

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985
 Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-SECOND YEAR NO. 2
 THURSDAY, APRIL 28, 2022

USS ZUMWALT CONDUCTS LIVE-FIRE MISSILE EXERCISE AT POINT MUGU



Destroyer USS Zumwalt conducts a live-fire missile exercise at the Point Mugu Test Range in the Pacific Ocean. Navy photo by Lt. j.g. Mary Kierstead

from Naval Surface Force Pacific Fleet

PACIFIC OCEAN - Guided-missile destroyer USS Zumwalt (DDG 1000) conducted its first in-class, live-fire missile exercise, April 14, as the crew prepares for their maiden employment.

During the live-fire exercises, Zumwalt's crew engaged live targets with a series of Evolved Sea Sparrow Missile Block 1 (ESSM) (RIM 162D) and the Standard Missile 2 (SM-2) as part of the stealth destroyer's final air defense testing.

"Demonstrating the capabil-

ity of our combat suite and the lethality of our systems is critical to furthering the Zumwalt class," said Capt. Amy McInnis, Zumwalt's commanding officer.

"Zumwalt continues to make great strides and we are excited to continue to test her limits

later this year."

Zumwalt is named after Adm. Elmo R. Zumwalt, Jr., who served as the 19th Chief of Naval Operations, and is the lead ship of a class of next-generation multi-mission destroyers designed to strengthen naval power from the sea.



Saturday, April 30, 2022 | 10 a.m - 2 p.m.

Prescription Drug Take Back Day is this Saturday; find your collection site

The Drug Enforcement Administration will host its 22nd National Prescription Drug Take Back Day on Saturday, April 30 from 10 a.m. to 2 p.m.

This bi-annual event offers free, anonymous disposal of unneeded medications at more than 4,000 local drop-off locations nationwide.

"Disposing of unneeded medications can help prevent drugs from being misused," said DEA Administrator Anne Milgram. "Overdose deaths continue to hit tragic record highs. I encourage everyone to dispose of unneeded prescription medications now."

For more than a decade, DEA's National Prescription Drug Take Back Day has helped Americans easily rid their homes of unneeded medications - those that are old, unwanted, or no longer needed.

Collection sites: If you don't find a collection site near you, check back frequently, sites are added every day. Refer to https://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

- ◆CHULA VISTA POLICE DEPARTMENT, 1800 MAXWELL RD.
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- ◆SAN DIEGO P.D.-WESTERN DIVISION, 5215 GAINES ST.
- ◆CORONADO P.D., ALLEY BEHIND POLICE STATION
- ◆S.D. SHERIFF'S DEPT., 845 IMPERIAL BEACH BLVD.
- ◆S.D. SHERIFF'S DEPARTMENT-ALPINE, 2751 ALPINE BLVD.
- ◆NAVAL MEDICAL CENTER SAN DIEGO/NAVAL BASE SAN DIEGO, NAVY EXCHANGE 32ND ST.
- ◆NAVAL MEDICAL CENTER SAN DIEGO (BALBOA), 34800 BOB WILSON DR.
- ◆NAS NORTH ISLAND, NEX BUILDING NO. 2017
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MILITARY SPOUSE APPRECIATION DAY 2022 COMING FRIDAY, MAY 6

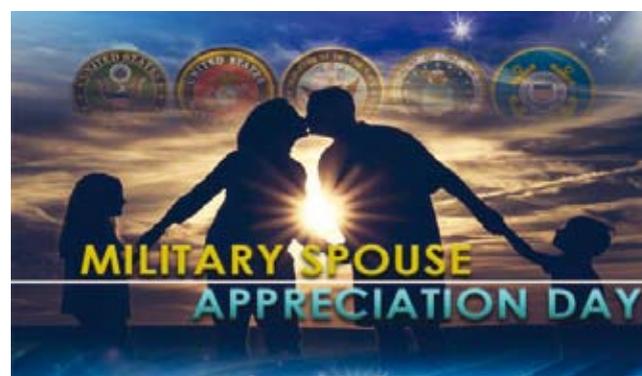
National Military Spouse Appreciation Day is celebrated each year on the Friday before Mother's Day. This year, on Friday, May 6, show some appreciation for the military spouses around you.

Military Spouse Appreciation Day is a day we honor the contributions and sacrifices made by military spouses. The support and commitment they provide behind the scenes helps

keep our servicemembers keep our country safe.

Military spouses serve as the backbone of the families who support our troops during deployments, missions, and reintegration and reset. These spouses are the silent heroes who are essential to the strength of our nation and they serve our country just like their loved ones.

In 1984, President Ronald



Reagan recognized the profound importance of spousal commitment to the readiness and wellbeing of military members through Proclamation 5184, dated April 17 of that year.

In 1999 Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month.

The Department of Defense then standardized the date by de-

claring the Friday before Mother's Day as "Military Spouse Appreciation Day" to show appreciation for the sacrifices of military spouses.

Thank You, MilSpouses

Your FREE weekly paper

Take one!

Career and Education

DOD plans Virtual Military Spouse Symposium for May

See page 5

Invincible Spirit Festival

See Lt. Dan Band with Gary Sinise at NMCSD Saturday, April 30.

See page 3

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Countering small unmanned aircraft takes a team

by Michele Ruff
Air Force Materiel Command

WRIGHT-PATTERSON AIR FORCE BASE, Ohio - Keeping military installations safe from threat is a partnership. As lead command for the Air Force Counter-Small Unmanned Aircraft Systems effort, Headquarters, Air Force Materiel Command, has established a symbiotic relationship between two of its directorates to accomplish the mission.

The Logistics, Civil Engineering, Force Protection and Nuclear Integration Directorate and the Air, Space and Cyberspace Operations Directorate work closely to detect any friendly or enemy actions around Air Force installations worldwide and employ mitigation.

“We, on the logistics side, facilitate research and development as well as acquisition efforts,” said Maj. Joseph (Ben) Herwatic, C-sUAS branch chief. “We also direct fielding of the cutting-edge capabilities required to mitigate the growing threat.”

In this June 4, 2021 file photo, Alan Leckie, 812th Civil Engineer Squadron lead firefighter, pilots a small Unmanned Aircraft System during an interoperability exercise at Edwards Air Force Base. Air Force photo by Grady Fontana



•Invincible Spirit Festival

Saturday April 30
11 a.m.-3 p.m.

- FREE!
- Naval Medical Center San Diego
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- Enjoy delicious meals prepared by celebrity chef Robert Irvine. Check out the Show & Shine Car Show - all makes and models. Lowriders, Hot rods, Dub trucks and cars, Kustoms and more! Best of show awards to be presented by various dignitaries.

The force protection team, led by Lt. Col. Ryan Natalini, Security Forces Division deputy chief, and dual-hatted as the Security Forces liaison officer for the C-sUAS, understands the interests and abilities of the security forces personnel and identifies what the users might need.

“All of our operators at the base level are defenders,” Natalini said. “This means that we must work closely between two organizations in order to fulfill the duty of defending against the sUAS threat.”

“We’re behind the scenes planning, prioritizing and funding,” Herwatic continued. “Once equipped, the users put our efforts into action.”

The C-sUAS logistics team is small group of seven experts. The operators, conversely, are numerous and spread around the globe wherever Air Force interests are located. The number of personnel dedicated to mitigation at each base depends upon the mission of the individual installation, the type of systems used there, the level of threat on a daily basis and the location of

the base, so user personnel vary from a handful to more than 20 at one site.

