

ARMED FORCES

DISPATCH

San Diego Navy/Marine Corps Dispatch
www.armedforcesdispatch.com
619.280.2985

SIXTY-SECOND YEAR NO. 12
THURSDAY, JULY 7, 2022

NAVY TO OFFER UP TO \$100K IN CASH FOR TIPS ON SMUGGLERS IN THE U.S. FIFTH FLEET AREA IN MIDDLE EAST

by J.P. Lawrence
Stars and Stripes

The U.S. Navy will start offering up to \$100,000 in cash for tips leading to the seizure of weapons, drugs and other smuggled goods in the waters of the Middle East.

The expected announcement of the program on July 5 comes about a week before President Joe Biden’s visit to the Middle East, where regional tensions persist over Iran’s possible ambitions for nuclear weapons and its arming of rebel groups.

5th Fleet, based in Manama, Bahrain, is specifically looking for tips on people smuggling illegal weapons or illicit narcotics, as well as information on people planning attacks on U.S. forces, a spokesman for Naval Forces Central Command said.

“By adding this incentive to voluntarily report tips, we think this can enhance our awareness and vigilance of what’s happening in the waters of the region,” Cmdr. Timothy Hawkins, NAVCENT and 5th Fleet spokesman, told *Stars and Stripes*.

This is the first time that 5th Fleet is opting into a military program used in Afghanistan, Iraq and Syria to trade money for information, Hawkins said.



Coast Guard law enforcement detachments (LEDEts) deploy with Navy strike groups as part of the Oceania Maritime Security Initiative. Here, a LEDET member climbs down to a rigid-hull inflatable boat to conduct a boarding mission. US Navy photo by Jasen Morenogarcia

The Navy says that militant attacks and weapons seizures have increased in recent years in the busy shipping lanes of the Middle East.

Iran has been accused of transfers of rifles, rocket-propelled grenades and missiles to Houthi rebels in Yemen, despite a United Nations Security Council arms embargo.

The 5th Fleet intercepted

9,000 weapons last year, three times the number seized in 2020, U.S. 5th Fleet commander Vice Adm. Brad Cooper told *Stars and Stripes* in April.

“In the region, the most serious threat is Iran,” Cooper said in an interview.

Iran and the various armed groups that it backs have also been accused of seizing ships, laying mines, and launching

rockets at a U.S. guided-missile destroyer in Yemen as well as oil facilities in Saudi Arabia.

In an incident last month, a U.S. Navy warship shot warning flares at Iranian Revolutionary Guard speedboats that buzzed within 50 yards of it in the strategic Strait of Hormuz.

U.S. 5th Fleet will offer the rewards through the Department of Defense Rewards Program,

which means that U.S. citizens are not eligible for the program, Hawkins said.

Tipsters could receive their award from the Navy in cash or items such as boats or food, Hawkins said.

5th Fleet will be responsible for vetting the tips, which can be sent either via a website or a phoneline operated by Arabic, English and Farsi speakers, Hawkins said.

The U.S. military’s attempts at gaining information via cash rewards in Afghanistan and Iraq

continually ran into serious issues, said Jonathan Schroden, a military operations analyst at the Center for Naval Analyses.

These programs often had tipsters providing false information in an attempt to get the U.S. military to arrest their rivals, often did not have enough resources to keep up with the volume of tips, and sometimes did not lead to results, Schroden said.

“If you’re not able to mitigate these challenges, your tip line will become useless or at worst counterproductive,” Schroden said.

Four Army veterans receive Medals of Honor for heroic battles and selfless acts in Vietnam

