

ARMED FORCES DISPATCH



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

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JAPAN COAST GUARD ISSUES SALVAGE ALERT FOR SOUTH CHINA SEA DAYS AFTER U.S. NAVY F-35 CRASH

by Alex Wilson
Stars and Stripes

The Japan Coast Guard issued a maritime navigational alert for salvage operations in the South China Sea over the weekend, indicating the U.S. Navy may be starting its effort to recover a stealth fighter that sank in the ocean last week.

An F-35C Lightning II crashed on Jan. 24 while attempting to land on aircraft carrier USS *Carl Vinson*. The U.S. 7th Fleet plans to salvage the aircraft, it said last week.

Saturday's navigational alert, issued by the coast guard's Hydrographic and Oceanographic Department, specifies that salvage operations are taking place "until further notice" approximately 300 miles northeast of the Paracel Islands and 170 miles off the western coast of the Philippines.

However, 7th Fleet spokeswoman Cmdr. Hayley Sims would not comment on whether the navigational alert was related to the Navy's salvage plans.



Video grab of Lightning II crash on Jan. 24. Courtesy photo

"The U.S. Navy is making recovery operations arrangements for the F-35C aircraft involved in the crash aboard USS *Carl Vinson* in the South China Sea," she said Tuesday by phone.

The Navy will attempt to recover the aircraft while keeping safety and national security interests in mind, Pentagon press secretary John F. Kirby said Jan. 27.

"We're certainly mindful

of the value of an F-35 in every respect of what value means," he said at a media briefing.

The "C" variant of the fifth-generation fighter is configured for carrier landings and costs approximately \$103 million per aircraft, according to manufacturer Lockheed Martin, but its value also includes classified technology.

The aircraft crashed into

the deck of *Carl Vinson* during a landing attempt, then fell into the water, the Navy said last week. The pilot ejected and was picked up by a rescue helicopter, and six other sailors were injured in the crash.

Three were flown to a hospital in Manila, the Philippines; the remaining four were treated aboard *Carl Vinson*.

Sims said the three Sailors

who were hospitalized have since been released. She said the incident is under investigation and no further details are available.

In March, the Navy broke

its depth record for the recovery of a sunken aircraft when it fished an MH-60s Seahawk from 3.6 miles beneath the surface of the Philippine Sea after it crashed the previous year.



FEBRUARY OBSERVANCES: Strawberry, Bald Eagle, Vision, Rabbit, Writing

Nat'l Cancer Prevention
American Heart Month
Nat'l National Cherry
Celebration of Chocolate
African American History
Grapefruit Month
Great American Pie Month
Fabulous Florida
Strawberry Month
Nat'l Snack Food Month
Nat'l Children's Dental Health
Canned Food Month
Nat'l Hot Breakfast Month
Sweet Potato Month

Bake for Family Fun
Berry Fresh Month
Nat'l Fasting February
Nat'l Teen Dating
Violence Awareness and
Prevention Month
Nat'l Self-Check Month
Creative Romance Month
Nat'l Enrolled Agents
Nat'l Heart Healthy Month
Nat'l Age-Related Macular
Degeneration and Low
Vision Awareness Month
Barley Month

Nat'l Potato Lovers Month
Nat'l Therapeutic
Recreation Month
Psychology Month
Bald Eagle Month
Date Your Mate Month
Exotic Vegetables and
Star Fruit Month
Nat'l Spay / Neuter Month
Nat'l Wedding Month
Career and Technical
Education Month
Femslash February
28 Days of Black Cosplay

Furmint February
Kids ENT Health Month
Body Awareness Month
Int'l Month of Black
Women in the Arts
Int'l Camera Days
Nat'l Fondue Month
Nat'l Avocado and
Banana Month
Vulvuary Health Awareness
Turner Syndrome Awareness
Goat Yoga Month
Nat'l Cat Health Month
Marijuana Awareness

Nat'l Condom Month
Safer Sex Awareness
Ectodermal Dysplasias
Awareness Month
Eisenmenger Syndrome
Awareness Month
Gum Disease Awareness
"From Africa to Virginia"
Adopt a Rescued Rabbit
An Affair to Remember.
Aromantic Writing Month
Beat the Heat Month
Declutter for a Cause 59.
Dog Training Education0.

Feline Fix by Five Month
Int'l Boost Self Esteem
Int'l Expect Success
Int'l Friendship Month
Int'l Hoof Care Month
Int'l Infection Prevention
Jobs in Golf Month
Library Lovers Month
Love the Bus Month
Marfan Syndrome Awareness
Nat'l Bird Feeding Month
Nat'l Care About Your
Indoor Air Month
Nat'l Embroidery Month

Career and Education

Fleet rating experts needed for exam development.

See page 8

AutoMatters & More



The old Disneyland that we love is back - and getting better.

See page 9

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For more information on these events visit the USO San Diego web site at <https://sandiego.uso.org/events/> or their facebook pages at facebook.com/usosandiego or facebook.com/USOCampPendleton or call (619)235-6503. *Registration on line may be required so be sure to check in advance!*

Feb 4th, HAPPY BIRTHDAY USO!!!

USO San Diego Liberty Station, 2790 Truxtun Road Suite 110 San Diego Stop by USO Liberty Station Center, 9:30-4:30 to help celebrate the USOs Birthday with delicious cupcakes! At Camp Pendleton 11am-3pm!

Feb 4th, 9:30am. Mobile Farmers Market

USO San Diego Liberty Station, Ingram Plaza, 2751 Dewey Rd, San Diego In partnership with the San Diego Food Bank, we are hosting a IN-PER-SON food distribution for our Active Duty Military families.

Feb 7th, 4-6pm. Blind Date with a Book

USO Camp Pendleton, 1104 Vandegrift Blvd. Camp Pendleton Are you the spouse of a deployed service member and spending Valentine's Day apart? Stop by USO Camp Pendleton on Monday, January 7th, from 4pm-6pm to pick up a book and chocolates (while supplies last) for Blind Date with a Book!

Feb 7th & 28th, 6:30pm-8:00pm. Shelf Indulgence Book Club

USO Camp Pendleton, 1104 Vandegrift Blvd. Camp Pendleton Join us for February's Shelf Indulgence book club book discussion! This month's book is My Name is Rose by Alexa Kingaard.

Feb 8th, 9am. Coffee Connections, Camp Pendleton

Join the USO and other military spouses in your community to build friendships, make connections, and find resources. Open to all spouses of currently serving military. Dates and times subject to change. Please register to get up-to-date information on this event.

Feb 8th, 2:30pm. IN-PERSON Story Time & Movie

USO San Diego Liberty Station, 2790 Truxtun Road Suite 110 San Diego Join us for a IN-PERSON Story Time Reading through our Bob Hope Legacy Reading Program!

Feb 9th, 9am & 6pm. In Full Bloom: Meal Planning and Prep

USO Camp Pendleton, 1795 West Barnett Circle, Oceanside Join us for this self growth and wellness experience. Learn meal prep and planning techniques to help manage your busy lifestyle and eat well.

Feb 14th, 11am-4pm. Valentine's Day

USO Camp Pendleton, 1104 Vandegrift Blvd. Camp Pendleton Stop by for a photo booth and sweet treats!