Small, unmanned aircraft, often referred to as drones or



Small aircraft users are a mix across the globe. Most are responsible users or even children flying a drone in their base housing backyard,” Herwatic said. “But there are also those who use the crafts for more nefarious reasons.

radio-controlled planes, were initially used as expensive toys by hobbyists. As technology has improved and prices decrease, more and more individuals are able to purchase kits and can easily customize the aircraft to serve a multitude of purposes.

“Small aircraft users are a mix across the globe. Most are responsible users or even children flying a drone in their base housing backyard,” Herwatic

said. “But there are also those who use the crafts for more nefarious reasons.”

Now sUAS are used by nation-states such as Russian and China, terrorist organizations and other lone wolves to obtain information with potential to harm. There is also evidence of sUAS being weaponized and used by adversaries.

Countermeasures take many forms, but typically include electronic warfare such as jamming signals or taking control of crafts and safely landing them, allowing security personnel can take custody.

“While flying an MQ-1 Predator in Iraq, our cameras detected ISIS combatants pinpointing friendly troops on the ground via sUAS,” Herwatic said, “In response, we were able to relay information to the troops which enabled them to take cover.”

“Awareness is the key,” said Katherine Clarke, C-sUAS lead engineer. “We all have a role in protecting our installations from adversary threats.”

Army

- Army overhauls parenthood policies: new leave guidance, postpartum rules and more
- DoD audit says Army’s \$22 billion ‘mixed reality’ goggle needs more Soldier input



- FAA takes blame for Golden Knights’ event that caused Capitol evacuation Jan. 6 rioter who re-enlisted in Army after attack pleads guilty

Navy

- USS George Washington

Sailor found aboard carrier died from self-inflicted gunshot wound, say local officials

- Spate of suicides among Sailors from same ship raise mental health concerns
- Navy investigates vandalism of submarine USS Texas at Portsmouth Naval Shipyard
- The scientific breakthrough that could save Navy divers’ lives

Marine Corps

- Marine Corps deactivates two helicopter squadrons in Hawaii in bid to modernize force

Air Force

- McConnell AFB airman’s killer sentenced in Wichita Gate runner killed in crash at Luke Air Force Base
- Mystery drone: How the Air Force fast-tracked a new weapon for Ukraine
- Air Force releases “The Blueprint” to help guide airmen’s careers
- New ICBM, family housing get big boosts in Air Force’s 2023 military construction budget

Space Force

- Space Fence now has a direct link to key Space Force data hub

National Guard

- Guard Soldier’s body found after trying to save migrant in Rio Grande

Coast Guard

- Coast Guard rescues teens stranded on Oregon coast near Whale Cove

Veterans

- Remains of Korean War sergeant arrive home in Maryland
- VA unveils new plan to house LA’s homeless veterans, falls flat with advocacy groups
- WWII veteran and civil rights lawyer Johnnie Jones dies

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Navy awards \$72 million for prototype of extra-large unmanned submarine

by Alex Wilson
Stars and Stripes

The Navy has awarded \$72.5 million to Boeing to deliver a prototype of a very large, unmanned submarine for testing purposes, ahead of five of the same model already in production.

Boeing has been under contract to build the Orca Extra Large Unmanned Undersea Vehicles, or XLUUVs, since it won the contract over Lockheed Martin in February 2019.

The Orca could carry a variety of payloads, but it may first “covertly deploy” the Hammerhead mine, a weapon tethered to the seabed and armed with an anti-submarine torpedo, according to a March 31 report from the Congressional Research Service.

The March 25 contract modification allows for a “test asset system” for the Navy to evaluate the Orca platform before receiving the completed submarines, Naval Systems Command spokesperson Jamie Koehler told Stars and Stripes in a Friday e-mail.

“The Navy and Boeing plan to use this Test Asset System for a test/fix/test platform while the

five vehicles continue production, which will reduce schedule and cost risk,” Koehler said. “This approach provides an important learning period for XLUUVs and will help ensure the success of the overall XLUUV acquisition strategy.”

The Navy expects to begin testing the prototype in water this month, Koehler said.

Since awarding the original \$43 million contract to Boeing in February 2019, the Orca development contract has grown to \$357 million, according to uspending.gov. The newest modification brings the total to \$432.5 million.

The Navy continues to “work closely” with Boeing to deliver the Orcas, Koehler said, but an expected delivery date was not specified. The contract’s current end date is Dec. 29.

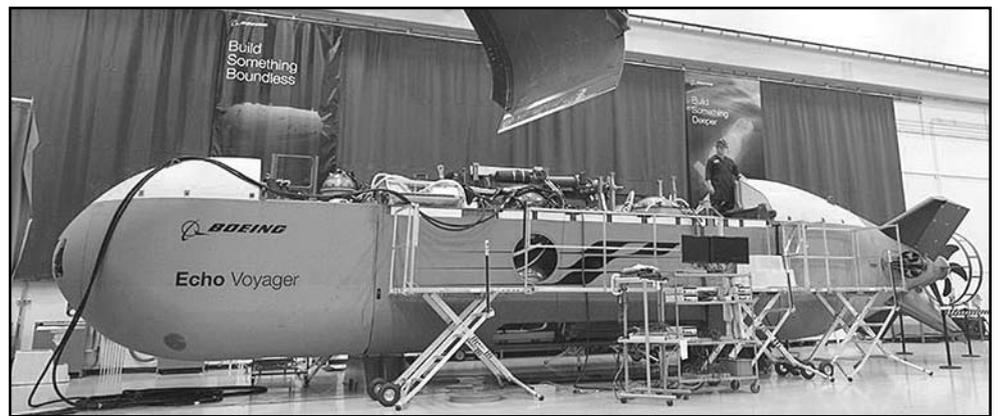
The Orca design is based on the Echo Voyager, another extra-large undersea vehicle developed by Boeing, according to the Congressional Research Service report.

The Echo Voyager is a 51-foot unmanned submarine with a top speed of 8 knots, a maximum

depth of 11,000 feet and a range of 6,500 nautical miles. The vessel also has a 34-foot modular payload section.

The extra-large vehicles are just one of three types of unmanned vessels the Navy plans to develop or procure.

The other two, large and medium unmanned surface vehicles could also be equipped with weapons, sensors or other payloads and conduct operations that would be too lengthy or dangerous for manned missions.



The Orca Extra Large Unmanned Undersea Vehicle is based on Boeing’s Echo Voyager. Photo by Paul Pinner/Boeing

Air Force general convicted of sexual assault

WRIGHT-PATTERSON AIR FORCE BASE, Ohio - The trial of an Air Force general officer in a military court ended with a conviction.

Maj. Gen. William T. Cooley, was found guilty of abusive sexual contact April 23, for when he kissed the victim in a car after an evening barbeque in Albuquerque, N.M., Aug. 12, 2018.

Cooley stood in the courtroom next to his civilian defense counsel and two uniformed Air Force attorneys, while Col. Christina M. Jimenez, the senior military judge in the case, announced her decision.

Cooley was accused of one charge of sexual assault under Article 120 of the Uniform Code of Military Justice, with three specifications. For the first specification, - kissing her on the lips and tongue, with an intent to gratify his sexual desire - the accused was found guilty.

Jimenez found the general not guilty of the two other specifications, including causing her to touch him over his clothing, and his alleged touching of her breasts and genitals through her clothes.

The verdict marks the first court-martial trial and conviction of a general officer in the Air Force’s 75-year history.

Jimenez serves as Chief Circuit Military Judge with the Air Force Trial Judiciary, Western Circuit, at Travis Air Force Base, Calif.