see Caption, page 4

JULY’S LIST OF MONTH-LONG OBSERVANCES: BIKINI, RODEO, PICNIC

Alopecia Month for Women	Herbal/Prescription	Awareness and Prevention	Nat'l Parks & Recreation	Women's Motorcycle Month	Hemp History Week: 13-19
Bereaved Parents Awareness	Interaction Awareness Month	Nat'l Contract Sewing Month	Nat'l Picnic Month	World Watercolor Month	Rabbit Week: 15-21
Bikini Month	Independent Retailer Month	Nat'l Cord Blood Awareness	Nat'l Roadside Traffic Safety	Worldwide Bereaved Parents	Captive Nations Week: 17-23
Bioterrorism/Disaster	Int'l Blondie and Deborah	Nat'l Culinary Arts Month	Awareness Month	July Weekly Observances	Everybody Deserves A
Education & Awareness Month	Harry Month	Nat'l Deli Salad Month	Nat'l Rodeo Month	Bikini Contest Week: 3-9	Massage Week: 17-23
Cell Phone Courtesy Month	Nat'l Deli Sandwich	Nat'l Doghouse Repairs	Nat'l Vacation Rental Month	Nat'l Farriers Week: 3-9	Nat'l Independent
Eye Injury Prevention Month	Int'l Group B Strep Awareness	Nat'l Grilling Month	Nat'l Watermelon Month	Freedom Week: 4-10	Retailers Week: 17-23
Family Golf Month	Int'l Zine Month	Nat'l HIV Awareness Month	Nat'l Wheelchair Beautification	Nat'l Marijuana Facts: 4-10	Nat'l Zoo Keeper: 17-23
Fireworks Safety Month	Nat'l Anti-Boredom Month	Nat'l Horseradish Month	Sandwich Generation Month	Nude Recreation: 4-10	Int'l Lace Week: 17-23
Fragile X Awareness Month	Juvenile Arthritis Awareness	Nat'l Hot Dog Month	Sarcoma Awareness Month	Family Golf Week: 10-16	Comic Con Int'l: 21-24
Fuel Safety Month	Nat'l Baked Beans Month	Nat'l Ice Cream Month	Self Care Month	Nat'l Vodka Week: 10-16	Hemingway Look-Alike: 21-23
Get Ready For Kindergarten	Nat'l Black Family Month	Nat'l Make A Difference to	Smart Irrigation Month	Nat'l Theraputic Recreation	World Police and Fire
Grange Month	Nat'l Blueberries Month	Children Month	Social Wellness Month	Week: 10-16	Games: 22-31
Hemochromatosis Screening	Nat'l Child-Centered Divorce	Nat'l Minority Mental Health	Tour de France Month	Operation Safe Driver: 10-16	Garlic Days: 22-24
Awareness Month	Nat'l Cleft & Craniofacial	Awareness Month	Wheat Month	Sports Cliché Week: 10-17	Nat'l Moth Week: 23-31

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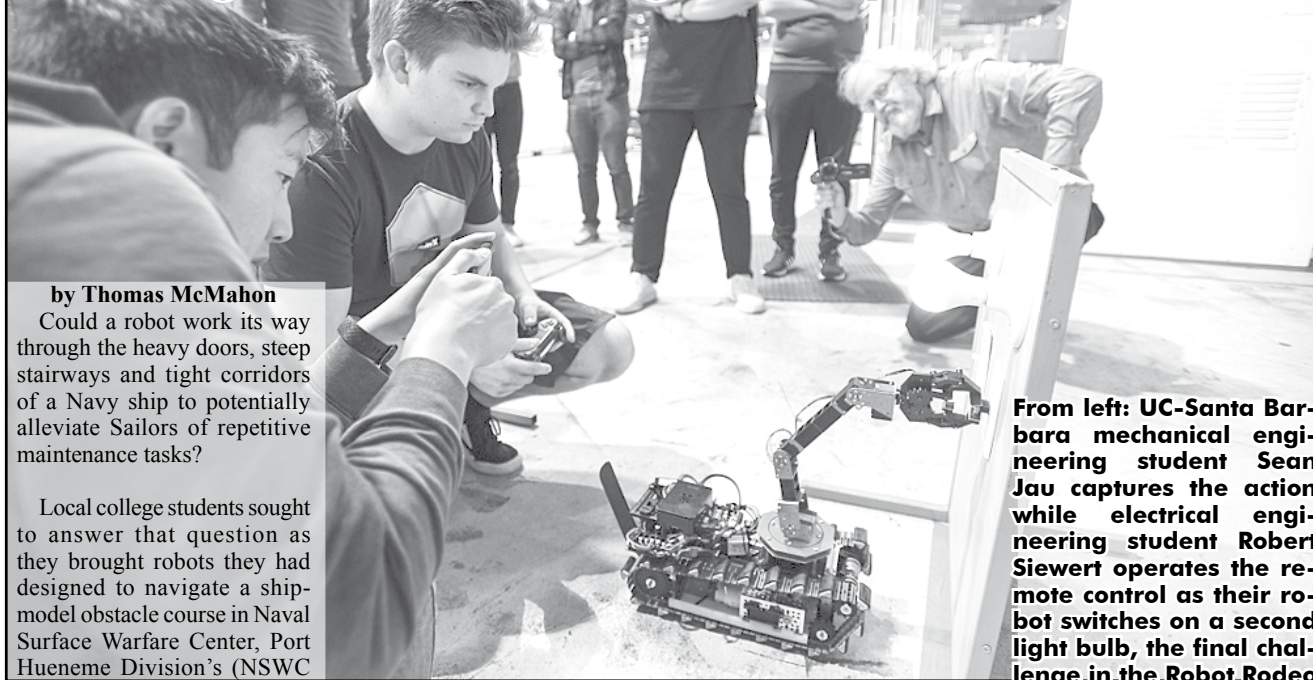
Career & Education
See our list of Independence Day celebrations around San Diego county.