VETERANS ASSOCIATION OF NORTH COUNTY

Saturday Feb. 5
11:00am-2:00pm Marine Corps Nat'l Meeting
Monday, Feb. 7 Open to Public
12:00pm- 1:00pm Veterans Advisory Committee
Wednesday Feb. 9
1:00pm-2:30pm Military Order of Purple Heart
Saturday Feb. 12
9:00am – 10:30am Involved Men of Oceanside
11:00am – 1:00pm Buffalo Soldiers
Sunday Feb. 13
10:00am – 11:30am Jewish War Veterans
Thursday Feb. 17
6:00 pm- 7:00 pm Marine Corp League
Saturday Feb. 19
11:00 am – 1:30 pm Veterans Writing Group
Monday Feb. 21
6:00 pm- 7:00pm American Legion Post 760
Wednesday Feb. 23
5:00pm – 6:30 pm Wounded Warrior Project
Saturday, Feb. 26 Open to Public
3:00pm – 5:00pm Writers Group 4th Book Launch

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Bayview Hills Neighborhood Food Distribution. 2nd Thursday of every month. 10am-Noon. 1890 Sky Harbor Rd #1816, San Diego, 92139. Pre-registration is required. Only ONE registration per family. The link to register will be posted the Friday before the distribution at 6pm on our Facebook page (@ASYSanDiego)

Murphy Canyon Neighborhood Food Distribution. On the 4th Thursday of every month, 10am-Noon. 3923 Santo Rd, San Diego (Tierrasanta), CA 92124. Please Remember: 1. Only register for one time slot and one family member 2. Pre-Registration through WebTrac is REQUIRED. Registration is available on @ASYSanDiego Facebook page the Friday prior at 6pm.

Register for our Spring Break Camp Hero program! March 28-April 1. By signing up your children today, you'll ensure they have a spring break filled with fun, activities, crafts, and connection. Register today on our Facebook page or web site.

Horseback riding lessons. Join us at the Horse of the Sun Ranch for our Horseback Riding Lessons! For children & adults. Highly qualified, CHA certified trainers offer individual riding lessons based on your availability, so register today at the link on @ASYSanDiego Facebook and schedule the date/time of lesson directly with our instructors!

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<https://www.facebook.com/camppendletonasymca/>
<https://www.asymca.org/camp-pendleton-home>
200090 Ash Road, Wire Mountain Rd, Oceanside, CA 92058
Phone: (760) 385-4921

Neighborhood Exchange-Food and Diaper Distributions slated for February 25th! Watch for registration to open on facebook the 3rd Friday of the month.

Are you interested in volunteering? We offer a variety of volunteer opportunities through our programs and events. Opportunities include monthly food and diaper distribution shift and weekend recreation center shifts along with other seasonal events like Ball Gown Giveaway an Holiday programs. Contact Megan Martinez Director or Programs mmartinez@asymca.org.

DOD, nation celebrate Black History Month

Black History Month, also known as National African American History Month, is an annual celebration of achievements by Black Americans and a time to recognize the positive impact they've had on the history of the United States and the Defense Department. Black people have fought in every United States war, from the Revolutionary War through the wars in Iraq and Afghanistan. Ninety African Americans have been awarded the Medal of Honor. Yet, throughout most of American history, Black service members were placed in segregated units. Desegregation didn't occur until Jan. 26, 1948, when President Harry S. Truman issued Executive Order 9981 directing the armed services to integrate. Active-duty service members number 1,319,283; of those, 227,974, or 17.3%, are African American, as of December 2021.

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U.S., in lockstep with NATO allies, calls on Putin to stand down

by Jim Garamone
DoD News

The United States is in lockstep with NATO allies in calling for Russian President Vladimir Putin to de-escalate his country's situation with Ukraine, U.S. defense leaders said during a Pentagon news conference Jan. 28.

Secretary of Defense Lloyd J. Austin III stressed that conflict with Russia isn't inevitable.

"There is still time and space for diplomacy," the secretary told Pentagon reporters. "The United States, in lockstep with our allies and partners, has offered Russia a path away from crisis and toward greater security, and the Department of Defense will continue to support those diplomatic efforts."

Both Austin and Milley said the 8,500 U.S. troops have not been ordered to go anywhere, yet. The troops will be part of the NATO Response Force if that unit is activated.

Milley said Russia needs to

Pallets of ammunition, weapons and other equipment bound for Ukraine are processed through the 436th Aerial Port Squadron during a foreign military sales mission at Dover Air Force Base, Delaware, Jan. 27. Air Force photo by Mauricio Campino



"stand down" from its position. He noted that there are more than 100,000 Russian troops on the border with Ukraine and inside Russia's only European ally - Belarus.

Ukraine is the second largest nation in Europe and has a population of 44 million. "If war were to break out on a scale and scope that is possible, the civilian population

will suffer immensely," the general said.

The Ukrainian military has about 150,000 active-duty troops and a larger number of reservists, Milley said.

Ukraine is a NATO partner, not a NATO member, but NATO leaders have told Putin that any incursion into Ukraine would trigger significant economic and diplomatic costs. "A move on Ukraine will accomplish the very thing Russia says it does not want: a NATO alliance strengthened and resolved on its

western flank," Austin said.

"The United States will contribute to NATO's response forces. And we will coordinate with our NATO allies. We will make sure that they have the capabilities that they need to defend themselves. Article Five is clear on its point of attack against one NATO member is an attack against us all. And as President Biden has said, the United States holds this as a sacred obligation. And we will do right by that commitment."

Austin and Milley said that

while they do not believe Putin has made the decision to use the troops amassed on Ukraine's border, he clearly has that capability. The frontline states of NATO are, understandably, worried about Russian aggression. NATO has significant military capability, Milley said. NATO has more than 130 brigades of maneuver forces, not including U.S. forces, the chairman said. The alliance also has 93 squadrons of high-end fighters, four aircraft carriers, and many more surface combatants. "The military capability of NATO is very, very significant," he said.

Total Navy Battle Force: 296 Ships underway

Deployed ships underway: 62
Non-deployed ships underway: 32
Total ships underway: 95
Ships deployed by Fleet
Fleet Forces, 0: 3rd Fleet, 2
4th Fleet, 2: 5th Fleet, 12
6th Fleet, 21: 7th Fleet, 75
Total 112



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U.S. military drills with Pacific allies send a message to China, expert says

**by Seth Robson
Stars and Stripes**
TOKYO - Military exercises between the United States and its allies in the Western Pacific, both ongoing and upcoming, send a message to China not to pull a “stunt” to distract people at home, according to a New Zealand-based American security expert.

The Air Force is about to launch Cope North, a large-scale aerial combat, force employment and disaster relief exercise with Japan and Australia, that will involve more than 2,000 sorties on and around Guam, Pacific Air Forces announced in a statement Jan. 30.

Fighter aircraft from all three nations will take part in counter-air and close-air support missions, according to the statement. They’ll also practice aerial refueling. Counter air means attacking enemy air bases while close air support involves aircraft attacking enemy targets near friendly ground forces.

“These training missions will conclude with a large force employment exercise designed to enhance readiness and interoper-

ability among the three countries,” the statement said.

Interoperability describes the ability of one country’s armed forces to use another country’s training methods and military equipment.

The drills follow last week’s Keen Edge command post exercise involving U.S. and Japanese forces in Japan and the ongoing Marine Exercise 2022 amphibious-assault training involving U.S. Sailors and Marines and local forces in the Philippines.

The exercises send a message to China, New Zealand-based security expert Paul Buchanan said Monday.

Internal troubles such as economic and supply disruptions and coronavirus outbreaks could turn powerful Chinese factions against President Xi Jinping, Buchanan predicted.

The Chinese leader hasn’t left Beijing for 700 days, Foreign Policy reported Friday.

“What do authoritarian leaders do when they are concerned about

internal challenges?” Buchanan asked. “They do something outside to distract attention.”

The U.S. and its allies are eager to deter China from “pulling a stunt” in the South China Sea or beyond, he said.

“The possibility of Xi intentionally ... using conflict to divert attention from his internal woes have increased dramatically,” he said. “These exercises increase deterrence.”

The Cope North exercise, which runs from Wednesday to Feb. 18, begins with humanitarian-assistance and disaster-relief training, according to a Pacific Air Forces statement.

Training will take place at Andersen Air Force Base and Northwest Field on Guam; the Commonwealth of the Northern Mariana Islands, including Rota, Saipan and Tinian; Palau and the Federated States of Micronesia, the statement said.

Over 2,000 sorties are planned across seven islands and 10 airfields. More than 2,500 U.S. airmen, Marines, and Sailors will

train alongside about 1,000 from Japan and Australia. Approximately 130 aircraft from over 30 units will fly in the exercise, the statement said.