During the trial, 10 witnesses testified, spanning from the victim, family members and friends to an expert in digital forensics. Hundreds of electronic communication exchanges, including e-mails, voice mails and text messages, were introduced as evidence. Cooley did not testify.

In lengthy testimony as the government’s first witness, the female victim, who knew Cooley

well, described the assault and its impact as an “F5 tornado, ruining everything in its path.”

The victim did consent to allow news media representatives to disclose her relationship to Cooley without naming her. By policy, the Air Force does not identify victims of sexual assault.

The victim told the court Cooley asked for a ride after a backyard day-long social event where he had consumed alcohol. During the short ride she said he told her that he fantasized about having sex with her. She alleged he pressed her up against the driver’s side window, forcibly kissed and groped her through her clothes.

Cooley denied the allegation, pleading not guilty.

The Air Force case began 28 months ago when the victim and her spouse reported the assault to the Air Force Office of Special Investigations, on Dec. 26, 2019.

Cooley was previously commander of the Air Force Research Laboratory. On Jan. 15, 2020, Gen. Arnold W. Bunch, Jr., Air Force Materiel Command commander, relieved Cooley from command due to a loss of confidence in his ability to lead, related to the alleged misconduct which was then under

investigation.

Bunch appointed Lt. Gen. Gene Kirkland, then Air Force Sustainment Center commander, to review the AFOSI report and make an initial disposition recommendation. An Article 32 preliminary hearing, akin to a civilian grand jury proceeding, took place Feb. 8, 2021, at Wright-Patterson AFB.

Following a comprehensive review of the evidence, Bunch, in April 2021, referred one UCMJ charge under Article 120, with three specifications of abusive sexual contact, to trial by general court-martial.

“I can assure you this was not a decision made lightly, but I believe it was the right decision,” Bunch said at the time.

In the meantime, Cooley has served as a special assistant to Bunch, with duties focused primarily on advancing AFMC’s Digital Campaign.

“As Convening Authority, I want to say thank you,” Bunch said when the trial concluded. “Thank you to everyone who supported this process for their due diligence in the pursuit of justice, and for doing everything possible to protect both the victim’s rights and the rights of the accused to a fair trial.”



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Sunday Worship 10am
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Pastor: Rev. Steven Duescher

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Navigating unhelpful 'help' lines

by Dr. Daneen Skube
Tribune Content Agency

Q: I spend half my work life waiting on hold for helplines just to get through to the wrong person. At the end of my workday, I want to rip my hair out. The more technically oriented our workplaces get the more I wade through phone or online systems that make me crazy. How can I maintain my sanity on help systems that offer more frustration than assistance?

A: You can maintain your sanity wading through technical help systems if you lower your expectations...nope lower...not quite...lower yet, okay now you are almost there. When you're on hold or in online chat systems, you have minimal access to real people. If you expect your experience will be lengthy, complicated, and require multiple calls you'll get less upset.

When we have a problem, we hope we can ask for help and wham help will occur. Technology has solved many problems but created others. The buzz phrase for technology for a long time was high-tech and high-touch. Instead, we experience every day that what may be high-tech has lost much of its high-touch experience.

Companies are attempting to make tech interfaces more user friendly. However, most consumers of "help" lines end up with long waits listening to music intended to calm us while we grind our teeth. Then when we get a half asleep and indifferent helper, we're ready to blow up.

Even as I write this I'm on hold at the same time with customer service from both the Bank of America and Fred Meyer to fix

Interpersonal Edge



by Dr. Daneen Skube

a mistake. It is 7:03 a.m. and I have been mostly on hold talking to people who have not fixed the problem since 4 a.m.!

I also wrote four of my columns, balanced my checkbook, wrote emails, wrote checks, and got ready for my day. At present I've created a conference call by having the bank on my cell phone and Fred Meyer on my home phone so they have to talk to one another. Note: I still didn't get anyone to fix the problem.

When I started this journey at 4 a.m., I started working on my projects. I knew it would be a long, inefficient process. I also was appreciative and complimentary with each representative so they were encouraged to be helpful back.

When we get mad because of these user-unfriendly processes we often take it out on the humans best positioned to help us. Yes, there are times, like this morning, when you get nowhere. Then, again, while waiting, I had a

highly productive morning.

Schedule your time so you have plenty of tasks with which to occupy your mind. Then the background music can be a soft sound track to your productivity. If you get any help from someone within the system that can be the cherry on top your efficient sundae.

When someone does answer remember charm, patience, and gratitude will be evocative of the most help that person can offer. If you get someone surly or unresponsive, diplomatically let them go, and get back in line for another representative.

As our world turns to artificial intelligence, we lose the richness of personal connection. Machines cannot and never will replace the interpersonal experience of a human helping another human. Make your time on helplines helpful to you rather than drumming your fingers while waiting. Lower your expectations. Finally, be kind to the human that finally shows up and offers help.

The last word(s)

Q: I have had the same problem through most of my career. I try to find ways around this problem, but it just keeps coming back. Is there a way to avoid repetitive problems?

A: Yes, as Robert Frost said, "The best way out is always through." If we run away rather than face a problem, we end up in a perpetual dead end that always takes us back to the same problem.

DOD plans Virtual Military Spouse Symposium

In celebration of Military Spouse Appreciation Month in May, the Defense Department Spouse Education and Career Opportunities program will host its sixth annual Virtual Military Spouse Symposium on May 10-12.

This year's theme is "2022 for YOU — More for Your MilLife." The free event will introduce military spouses to proven tools and techniques for powering their approach to achieving career, personal and family goals. The event will close with an interactive networking opportunity with other military spouses from around the world, DOD leadership and SECO program team members.

During the symposium, military spouses can explore real world examples to develop their unique brand, setting goals and gaining work experience, understanding and tailoring the job search, mastering finances and improving relationships.

"The Virtual Military Spouse Symposium is the premier Defense Department event for military spouse empowerment and goal setting," said Deputy Assistant Secretary of Defense for Military Community and



Family Policy Patricia Montes Barron. "We know investing in yourself translates into good outcomes for your family."

DOD will host the Virtual Military Spouse Symposium via the Zoom platform, making it accessible to military spouses around the globe. All are welcome to attend no matter what phase of their military life and career they are in.

Registration is now open.

For more information, call Military OneSource at 800-342-9647 to speak with a SECO career coach, start a live chat and visit the SECO website to register for the event.

To learn about other events throughout May that celebrate and support military spouses, visit the Military Spouse Appreciation Month page on the Military OneSource website.

Military Community and

Family Policy is directly responsible for establishing and overseeing quality-of-life policies and programs that help our service members, their families and survivors be well and mission-ready. Military OneSource is the gateway to programs and services that support the everyday needs of the 5.2 million service members and immediate family members of the military community. These Defense Department services can be accessed 24/7/365 around the world.

DOD established the SECO program to provide education and career guidance to military spouses worldwide, offering free, comprehensive resources and tools designed to help spouses meet their career and education goals. This program also offers free career coaching services six days a week.

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Destroyer USS Spruance is pier side at Naval Weapons Station Seal Beach to conduct ordnance operations. Naval Weapons Station Seal Beach and Detachment Fallbrook and Norco, Calif., were recipients of a 2022 Secretary of Defense Environmental Award for work related to the diversion of construction and demolition waste from the waste stream. Photo by Navy Petty Officer 1st Class Eli Medellin

DOD announces winners of Environmental Award on Earth Day

Last Friday, on Earth Day, DoD announced the nine winners of the 2022 Secretary of Defense Environmental Awards.

"[The awards] recognize installation teams and individuals for their accomplishments and innovative and cost-effective environmental management strategies, which support critical mission readiness here at the department," said Pentagon Press Secretary John F. Kirby during a briefing at the Pentagon.