See page 5

Veterans News
Defense Department announces Atomic Veterans Commemorative Service Medal.

See page 9

Local college students aid Navy research by building robots to navigate ship obstacles



by Thomas McMahon

Could a robot work its way through the heavy doors, steep stairways and tight corridors of a Navy ship to potentially alleviate Sailors of repetitive maintenance tasks?

Local college students sought to answer that question as they brought robots they had designed to navigate a ship-model obstacle course in Naval Surface Warfare Center, Port Hueneme Division's (NSWC PHD) first Robot Rodeo competition held recently at the command's Fathomwerx Lab in Port Hueneme.

Two teams of students - one from California State University Channel Islands in Camarillo, Calif., and one from University of California, Santa Barbara - spent months building remote-controlled vehicles with crawler tracks and robotic arms to take on the obstacle course, which replicated features of the NSWC PHD's Self Defense Test Ship at

one-third scale. The test ship is a decommissioned warship that can be remotely operated for testing weapons systems without risk to the ship's crew.

To complete the course, which Naval Academy interns designed at Fathomwerx last summer, the students' robots would have to open a hatch door and move through it (clearing the "knee-knocker" bottom portion of the frame), ascend a stairway, turn twice through a corridor, de-

scend another stairway, open and pass through another door, and then turn on two light bulbs with different types of switches.

But robotic technology can be unpredictable. The CSUCI team's robot experienced technical problems when it was time to compete, but the students worked through them and ultimately completed all but one obstacle. The UCSB robot got off to a quicker start and tackled the full course.

From left: UC-Santa Barbara mechanical engineering student Sean Jau captures the action while electrical engineering student Robert Siewert operates the remote control as their robot switches on a second light bulb, the final challenge in the Robot Rodeo course. US Navy photo by Dana Rene White

The Robot Rodeo stemmed from an objective that the Naval Sea Systems Command Technology Office assigned to NSWC PHD. As Greg DeVogel, chief technology officer for NSWC PHD, said, the Navy is interested in whether robots could be developed to conduct routine maintenance and other tasks aboard ships while moving around on their own.

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Army

- New general slated to take over Army Forces Command
- Anchorage-based Army paratrooper killed in Ohio motorcycle crash
- Army releases new details about San Diego helicopter fire
- Competition to replace Bradley vehicles enters design, prototype phase
- 'Feeding our paycheck to the pumps': Troops, families deal with inflation



Navy

- Navy-Marine war game puts their climate action strategy to the test
- Navy reservist wins claim against Florida company for illegal termination
- USS *Abraham Lincoln* arrives in Hawaii for RIMPAC kickoff
- Sailor dies in Hawaii from injuries in Japan
- Navy investigation concludes "cascading," preventable failures caused water crisis that sickened thousands
- New details emerge about the 2020 Bonhomme Richard fire, ahead of censure of three-star
- Two more Navy destroyers will be homeported in Rota, Spain
- Judges hear appeal to reinstate charges against corpsman in MAR-SOC manslaughter case