The training begins as drills in Japan and the Philippines end.

U.S. Sailors and Marines and Philippine troops wrapped up Marine Exercise 2022 in the Philippines Wednesday.

The forces, which began training Thursday, have involved warships training at sea, the U.S. Embassy in the Philippines said on its website Friday.

The training includes beach landings, search and seizure of enemy craft and moving troops and equipment, the statement said.

U.S. warships participating include USS *Essex*, USS *Portland* and USS *Pearl Harbor* carrying troops from the 11th MEU.

Keen Edge, which began Jan. 23 and wraps up Thursday, involves 500 U.S. personnel and 1,380 Japanese troops at Yokota Air Base and other locations in Japan, along with Hickam Air Force Base, Hawaii. It aims to increase combat readiness and the ability of U.S. and Japanese Forces to work together, USFJ said in a Jan. 23 statement.

Army
•Army’s tactical network must overcome several challenges, says Pentagon weapons tester
•Army touts TikTok-ing first sergeant as ‘future of Army leadership’
•Army has an artillery problem, but it’s working on high-tech solutions
Navy
•Navy adopts new strategy prioritizing ‘the building blocks’ of unmanned tech
•Navy set to begin cleanup of fuel-contaminated well near Pearl Harbor
•LCS Little Rock temporarily lost power during sea trials, returned to Mayport
Marine Corps
•2 Marines remain hospitalized after deadly North Carolina rollover
•Winter Fury: Marine training exercise coming to Moses Lake, Wash.
Air Force
•Airman found dead in residence off Misawa Air Base in Japan
•Last Afghan refugees depart Air Force base in New Mexico
•Air Force couple faces \$15K bill to fly Great Dane home from Japan
•How Air Force police get giant moose out of traffic in Alaska
Space Force
•Space Force? Is that real?’ Guardians still struggling with an unconvinced public
•Space Force’s troubled space-tracking system is officially shut down
National Guard
•Texas GOP governor faces backlash over problems with National Guard Deployment at border
•National Guard members to fill in as substitutes at Las Cruces schools next week
Coast Guard
•Coast Guard finds 5 dead from capsized vessel off Florida coast, officially suspends its search



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Military Culture & History
•Did McDonalds just release a Marine Corps Burger?
•The 100-year-old blueprint for the world’s first tank is up for sale
Veterans
•Two Army vets awarded \$110 million in 3M earplug lawsuit
•Florida man guilty in \$88 million drug scheme targeting Tricare, VA

<div><div>Places of Worship</div></div>			<div><div>Christ Community Church <i>Helping people love God and each other!</i> Services Onsite or Online Sundays 8:30 & 10:30am Children's Ministries for All Kids! Small Groups for Teens & Adults of All Ages! 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15 www.gotoChrist.com or (858) 549-2479</div></div>	<div><div>Mesa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) <i>Seeking Sinners; Saving Souls, Strengthening Saints</i> Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd, Poway • 858-485-6110 • www.mesaview.org</div></div>
<div><div>Bethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd, Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 10:30am Sundays Bible Class, Wednesdays 10am (619)222-7291 LivingWaterSD7@gmail.com</div></div>	<div><div>First Baptist Church of Coronado <i>"Reach Up, Reach Out, Reach Our World"</i> Jim W. Baize, Pastor www.fbcoronado.com Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am Meeting in person and online on YouTube or Facebook FB: First Baptist Church of Coronado email: secretary@fbcoronado.com 445 C Ave., Coronado, CA 92118 (619) 435-6588</div></div>	<div><div>Military Outreach Ministries Int'l Church <i>"Transforming the World, One Person at a Time"</i> Dr. Dennis Eley, Jr, Th.D., MBA dennis@militaryoutreachministries.org 7997 Paradise Valley Rd, San Diego, CA 92139 Sunday Service In Person 12:30-2pm • Children's Church 1pm Live Stream: 1pm on "Moministries" free church app Or www.militaryoutreachministries.org click on 'live stream' blue button</div></div>		
<div><div>Bayview Church <i>Attract...Assimilate...Activate</i> 6134 Pastor Timothy J. Winters St., San Diego 92114 (619) 262-8384 Sunday 6:45am, 8:30am, 11am Worship Service Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am www.bayviewbc.org info@bayviewbc.org</div></div>	<div><div>La Jolla Lutheran Church <i>"We Follow Jesus"</i> 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</div></div>	<div><div>Resurrection Lutheran Church <i>A Small Place with a Big Heart!</i> Worship Service Sunday at 10:15 am. (please see website for details) 1111 Fifth Street – Coronado, CA 92118 – 619.435.1000 secretary@resurrectioncoronado.com – www.rl.church https://www.facebook.com/resurrectioncoronado/ The Rev. Dr. Brian Olman, Pastor</div></div>		
<div><div>Canyon View Church of Christ <i>"Love God, Love People, Serve the World"</i> Sunday Bible Classes for all ages 9am Sunday Worship 10am 4292 Balboa Ave., San Diego, CA 92117 Email:cvoffice@canyonview.org (Near corner of Balboa Ave & Clairemont Dr) www.canyonview.org (858) 273-5140</div></div>	<div><div>Living Water Lutheran Church Meeting at Green Flash Brewery Gathering Room 6550 Mira Mesa Blvd. (Entrance Directly in back - off Sequence Dr.) Worship 8:45am (858)792-7691 LivingWaterSD7@gmail.com Pastor: Rev. Steven Duescher</div></div>	<div><div>St. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. <i>We thank you for your service!</i></div></div>		

Multi-capable Airmen train with Marine Corps

by Airman 1st Class Vaughn Weber

355th Wing Public Affairs

DAVIS-MONTHAN AIR FORCE BASE, Ariz. - Multi-capable Airmen training has expanded to Twentynine Palms, Calif., with a new opportunity to train alongside the Marine Corps in an operationally limited environment.

The joint training with the Marine Wing Support Squadron 374 was developed by the 357th Fighter Squadron and 79th Rescue Squadron to provide hands-on training at the largest Marine Corps base.

"Once a quarter, we are providing an opportunity for as many as 15 multi-capable Airmen to go on this mission and practice forward area refueling point operations and airfield security,"



An A-10C Thunderbolt II from the 357th Fighter Squadron takes off from an AM-2 airfield mat at Twentynine Palms, Calif. Air Force photo by Airman 1st Class Vaughn Weber

said Air Force Lt. Col. Joel Bier, 357th FS commander. "We keep evolving this joint force training to have MCA accomplish mission objectives in an expeditionary environment."

So far, this training has been conducted in October and December 2021, with trained MCA flying out on 79th RQS HC-130J Combat King II aircraft. At Twentynine Palms, MCA get the unique opportunity to work alongside Marines to secure the landing zone for 357th FS A-10C Thunderbolt IIs and install the AM-2 airfield mat for the A-10s to land on.

"We were able to learn similarities between (the branches) operational concepts," said Marine Corps Chief Warrant Officer 2 Matthew Wilson, Marine Wing Support Squadron 374 airfield services officer. "Which will inform our current and future planners about the capabilities, skills and technical abilities of similar military occupation specialty types outside of the Marine Corps."

Working alongside the Marine Corps' airfield services officers and bulk fuel specialists, the 355th Wing's MCA refine their skill set of conducting FARP operations and ensuring A-10s take off and land safely in austere locations.

"Overall I would say that we enjoy working with the Air Force during all types of training operations," Wilson said. "I know for a fact that the Marines always enjoy seeing an A-10 in the pattern."

Serfass takes over as CO of EODMU 3

by Lt. John Mike, Explosive Ordnance Disposal Group ONE

CORONADO - Explosive Ordnance Disposal Mobile Unit (EODMU) 3 welcomed its newest leader during a change-of-command ceremony at Naval Amphibious Base Coronado Jan. 28.

