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SIXTY-SECOND YEAR NO. 6

THURSDAY, MAY 26, 2022

NAVY DEDICATES RESCUE SWIMMER TRAINING POOL AND PRESENTS POSTHUMOUS AWARD TO WWII HERO'S FAMILY

by Krishna Jackson
Naval Base San Diego

SAN DIEGO - - The Navy dedicated a surface rescue swimmer training pool located at Naval Base San Diego (NBSD) in honor of Steward's Mate 1st Class Charles Jackson French May 21.

The pool facility belongs to Naval Aviation Schools Command (NASC). NASC is located in Pensacola, Fla., but has swim sites in locations like NBSD. This particular pool trains surface rescue swimmers to save lives and the command's motto is "So others may live."

"At Naval Aviation Schools Command, we proudly and enthusiastically teach our student naval aviators, aircrew and rescue swimmers about the history and heritage of our Navy and the extraordinary actions of those who came before us," said NASC Executive Officer Cmdr. Brandy McNabb during the ceremony.

The ceremony was set inside the training pool facility and behind McNabb, as she speaks to the family of French and the guests seated before her, sits a 20 person life raft floating empty on top of the quiet water of the Olympic size pool. McNabb



Cmdr. Brandy McNabb, executive officer of Naval Aviation Schools Command, provides remarks during the Mess Attendant 1st Class Charles Jackson French pool dedication ceremony held at the surface rescue swimmer training pool at Naval Aviation Schools Command Swim Site. US Navy photo by MC3 Sang Kim

breaks from her speech to share a story from another Navy leader assigned to NBSD, who has a unique connection to French but couldn't be at the ceremony to share in person.

"Capt. Spencer Austin, the Commodore of Mine Division TWELVE has a personal connection to the family," she said. "He unfortunately could

not be here with us today, but has requested that we share his grandfather's story."

"My grandfather [Oswald Austin] told me he was in the pilot house with the commanding officer when the Japanese started shelling the ship and he was knocked over the life rails falling to the main deck below with severe shrapnel wounds," wrote

Austin. "We determined that someone had to have rescued my grandfather because he was too badly injured to swim and for years I couldn't understand how he got out of the water that night based on his injuries. It wasn't until just a few years ago I heard of Charles [Jackson] French and after speaking with the family and reviewing old news reports that Mrs. Linda French sent to

me, I believe my grandfather was rescued by Mr. Charles [Jackson] French and it was he who swam my grandfather to safety," read McNabb.

Three generations of French's family were seated in the front row at the ceremony including: nephews Chester French and Roscoe Harris, Chester's wife Linda, Roscoe's sons Michael and Christopher Harris and Christopher's sons Chris Jr., Mark and Samuel Harris.

"I had the honor of sharing this news with the family," said Commander, Navy Region Southwest, Rear Adm. Stephen Barnett.

Barnett recounted calling the family and how honored he was to spend time talking to them about the pool dedication. "It's such a pleasure to finally meet you in person," he said.

French was awarded a Letter see **Dedication, page 6**

Navy Region Southwest welcomes new commander

SAN DIEGO - Rear Adm. Stephen Barnett relinquished command of Navy Region Southwest to Rear Adm. Brad Rosen during a "change of command" ceremony May 23 at Naval Air Station North Island.

Barnett, a native of Randolph, N.J., assumes command of both Navy Region Hawaii and Naval Surface Group Middle Pacific. Rosen reports to San Diego from Washington, where he served as chief of staff, Navy Installations Command. This is his first assignment to the San Diego area.

Rosen commanded Naval Station Norfolk, the largest base in the U.S. Navy.

Navy Region Southwest is a six-state region with a large military presence. More than 76,000 active duty Sailors serve at 10 installations throughout the region.



Rear Adm. Brad Rosen

VA TO HOST PUBLIC MEMORIAL DAY CEREMONIES AT NATIONAL CEMETERIES

by Sara Samora
Stars and Stripes

WASHINGTON - The Department of Veterans Affairs will host public ceremonies throughout the United States for the first time in two years since the coronavirus pandemic began.

VA officials said veterans, families and the public are welcome to attend in-person traditional VA Memorial Day ceremonies held May 28 through May 30, which is Memorial Day. The VA's National Cemetery

Administration maintains 155 national cemeteries and 34 soldiers' lots and monument sites in 43 states and Puerto Rico.

When the pandemic began in March 2020, the VA's national cemeteries were opened from dawn to dusk on Memorial Day, but the usual memorial events to honor service members were brief and closed to the public.

The VA also issued guidelines about how its 142 national cemeteries should observe Memorial Day in May 2020. Cemeteries

were open for people to visit gravesites, but visitors were asked to distance themselves. Moreover, the VA restricted all public ceremonies and barred groups from placing flags at veterans' headstones - a Memorial Day tradition.

In May 2021, the national Centers for Disease Control and Prevention relaxed its guidance on mask-wearing and social distancing. However, it didn't give the VA enough time to coordinate large events for Memorial

Day weekend last year.

Nevertheless, the VA lifted masks and social distancing requirements at its national veterans cemeteries for people who were fully vaccinated against the coronavirus. But the agency maintained restrictions on gathering sizes at funeral services.

This year, the usual ceremonies with large public gatherings to honor fallen veterans and service members will resume, including wreath-laying ceremonies and flags being placed

at each gravesite.

"There is no more fitting place to reflect upon the service and sacrifice of America's veterans and service members than in a national cemetery," VA Secretary Denis McDonough said. "Here lie those who served, sacrificed and - in many cases - gave their lives for us and our country. We're forever in their debt."

The VA also said live streaming and recorded video and photographs of the ceremonies will be posted on the National Cem-

etry Administration's Facebook and Twitter pages.