Marine Corps

- Federal judge to decide if Sikhs can keep beards, wear turbans in Marine boot camp
- Retired generals push back on plan to redesign how Marines fight

Air Force

- Air Force to test 3D-printed rocket motors
- AC-130J crews awarded 2021 Mackay Trophy for safeguarding Afghanistan evacuation

Space Force

- Space Flag becomes USSF's first joint accredited exercise

National Guard

- Nearly 40,000 Army Guard troops still unvaccinated for COVID as deadline passes for them to get the shots
- North Dakota National Guard airman killed in motorcycle accident
- A-10s, AFSOC aircraft land on Michigan highway to practice ACE

Coast Guard

- Coast Guard selects Austal to build offshore Patrol Cutters over incumbent Eastern Shipbuilding



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U.S. INDOPACOM establishes Joint Task Force Red Hill

from U.S. Indo-Pacific Command

CAMP H.M. SMITH, Hawaii - Adm. John C. Aquilino, Commander of U.S. Indo-Pacific Command, announced the establishment of Joint Task Force Red Hill (JTF Red Hill) on June 30.

The Secretary of Defense directed the standup of JTF Red Hill. Once on-site in Hawaii, the JTF Commander's sole responsibility will be to ensure the safe and expeditious defueling of the Red Hill Bulk Fuel Storage Facility in close coordination with the State of Hawaii.

"This is an operational approach to ensure mission accomplishment," said Aquilino.

"This is so important that the Secretary has decided to take a different approach. And the commitment from the Department is to defuel the tanks per the direction given, as expeditiously as possible without compromising safety anywhere."

The Department of Defense released its plan to safely defuel the Red Hill Bulk Fuel Storage Facility by the end of calendar year 2024.

The removal and relocation of the fuel will commence once the

DoD has deemed that Red Hill is safe to defuel and regulatory partners provide final approval.

Meredith Berger, the Assistant Secretary of the Navy for Energy, Installations and Environment, said, "We know that every action we take must be protective of human health, the environment, and national security. For these reasons we have drafted a plan that is transparent, maximizes safety, and acknowledges and minimizes risks."

The five-phase defueling plan, which may be downloaded here, demonstrates DoD's commitment to remove more than 100 million gallons of fuel as quickly as possible, in a safe and informed manner, and with full transparency to regulators, intergovernmental partners, and with the people of Hawaii.

The plan incorporates industry best practices and will be continuously refined during the planning and implementation process.

DoD will coordinate with the Environmental Protection Agency and the State of Hawaii Department of Health to meet the requirements in the Emergency Order expeditiously and will ensure compliance with

"This operational approach is so important that the Secretary of Defense has decided to take a different approach. And the commitment from the Department is to defuel the tanks per the direction given, as expeditiously as possible without compromising safety anywhere." - Adm. John C. Aquilino (above, center)



environmental safeguards, defueling Red Hill in accordance

with applicable federal, state, and local regulations.

New Eucom leader assumes command amid war in Ukraine

by Jim Garamone

Secretary of Defense Lloyd J. Austin III presided as Air Force Gen. Tod Wolters passed command of the U.S. European Command to Army Gen. Christopher Cavoli in a ceremony at Patch Barracks, Germany, July 1. Austin said the change of command for the combatant command is happening "at a hinge in history." The Russian invasion of Ukraine has shattered the peace that U.S. European Command helped shepherd through 70 years of the Cold War, the dissolution of the Soviet Union, and the post-9/11 era.

Austin said the command is a center for the effort to defend freedom, democracy and human rights from autocrats who see free systems of self-government as relics of the past. "In this hour of danger, I'm incredibly proud of the way that this command has stepped up."

The secretary said the command has been integral in rushing security assistance to Ukraine, "harmonizing your efforts with NATO as the alliance sends thousands of additional troops to its eastern flank. And, together with our allies and our partners around the world, you're meeting Russian aggression with unity, with spine, and with steel."