Cmdr. Andrew Serfass relieved Cmdr. Alex Campbell in front of friends, family members, and EODMU-3 personnel as part of an outdoor ceremony at the unit's headquarters.

Campbell took command of EODMU-3 in May 2020. While serving as its commanding officer, he led a team of 168 personnel on a deployment to 5th Fleet where they conducted a wide range of operations in support of the fleet and joint forces. He also oversaw the development of training innovations that focus on preparing the unit's Sailors for future combat operations.

"Everything good that has happened here is because you invested yourselves in this command," said Campbell to EODMU-3's assembled Sailors and civilians. "The ideas and intellect of your generation are what Navy EOD needs."

Campbell's next assignment is at Navy Expeditionary Combat Command in Little Creek, Va.

Keynote speaker, Deputy Commander, Explosive Ordnance Disposal Group (EODGRU) 1, Capt. Evan Colbert said it was a privilege to have Campbell leading EODMU-3.

"I am truly impressed with what you and your team were able to accomplish in the past two years," said Colbert.

In his first address as EODMU-3's CO, Serfass said he looks forward to leading a unit with a legacy of high standards.

"I'm sincerely humbled to be selected to lead this organization and am very thankful for the Sailors of this command who make this honor a reality," said Serfass.

EODMU-3 is a component of EODGRU-1 that clears explosive hazards to provide access to denied areas, secures the undersea domain for freedom of maneuver, builds and fosters relationships with capable and trusted partners, and protects the homeland.

Flag officer announcements

Secretary of Defense Lloyd J. Austin III announced Feb. 1 that the president has made the following nominations:

Capt. Matthew C. Paradise for appointment to the rank of rear admiral (lower half). Paradise is currently serving chief of staff, Naval Air Forces, Pacific Fleet, San Diego.

Capt. Ryan M. Perry for appointment to the rank of rear admiral (lower half). Perry is currently serving as force public affairs officer, Naval Special Warfare Command, San Diego.

Department of the Navy provides technical report and dataset in support of report to Congress

WASHINGTON - The Department of the Navy submitted its report on real-time aircraft sound monitoring at two Navy west coast air stations to Congress on Dec. 1 in accordance with the Fiscal Year 2020 and 2021 National Defense Authorization Acts.

porting technical report and associated dataset as indicated in the report to Congress.

The technical report and associated dataset, including access to the raw data collected during the monitoring effort can be accessed at: [https://www.navfac.navy.mil/products_and_services/](https://www.navfac.navy.mil/products_and_services/am/products_and_services/)

[Sound_Monitoring.html](#).

The report provides greater detail regarding the study's design, data collection and analysis procedures, and results. It provides background information regarding the basics of sound and Department of Defense aircraft noise models and noise study procedures.

The associated dataset includes the raw sound level meter data, observer logs and operational data collected during the monitoring periods. It also includes data produced for our analysis including sound level calculations and noise modeling files as well as other noise modeling input/output files associated with the study.



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PORT HUENEME (Jan. 31, 2022) - Capt. Robert "Barr" Kinnach III, commanding officer, Naval Base Ventura County, right, speaks with a commissioner from the Oxnard Hardbor District. NBVC is comprised of three distinct facilities: Point Mugu, Port Hueneme, and San Nicolas Island. It's the largest employer in Ventura County and actively protects California's largest coastal wetlands through its award-winning environmental programs. Navy photo by Ensign Drew Verbis



SOUTH CHINA SEA (Jan. 29, 2022) - Interior Communications Electrician 3rd Class Xavier Solares uses a sound-powered phone to communicate with Sailors on the flight deck to adjust the lights used for landing aircraft aboard aircraft carrier *USS Abraham Lincoln*. Navy photo by MCSA Julia Brockman



SAN DIEGO (Jan. 28, 2022) - Electrician's Mate 3rd Class Brooke Brownfield performs routine maintenance on an electrical panel aboard amphibious assault ship *USS Tripoli*. *Tripoli* is an America-class amphibious assault ship homeported in San Diego. Navy photo by MC3 Erica Higa



NAS POINT MUGU, Calif. (Feb. 1, 2022) - Members of Naval Base Ventura County (NBVC) Force Protection (FP) conduct active shooter training during Exercise Citadel Shield-Solid Curtain. CS-SC22 is an annual, two-part enterprise-wide Fleet exercise which uses realistic scenarios to ensure Navy security forces maintain a high level of readiness to respond to dynamic threats. The exercise tests information dissemination, individual response plans, security force response, to name a few. Navy photo by Ensign Drew Verbis



Cmdr. John Kajmowicz speaks to the audience about his tenure as skipper of USS *Stethem*. Photo by Ensign Connor Cogdill

Destroyer *Stethem* welcomes new skipper

by Ensign Connor Cogdill,

SAN DIEGO - Friends and family gathered together for a change of command ceremony at Naval Base San Diego where Cmdr. Bryan Hart relieved Cmdr. John Kajmowicz as commanding officer of *USS Stethem* (DDG 63). In attendance at the ceremony was Robert *Stethem's* eldest brother, and retired Navy Seal, Ken *Stethem*.

Kajmowicz served as *Stethem's* skipper since September 2020. He shared with everyone present how commanding the destroyer was the highlight of his Naval career and how much Robert *Stethem's* story impacted him personally. He spoke about the profound significance of being a steelworker and how Robbie's legacy and spirit are remembered and personified by every single steelworker.

Kajmowicz's follow-on assignment will be reactor officer on carrier *Theodore Roosevelt*, currently homeported in Bremerton, Wash.

In his final remarks, Kajmowicz reflected on his last 16 months, saying, "Steelworkers, being your captain has been one of the most rewarding experiences of my life. You're incredibly resilient and willing to take on any challenge that presents itself, always remaining steadfast and courageous regardless of any adversity that lies ahead."

Under Kajmowicz's command, *Stethem* completed a two year Extended Docking Selected Restricted Availability (EDSRA). He returned *Stethem* back to sea by completing Contractor and Type Commander Sea Trials and leading her into Basic Phase training.

Hart graduated from the Naval Academy in 2003. He most recently served as the executive officer on *Stethem* from May 2020 to October 2021. He said he's grateful to return as a steelworker and take command of Robbie's destroyer.

"I'm excited to continue standing the watch alongside this seasoned crew, lead them safely and passionately, and am ready to execute the tasking that lies ahead. It remains my most distinct privilege to be a member of the team to breathe Rob's spirit into the steel of this warship and carry forward his heroic and indelible legacy. We continue to honor his sacrifice with our service," said Hart upon assuming command.

Ken *Stethem* said, "The best words I can use to describe my brother were written almost 250 years ago." Quoting from Thomas Paine, "I love the man that can smile in danger, gathers strength from distress, and grow brave by reflection."

Four Marines accused in California zoo ride prank that trapped 100 in midair

STARS AND STRIPES - Four men accused of causing a San Diego Zoo aerial ride to shut down, stranding more than 100 people in midair, are U.S. Marines, military officials said.

The four men, all in their 20s, face vandalism charges in Jan. 29, mishap on the Skyfari Aerial Tram.

The men are stationed in Yuma, Ariz., but are in San Diego for training, a 3rd Marine Aircraft Wing spokesperson said in a statement.

"We're committed to being good neighbors to the San Diego community and will continue to work with local authorities as they continue their investigation," the statement read.

The 3rd Marine Aircraft Wing has launched its own investigation into the incident, which it called "contrary to our core values," the statement said.



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North County/Camp Pendleton

Camp Pendleton receives electric vehicle charging units



A Beam electric vehicle charger operated by Marine Corps Installations West's South West Region Fleet Transportation office sits in a parking lot at Camp Pendleton Jan. 12. Marine Corps photo by Lance Cpl. Shaina Jupiter

by Lance Cpl. Shaina Jupiter
Camp Pendleton

The Marine Corps is moving toward increasing the use of electric vehicles to help reduce emissions and make the service more environmentally friendly, while simultaneously strengthening operational capabilities.