Nominees for the 2022 award, he said, were involved in efforts to conserve the nation's natural and cultural resources, protect human health, prevent or eliminate pollution at the source, and clean up hazardous substances, pollutants, contaminants and munitions at DOD sites.

The winners of the nine awards included Sustainability, Industrial Installation: Naval Weapons Station Seal Beach and Detachment Fallbrook and Norco, Calif.

The Secretary of Defense Environmental Awards have honored service members and civilians across DOD for environmental efforts since 1962.

Joint Strike Fighter Wing bands together to stop sexual assault

by Jessica Nilsson
NAS Lemoore

Commander, Joint Strike Fighter Wing units combined efforts to support the Department of Defense-wide Sexual Assault and Awareness Prevention Month by designing and distributing brassards to SAPR Unit Victim Advocates, who have worn the armbands on their NWUs throughout April.

CJSFW Chaplain Lt. Jesus Dominguez led the effort which allowed the UVAs from CJSFW Headquarters, VFA 125, VFA 97 and VFA 147 to wear the teal brassards embroidered with the Navy SAPR logo. This makes it easier for sexual assault victims

to identify who to turn to in their time of need.

"The intent of the effort is to make Unit Victim Advocates easily identifiable - with the ultimate goal of making the wear of this or a similar brassard a standard for UVAs," said Dominguez.

A recurring complaint among sexual assault victims and others is that photographs used to identify each unit's UVAs are often outdated. This causes victims unable to or reluctant to reach out for help.

Additionally, the identity of a unit's UVA is only known within the unit. This also makes it diffi-

cult to know who to turn to when an assault happens.

Besides easy identification, another benefit of the brassards is that it creates awareness on base and allows others who are not a part of CJSFW to recognize who a UVA is.

They can be identified ev-

erywhere, from walking on the sidewalk to shopping in the NEX to picking children up at school.

Much like a first responder's uniform makes it easier to know they are there to help, CJSFW is making it easier, at least for the month of April, for victims to identify a UVA - and that they too are there to help.

Service member killed during training event

by Lt. Cmdr. David Carter
Navy Expeditionary Combat Command

On April 17, Lt. j.g. Aaron Fowler, 29, assigned to Explosive Ordnance Disposal Mobile Unit One, died while participating in a training evolution with the Marine Corps at Marine Corps Base Hawaii in Kaneohe Bay. Fowler became unresponsive during the training and was pronounced deceased at the hospital.

The incident is currently under investigation by NCIS and local authorities.

"Our deepest sympathies go out to Aaron's family and friends, and we join them in remembering and mourning this brave warrior," said Rear Adm. Joseph Diguardo, Jr., commander, Navy Expeditionary Combat Command. "His decision to join this elite special operations community was a testament to the dedicated and selfless character he embodied and his legacy will endure in our ranks through those he inspired by his service."

Fowler, who entered the service in 2012 and commissioned after graduating from the Naval Academy in May 2018, reported to Explosive Ordnance Disposal Mobile Unit One in January 2022.

Counseling is available to teammates through chains of command, command chaplains and Fleet and Family Support Center.

Explosive Ordnance Disposal Mobile Unit One, based in San Diego, supports the fleet and joint force by clearing explosive hazards to provide access to denied areas, securing the undersea domain for freedom of maneuver, building and fostering relationships with capable and trusted partners, and protecting the homeland.

SMWDC undergoes major reorganization

by Petty Officer 2nd Class Devin Lowe

SAN DIEGO - Naval Surface and Mine Warfighting Development Center (SMWDC) is undergoing a reorganization to establish a more efficient and functional organization focused on meeting the complex needs of the dynamic environment of the future by delivering on SMWDC's major lines of operations: warfare tactic instruction (WTI) production; advanced tactical training; doctrine and tactics, techniques and procedures (TTP) development; operational support to naval component commanders and numbered fleet commanders; and capability assessments, experimentation and requirements support.

SMWDC's reorganization includes restructuring its Sea Combat, Mine Warfare (MIW), Amphibious Warfare (AMW) and Integrated Air and Missile Defense (IAMD) Divisions into Fleet Technical Division, Mine Warfare Technical Division, Surface Advanced Warfighting School (SAWS), Fleet Training Pacific (FTP), and Fleet Training Atlantic (FTL).

"We're restructuring into a purposefully designed organization focused on better supporting our five lines of operations," said Rear Adm. Christopher Alexander, SMWDC commander.

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**OFF THE COAST
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April 20, 2022**



Navy Sailors with USS Michael Monsoor (DDG 1001), a Zumwalt-class destroyer, refuel a Marine Corps UH-1Y Venom with Marine Light Attack Helicopter Squadron 169, Marine Aircraft Group 39, 3rd Marine Aircraft Wing (MAW), aboard the flight deck off the coast of Camp Pendleton April 20. The training mission was held as a means of maintaining naval integration, operational capabilities and assuring 3rd MAW remains mission ready. Marine Corps photo by Sgt. Samuel Ruiz

COVID-19
COVID-19 Rapid Tests
Now Available

Naval Hospital Camp Pendleton is now offering COVID-19 at-home test kits for all patients. To pick up your at-home COVID (rapid) test, visit the "COVID Drive Through Testing Tent" located in the hospital's north parking lot Monday-Friday from 7 a.m.-4 p.m. (*The "COVID Drive Through Testing Tent" is closed on weekends and federal holidays). Have your military ID or DOD ID number ready.

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Germantown welcomes new skipper Welgan

by Ensign William Ash

Expeditionary Strike Group Three

SAN DIEGO - Amphibious dock landing ship USS *Germantown* (LSD 42) held a change of command ceremony aboard the ship's flight deck in port Naval Base San Diego, April 21.

Cmdr. Michael J. Welgan relieved Cmdr. Cullen M. Greenfield as commanding officer. Capt. Brian Quin, chief of staff, Expeditionary Strike Group (ESG) 3, presided over the ceremony.

"I'd like to thank the crew of *Germantown* for their hard work, motivation, and unrelenting spirit throughout my time as commanding officer," said Greenfield. "We fought through the ever-evolving COVID-19 environment and answered our nation's call over and over again. There is no doubt in my mind that every Sailor on this ship has proven their ability to adapt and overcome any obstacle they meet, and I look forward to the amazing future of the *Germantown* team."

Under Greenfield, the crew successfully completed two U.S. 7th Fleet patrols in the Pacific Ocean, supported the 31st Marine Expeditionary Unit while certifying their amphibious capability, and completed a homeport shift from Sasebo, Japan, to San Diego.

"I am humbled and honored to have served as your captain, and I look forward to seeing you

again as your careers take you to new adventures," said Greenfield.

Welgan addressed the crew for the first time as commanding officer, thanking Greenfield and provided a positive outlook for *Germantown's* future.

"I am grateful for Cmdr. Greenfield and his leadership in molding the *Germantown* crew into a formidable fighting force," Welgan said. "To the *Germantown* family, thank you for your service and sacrifice back home. Your Sailors proudly raised their right hand to secure our freedoms and way of life at home and abroad, and their sacrifice is felt every day."

Welgan, a native of Tioga Center, New York, was a machinist's mate and served aboard USS *Pennsylvania* (SSBN 735) for four years before he was selected for the Broadened Opportunity for Officer Selection and Training (BOOST) program. He commissioned through NROTC upon graduation from the University of Mississippi. Welgan previously served as the executive officer aboard *Germantown*.

Greenfield's next assignment is as Secretary of Defense Executive Fellow, which is based out of Washington, D.C.