DOD official testifies on supporting naturalization of eligible servicemembers

by David Vergun

Since the U.S. founded its military, it has strongly supported and actively promoted the recruitment and naturalization of those who are not nationals or citizens, the Defense Department's accession policy director said.

Stephanie Miller provided testimony June 29 at a virtual House Judiciary Subcommittee on Immigration and Citizenship hearing on oversight of immigrant military members and veterans.

"The department has a long tradition of welcoming non-citizens into the profession of arms as critical members of our fighting team and supporting their efforts to obtain U.S. citizenship on the basis of hard-won, honorable military service," she said.

This includes about 10,000 individuals recruited annually who bring unique knowledge, skills and abilities that directly support national security priorities, she said.

The department has been an active participant of the Immigrant Military Members and Veterans Initiative, the interagency working group that formed after the signing of Executive Order 14012 in February 2021.

In collaboration with Homeland Security and the VA, DOD has continued to expand and improve essential services that support naturalization of qualifying non-citizen service members who choose to apply for U.S. citizenship.

Prior to the establishment of the IMMVI, the department has worked closely with U.S. Citizenship and Immigration Service to improve the naturalization process, she said.

For example, to address the challenges associated with COVID-19, DOD and USCIS collaborated to establish a pilot process for secure virtual video interviews with service members seeking naturalization, rather than relying on the traditional in-person interview requirement, Miller said.

"By connecting military installation legal services offices with U.S. Citizenship and Immigration Services officials, we were able to resume the naturalization process and address a backlog of approximately 400 qualifying military applicants effectively stalled in the naturalization process by the pandemic," she said.

Due to the success of the pilot, secure virtual interviews have become an option available for qualifying applicants to ensure a streamlined means to provide citizenship opportunities around the world, she added.

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Sweden, Finland move closer to NATO membership

by **Jim Garamone**
Editor's note: This is a developing story.

During a July 5 ceremony in Brussels, NATO ambassadors signed the accession protocols that will move Finland and Sweden a step closer to joining the alliance.

NATO Secretary General Jens Stoltenberg said it was a historic day “for Finland, for Sweden, for NATO and for Euro-Atlantic security.”

The accession protocols now move to the alliance’s 30 member nations for national ratification according to the procedures of the various nations. In the United States, this means the Senate will have to approve the addition of those countries to the Washington Treaty of 1949.

Finland and Sweden will make strong and important contributions to our alliance.”

For decades, Sweden and Finland were content to work with NATO, but not become members of the defensive alliance. But Russia’s unprovoked attack on Ukraine in February shifted the ground in Europe, and those na-

tions – both historically neutral – petitioned to join NATO. At last week’s NATO summit in Madrid, allied leaders agreed to invite Finland and Sweden to join the alliance.

“Finland and Sweden will make strong and important contributions to our alliance,” Stoltenberg said after the ceremony.

He noted that years of training and exercising together has increased the interoperability of Finnish and Swedish forces with NATO, and the nations share the same values as the other members of the alliance.

“I commend all allies for moving so quickly in accepting Finland and Sweden’s applications for membership, and I want to thank Turkey, Finland and Sweden for their constructive approach,” the secretary general said. “The trilateral agreement they signed at the Madrid summit made today possible.”

Finland shares a long border with Russia, and Sweden is just across the Baltic Sea from Russia. There are concerns about actions Russian President Vladimir Putin may take against the

nations. “The security of Finland and Sweden is important for our alliance, including during the ratification process,” Stoltenberg said. “Many allies have already made clear commitments to Finland and Sweden’s security, and NATO has increased our presence in the region, including with more exercises.”

The signing of the document means Finland and Sweden will have the status as “invitees” and will participate in alliance discussions.

Sweden has a world-class military and will contribute to the security of all NATO allies. “We are convinced that our membership will strengthen NATO and add to the stability in the Euro-Atlantic area,” said Swedish Foreign Minister Ann Linde. “We will do our part in contributing to NATO’s collective defense shoulder-to-shoulder with the other allies.”

Linde said the decision to join NATO has enormous support in her country, “and we believe that joining NATO is the best way for Sweden to ensure our national security and keep the Swedish people safe.”