As part of that move, Marine Corps Installations West's South West Region Fleet Transportation office recently received Beam solar-powered electric vehicle chargers to test for use with their fleet of government vehicles aboard several installations.

The SWRFT office, who is responsible for overseeing and providing transportation support to all Marine Corps installations in the Southwest, is installing two of the chargers on Camp Pendleton.

An initiative underscoring the Marine Corps' commitment to a more energy resilient force, the Beam system is a self-contained, portable solar-powered panel designed to fit over a parking spot while also leaving space for a vehicle to park underneath it. While there are already permanent EV charging stations on Camp Pendleton to charge electric vehicles, the unique capability of Beam chargers is they are independent from the grid and can be installed immediately.

These units can also be moved as needed to support mission essential tasks or be used during emergencies as a power bank, thus increasing the overall capabilities of the user.

"This unit is unique in the way that we'll be able to transport it and move wherever we see fit," said Steve DeLaTorre, the transportation operations manager for SWRFT. "It's self contained and charged by the sun. It has batteries as well."

One of the units has already been installed, and SWRFT is in the process of determining where to place the remaining charger.

"Being renewable, not tied to the grid, gives us a lot of flexibility", said Samuel Seaman, the regional fleet manager for SWRFT. "That's very important when you're trying to support vehicles, so they'll give us a capability that we didn't have before."

Expeditionary in nature, a single unit can charge up to four vehicles at a time, with each one

including an emergency box with multiple outlets for use by first responders in case of a power outage.

"If there should be an outage somewhere we could use that to get power until the battery is depleted," said Seaman.

Currently there are two Beam chargers on the installation, but SWRFT will acquire more in the future if the system meets the region's needs. Either way, SWRFT will continue exploring ways to provide greener options for the region's fleet transportation needs.

Marine Lance Cpl. Josue Ngoma, motor transportation mechanic, 2nd Marine Expeditionary Force Information Group, shown here at Twentynine Palms Jan. 28. Ngoma was recognized as the II MIG Marine of The Quarter, having stood out amongst his peers and demonstrated exceptional performance of his duties. Marine Corps photo by Lance Cpl. Jacquilyn Davis



Cpl. Thomas Pumphrey and Sgt. Nelson Cabaarias, income tax preparation volunteers at Camp Pendleton, answer phone calls and handle paperwork at the Volunteer Income Tax Assistance center Jan. 26. Tax services are available by appointment or on a walk-in basis



to active-duty service members, dependents and veterans. Photo by Lance Cpl. Nataly Espitia

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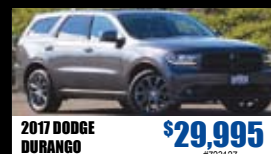
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Career & Education

Fleet rating experts needed for exam development

PENSACOLA, Fla. (Jan. 28, 2022) - Released Jan. 25, Naval Administrative Message (NAVADMIN) 011/22 announced the Advancement Examination Readiness Review (AERR) schedule for April through September 2022.

Navy chief petty officers (E-7 to E-9) are needed to serve as rating fleet subject matter experts (FSMEs) for upcoming AERRs which are held in Pensacola, Florida. FSMEs provide their expertise by updating and validating the Navy-wide advancement exam question bank for their respective ratings.

Navy chief petty officers on active duty, full time support, and Reservists on active duty for special work are encouraged to take part in the process by reaching out to their Type Commander (TYCOM) or rating sponsor point of contact (POC) for application information.

“Type Commanders and rating sponsors select AERR members to cover each rating’s unique job requirements,” said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief Gregory Prichard. “The AERR selection process ensures all platforms, skills and rating work are represented. Having the right mix of rating experts is key to determining appropriate exam content for upcoming administrations.”

AERRs are an integral part of the advancement system and are not only beneficial to the fleet SMEs who attend, but the Navy as a whole.

“We use this opportunity as a tool to tailor the material towards topics Sailors should know and keep the information current,” said Chief Yeoman (Submarine) Nicole Arnold. “By doing so we are creating a strong, fighting fleet and testing the knowledge of our future leaders.”

Arnold, who attended the Yeoman (Submarine) AERR in August, said the experience was rewarding.

“Without a doubt, my time at the AERR has made a direct impact on future yeomen,” said Arnold. “We have reinvigorated this rating exam to shape the submarine force and produce excellent leading yeomen.”

AERRs vary in length between one to two weeks and are held throughout the year, with each specific rating reviewed on average once a year. AERR participants receive temporary duty orders from their parent command, paid for by NETPDC. Normally, four to six nominees are selected to be panel members

for each AERR.

The April through September 2022 schedule is now available. To view the annual AERR schedule, locate a specific rating point of contact, or view AERR eligibility requirements, log into My Navy Portal, www.mnp.navy.mil, and search under Professional Resources/Navy Advancement Center/AERR. Contact the TYCOM or rating sponsor POC to determine submission deadlines.

Once selected, chiefs receive a selection e-mail from the Navy Advancement Center (NAC) approximately 45 days prior to the start of the AERR. Selectees

should make early contact with NAC staff to answer any questions they may have concerning the AERR process.

As part of the MyNavy HR Force Development team, NETPDC provides products and services that enable and enhance education, training, career development, and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education Department, the NAC, and the Resources Management Department.

Additional information about NETPDC can be found at <https://www.netc.navy.mil/NETPDC>.

BLACK HISTORY MONTH AFRICAN AMERICANS IN TIMES OF WAR

FACTS

Black History Month, also known as National African American History Month, is an annual celebration of achievements by African Americans and a time to recognize the immeasurable impact they have had on the history of the United States.

The 2018 theme is: African Americans in Times of War. The theme commemorates the centennial of the end of the First World War in 1918.

The annual celebration of achievements by Black Americans is associated with Dr. Carter G. Woodson. In 1915, Dr. Woodson founded the Association for the Study of Negro Life and History, now called the Association for the Study of African American Life and History.

Woodson said, “We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice.”

In 1926, Dr. Woodson initiated the celebration of Negro History Week, which encompassed the birthdays of Frederick Douglass and Abraham Lincoln.

On military installations around the world, the Department of Defense joins in paying tribute to African Americans’ contributions to protecting the nation and enriching our culture.

Throughout America’s history, from the Battle of Lexington to the Battle for Fallujah to today, Black Service Members have a rich tradition of honorably answering the call to duty, serving with great valor and distinction in America’s Armed Forces.

INFORMATION AND REFERRAL

Marine & Family Services connects service members, families and retirees with the right information. The Information and Referral (I&R) program is an efficient way to find information or services that are right for you. In addition to answering questions about military and civilian programs and services, your I&R specialist will also research information and find other resources for you. Telephone calls and walk in visitors are always welcome. A wealth of information is available at Marine & Family Services, so come by and pick up fact sheets, flyers and other printed materials.

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Cmdr. Wayne Gehman, right, commanding officer aboard Independence-variant littoral combat ship USS Kansas City, greets retired Quartermaster 2nd Class and WWII veteran Norman Williams, a native of Kansas City, Mo., during a scheduled tour. LCS is a fast, agile, mission-focused platform designed to operate in near-shore environments, winning against 21st-century coastal threats. Navy photo by MC2 Vance Hand

CORRECTION: In the Jan. 27 issue of *Armed Forces Dispatch*, in *AutoMatters & More* by Jan Wagner, due to a computer character correction, OMEGA MART was incorrectly identified as MEGA MART. We apologize for any confusion. OMEGA MART is a Las Vegas entertainment venue unlike any other.

WWII Navy veteran and Kansas City native visits USS Kansas City

by Petty Officer 2nd Class
Vance Hand

NAVAL BASE SAN DIEGO - Navy Quartermaster 2nd Class (Ret.) Norman Williams visited USS *Kansas City* littoral combat ship during a scheduled visit Jan. 21.

Williams, a native of Kansas City, served on board hospital ship USS *Relief* (AH-1) during WWII from 1944 to 1946.

