County libraries. Please wear a mask to stay safe during the coronavirus pandemic. Physical materials like books. audio books, DVDs and CDs can be requested online or by phone and picked up at your branch's check-out area.

And of course, library patrons can still digitally access all the Library's digital and electronic materials around the clock — 24hours a day, seven days a week - by downloading the Libby app for e-books, audio books and e-magazines.

So, here are the 2021 Top 10 Lists. **Books**

- A Slow Fire Burning by Paula Hawkins
- Where the Crawdads Sing by Delia Owens
- The Four Winds by Kristin

of the brain. It also activates areas that aren't used at other times. When readis noteworthy that this effect does not occur when watching TV

Hannah

- · The Madness of Crowds by Louise Penny
- Apples Never Fall by Liane Moriarty • The Judge's List by John Gri-
- sham

Soolev by John Grisham

- The Midnight Library by Matt Haig
- A Time for Mercy by John Grisham
- Better Off Dead by Lee Child

Movies

- 1917
- Jumanji, The Next Level
- Hitman's Wife's Bodyguard • F9 The Fast Saga
- Black Widow • Raya and the Last Dragon
- Cruella
- The Marksman • A Quiet Place Part II
- Little Women

E-books

- The Midnight Library: A Novel by Matt Haig
- The Four Winds by Kristin Hannah
- Nomadland: Surviving America in the Twenty-First Century by Jessica Bruder
- Everything I Never Told You: A Novel by Celeste Ng
- The Last Thing He Told Me: A Novel by Laura Dave
- People We Meet on Vacation by

- Emily Henry
- The Invisible Life of Addie LaRue by V.E. Schwah
- · Malibu Rising: A Novel by Taylor Jenkins Reid
- Project Hail Mary: A Novel by Andy Weir
- The Vanishing Half: A Novel by Brit Bennett

Audio and e-Audio Books

- The Midnight Library: A Novel by Matt Haig
- · A Promised Land by Barack Obama
- · The Four Winds by Kristin Hannah
- Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear

· Greenlights by Matthew Mc-

- Conaughey • Talking to Strangers: What We Should Know about the People We Don't Know by Malcolm
- Gladwell • The Last Thing He Told Me: A Novel by Laura Dave
- The Guest List: A Novel by Lucy Foley
- Where the Crawdads Sing by Delia Owens • The Invisible Life of Addie

LaRue by V.E. Schwab Kids' Chapter Books

- Diary of a Wimpy Kid: The Deep End by Jeff Kinney
- · Dog Man: Grime and Punish-

- ment by Dav Pilkey
- · Dog Man: Mothering Heights by
- Diary of a Wimpy Kid: Wrecking Ball by Jeff Kinney · Rowley Jefferson's Awesome
- Friendly Adventure by Jeff Kin-
- Dog Man: For Whom the Ball Rolls by Dav Pilkey • Dog Man: Fetch-22 by Dav
- Pilkey • Rowley Jefferson's Awesome Friendly Spooky Stories by Jeff
- · Diary of a Wimpy Kid: The Meltdown by Jeff Kinney
- Diary of a Wimpy Kid: Big Shot by Jeff Kinney

Teen Fiction

- The Hunger Games by Suzanne Collins
- · Guts: A Graphic Novel by Raina Tegemeier · The Hidden Oracle by Rick
- Riordan • The Lightning Thief by Rick Riordan
- The Tyrant's Tomb by Rick Riordan
- The Lost Hero by Rick Riordan (also available in graphic novel) The Ballad of Songbirds and
- Snakes by Suzanne Collins • The Lightning Thief by Rick Riordan (It's that good and classified in a different format)
- The Sea of Monsters by Rick Riordan (also available in graphic novel)
- The Tower of Nero by Rick Riordan

trouble sleeping. Instead, get out of bed and do a relaxing activity until you feel sleepy. Then, return to bed

Understandably, active-duty