Historic highway landing advances Agile Combat Employment

by **Capt. Andrew Layton**
Michigan National Guard

ALGER COUNTY, Mich. - An A-10 Thunderbolt II from the 107th Fighter Squadron, 127th Wing, Michigan Air National Guard, lands and takes off from a highway during Northern Agility-1 22 in the Upper Peninsula of Michigan June 29.

It was the first time integrated combat turns, which enable the quick rearming and refueling of a running jet, have been conducted on a public highway in the United States. The temporary landing zone was one of several progressive training scenarios held last week during the Michigan Air National Guard’s exercise Northern Agility 22-1 in Michigan’s Upper Peninsula.

Northern Agility 22-1 demonstrates the Air Force’s Agile Combat Employment doctrine - ready to execute missions quickly in unpredictable ways. The landing zone was named “Hawk LZ” in honor of F-16 pilot Maj. Durwood “Hawk” Jones from the Wisconsin ANG’s 115th Fighter Wing, who lost his life in a training accident in Michigan in 2020.



An A-10 Thunderbolt II lands and takes off from a highway. US Air National Guard photo by Master Sgt. David Kujawa

“Northern Agility 22-1 is an historic exercise that supports the Air Force’s directive to accelerate change or lose, as well as the ability of our Airmen to generate combat power anytime, anywhere,” said Brig. Gen. Bryan Teff of the Michigan ANG. “Michigan is a champion for Agile Combat Employment, so when it comes to leveraging our state’s unique partnerships, training environment and resources to ensure the Joint Force stays one step ahead of our adversaries, today was a huge success.”

Staging and additional training activities for contested logistics, sustainment and multi-capable Airmen concepts were being held this week at other locations in Alger County, including Sawyer International Airport and Hanley Field.

Participating units include 1st Special Operations Group,

Hurlburt Field, Fla., Air Force Reserve’s 119th Special Operations Wing, Duke Field, Mich., and Maryland ANG’s 175th Fighter Wing, to name a few.

“Northern Agility 22-1 would not be possible without the long-term partnerships that exist between the Michigan National Guard and the Michigan State Police, Michigan Department of Transportation, Alger County Sheriff’s Office, and support from our neighbors in the Upper Peninsula,” said Lt. Col. Brian Wyrzykowski, Northern Agility 22-1 lead operations planner.

“Michigan is home to an incredible manufacturing spirit, business culture, and immense pride and patriotism that makes it a great place for the Department of Defense to continue to train for the future war fight,” said Maj. Gen. Paul Rogers, Michigan National Guard adjutant general.

Armed Forces Dispatch
(619) 280-2985
Published by Western States Weeklies, Inc.
2604 B-280 El Camino Real, Carlsbad, CA 92008
E-mail: editor@navydispatch.com
Publisher.....Sarah Hagerty
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MOH caption
continued from page 1
Clockwise from top left: Maj. John J. Duffy, Spc. 5th Class Dennis M. Fujii, Staff Sgt. Edward N. Kaneshiro, and Spc. 5th Class Dwight Birdwell. President Joe Biden on Tuesday, July 5, 2022, will award the Medal of Honor to three of the four Army veterans at a White House ceremony while Kaneshiro, who died during combat in 1967, will be honored posthumously. The soldiers will receive the nation's highest battlefield honor for their actions during the Vietnam War. US Army photo

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Robots

continued from page 2

“NAVSEA’s Technology Office gave us the problem to solve, which is, ‘How does a robot get through a ship?’” DeVogel said. “The ship ladders are very steep, and the doors can be very hard to open. The amount of pressure you need to open the doors can be up to 70 Newtons, which is a lot of force.”

A robot strong enough to open such doors would cost about \$100,000, DeVogel said, which is why NSWC PHD held the first Robot Rodeo on a miniature obstacle course at Fathomwerx instead of on the actual Self Defense Test Ship. This enabled the local universities to participate, because the smaller scale course only required a robot that could be built for about \$5,000 from a kit.