“It’s an honor to have him here with us, especially being a veteran who hails from our namesake Kansas City” said Cmdr. Wayne Gehman, *Kansas City* commanding officer “Veteran Sailors like Williams exemplify the importance of recognizing our history as a service and how far we have come.

Kansas City was built in Mobile, Ala., by Austal USA. The ship was commissioned June 20, 2020, before being assigned to Littoral Combat Ship Squadron ONE (COMLCSRON ONE) in San Diego.

“The Navy has made a lot of advancements since my time in,” said Williams. “I’m impressed

by the equipment and the people running it, and it’s been great getting to see how far we’ve come.”

During Williams’s time serving aboard *Relief*, the crew aided and transported casualties

throughout the war, mainly from Okinawa and Guam. Afterwards, *Relief* was stationed in the Philippines in preparation for the invasion of the Japanese mainland.

Littoral combat ships are fast,

agile and networked surface combatants, designed to operate in near-shore environments, while capable of open-ocean tasking and winning against 21st century coastal threats such as submarines, mines and swarming small craft.

112 reps request briefing on NPRC’s plan to reduce vets request backlog

Rep. Mike Bost (Ill.), the ranking member of the House Veterans’ Affairs Committee, Rep. Cliff Bentz (Or.), and Rep. Fred Keller (Pa.) released a statement after joining over 100



of their colleagues in sending a letter to the Director of the National Archives and Records Administration (NARA) calling for the National Personnel Records Center to report to Congress on their plan to reduce the backlog of vets’ record requests.

“Repeatedly I have been calling for the White House to develop a plan to fully staff the NPRC to chip away at the backlog of veterans’ record requests,” said Bost. “While I’m encouraged that the NPRC has made strides since this time last year for records requests originating from VA, veterans are still wait-

ing weeks to months on end for their own records requests.”

The NPRC hasn’t maintained full capacity, in-person, employment (only 25 percent) since March 2020. Since then, many vets haven’t received records they need to demonstrate their military service and verify their service-connected conditions.

As a result, these individuals can’t receive the medical care, disability compensation, and retirement pay they have earned. In some instances, the NPRC is the only agency that can provide veterans with these records.

Refer to <https://www.fra.org/fra/Web/FRAHome>.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

“Honey, could you make me popcorn this time?” I asked without looking up from my crochet project one night last week. Working on a deadline, I had a dozen rows to stitch before our television show was over.

Ever since my husband, Francis, and I started a new diet, we’d been fighting the nighttime munchies. To us, turning on the television was like ringing Pavlov’s dog bell — our mouths began to water after sitting on the couch to watch a show. Air-popped popcorn had become our low-calorie snack of choice. Without oil and salt, it tasted like packing peanuts, but we were desperate.

For 28 years of marriage, I had managed all the corn-popping in our household. From the early days when we popped corn in Aunt Millie’s hand-me-down pot, to our experiments with microwavable and air-popped varieties, to our discovery of a 1970s electric wok that popped a perfect batch every time — I was the sole popcorn chef in the family.

However, I had recently been asked by our fashion designer daughter to crochet accessories for her upcoming runway show. Needing to finish a handbag before bedtime, I hoped Francis would step up and handle my snacking needs for once. “C’mon Honey, please?” I pleaded.

The milspouse who knew too much

“I don’t know where the popper is,” he claimed, but I knew Francis often feigned ignorance to get out of doing things.

“You’ve seen me do it a thousand times, for criminy’s sake! You know it’s in the pantry!” I rolled my eyes from behind my reading glasses.

“Weeeell,” Francis’ eyes darted back and forth from me to the kitchen, “okaaaaay,” he said in a way that dripped, “If this goes all wrong, it’ll be your fault.”

Slump-shouldered and grumbling, he stomped off to our kitchen. I heard rattling, clunking, muttering. “Where in the pantry?!”

“Look with your eyes, not with your mouth!” I bellowed, obviously irritated. Hearing more clunking and griping, I yelled, “Bottom shelf!” worried that Francis might upend my painstakingly-organized food storage system.

Finally, I detected the characteristic whir of our popper, essentially a culinary hair dryer that pops with hot air, blowing puffed kernels through a plastic chute-like cover and into a bowl, where they are consumed by desperate dieters willing to eat packing peanuts. Like Pavlov’s pooch, my mouth watered.

Francis: “Oh, Geez!”
Me: “What’s wrong?”
Francis: “I’m making a mess. See, I told you so!”

Abandoning my crochet project, I leapt from the couch, nearly tripping when my foot became tangled in a skein of yarn. I darted through the living room and dining room, rounding the corner into the kitchen.

There, on our countertop was the air popper, whirring away without its plastic cover, hundreds of popped kernels shooting out of the top like bomb shrapnel, missing the bowl and raining down on our countertop and floor.

Francis just stood there, flinching at corn shrapnel, with no idea that he’d left the plastic popper cover in the pantry.

I, too, stood dumbfounded. I couldn’t believe that my husband actually had no idea how to pop popcorn. “Hadn’t he watched me do it over all these years?”

I wondered, remembering that Francis had witnessed me doing all kinds of things as a military spouse. In fact, I had become so capable, handy and independent through many moves and deployments, Francis had become accustomed to relying heavily on me at home. Maybe too heavily? Should I have shown more vulnerability? Should I have occasionally played the damsel in distress?

In a flash of clarity, I realized that Francis was right: He couldn’t pop popcorn, and it was all my fault. Our yellow lab Moby looked up at me and licked his chops over his unexpected good fortune.

Later, in our respective spots on the couch, Francis and I munched the second batch I’d popped for us after cleaning up the mess. Sensing that something significant had dawned on me as a result of the incident, Francis offered, “I’ll pop it the right way for you next time.”

I smiled, relieved that Francis understood — I had always needed him, too.

AutoMatters™ & More



by Jan Wagner

Like so many people around the world, I’ve loved Disney and Disneyland for as long as I can remember — and even before that.

I grew up in Alberta, Canada. When I was about five years old, my mother took me on a trip to visit one of her sisters, who lived in Los Angeles. Even though I do not remember visiting Disneyland on that trip, I must have done so because I still have a squeaker Donald Duck postcard from Disneyland. Donald Duck is still my favorite Disney character.

Recently on Amazon, I spotted a Donald Duck plush, complete with a straw hat and a colorful serape from Disney’s “The Three Caballeros.” I bought it and keep it where I can see it daily from my dining table. It brings a smile to my face, and it complements the “The Three Caballeros” figurine that I bought several years ago.

Eventually I moved to San Diego from Canada and, for many years, I had a Disneyland Annual Passport. Living in San Diego, I enjoyed stopping to visit Disneyland while on my way back from my occasional trips to Los Angeles.

That changed with COVID. Disneyland shut down. Annual Passport balances were refunded. Throughout that dark time, I maintained my connection to Disney and the Disney Parks (worldwide) through my membership in the

The old Disneyland that we love is back - and getting better

Los Angeles-based Disneyland Fan Club Meetup Group. Whereas before we had met with each other in the SoCal Disney Parks, during COVID we met online to watch Disney Parks (and other) YouTube videos. We still do, every Saturday.

Despite the new annual pass restrictions, including the requirement to reserve in advance to go to the Parks (so much for my spontaneous visits for a few hours at a time), I bought the top tier Magic Key annual pass. So far I’ve never had any problem making a reservation.

Most recently, I went to there a couple of weeks ago when the D23 Fan Club hosted a presentation by the Disney Archives at an event for D23 Gold Members. The event, held at the Disneyland Opera House (the home of Mr. Lincoln), celebrated the life and contributions to Disney of Dave Smith, the very first Disney archivist. Earlier in the day, a window on Main Street USA was unveiled in his honor.

I actually met Dave a few years ago at the Disney Studios, during another D23 Fan Club event. Dave showed our group some treasures from the Disney Archives.

After the presentation, I spent the day at Disneyland and Disney California Adventure — and what a day it was! I rode all of the rides that I wanted to, beginning with my favorite ride in the Parks: “Star Wars: Rise of the Resistance.”