THE LIST OF LOCAL CEREMONIES: Fort Rosecrans National Cemetery, May 30, 9 a.m.; Miramar National Cemetery, May 30, 9 a.m.; and Riverside National Cemetery, May 30, 10 a.m.

To view the entire list of Memorial Day events, visit <https://www.cem.va.gov/Memorial-Day/>.

Let's honor the patriotism and sacrifice of all those who have served in our nation's armed forces.

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Career & Education

INTERPERSONAL EDGE: Taming self-hatred at work.

See page 5

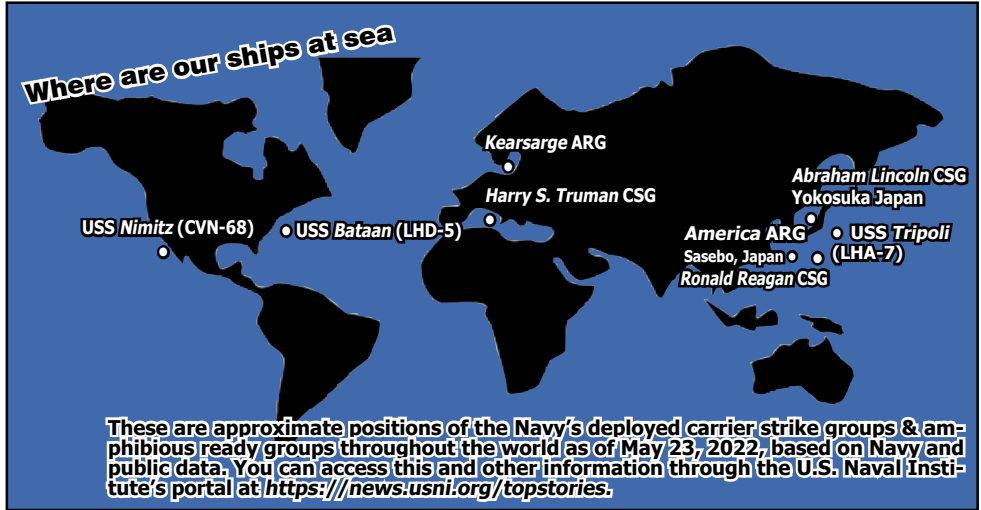
Base Movie Schedule

The Northman, Memory, The Bad Guys, Sonic the Hedgehog 2, Inside Out, 48 Hours, Dear Evan Hansen

See page 10



Sailors and Marines man the rails on the flight deck as *Portland* amphibious transport dock ship arrives at the Port of Los Angeles for Fleet Week May 23. US Navy photo by MC2 Devin Kates



LA Fleet Week returns for fifth iteration

by MCC Joseph Vincent
Navy Region Southwest

LOS ANGELES - Sailors, Marines, Soldiers, and Coast Guardsmen from several ships, squadrons and military units are here for the fifth Los Angeles Fleet Week, now through May 30.

Two San Diego-based ships - *Essex* and *Portland* - are participating. Los Angeles Fleet Week offers the public an opportunity to take a tour of the ships and meet service members as they showcase the ships' capabilities.

The general public will have a chance to gain a better understanding of how the sea services support the national defense of the United States and freedom of the seas.

Throughout the week, service members will have an opportunity to interact with the local community, while participating in a number of community relations projects and a Science, Technology, Engineering and Mathematics (STEM) exposition.

As part of this outreach effort, Navy Band Southwest and the 1st Marine Division Band will perform concerts around the Los Angeles area throughout the week. For performance schedule, visit the LA Fleet Week website, <http://www.lafleetweek.com>.

The Fleet began arriving in Los Angeles Monday. The public can tour ships and meet Sailors, Soldiers, Marines and Coast Guardsmen at the Port of Los Angeles from 10 a.m. to 6 p.m. The ships will be open for tours from 10 a.m. to 4 p.m. Visitors are encouraged to attend tours and interact with our military men and women, but patience is requested as interest is always high; lines and wait times can be long, especially later in the day. It is not possible to guarantee everyone will be able to get a tour.

MUSIC

LA Fleet Week Memorial Day Evening Service at Main Expo May 30 from 5-6 p.m. Live Entertainment will be Yachtley Crew '70s and '80s Tribute Band.

Total Navy Battle Force: 298 Ships underway

Deployed ships underway: 56

Non-deployed ships underway: 24

Total ships underway: 80

Ships deployed by Fleet

Fleet Forces, 0: 3rd Fleet, 5

4th Fleet, 2: 5th Fleet, 12

6th Fleet, 28: 7th Fleet, 68

Total 115



May 26, 1969 - The Apollo 10 astronauts returned to Earth after a successful eight-day dress rehearsal for the first manned moon landing.

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The poppy is a symbol of remembrance for all who made the ultimate sacrifice in military service to our nation.

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usaa.com/memorialday

U.S. Transportation Command kicks off Operation Fly Formula

by Scott D. Ross

U.S. Transportation Command

“Together, we deliver” is U.S. Transportation Command’s motto, and it played out in real time. The first airplane importing 132 pallets of specialty infant formula arrived May 22 at Indianapolis International Airport. The C-17 Globemaster III military transport aircraft was loaded with 78,000 pounds of cargo the day before at Ramstein Air Base, Germany, kicking off Operation Fly Formula.

“Whether the needs are in Ukraine, India, or even right here at home, from deploying combat-credible forces, to providing vaccines, food, water and supplies during a pandemic or natural disaster, USTRANSCOM will deliver,” said Air Force Gen. Jacqueline D. Van Ovost, commander of USTRANSCOM. “Together with our industry partners, and allies and partners, we not only project and sustain the joint force to help ensure national security, but we continue to deliver hope, whenever and wherever.”