Germantown is the second United States ship to bear the name.

NAVFAC OIC of construction China Lake hosts its last groundbreaking on a trio of projects

by Edward Cartagena

CHINA LAKE - Naval Facilities Engineering Systems Command Officer in Charge of Construction China Lake hosted its final groundbreaking ceremony of the \$2.7 billion Earthquake Recovery Program on April 20, for a trio of projects aboard Naval Air Weapons Station China Lake.

This trio of projects, under a \$137 million contract, awarded to Whiting-Turner Contracting Company of Baltimore, Md., will demolish and build a cast propellant mix building, warhead casing operations facility, and motor assembly compound located within the China Lake Propulsion Laboratory/Salt Wells area. The Salt Wells Pilot Plant was originally built in the mid 1940's consisting of a 600-acre site with 139 original buildings. The new facilities will restore the capabilities of research, development, testing and evaluation of the next

generation of mission platforms by Naval Air Warfare Center Weapons Division. Construction is expected to be completed in early 2024.

OICC China Lake Construction Manager, Lt Rixon Fletcher, served as the master of ceremonies. Speakers included OICC China Lake's Commanding Officer Capt. Laurie Scott, NAWS China Lake Commanding Officer Capt. Jeremy Vaughan, and Whiting-Turner Senior Vice President for Southern California Steve Likins.

"This phenomenal NAVFAC, NAWCWD, NAWS China Lake team worked with focus and purpose to build this multi-billion dollar program at a record pace over the past 19 months. Since the establishment of OICC China Lake, we have seen 22 major projects go from concept to concrete," said Scott "This trio of projects make up the heart of NAWCWD's production and experimentation of

advanced solid, liquid and hybrid rocket propellants and we are excited to be working with a world-class contractor like Whiting-Turner to restore this diminished capability."

"This complex represents the heart and soul of the NAWCWD China Lake Propulsion Laboratory's mission, where the research, development, testing and evaluation all come together. Right here you see a 150-gallon mixing bowl used to mix propellants and explosives for the latest weapons - it's been our workhorse for decades. Seeing it brings back fond memories of my early days at China Lake and gets me excited about the future capabilities this team is going to have," said NAWCWD Executive Director Daniel Carreno.

China Lake sustained damage from 6.4 and 7.1 magnitude earthquakes that occurred on July 4 and 5, 2019.

LOCAL PHOTO GALLERY

MCRD, SAN DIEGO (April 22, 2022) - A new Marine of Mike Company, 3rd Recruit Training Battalion, is welcomed by a loved one following a graduation ceremony here. As recruits, their only means of contact were through letters during their 13-week training cycle. Marine Corps photo by Lance Cpl. Cristian G. Torres



SAN DIEGO (April 25, 2022) - Lt. Jarred Reid-Dixon, public affairs officer of amphibious assault ship *Makin Island* leads a tour for public relations undergraduates from SDSU. The tour was an opportunity for students to learn about Navy community partnerships. Navy photo by MC3 Eloise A. Johnson



MCAS MIRAMAR April 8, 2022) - Marines from the Single Marine Program participate in tug-of-war with students from De Portola Middle School during a physical education fitness challenge at the school. Marines volunteered in the SMP event to promote physical fitness and maintain positive relations with the local community. Marine Corps photo by Cpl. Taylor Bidon



NAF EL CENTRO (March 1, 2022) - The Air Force Air Demonstration Squadron, "Thunderbirds," and the Navy Flight Demonstration Squadron, "Blue Angels," perform joint training over. The Thunderbirds and Blue Angels spent a week here sharing best practices and exchanging lessons learned in preparation for the upcoming air show season. Air Force photo by Staff Sgt. Andrew Sarver

Flag officer announcement - Koehler

Secretary of Defense Lloyd J. Austin III announced April 26 that the president has nominated Vice Adm. Stephen T. Koehler for reappointment to vice admiral, and assignment as director for Strategy, Plans, and Policy, J-5, Joint Staff; and for appointment as senior member of the Military Staff Committee of the United Nations, Washington, D.C. Koehler is currently serving as commander, Third Fleet, San Diego.



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Medal of Honor Spotlight: Army Cpl. Clair Goodblood

by Katie Lange

Army Cpl. Clair Goodblood came from a big family and was known to help others when he could, so sadly, no one was surprised to learn that he'd given his life to save his comrades as they were swarmed by the enemy in Korea. His sacrifice earned him the nation's highest military award for valor.

Goodblood was born Sept. 18, 1929, in Fort Kent, Maine, near the Canadian border. He was one of the 14 children of Percy and Emily Goodblood, who moved their family to a farm in Burnham in central Maine when Goodblood was 6 years old.

According to an article in the *Bangor Daily News*, Goodblood graduated from Reynolds Corner School in 1944 and enlisted in the Army three years later. He spent two of his three years of service in Alaska as a chaplain's assistant.

Goodblood reenlisted in June 1950, just as the Korean War was beginning. He was sent that October as part of the 1st Battalion, 7th Infantry Regiment, 3rd Infantry Division.

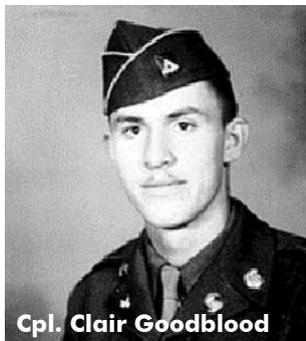
By the spring of 1951, U.S.

and allied troops had begun to push north over the 38th Parallel, which separated North Korea from South Korea, to secure more defensible positions. The move was in preparation for a suspected spring offensive by enemy forces who wanted to recapture the southern capital, Seoul.

Late that April, Chinese forces began that offensive before U.S. troops were in position.

Goodblood was a machine gunner for Company B in one of the key defensive positions when they were attacked the night of April 24, 1951, in the area of Popsu-dong. Bitter fighting ensued, and a swarm of enemy soldiers breached the position's perimeter.

Company B was ordered to withdraw, but Goodblood volunteered to stay behind to cover his fleeing comrades. At one point, when a live grenade was hurled in his direction, he shoved a fellow soldier to the ground and jumped on top of him to try to shield him from the blast. Both men were wounded, but Goodblood refused to get treatment and instead ordered the evacuation of the other wounded soldier.



Cpl. Clair Goodblood

From that point on, Goodblood faced the enemy alone. He fearlessly held his ground and laid heavy fire on the incoming Chinese until their charge overwhelmed him, and his gun fell silent.

Goodblood sacrificed his life to allow time for his comrades to get away. His unit was able to regroup elsewhere and return to resecure the position the next day.

According to his Medal of Honor citation, when friendly forces returned to the scene, the 21-year-old's body was found lying beside his gun. About 100 dead enemy soldiers lay fanned out in the wake of his field of fire.

During a three-day period of that offensive's bitter fighting,

three other American soldiers earned the Medal of Honor alongside Goodblood: Cpl. John Essebagger Jr., Pfc. Charles L. Gilliland and Cpl. Hiroshi Miyamura.

According to the *Bangor Daily News*, Goodblood's family said he was a kind person and always looked out for other people, so they weren't shocked to hear that he'd lost his life protecting others.

On Jan. 16, 1952, Goodblood's mother received the Medal of Honor on her son's behalf from Defense Secretary Robert A. Lovett during a Pentagon ceremony. Nine other men received the honor that day.

Goodblood was buried in Chandler Cemetery in his hometown, where his name has not been forgotten. The Cpl. Clair Goodblood Medal of Honor Memorial was dedicated to him on Memorial Day in 1998. It's located along a highway that's also named for him in Burnham, where a chapter of the Maine Korean War Veterans Association also bears his name.