Another ride that I went on, in between walking around and taking in the sights at “Star Wars: Galaxy’s Edge,” was “Millennium Falcon: Smugglers Run.”

One of the new restrictions when visiting the Parks, even if you have an annual pass that lets you visit both Disneyland and Disney California Adventure on the same day, is that you have to pick one Park to visit first and then wait until the afternoon to visit the other, so that is what I did.

At Disney California Adventure I checked out some of their Lunar New Year festivities, including a colorful parade.

Then I headed over to the Avengers Campus where I rode “WEB SLINGERS: A Spider-Man Adventure.” Next, I enjoyed an entertaining live action show featuring Doctor Strange, the Master of the Mystic Arts.

By this time I was tired and, since I am still not eating in public places due to the risk of catching COVID if I take my mask off, I was also hungry. I used the opportunity to buy a “New York’s Tastiest” “Chicken Shawarma Wrap with Coconut Yogurt-Tahina Sauce and Pickled Vegetables” from the Shawarma Palace, and I took it back to my RAV4 to eat it, before driving home to San Diego.

All in all, I had a great day. As I shared with several Cast Members that day, I can happily report to you that “The Happiest Place on Earth” is a happy place to be once again.

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

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CLASSIFIED ADS

Around Town

February: **SD Museum Month- 28 Days of Museum Moments.** Explore the fun with 50% off admission to 45+ SD County museums, historic sites, gardens, zoo/aquariums and more. Get pass at a San Diego Macy's store or one of 75 libraries throughout SD County. <https://sandiegomuseumcouncil.org/specials/museum-month/>
17th Annual San Diego T&T Festival, Fri-Sun, Feb 4-6, Fri 5-10pm; Sat 11-10; Sun 11-6. Mira Mesa Community Park, 8575 New Salem St. Celebrate beginning of spring and fresh start to new year.
Wildlife Tracking Walk, Sat, Feb 5, 8:30-10am. MTRP. Free. mtrp.org/
Love Your Wetlands Day, Sat, Feb 5, 10-4. Free. Kendall-Frost Mission Bay Marsh Reserve, Fortuna Ave@Crown Point Dr, SD. Guided walk, clean up, plant native plants, repair nesting platforms for endangered birds, a children's area, live animal presentations
Kumeyaay Ethnobotany Hike with a Ranger. Sat, Feb 5, 1-3. Free. Chollas Lake, 6350 College Grove Dr. Free. Moderate difficulty.
Guide Nature Walk at MTRP, Sat & Sun, Feb 5-6, 9:30-11am. Free. <https://mtrp.org/>
San Diego Legion vs Utah Warriors, Major League Rugby Season Opener. Sun, Feb 6, 2pm, SDSU Sports Deck.
Family Fun Day, Sun, Feb 6, 11:30-1:30. Free. San Elijo Lagoon Ecological Reserve, 2710 Manchester Ave, Cardiff. Nests+Eggs! Hands-on bird theme activities, craft-making, animal encounters.
Chinese New Year Celebration, SD Buddhist Assn, 4536 Park Blvd, San Diego. Thru Feb 28, 9-5. Red Envelope Creative exhibition, peace lanterns, incense, red blessings, and special lion dance and cultural performances (outdoor). <https://hsifangtemple.org/en/>

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Friday, Feb 4
5:30pm The 355 pg13
Saturday, Feb 5
12:50pm Sing 2 pg
3:40pm American Underdog pg
Sunday, Feb 6
12:50pm The 355 pg13
3:50pm Spider-Man: No Way Home

Thursday, Feb 10
5:50pm The 355 pg13

Friday, Feb 11
5:30pm Scream (2022) r

Saturday, Feb 12
12:50pm The 355 pg13
3:50pm Scream (2022) r

Sunday, Feb 13
1:30pm Sing 2 pg

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, Feb 5
1:30pm Spider-Man: No Way Home

Saturday, Feb 19
The King's Man (R)

Saturday, Feb 26
The 355 (PG13)

Saturday, March 5
1:30pm Scream (R)

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, Feb 4
6pm The King's Man (R)

Saturday, Feb 5
3pm Sing 2 (PG)

6pm The 355 (PG-13)

Friday, Feb 11
6pmThe 355 (PG-13)

Saturday, Feb 12
3pm Sing 2 (PG)

6pm Scream (2022) (R)

Lowry Theater - NASNI,
619-545-8479

Bldg. 650
Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.
Debit and credit cards accepted only

Friday, Feb 4
6pm The 355 pg13

Saturday, Feb 5
3pm Spider-Man: No Way Home

6pm The 355 pg13

Sunday, Feb. 6
1pm Sing 2 pg

4pm The Matrix Resurrections r

Friday, Feb 11
6pm Scream (2022) r

Saturday, Feb 12
3pm The King's Man r

6pm The 355 pg13
Updates: sandiego.navylifefsw.com

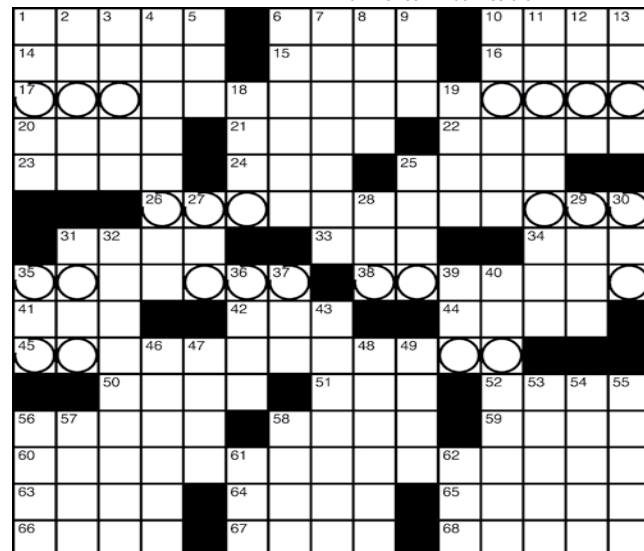
CROSSWORD PUZZLE

Across

- 1 Appreciate
- 6 Goat of the Alps
- 10 Fine cotton
- 14 Turing and Cumming
- 15 Resentful
- 16 Screen image
- 17 Security perimeter feature
- 20 Extraction by rescue copter, e.g.
- 21 Contented sighs
- 22 Helpful
- 23 Like the lawn at dawn
- 24 Camping gear retailer with an #OpOut-side campaign
- 25 "Seasons in the Sun" songwriter
- 26 Formally begins, as a meeting
- 31 Clutch
- 33 Lightkeeper's view
- 34 Afore
- 35 Successfully lured
- 38 High-intensity light source
- 41 "Much ___ About Nothing": "The Simpsons" episode
- 42 Have a good cry
- 44 Pocket bread
- 45 Navy Cross recipient, for one
- 50 "Buy It Now" site
- 51 Best-liked, online
- 52 Nearly here
- 56 "That's enough!"
- 58 Peruse, with "over"
- 59 ___-deep: very involved
- 60 Self-taught creators, in modern lingo, and a hint to each set of circles
- 63 Mystery writer Gardner
- 64 "The Hobbit" soldiers
- 65 Starts a pot
- 66 ___ Inn
- 67 Pool strikers
- 68 So-so effort, in sports

Down

- 1 Used Juul pods
- 2 "___ Supreme": classic Coltrane album
- 3 Old NBC legal drama
- 4 Street performer's vehicle
- 5 PC key
- 6 Holy Land nation
- 7 "You need new glasses, ump!]"
- 8 Low nos. for aces
- 9 Crossed (out)
- 10 Filch
- 11 Lukewarm "You hungry?" reply
- 12 Comfy shoes
- 13 German tennis player Huber
- 18 British peer
- 19 NYC division
- 25 Piglet's dad
- 27 "Just ___ water"
- 28 Sun ___
- 29 Humorist Bombeck
- 30 One ab crunch, say
- 31 Native Arizonans
- 32 In a luxurious manner
- 35 Sheep's dad
- 36 Words of surprise
- 37 Easter lead-in?
- 39 EMT skill
- 40 Pride Rock monarch
- 43 Using coercion
- 46 Hieroglyphics birds
- 47 Filmmaker Jacques
- 48 Beset
- 49 At any time
- 53 App with pics
- 54 Order to a Western posse
- 55 "Siddhartha" author
- 56 Like dorms for men and women
- 57 Radiance
- 58 Lake Titicaca is partly in it
- 61 MRI interpreter
- 62 Browser window feature



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Enjoy the outdoors and support local farmers at one of the county's farmer's markets

At daily San Diego farmers markets in neighborhoods throughout the county, you can sample fresh-from-the-farm produce from regional farmers and tasty treats from local artisans.