Typically, the process to transport this product from Europe to the U.S. would take two weeks. President Biden announced

Operation Fly Formula on May 18, when he requested the Departments of Agriculture and Health and Human Services to

formula moved via DOD-procured airlift,” he shared via correspondence to staff. “These moves will look similar to the



Infant formula being unloaded at Ramstein Air Base, Germany, May 21. USAF photo by Airman 1st Class Alexcia Givens

“work expeditiously to identify any and all avenues to speed importation.” Biden further requested that over the next week to work with the Department of Defense to use contracted airlifts to import the needed formula. Planning started immediately.

Hours before the president’s announcement, Navy Vice Adm. Dee Mewbourne, deputy commander at USTRANSCOM, learned of the impending mission. “There is an emerging requirement to move baby formula into [the continental U.S.], and it is anticipated that [authorizing paperwork] will be signed tonight or tomorrow to have

moves we did for COVID[-19] vaccine needles/syringes.”

The logistics planners in U.S. Transportation Command’s J3 and AQ, the directorates responsible for operations planning and execution and in acquisition, knew a requirement was imminent but didn’t know any of the requirements for planning, such as quantities, source/destination locations, timelines for delivery and methodology for engaging the assistance of commercial carriers.

Some pieces of the puzzle were learned the next day, May 19, when Secretary of Agricul-

ture Thomas J. Vilsack sent a request for assistance to Secretary of Defense Lloyd J. Austin III that requested “DOD provide support by establishing a dedicated, contracted air-bridge to move infant formula from Zurich, Switzerland, to Plainfield, Indiana, in the U.S. The company manufacturing this formula reports it takes approximately 21 days through commercial aircraft for the formula to ship and clear customs so it can enter distribution.”

Navy Cmdr. Michael Sargent, a planner in U.S. Transportation Command’s J3 Sustainment Division, was selected to lead the planning efforts. With a draft Action Memo in hand, he assembled the necessary players from across the U.S. Transportation Command’s Joint Deployment and Distribution Enterprise and multiple federal agencies, from DOD, to State, to Agriculture, and Health and Human Services to places like Scott Air Force Base, Illinois, to multiple agency headquarters in Washington D.C. and airmen in Europe.

One of the things USTRANSCOM does best is to provide leaders with options to meet strategic mobility challenges.

With the team assembled, virtual planning meetings began in earnest. Every roadblock was mitigated, and alternate solutions were discussed until resolution. The pieces of the puzzle were coming together and approvals were in hand, but the sense of urgency led to another course of action, because the long pole in the tent was the time to contract the flights.

Robert Brisson, deputy J3 director at USTRANSCOM, stated during one of the virtual

meetings, “we’ve got two C-17s [Globemasters] on Bravo Alert at Ramstein, Germany. If we can get the cargo from Switzerland to Ramstein, we can have wheels up Saturday (May 21) night.”

Due to the urgency of the situation, Austin approved U.S. military aircraft for this mission, shortening the timeline by a couple days that would have been required for contract acquisition, showcasing once again USTRANSCOM’s motto, “Together, we deliver!”

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Austin offers Air Force Academy grads lessons in leadership

by Jim Garamone
The graduating class of the U.S. Air Force Academy got a lesson in leadership straight from the top as Secretary of Defense Lloyd J. Austin III delivered the commencement address May 25.

Austin reminded the newly minted second lieutenants in the Air Force and Space Force have a special responsibility as a symbol of what America stands for.

“Always remember that you didn’t join just any air force. You joined the United States

protect and defend the Constitution against all enemies foreign and domestic.

“It means that you never lie, cheat or steal,” Austin said. “It means that you treat everyone with dignity and respect. And it means a lifelong passion for our core values of democracy, liberty and the rule of law. Your country expects it. Your troops deserve it. And your world needs it.”

Today’s graduating class entered the academy in 2018. The U.S. Space Force, which 94 of the cadets are entering, didn’t

Vladimir Putin is waging against Ukraine.

The ideals and values that the cadets carry will help them as they enter their time of service. “Our times change. Our world changes. But our ideals don’t waver,” Austin said. “Today, America’s adversaries are testing the values that you swore to defend. Putin’s war of choice is an affront to the rules-based international order. And it’s a challenge to free people everywhere. But the whole world has been inspired by the bravery of the Ukrainian people. And I know that you have been as well.”

Austin told the cadets that America will stand with Ukraine to defend democracy. “I hope that their fight reminds us all never to take our own freedoms for granted,” he said.

The United States is not the only nation that embraces these values and the 16 international students in the class of 2022 are the proof of that.

The United States has an unparalleled network of allies and partners. NATO is the foremost example of this, but it also includes the Defeat-ISIS Coalition that numbered over 90 countries and organizations at its height. And it also includes the Ukraine Defense Contact Group, which numbers more than 40 nations looking to help Ukraine maintain its sovereignty.

“In uniform or as a civilian, I’ve learned that lasting success comes through teamwork,” Austin said. “You’ve seen that in this class. We just get more done when we come together.”

“That’s why America’s unrivaled network of allies and partners is so important,” he continued. “They’re crucial to what I call integrated deterrence. They extend our strength, magnify our power and deepen our security.”

The United States, its allies and partners can also project power when and where it is needed. That is the Air Force and Space Force the cadets are joining. “As we speak, airmen are working with our allies on air policing in the skies over Europe,” he said. “Guardians are ensuring that warfighters across the joint force have secure satellite communications and uninterrupted precision navigation. And pilots with are moving heaven and earth to rush urgently needed security assistance to Ukraine.”