More than 3,500 Medal of Honor recipients have earned the U.S. military's highest medal for valor.

VA encourages volunteers to 'Carry The Load' for an American hero during trek across country ... Beginning April 28, volunteers organized by Carry The Load, in collaboration with Veterans Affairs' National Cemetery Administration, will visit 50 national cemeteries during a 20,000-mile march along five separate routes covering 48 states - converging on Memorial Day weekend for final rally in Dallas, Texas. VA and non-profit Carry The Load join forces for what is called "Memorial May" during the month leading up to Memorial Day to honor veterans and servicemembers interred in national cemeteries across the country. "This is the fifth year the National Cemetery Administration has worked with Carry The Load," said VA Under Secretary for Memorial Affairs Matt Quinn. "Throughout this 32-day Memorial May campaign, marchers frequently carry signs, banners and flags honoring a fallen servicemember, Veteran or first responder." Those wishing to participate in a march are asked to register in advance (https://www.carrytheload.org/site/TRR/2019/General/2107030651?pg=tfind&fr_id=1820). No donation is required to participate. The list of national cemeteries, along with the dates and times that they will be visited by Carry The Load marchers, can be found at <https://www.cem.va.gov/Memorial-May/>.

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The Meat & Potatoes of Life



by Lisa Smith Molinari

I picked her up at Norfolk Airport, stowing her carpet-bag suitcase and walking stick in the back of our minivan. Mabel was 86, and after traveling all the way from England to Virginia, I figured she'd need a good rest once we got home.

But at our house, she stayed alert while our three kids fought for her attention, showing her their schoolwork, toys, missing teeth, and bedrooms. The only one that had any memory of Mabel was Hayden, who was three when we PCSed from England five years ago. But we'd told all three kids the unique tale of our friend Mabel.

Mabel had been our neighbor. She lived alone, two doors down in the row of old stone houses we'd occupied in Ramsey, England, during our first overseas tour. After an early stint in the Royal Air Force in her youth, Mabel worked as a private nanny and boarding school house mother for decades. In her seventies, Mabel retired to the stone house in Ramsey. She'd never married.

Most days Mabel sat in a floral upholstered chair in her living room, beside a table topped with her essentials: the television clicker, her books, a Cadbury chocolate bar, and a secret pack of cigarettes. She loved John Wayne movies, long cricket

Oh, the people you'll meet when you live overseas

matches, and "those American chocolate biscuits with cream in the middle." We bought Oreos for Mabel from the commissary. Double-stuffed were her favorite.

Mabel looked the part of a classic British nanny. She had neat curls of gray hair, light blue eyes, and a sturdy figure. She wore lace-collared blouses, a cardigan sweater with a handkerchief in the pocket, wool skirts, pantyhose, sensible shoes, and wire-rimmed glasses. She used a walking stick, emblazoned with souvenir medals from her travels.

We invited Mabel over periodically, but she was quite content alone. On Christmas, she'd make herself a formal dinner, just for one. Sometimes she'd make enough to take a serving over to Bernard, the retired butler who lived alone across the alleyway. Otherwise, Mabel stuck to a solitary routine that involved daily walks to the village bakery, butcher or Sainsbury's, and a weekly bus ride to the library for more books.

On Hayden's third birthday, he was delighted when she came to his party. By the end of our tour in England, Mabel felt like family. I could've taken advantage of her background as a nanny, but I never asked her to babysit. She had bonded with our children on her terms.

When we moved back to the states, we exchanged letters with Mabel, never thinking that she might visit us one day. But there she was in our Virginia Beach family room, sipping coffee while our three kids told her about Tae Kwan Do lessons, acorn

collections and Jimmy Neutron.

During her visit, Mabel taught manners to Hayden's scout troop. She took a private tour of a Norfolk fire station. She attended Anna's class field trip to Jamestown colony. She played Polly Pockets with Lilly. She ate crab cakes. She poked at our cat with her walking stick.

On her last night, we took Mabel to a Cinco de Mayo party at a friends' house. In their crowded garage decorated with chili pepper lights, latin music blared. Folding tables were heaped with spicy foods, a rented margarita machine swirled lime slush, and a piñata swung from the ceiling.

"Would you like one?" the hostess, Christine, asked Mabel, seated in a lawn chair amidst the sombre-roed crowd. Mabel glanced at me to explain the small plastic cups on Christine's tray.

"They're called Jell-O shots," I shouted through the noise. "They're made with tequila." Christine demonstrated, showing Mabel how to use her tongue to dislodge the Jell-O from the cup. Mabel, looking like Mrs. Doubtfire had been taken hostage by a band of festive Mexicans, selected a cup from Christine's tray and downed it like a pro.

That night, as I watched my 86-year-old friend tap her walking stick to the music, I felt grateful that military life had given our family the unique opportunity to mix cultures, to span ages, to learn new things, and to live life to the fullest.



by Jan Wagner

AutoMatters™ & More The Acura Grand Prix of Long Beach is now in the history books. As previewed in *AutoMatters & More #735*, entitled "Acura Grand Prix of Long Beach featured six motorsports series," the 2022 version of this annual event was indeed fantastic!

Where else can you find six motorsports series competitions taking place on just one race weekend? Talk about value for your money, Long Beach cannot be beat!

The racing took place on the 1.97-mile, temporary street circuit in downtown Long Beach, surrounding the Long Beach Convention and Entertainment Center, and encompassing the Aquarium of the Pacific and the Pike Outlets complex.

This is one of the largest paid spectator special events in Southern Cal, typically attracting more than 180,000 spectators over the weekend.

Thursday began in the morning with the traditional Long Beach Motorsports Walk of Fame Ceremony in front of the Convention Center. This year's inductees included two-time Grand Prix race winner Alex Zanardi and all-time winningest IMSA driver Bill Auberlen, a native of nearby Redondo Beach.

In the evening, the free "Thunder Thursday" at The Pike Outlets event included freestyle motocross, a car show, driver autograph sessions and an NTT IndyCar Pit Stop demonstration.

In addition to the plentiful racing, the Lifestyle Expo typically features

2022 Acura Grand Prix of Long Beach - so much to see

more than 100 exhibitors, offering a variety of products and services, giveaways and more in the Long Beach Convention and Entertainment Center. Nearby, in the Long Beach Arena, was a large Family Fun Zone. Saturday's festivities concluded with a concert, presented by Acura.

Get recaps of the racing action at <https://gplb.com>. Scroll down to "FEATURED VIDEOS."

In an extended, 24-minute video, NBC Sports brings you all of the highlights from the IndyCar Series race (<https://youtu.be/OuZ5jC-NA4AA>). Throughout the race, the action was particularly intense in Turn 8, with several cars finding the tire barriers and the concrete walls. Other contacts happened in the tight hairpin and at the iconic dolphin fountain, where Simon Pagenaud's car ended up in the checkered flower garden — a fate that echoed an incident the day before when one of the Porsche Carrera Cup North America competitors ended up there too.

Watch the entire IMSA WeatherTech SportsCar Championship race flag to flag, complete with European commentary (<https://youtu.be/TEA-8JA6oQs>).

Do not miss the high-flying, three-wheel-cornering, start-to-finish, Stadium SUPER Trucks video of Race #, on the full Acura Grand Prix of Long Beach course (<https://youtu.be/yyDRxhe6dFQ>). That includes the pink truck raced by 21-year-old Zoey Edenholm, the double jump on Shoreline Blvd., father and son racers Robby and young "Mad

Max" Gordon, and the absolute heartbreaker by rookie Cleetus McFarland who brilliantly held off challengers throughout the race, only to spin after landing the final jump and drop from the first truck running to the last, handing Robby Gordon the victory.