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/>. *Days and times are subject to change.*

Coronado

Coronado Certified Farmers Market

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

Saturday & Sunday: 11am-4pm
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 Farmers Market

Saturday: 8am-2pm
501 W Date St from Kettner Blvd to Front St, San Diego, CA 92101

Tuna Harbor Dockside Market

Saturday: 8am-1pm
598 Harbor Ln - Fish Harbor Pier (near Tuna Harbor), San Diego, CA 92101

Hillcrest / Uptown

Hillcrest Certified Farmers Market

Sunday: 9am-2pm
3960 Normal St from Lincoln Ave to University Ave, San Diego, CA 92103

North Park Thursday Certified Farmers Market

Thursday: 3pm-7:30pm
2900 North Park Way from 30th St to Granada Ave, San Diego, CA 92104

La Jolla

La Jolla Open Aire Market

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

Mission Bay and

Beaches

Ocean Beach Certified Farmers Market

Wednesday: 4pm-8pm
4900 Newport Ave from Cable St to Bacon St, San Diego, CA 92107

Pacific Beach Certified Farmers Market

Saturday: 8am-12pm
4150 Mission Blvd from Reed St to Pacific Beach Blvd, PB, CA 92109

Pacific Beach Tuesday Certified Farmers Market

Tuesday: 2pm-7pm
4500 Bayard St. from Garnet Ave to Hornblend St, San Diego, CA 92109

Mission Valley and

Old Town

Kearny Mesa Certified Farmers Market

Saturday: 10:30am-2:30pm
Service Road from Lightwave Ave to Spectrum Center Blvd, San Diego, CA 92123

South Bay

Chula Vista - Otay Ranch Certified Farmers Market

Tuesday: 4pm-8pm
2015 Birch Rd. and Eastlake Blvd. Chula Vista, CA 91915

Imperial Beach Certified Farmers Market

Friday: 2pm-7pm (April - Sept.)
Friday: 2pm-6pm (Oct - March)
Imperial Beach Pier Plaza, 10 Evergreen Ave, Imperial Beach, CA 91932

South Bay Certified Farmers Market

Wednesday: 3-7pm
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

La Mesa Village Certified Farmers Market

Friday: 3pm-7pm
La Mesa Blvd from Palm Ave and Allison Ave, La Mesa, CA 91942

Santee Certified Farmers Market

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-Oct)
Wednesday: 3pm-6pm (Nov-Feb)
2900 State St from Carlsbad Village Dr to Grand Ave, Carlsbad, CA 92008

Del Mar Certified Farmers Market

Saturday: Noon-4pm
Civic Center, 1050 Camino Del Mar, Del Mar, CA 92014

Leucadia Certified Farmers Market

Sunday: 10am-2pm
Paul Ecke 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 (Oct-May)

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

200 East Grand Ave from N Juniper St and S Kalmia St, Escondido, CA 92025

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 Market

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

Tuesday: 3pm-6pm (Nov-Dec, 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 Market

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 92128

San Marcos Certified Farmers Market

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

Vista Certified Farmers Market

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

Six immediate health benefits you will see if you lose a little weight

by Janet A. Aker,
MHS Communications

Did you know that dropping just 10 pounds of body weight takes 40 pounds of pressure off your knees? That's equivalent to not carrying around a cinder block.

Losing even a little weight now can have a major impact on your health and quality of life. This long list of benefits might help motivate you to adjust your habits to achieve a happier, healthier lifestyle.

Reduce Blood Pressure

Eating more nutritious foods and drinking more water can reduce high blood pressure, and its risk of stroke and heart attack. Nearly half of service members diagnosed as overweight or obese are also diagnosed with hypertension, Defense Health Agency data shows.

Reduce Joint & Back Pain

Carrying less body weight will reduce stress on your entire body. DHA data shows that one in five overweight service members reports lower back pain.

Women's Health

Obesity can also have significant consequences for women's reproductive systems, including menstrual disorders, infertility, miscarriage, and poor pregnancy outcomes. If you plan to get pregnant, now's the time to shed some

weight.

Better Sleep

The more weight you lose, the less likely you are to snore or have sleep apnea, where your breathing actually stops for short periods of time throughout the night. You might even get to stop using your C-PAP device.

DHA data finds that 1 in 4 service members who are overweight share a diagnosis of sleep disorder like apnea and snoring.

The result of better sleep?

You're less fatigued, have more energy, and a happier bedroom partner.

Reduced Risk of Diabetes

Another bonus of losing weight? Your chances of developing pre-diabetes or full-blown type 2 diabetes drop significantly as your blood sugars drop.

Mood improvements

As you take more control of your weight, you may see a decrease in symptoms of depression and an improvement in self-image.

Finally, you likely will reduce the anxiety that hovers over you knowing that you're going to have to pass that fitness test.

How to Start

So get started. Talk to a nutritionist, dietitian, or physical trainer about getting your weight loss plan in place. In the long run,

finding and sustaining a healthy weight lowers your risk of serious chronic diseases. Now's the best time to start.

Pro Tip: Drink More Water

What should be your first step and how quickly can that help you? The answer is as simple as drinking more water.

Drinking water throughout the day fills you up, lubricates your joints, improves your skin, eliminates toxins faster, and helps with digestion. No more acid reflux, also known as GERD, or eating handfuls of antacids like candy!

Start carrying water with you at all times and sip it until you need a refill. Then do it all again.

Making this one change can help with joint pain which comes with being overweight, as well as reducing arthritis symptoms.

Pro Tip: Start Small

The best advice from nutritionists is to start small and then make more changes as your health improves.

Start with a specific, measurable goal that is achievable within a short period of time. That will make it relevant to you.

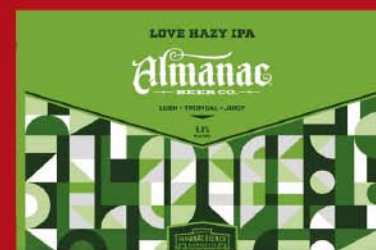
For example, try to lose 5% of your body weight, dropping 1 or 2 pounds a week. For a 230-pound man, that's about 11-1/2 pounds.

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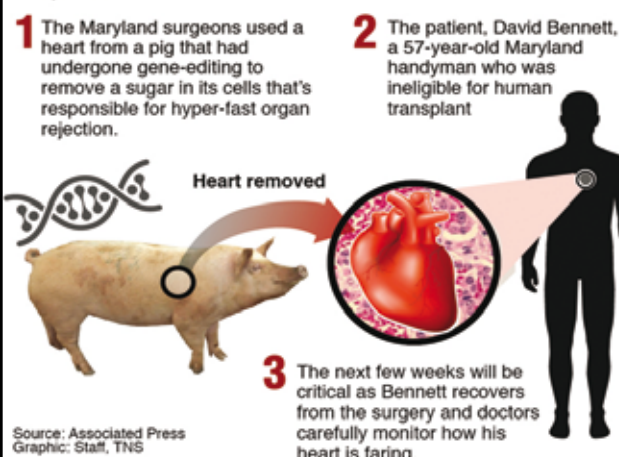
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