Those missions are crucial to not only American security but global security. “And we can carry them out because of the extraordinary services that you are joining — which provide ‘airpower anytime, anywhere’ with space power ‘always above,’” he said. “No other military can do what we can do. Because no other military has people like you.”

NEWS HEADLINES

Army

- IPPS-A rollout still on track after initial delay, Army says
- Milley tells West Point cadets technology will transform war
- Army nears 100 percent vaccination, claims only 1 percent refusal among troops

Navy

- Navy investigating drowning death of research lab civilian
- Navy warship named for Medal of Honor recipient who saved fellow sailors from deadly inferno
- Sailors booted from Key West barracks now eligible for an extra, one-time payout
- USS *Abraham Lincoln* arrives in Japan for port call ahead of presidential visit

Marine Corps

- Marines look beyond LAVs as recon roles expand

Air Force

- 3 Air Force cadets who refused vaccine won’t be commissioned
- B-21 Raider first flight now postponed to 2023
- ‘There’s an Air Force base here,’ say annoyed cops to people calling 911 about jet noise
- An Air Force general wants to ‘robust’ Guam. What the hell does that mean?
- Air Force helps transport 78,000 pounds of infant formula to US
- An Air Force base’s secret weapon against invasive plants? Sheep

Space Force

- Wildfire monitoring, other state missions in jeopardy without a Space Guard, these officials say
- Air National Guard leaders: Time is running short for a Space Guard
- Space Force, Pentagon still hashing out service’s presence in theater commands

National Guard

- Montana Guard summons unvaccinated Soldiers as vaccine deadline nears

“... you didn’t join just any air force. You joined the United States Air Force. You’re not just any guardians. You are United States Guardians. We’re here to defend America’s security and win America’s wars. But we’re also here to safeguard America’s values.”

Secretary of Defense Lloyd J. Austin III

Air Force,” the secretary said. “You’re not just any guardians. You are United States Guardians. We’re here to defend America’s security and win America’s wars. But we’re also here to safeguard America’s values.”

The secretary told the 973 graduates that safeguarding America’s values means having a love of service. The cadets swear an oath — like all other members of the military — to

exist when the class arrived at Colorado Springs.

No other military can do what we can do. Because no other military has people like you.”

Austin noted the swift changes worldwide that the cadets have seen. In addition to a new armed force, they attended the academy through COVID-19. They have seen the rise of China and the cruel war that Russian President



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INTERPERSONAL EDGE: Taming self-hatred at work

by Dr. Daneen Skube
Tribune Content Agency

Q: I've worked hard to get myself into top positions in school and at work. Once I get into a position I compare myself, think others know what they are doing, and that I cannot compete. No matter how hard I work and succeed this negative thinking is my downfall. How do I stop obsessing about my inadequacy?

A: You can stop obsessing about your inadequacy if you realize everyone on Planet Earth has some amount of self-hatred. When we're tuning into the self-criticism station we will only hear about our flaws. If we focus on ourselves, we go down the rabbit hole of self-hatred. If we focus on the benefit we provide to others, we stop worrying about whether we're good enough.

When we concentrate on leaving others better than we found them, we're only noticing results. To the extent we're working to figure out how to be useful, we're not using energy to beat ourselves up. At the end of the day if we've made useful contributions, no one in our daily environment is concerned if we are having self-esteem issues.

When my clients are struggling with this issue, I point out that if I enter a session focusing on my adequacy I will fail to be of any use to them. I will be so obsessed with my self-esteem that I will not be present to help. If I enter a session focused on benefiting my client, my inadequacy is still there but is less important than being useful.

The concept that we must evaluate -- whether we're smart or stupid, good or bad, or competent or incompetent -- is about our ego. Our ego strives for perfection, so as to avoid feeling inadequate. Since perfection is impossible to achieve, our ego sets us up to fail, and then we feel bad as a result. No matter how fast we run to prove we're good enough, we cannot achieve perfection.

If instead of making our ego our master, we should make our soul our master. Then, we can strive each day to make a difference. At the end of the day, the question should not be: "Am I good enough?" The truth is there is no metric for being

"good enough." Our question at the end of the day should be: "Did I leave anyone better than I found them?"

No matter how stressful we

Interpersonal Edge



by
Dr.
Daneen
Skube

find our work, simply going to work gives us a perfect environment in which to be useful. Many people in retirement are surprised to find themselves struggling with the problem of feeling irrelevant. Retired people often don't realize how important it is to their peace of mind to make a daily contribution.

When my clients get ready to retire, I always talk with them about making plans so they can continue to feel useful. I realize that clients who retire and have not considered this problem will

likely get depressed.

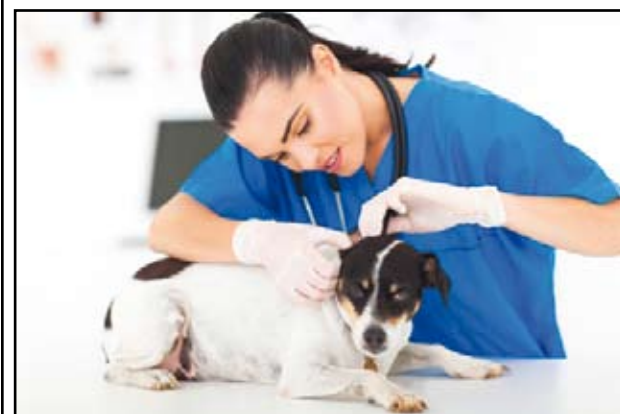
If we are lucky and make valuable contributions at work, we will usually benefit financially. However, as many have pointed out, you cannot take money with you. As the Beatle's pointed out in a song, "You only take the love you make." Many spiritual teachers say that when we die, we experience personally all the benefit we have provided to others.