Last, enjoy 1-1/2 hours of the Formula Drift "Super Drift Shoot-out" (<https://youtu.be/H7r1u0-vBPcs>). As the sun set on Saturday evening and the lights came on, watch as pairs of cars drifted side-by-side through the iconic hairpin turn. This, the 19th season of Formula Drift, will continue across the U.S., concluding back in Southern California at Irwindale Speedway on October 14-15.

It was fascinating to observe how quickly workers moved some of the barricades that delineated the course during the racing, so that traffic could more easily circulate through downtown after each day's racing.

It isn't too early to start making your plans now to attend the next Acura Grand Prix of Long Beach. Mark these dates in your calendar: April 14-16, 2022, and visit the race website at <https://gplb.com>. This will no doubt be yet another terrific weekend full of motorsports, and an equally terrific value. See the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit *AutoMatters & More* at AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2022 by Jan Wagner — *AutoMatters & More #739*

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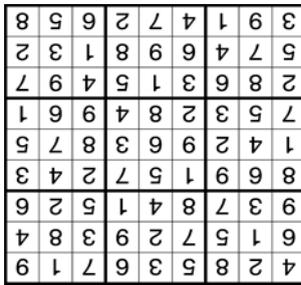
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AROUND TOWN

GI Film Festival San Diego Tickets on sale now. For the May 17-21 military-themed film festival returns to Museum of Photographic Arts for in-person screenings with a lineup of films that highlight diverse military experiences and untold stories. More info: GIFilmFestivalSD.org

Star Theatre Coast Kids present: Disney's Newsies at Star Theatre. April 29-May 8. www.startheatreco.com

Solar Walk and Stargazing at Blue Sky Ecological Reserve, Sat, April 30, 6:30pm. www.poway.org

Adams Avenue Unplugged from University Heights to Kensington, Sat, April 30, 12pm-10pm. www.adamsavenueunplugged.com

The Temptations and The Four Tops at Pechanga Resort Casino, Sat, April 30, 8pm. www.pechanga.com

Fiesta Old Town Cinco de Mayo on San Diego Avenue in Old Town, the largest Cinco de Mayo celebration in California with free music, food, and culture. Sat, April 30, 10am-10pm; Sun, May 1, 10am-6pm. www.cincodemayooldtown.com

Mission Federal ArtWalk in Little Italy. Sat-Sun, April 30-May 1. www.artwalksandiego.org

Carlsbad Village Faire in Carlsbad Village, Sun, May 1, 8am-5pm. www.kennedyfares.com/carlsbad

Disney on Ice at Pechanga Arena. Thur-Sun, April 28-May 1.

California Bridal Expo at San Diego Convention Center. Sun, May 1.

Dave Mason at Belly Up, May 1 & 3, 8pm. www.bellyup.com

Frank Ferrante in An Evening with Groucho at North Coast Repertory Theatre, May 2-3, 7:30pm. www.northcoastrep.org

Lila Downs at Balboa Theatre, Wed, May 4, 8pm. www.sandiegotheatres.org

Gabriel Fluffy Iglesias at Pechanga Resort Casino, Wed, May 4, 8pm. www.pechanga.com

Children's Day at Japanese Friendship Garden, Thurs, May 5, 10am-4pm. www.niwa.org

12th Annual Taste of Cardiff, Thurs, May 5, 5:30-8:30pm. www.cardiff101.com

SD Padres vs. Miami Marlins at Petco Park, Thur, May 5 6:40pm; Fri, May 6 6:40pm; Sat, May 7 5:40pm. www.mlb.com/padres

Gator by the Bay at Spanish Landing Park. Thurs-Sun, May 5-8. www.gatorbythebay.com

Lagoona Kahuna Challenge at California Watersports, Fri, May 6, 9am-12pm. www.aguahedionda.org

Kids' Night Out at Poway Community Park, Fri, May 6, 4:30-9pm. www.poway.org

Eric Church at Pechanga Arena San Diego, Fri, May 6, 8pm. www.pechangaarena.com

Spring In To Camping at Lake Poway Fri-sat, May 6-7. www.poway.org

Walk For Animals at NTC Park at Liberty Station, Sat, May 7, 7am. www.sdhumane.org

Baseball: SDSU Aztecs vs. Air Force at SDSU, Sat, May 7, 6pm. www.goaztecs.com

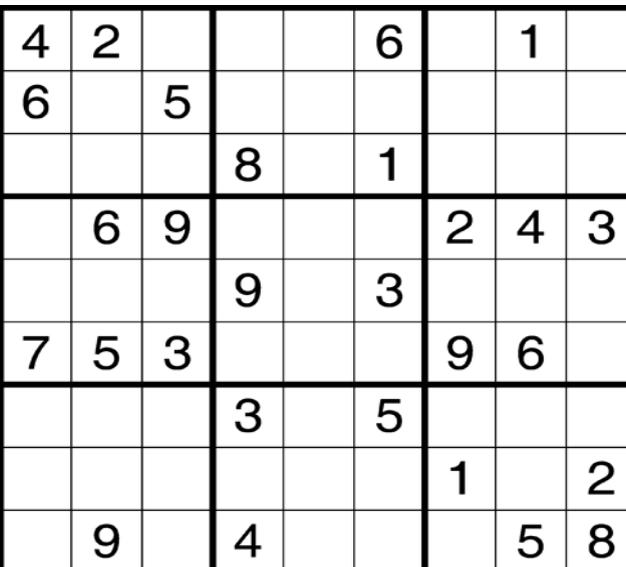
An Evening with David Sedaris at Balboa Theatre, Sat, May 7, 8pm. sandiegotheatres.org

Gladys Knight at Pechanga Resort Casino, Sat, May 7, 8pm. www.pechanga.com

San Dieguito Art Guild Mother's Day Weekend Art, Garden, and Studio Tour. Sat-Sun, May 7-8. www.sandieguitoartguild.com/mothers-day-tour/

Viva La Musica at SeaWorld San Diego, weekends only, May 7-22. www.seaworldsandiego.com

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MOVIES AT THE BASES

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

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

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

Thursday, April 28

6pm The Lost City pg13

Friday, April 29

6pm Infinite Storm r

Saturday, April 30

1pm The Lost City pg13

3pm Infinite Storm r

Sunday, May 1

1pm Umma pg13

3pm The Lost City pg13



Lowry Theater - NASNI, 619-545-8479 Bldg. 650

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

Friday, April 29

6pm Infinite Storm r

Saturday, April 30

3pm The Lost City pg13

6pm Umma pg13

Sunday, May 1

1pm Morbius pg13

4pm Infinite Storm r

Updates: sandiego.navylifefsw.com

Bob Hope Theater 577-4143 MCAS Miramar Bldg 2242

Friday, April 29

6pm The Lost City (PG-13)

Saturday, April 30

3pm Umma (PG-13)

6:30pm Infinite Storm (R)

Sunday, May 1

Noon Movie Cancelled

3pm Infinite Storm (R)

Friday, April 6

6pm Ambulance (R)

Saturday, April 7

3pm The Lost City (PG-13)

6:30pm Ambulance (R)

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, April 30

1:30pm The Outfit (R)

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Saturday, May 7

1:30pm The Lost City (PG13)

Saturday, May 14

1:30pm Sonic the Hedgehog (PG)