By focusing on love in action or being useful, we get two benefits: a good life and perhaps even a good death. Don't let your self-hatred derail you from benefiting yourself by benefiting others. You may achieve both temporary satisfaction and eternal rewards by simply ignoring your ego's demand for perfection!

The last word(s)

Q: Co-workers tell me I'm very judgmental and that makes it hard to work with me. Is there one thing you could recommend to make me less critical of others?

A: Yes, be willing to get to know your own humanity and flaws. We can only see others clearly and effectively when we know the origins of our own weaknesses.



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Unmanned helicopters are at work in Indo-Pacific after one-year operational pause



Sailors perform ground turns on an MQ-8C Fire Scout unmanned helicopter aboard littoral combat ship USS Jackson in the South China Sea April 29. US Navy photo by Charles DeParlier

by Alex Wilson
Stars and Stripes

The latest version of an unmanned helicopter system went to work for the first time in the Indo-Pacific aboard a littoral combat ship, the system's manufacturer announced May 23.

The MQ-8C Fire Scout, an autonomous helicopter with the ability to take off and land

The Fire Scout works alongside the Navy's MH-60S Seahawk helicopter to provide "integrated, over-the-horizon intelligence, surveillance, reconnaissance and targeting, and combat logistics support," according to Northrop Grumman.

With its combat capabilities proven, the drone is cleared to continue operating on *Jackson* and other littoral ships in the region.

The Navy plans to put the Fire Scout on guided-missile frigates and at land-based sites, according to Northrop Grumman. Its other roles will include anti-mine warfare, anti-submarine warfare and logistics and cargo.

The MQ-8C is the newest generation of the Fire Scout, following the MQ-8B, which has deployed aboard guided-missile frigates and littoral combat ships under a Navy contract since 2006, according to Northrop Grumman.

The MQ-8C is a modified Bell 407 helicopter airframe

with more speed, endurance and payload capacity than its predecessor, a range of 1,000 nautical miles and more than 10 hours of flight time. The Navy contracted with Northrop Grumman for 10 Fire Scout C models in 2016 for \$108.1 million, *USNI News* reported at the time.

The system was first deployed in December aboard littoral combat ship *Milwaukee* in the Caribbean Sea, Northrop Grumman announced in January.

The Navy thus far has accepted the delivery of 38 MQ-8C Fire Scout systems with no plans to order more, according to a January report from Nickolas Guertin, head of the Pentagon's testing office.

While the new model is considered an improvement, it hasn't gone without issues. The Navy paused MQ-8C operations in 2020 after two mishaps occurred less than a week apart.

On Nov. 10, 2020, an MQ-8C crashed while landing at a Navy base in California. On Nov. 16, another one became unresponsive during a test in Maryland. The system aircraft's rotor blades hit the ground, separating the blades and causing other damage. *Refer to* <https://www.stripes.com/branches/navy/2022-05-24/us-navy-fire-scout-unmanned-helicopter-6110049.html>

Dedication

continued from page 1

of Commendation by then Commander, South Pacific Area and South Pacific Forces, Admiral William Halsey for his actions. However, many believe the award is not commensurate with French's actions due to his being African American during a time of racial inequality.

"I would be remiss if I didn't acknowledge that Charles [Jackson] French was an African American serving at a time when prejudice and discrimination were ever present in our Armed Forces and society," said NBSD Commanding Officer, Capt. Ted Carlson. "Which makes this recognition of Charles [Jackson] French's heroic actions even more significant."

French's family nodded in agreement with Carlson's acknowledgement but the Navy's Chief of Information, Rear Adm. Charles Brown had brought something special to the ceremony to present to the family on behalf of the President of the United States and the Navy.

"On behalf of the Secretary of the Navy Carlos De Toro, it is my tremendous honor to welcome up to the front the family of Petty Officer French so that we may more properly recognize his actions," said Brown as he welcomed the family to join him.

"The President of the United States of America takes pride in presenting the Navy and Marine Corps Medal posthumously to Mess Attendant

Second Class Charles Jackson French, United States Navy for service as set forth in the following citation: For heroism while serving on board USS GREGORY, a destroyer transport ship that was lost during an engagement with Japanese forces in the British Solomon Islands on September 5th, 1942. After the engagement, a group of about fifteen men were adrift on a raft, which was being deliberately shelled by Japanese naval forces. Mess Attendant Second Class French tied a line to himself and swam for more than two hours without rest in an attempt to tow the raft. By his initiative, courage, and complete dedication to duty, Mess Attendant First Class French reflected great credit upon himself and upheld the highest traditions of the United States Naval Services."

After the award presentation, the French family was joined by Mr. James Wright from Nebraska Congressman Don Bacon's office, for a ceremonial ribbon cutting with Navy officials. The event officially marked the dedication and naming of the NASC training pool to the "Charles Jackson French Training Pool."

"It will inspire generations of Sailors," said Brown of the story of French. "It's a story of the best of who we are."

French left the Navy as a Steward's Mate 1st Class and settled in San Diego with his wife. He is buried at Fort Rosecrans National Cemetery in San Diego.

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MAY IS MILITARY APPRECIATION MONTH

Marine Corps Aviation: 110 years of service

by Maj. Jorge Hernande
Headquarters Marine Corps
ARLINGTON, Va. - May 22
marked 110 years of Marine
Corps aviation.

On May 22, 1912, 1st Lt. Al-
fred A. Cunningham reported to
Naval Aviation Camp in Annapo-
lis, Md., “for duty in connection
with aviation,” sparking the birth
of Marine Corps aviation.

Marine Corps aviation has par-
ticipated in every major Ameri-
can conflict since.

Deputy Commandant for Avia-
tion Lt. Gen. Mark R. Wise com-
memorated this historic occasion
with a letter highlighting the men
and women who have contributed
to the storied legacy of Marine
Corps aviation.

“Throughout our history,
Marine aviation has pushed the
boundaries in the sky to
provide the lethality, mobility,
and sustainability capabilities
required of our service,” said
Wise, Deputy Commandant for
Aviation.

“Aviation enablers remain the
lifeline for our community - there
is no Marine Aviation without our
aircrew, maintainers, air traffic
controllers, avionic and ordnance
technicians, aviation logisticians,



WWII recruiting poster illustrated by USMC Maj. W. Victor Guinness

and airfield services,” wrote
Wise.

Marine Corps aviation has
undergone significant changes
since its birth in 1922, but one
thing has remained constant -
how integral aviation is to the
Marine Air Ground Task Force.

In accordance with Force De-
sign 2030, USMC aviation priori-
tizes readiness, enhanced lethali-
ty, and reinforces the importance
of flying from the sea. The Depart-
ment of Aviation published the
2022 Marine Corps Aviation Plan,
highlighting modernization efforts
and aligns with the commandant’s
vision of a future force.

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THURSDAY, MAY 26, 2022 www.armedforcesdispatch.com 7

LOCAL PHOTO GALLERY



SAN DIEGO (May 19, 2022) - Aviation Boat-swains' Mate (Equipment) Airman Apprentice Bryce Viray, a native of Pleasant Hill, Calif., cleans an aircraft catapult on the flight deck of aircraft carrier Carl Vinson. US Navy photo by MCSN Micheal Mensah

MARINE CORPS AIR STATION MIRAMAR (May 18, 2022) - Cpl. Lydia Slama, a working dog handler, explains her work to educators with 9th Marine Corps District during an Educators' Workshop. US Marine Corps photo by Cpl. Tyler W. Abbott



NAS NORTH ISLAND (April 22, 2022) - Cmdr. Kimberly Freitas was relieved by Cmdr. James Scianna as Commander, Strike Group Oceanography Team San Diego. US Navy photo by Ensign Emma Perry

Leadership changes at Naval Medical Forces Pacific

by Grady Fontana
POINT LOMA - Rear Adm. Guido F. Valdes relieved Rear Adm. Timothy H. Weber as commander, Naval Medical Forces Pacific, during a change of command May 20.

Valdes also assumed the reins of director of the Defense Health Agency's San Diego Market from Weber in a change of directorship.

Deputy Surgeon General of the Rear Adm. Gayle D. Shaffer presided over the CoC, while Lt. Gen. Ronald J. Place, director, Defense Health Agency, oversaw the change of directorship.

"Standing at its helm since 2019, Rear Adm. Weber has expertly steered the course of his organization - with a war-fighter's passion for preparedness and always while looking after the professional well-being of the Sailors he has been charged to lead," said Shaffer, who is also and deputy chief, Bureau of Medicine and Surgery. "The

challenges were many. He has had to redefine our organization-to-readiness-focus platforms and lead his team in the fight against the global COVID-19 pandemic on numerous fronts around the globe."

Valdes, a native of San Juan, Puerto Rico, will have oversight

of 10 Navy Medicine Readiness and Training Commands on the West Coast and Pacific Rim that train, man, and equip medical forces, primarily in military treatment facilities, as well as Navy Medicine's eight global medicine research and development labs.

Marine base lockdown caused by inadvertent weapon discharge

TWENTYNINE PALMS, Calif. - An accidental discharge of a weapon put a Marine Corps training center in the Southern California desert on lockdown for several hours Monday, a base statement said.

No injuries were reported in the incident at the vast Marine Corps Air Ground Combat Center located at Twentynine Palms, 125 miles east of Los Angeles.

The statement said the incident remained under investigation. It gave no details of who was involved in the the inadvertent discharge, where it occurred and the type of weapon.

A shelter-in-place order was lifted at 12:20 p.m.

"The installation is secure and base personnel are free to resume activity," the statement said.

The base earlier reported that an anonymous report of shots fired was received at 8:52 a.m. and a lockdown was implemented.



PACIFIC OCEAN (May 22, 2022) Sailors load a Close-In Weapon System (CIWS) on the fantail aboard Tripoli amphibious assault carrier. Tripoli is underway in the 7th Fleet. US Navy photo by MCSN Austyn Riley

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WWII merchant mariners receive Congressional Gold Medal

by Terri Moon Cronk

The Congressional Gold Medal was awarded May 18 to the U.S. merchant mariners of World War II, who played crucial roles in the country's war effort.

In 2020, Congress passed the Merchant Mariners of World War II Congressional Gold Medal Act to recognize the merchant mariners for their courage and contributions during the war.

"We called their mission the most difficult and dangerous transportation job ever undertaken," House Speaker Nancy Pelosi said at the ceremony, which was held at the U.S. Capitol and attended by congressional and military leaders.

The Congressional Gold Medal will be displayed at the American Merchant Marine Museum in Kings Point, New York. In addition, each of the surviving merchant mariners — now estimated to number about 12,000 from the World War II years — will receive a bronze replica of the coveted award.

Two of the World War II mariners — Charles Mills, 101, of Baltimore, Md., and Dave Yoho, 94, of Vienna, Va., — at



At the U.S. Capitol, World War II members of the U.S. Merchant Marine pose for a photograph with replicas of the Congressional Gold Medal awarded to merchant mariners for their service during the war, May 18. Photo by Ike Hayman

tended the ceremony at the U.S. Capitol.

He had a single request of those gathered for the ceremony: "And, so, when you're with others, say to them of what we did; urge them to read about us and find out about us. Greet us today if you can then say to those, 'We gave up our yesterdays for your better tomorrow.'"