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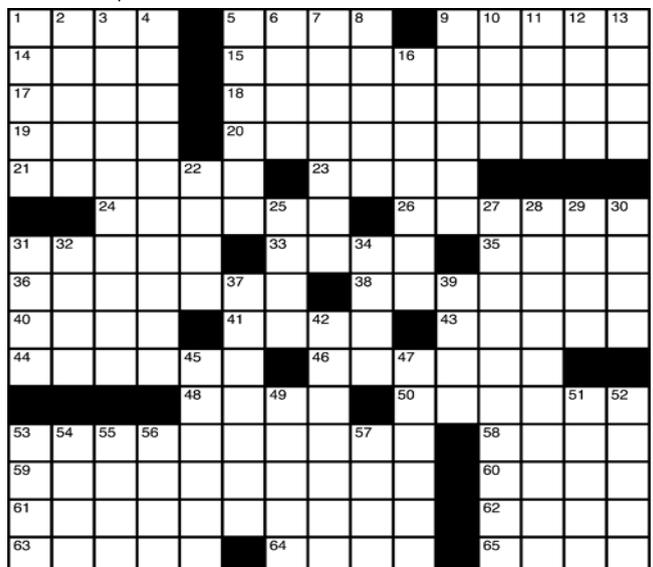
CROSSWORD PUZZLE

Across

- Arrest
- Dwarf planet named for a goddess
- Places to relax
- Prefix meaning "personal"
- Caribbean isle seriously damaged by a 1995 volcanic eruption
- Threshold adjoiner
- Law enforcement tool that may be triggered by a siren
- Natural healer
- First-class freebie on long-haul flights
- 1959 winner of 11 Oscars
- Alfred of coffee fame
- Mollycoddle
- Jocular headlock accompaniment
- Yani ____, youngest golfer to win five majors
- Trendy
- Head makeup
- Loose
- Some holy city dwellers
- They go with guys
- Ithaca opening
- Pirogue, e.g.
- Campaign buy
- Reply card, say
- Viral internet item
- NFL highlight reel clip
- Barista's concoction
- Get in the game
- Reference for budding meteorologists
- Acid __
- Sara Pennypacker kid-lit heroine
- Capone capturers
- Evening stroll
- Stone massage sites
- Class with poses

Down

- Muslim veil
- Allan-__: Robin Hood cohort
- Citrus liqueur
- "Truth is ..."
- Imprisons
- Leeway
- Through
- Composer Jule
- Reach ahead of
- Private employer
- Wisconsin-based bike brand
- Spydom name
- 12 Actuarial datum, e.g.
- Rocket __
- Bob Jones Award org.
- Parrot
- Prime spot for stargazing?
- Cuban city with a U.S. Navy base
- SSN, e.g.
- To be, in Latin
- Harbor sights
- Flip out
- Mononymous supermodel
- Jazz group guy
- In the loop
- Accessory with a suit
- Artist Modigliani
- Equilibrium
- Big name in apple products
- "The Girl Who Played With Fire" author Larsson
- Medicinal shrub
- Cosmonaut's insignia, once
- Spaghetti __ puttanesca
- Krystle and Alexis on the 1980s "Dynasty," e.g.
- Stew
- Mau's famously twisty Road to __



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



History of the combat helmet and the quest to prevent injuries

by Sean Webb,
MHS Communications

As a critical piece of a warfighter's protective gear, the combat helmet has vastly improved over the years as new technology and better designs have reduced the risk of fatal blows and traumatic brain injuries.

The earliest combat helmets were made from bronze and used to protect soldiers from swords and arrows. They were heavy, crudely designed and did not fit well.

During World War I and World War II, standard helmets were made from thin steel. They provided protection mainly against shrapnel rather than shock waves. They were lighter and provided better protection than helmets from previous eras.

But at that time, soldiers were often reluctant to use their chin strap because they believed that "it was better for [the helmet] to be knocked off rather than injure the soldier's neck," said Alan Hawk, a collections manager for



Lt. Gen. George S. Patton and Brig. Gen. Theodore Roosevelt Jr. are pictured here in 1943 wearing the standard M1 helmet, sometimes called the "steel pot." Photo: 1st Infantry Division Courtesy Photo.

the National Museum of Health and Medicine website, a branch of the Research Support Division in the Research & Engineering Directorate of the Defense Health Agency.

Technology and safety protocols have evolved in recent years, resulting in helmets that provide more protection from both projectiles and shock waves.

Modern Helmets

Modern helmets became lighter as steel was replaced with composite materials like Kevlar. They now have padding and fitted chinstraps, allowing the helmet to stay attached during a blast. Inside, they include an energy-absorbing liner. Modern helmets are designed and tested to meet consistent standards to protect soldiers from concussions and other injuries.

Visibility is also now a key fac-

tor to helmet design.

"The best helmet in the world is not effective if a soldier walks into an ambush due to hampered vision," Hawk said.

In recent years, U.S. Special Operations Command helped develop a new helmet designed to integrate modern communications devices. The Army adopted a version of that helmet in 2002 and named it the Advanced Combat Helmet.

Modern helmets are also customized for specific jobs beyond the traditional infantry. Aircrew helmets protect from impact and noise. Helicopter aircrew have helmets that help protect against ricochets from the ground. Both helmets typically have built-in communications headsets and visors as well.

Modern helmet designers optimize protection using test standards and methods measuring the probability of neck injuries, concussions, and other injuries for specific conditions like ejection, said Benjamin Steinhauer, an engi-

neer for the Air Force Research Laboratory's 711th Human Performance Wing.

The Future of Helmets

New helmets focus on suspension technology, which uses shock absorbing webbing, and lightweight and crack resistant materials.

While experts agree there will never be a perfect helmet, the military continues to make significant gains in protecting service members from TBI and other injuries.

"We do find ways to make helmets lighter without sacrificing the mission," Steinhauer said.



Modern combat helmets, like the one worn by this Marine, offer protection from both projectiles and blast waves. They are also designed to incorporate the use of communications equipment and other devices that can improve warfighter performance and capability. Photo by Lance Cpl. Manuel Alvarado, U.S. Marine Corps.

NIH says: Get your baby's hearing tested during first month Catching hearing loss early is important

Most infants are screened for hearing loss before they leave the hospital. This helps doctors detect any hearing problems early and start treatment. Children with hearing loss who get help early develop better language skills than those who don't.

If your baby's hearing isn't tested at the hospital, you should get it checked by the time they're one month old. Two tests can be used to check your baby's hearing.

The otoacoustic emissions (OAEs) test measures whether parts of the ear respond to sound. A soft earphone is placed in your baby's ear canal. It plays sounds and measures an "echo" response that occurs in ears with normal hearing.

The auditory brain stem response (ABR) measures the hear-

ing nerve's response to sound. During this test, your baby wears earphones and has electrodes placed on his or her head. The electrodes are painless and are put on and removed like stickers.

If the screening shows that your baby may have hearing loss, you'll be referred for follow-up testing. If possible, see a pediatric audiologist. They specialize in testing and treating children with hearing loss. Make an appointment as soon as possible—ideally by the time your baby is 2 to 3 months old. Depending on the testing results, you may also be referred to an ear, nose, and throat specialist.

If your child has hearing loss, various tools can help. These include hearing aids, cochlear implants, and communication approaches.



A newborn getting a hearing test. ChameleonsEye/Shutterstock.com



Saturday, April 30, is National Prescription Drug Take Back Day and a great opportunity to clear all the unused and unwanted prescription medications out of your home. This also helps to prevent these unused medications from ending up in the wrong hands. Find a drop off at www.deatakeback.com

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