Yoho enlisted at 15 and became a civilian merchant mariner at age 16. Once in the U.S. Merchant Marine, he went to basic training and then worked

in the boiler room of a refueling tanker, which served ships in the South Pacific, he said in a Defense Department interview earlier this week.

Yoho said it was his role to speak at the ceremony for the mariners of World War II who cannot speak for themselves. "I'm speaking for 248,500 guys that are already dead," he told those who attended the ceremony. "One out of 26 of us died, but thousands of us came home deprived of a part of our life. That's probably one of the least-understood missions

that ever was accomplished in modern warfare," he said of the merchant mariners' role in supporting the U.S. military.

By 1943, the mariners had more ships than men because of the loss rate. The mariners began taking young men at age 16 to fill the void — and Yoho was among them.

"In World War II, we had 130 million people in the United States. We put 16 million into uniform as 12-and-a-half percent of our population," he said in an interview.

"We brought home the scars of war," Yoho said of the World War II mariners. "delivered 15 million tons of goods in war materials to five continents — 13 million tons to the South Pacific, 8 million tons to the Mediterranean, 5 million tons to Russia. Put it all together, and that's what came out of our growth had the wisdom to bring us aboard."

Yoho said that young people should serve in the military because of the discipline, maturity and leadership qualities it delivers.

During World War II, nearly 250,000 civilian merchant mari-

ners served as part of the U.S. military and delivered supplies and armed forces personnel by ship to foreign countries engulfed in the war. Between 1939 and 1945, 9,521 merchant mariners lost their lives — a higher proportion than those killed than in any military branch, according to the National World War II Museum.

Americans might know little of the contributions of the U.S. Merchant Marine. They are civilian sailors who operate ships carrying commercial goods to worldwide ports. During wartime or a national emergency, the U.S. military can call the merchant mariners into service

to transport personnel and supplies to wartime theaters.

In 1988, the mariners became eligible for benefits through the Department of Veterans Affairs.

The mariners have their own federal-service school — similar to those of the U.S. military branches — at the U.S. Merchant Marine Academy in Kings Point, New York. In his 2018 academy commencement speech, then-Defense Secretary James N. Mattis said the United States needs its merchant mariners for commerce and, when "storm clouds gather," to support the U.S. military in the fight.

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AROUND TOWN

SD Padres vs. Pittsburgh Pirates at Petco Park, Fri 5/27 6:40pm; Sat 5/28 7:10pm; Sun 5/29 1:10pm.

Guided Nature Walk, Sat, May 28, 8:30-10am. Free. Meet: Kumeyaay Lake Camp-ground Entry Station. mtrp.org

Hip Hop at the Park, Sat, May 28, 11am-6pm. Free Balboa Park Activity Center. <https://www.eventhi.io/event/hip-hop-at-the-park-6127>

Wildlife Walk with a Ranger, Sat, May 28, 2-3:30pm. Free. Chollas Lake, 6350 College Grove Dr. Meet north end of parking lot.

Guided Nature Walk, Saturday, May 28. 9:30-11am. Free. Mission Trails Regional Park Visitor's Center. mtrp.org

Vista Strawberry Festival, Sun, May 29, 8am-6pm. Historic downtown Vista is the site for fun run, food, vendors, contests, live entertainment, carnival rides. www.vistastrawberryfest.com

Herb Walk in Lopez Canyon, Sun, May 29, 4-6pm. Free. West End Parking Staging Area, Penasquitos Preserve, 4300 Sorrento Valley Blvd.

Escondido Cars & Coffee. Every Sunday Morning, 8-11am. Free. Kit Carson Park, 3333 Bear Valley Parkway, Escondido. All cars, trucks and bikes welcome.

Rex Orange County, Sun, May 29, 7:30pm. \$98-\$535. Open Air Theatre, 5500 Campanile Dr.

Memorial Day, May 30. All gave some, some gave all.

Broadway San Diego presents 'Haddeshtown' at San Diego Civic Theatre. May 31-June 5. www.sandiegoteatres.org

Beach Soccer Championships at Oceanside Harbor, June 3-5. www.beach-soccer.org

Backstreet Boys at North Island Credit Union Amphitheatre, Sat, June 4, 7:30pm. www.ticketmaster.com

Heineken 0.0. Rock 'n' Roll Running Series San Diego, Sat-Sun June 4-5. www.runrocknroll.com

Tears for Fears at North Island Credit Union Amphitheatre, Sun, June 5, 7:30pm. www.ticketmaster.com

Memphis at Moonlight Amphitheatre. Through May 28. moonlightstage.com

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Thursday, May 26

6pm The Northman r

Friday, May 27

6pm Memory r

Saturday, May 28

3:30pm The Bad Guys pg

6pm Memory r

Sunday, May 29

1pm Sonic the Hedgehog 2 pg

3pm The Northman r

Thursday, June 2

6pm Memory r

Friday, June 3

6pm Doctor Strange in the Multiverse of Madness pg13

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Friday, May 27

6pm The Northman r

Saturday, May 28

3pm Fantastic Beasts: The Secrets of Dumbledore pg13

6pm Memory r

Sunday, May 29

1pm The Bad Guys pg

6pm Sonic the Hedgehog 2 pg

Updates: sandiego.navylifew.com

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, May 27

6pm Memory (R)

9pm The Northman (R)

Saturday, May 28

1pm Sonic the Hedgehog 2 (PG)

4pm The Bad Guys (PG)

7pm The Northman (R)

Sunday, May 29

Noon The Bad Guys (PG)

3pm Memory (R)

Pendleton Theater and Training Center
Bldg 1330 Mainside (Across from Mainside Center)

Saturday, May 28

1:30pm The Unbearable Weight of Massive Talent r

Saturday, June 4

1:30pm Fantastic Beasts: The Secrets of Dumbledore pg13

Saturday, June 11

1:30pm The Bad Guys pg

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Thursday, May 26

11am Inside Out pg

3pm Dear Evan Hansen pg13

Friday, May 27

3pm 48 Hrs. r

Saturday, May 28

11am Penguins of Madagascar pg

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Together for mental health: May is Mental Health Awareness Month

Health is wealth, especially when dealing with mental well-being. Growing up, kids are taught if they are hurt physically in any area, to seek help. The same should go for anyone's mental health.

Lt. Nicholas Grant, the embedded clinical psychologist for Naval Surface Group Middle Pacific, expressed his thoughts on mental health.

"Mental and physical health are interconnected. Mental health is a core component of overall health, and a holistic perspective is important in order to understand the relationship between these variables and allows individuals to deal with their cognitive, behavioral, and emotional well-being head on," said Grant.

When left untreated, mental health can have a negative toll on an individual's success, happiness, and safety. Therefore, the negative stigma around mental health must be fought by understanding, providing support, and educating members and families on the importance of asking for help.

Despite how it may seem, Mental Health Awareness Month is a celebration of mental health. The purpose is to raise awareness of struggles people are dealing with and to commemorate their recovery and progress. Mental health is essential for an overall productive and happy life. However, in the military, there is a large stigma against seeking assistance due to the fear of being treated or perceived differently.

"Military specific stigma of mental health has a lot to do with concern of change to one's duty status, including potential determination around fitness and

suitability for duty, as well as how this might impact access to resources that comes with being on active duty. Folks may minimize symptoms due to these concerns. We must be thoughtful in the way we communicate around mental health and the importance of help seeking," said Grant.

Check up on friends and family, and most importantly, give yourself the support you deserve.

Due to the stigmas surrounding the topic and the lack of knowledge of resources, only 38 to 45% of people showed interest in receiving help, according to BMC Public Health.

Not only has the COVID-19 pandemic affected patients' physical health, but it has also played a role in their mental health. With the large increase in mental illness associated with the pandemic, society was forced to have those tough conversations about the negative implications of poor mental well-being. As a result, awareness has spread, and support has increased.

Mental health has a direct impact on a person's quality of life. If neglected, other aspects of one's life can deteriorate. To get the most out of life, one must take care of themselves on a deeper level. It would be a disservice to overlook the struggles preventing someone from performing at their full potential. Society's mindset is changing everyday as the outlook on mental illness is becoming more accepted.

"The more we can normalize mental health as a core component of holistic health and well-being, as well as change the way in which we talk about mental health, the more we will see societal change in the way mental health is viewed," emphasized Grant.

Noise complaints: Taking on tinnitus

Do you hear sounds that no one else can hear? It might be a ringing. A clicking. Or maybe a buzzing, hissing, or humming. Hearing such noises can be disconcerting—especially if they don't go away. Some people hear these noises for a few hours. Others may hear them for a lifetime. This condition is called tinnitus.

About 10% of U.S. adults have experienced tinnitus that lasted for at least five minutes in the past year. The noise can be soft or loud, high pitched or low pitched. You may hear it in one ear, or both.

Most of the time, tinnitus isn't a sign of a serious health problem. Many people experience temporary tinnitus after going to a loud concert or event. But it can also be a sign of damage to your inner ear and its connections with the brain. If it doesn't go away or gets worse, tinnitus can make it hard to hear, concentrate, or even sleep.

Many things increase your risk for tinnitus. "Noise exposure is a very common cause," says Dr. Fan-Gang Zeng, a hearing and speech expert at University of California, Irvine.

People who work in noisy environments can develop hearing damage and tinnitus over time. Examples include factory and construction workers, road crews,

Living With Tinnitus

Protect Your Hearing. Loud noises can lead to or worsen tinnitus. Keep the volume down when listening to music or watching TV. Wear earplugs or earmuffs if you're in a loud environment. Move away from loud noises when possible.

Try sound therapy. Background noise machines, fans, or quiet music can help mask tinnitus. You can also try a wearable sound generator. This small electronic device fits in your ear and plays a soft, pleasant sound.

Talk with a cognitive behavioral therapist. They can help you learn to live with tinnitus. You may also learn things to help you relax during the day or to fall asleep at night. Stress and lack of sleep can make tinnitus worse.

musicians, and military service members.

"Aging and many drugs, including aspirin, also increase your risk of tinnitus," Zeng says. More than 200 drugs are known to cause tinnitus when you start or stop taking them.

If you're experiencing tinnitus, see your health care provider. There's no test to diagnose it. But your doctor can check for possible causes. They can see if anything is blocking your ear canal. They can also look for medical conditions or medications that may be causing it.

If they don't find anything, they may refer you to an ear, nose, and throat doctor (ENT) or an audiologist. These specialists can determine if you need to be tested for hearing loss. Many people with hearing loss experience tinnitus, but it's not clear why.

Zeng says that, in certain cases, tinnitus may help protect the brain.

Some brain areas may no longer be active after hearing loss. That may lead to brain cell loss. Zeng's study found that people with both hearing loss and tinnitus are less likely to have cognitive decline than those who had hearing loss alone. He speculates that tinnitus may help keep certain brain areas active despite hearing loss.

But not everyone who has tinnitus has hearing loss. For those who do, hearing aids or surgical treatments for hearing loss may help.

There is currently no cure for tinnitus. But some treatments can help you cope. Researchers are also looking for new ways to treat tinnitus. Zeng's team is testing ways to stimulate the auditory nerve that goes from the inner ear to the brain. His team hopes this can help reduce tinnitus.

To search for studies you can join to help advance tinnitus research, visit clinicaltrials.gov.

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