The National Security Innovation Network (NSIN), an Arlington, Virginia-based problem-solving network within the Department of Defense (DOD), provided funding for the universities to take part in the Robot Rodeo.

“There’s no cost to our command, and we get free looks at what technology works better and what doesn’t work as well,” DeVogel said.

NSIN helps develop new technologies and capabilities by working directly with early-stage startups and academic institutions.

“Universities across the country are filled with creative minds willing to work on DOD challenges,” said Jesse Gipe, Pacific-south regional director at NSIN. “Through NSIN programming efforts, we seek to connect those problem solvers with DOD components willing to pursue creative solutions. The Robot Rodeo challenge developed by the excellent team at NSWC PHD is exactly the type of effort we support.”

Alan Jaeger, manager of NSWC PHD’s Office of Research and Technology Ap-

plications and director of the Ventura Tech Bridge at Fathomwerx, added that the Robot Rodeo ties in with the command’s strategic efforts to create a culture of innovation to deliver and sustain capability to the Navy fleet.

“This is a great opportunity to facilitate innovation as we engage with students,” Jaeger said.

For the students, the Robot Rodeo helps put their education into practice, according to Jason Isaacs, a CSUCI professor of computer science, information technology and mechatronics, which is a multidisciplinary branch of engineering that includes robotics.

“This is a way for us to present students with an open-ended problem that requires creative solutions,” Isaacs said, as his students readied their robot for the obstacle course at Fathomwerx. “It also requires them to basically piece together all the things they’re learning about in various classes and see how they all come together to actually make something.”

For some students, the Robot Rodeo served as a capstone project to culminate their studies in their senior year of college. That’s one of the objectives of the Problem-based Initiatives for Powerful Engagement and Learning in Naval Engineering and Science (PIPELINES) program, which Doug Bradley coordinates at UCSB.

Bradley, also a lecturer at the university, said that students benefit from the mentoring that NSWC PHD and other local commands provide through PIPELINES projects like the Robot Rodeo, and the Navy can benefit from the students’ new ways of thinking.

“The Navy presents a great opportunity for the students to work with seasoned civilian engineers to solve real-world questions that the Navy is interested in,” Bradley said. “And one of the great things about having undergraduates work on a project like this is they don’t know what’s not possible—they have a completely unbiased,

fresh perspective.”

Another advantage of the Robot Rodeo is that it adds to NSWC PHD’s outreach efforts to promote careers in the science, technology, engineering and mathematics fields. On that front, at least three students from CSUCI and UCSB who participated in the Robot Rodeo have accepted jobs or internships at NSWC PHD or another local Navy command.

One of the incoming employees is Sean Jau, a UCSB mechanical engineering major, who is slated to join NSWC PHD’s Air Dominance Department this summer. He said that visiting naval vessels like the decommissioned aircraft carrier USS Midway sparked his interest in working for the Navy.

“I really like warships - there’s just something majestic about them,” Jau said.

Once the CSUCI team got its robot running, the students used a wireless Xbox controller to move the robotic vehicle through the ship-model course. The vehicle succeeded on all but one of the obstacles—descending the staircase—and completed the course within the 10-minute time limit.

On May 31, the UCSB team’s robot, dubbed Gravy, started the course without issue. Also operated by remote control, Gravy moved through the first door and up the stairs. As the robot rounded a corner to descend the stairs, the team turned it backwards, taking advantage of a tail-like appendage the students had installed on Gravy so it could back down the steep stairs—like humans usually do—without issue.

As Gravy flipped on the second light switch to finish the course, Jaeger called out the time—9 minutes, 53 seconds. With seven seconds to spare, the UCSB students had succeeded on all of the obstacles, earning them the win. Their prize: a Robot Rodeo trophy, custom-made on Fathomwerx’s 3D metal printer.

Make the decision that works for you now, not in murky future

by Dr. Daneen Skube
Tribune Content Agency

Q: My company will pay for me to get my MBA, but I have to stay in the job for five years after I get my degree or pay it back. I don’t know if I want to stay in my job that long. How would you advise your client to think about this decision?

A: I always advise clients to grow where they are planted now. If you make the best choice

Interpersonal Edge



by
Dr.
Daneen
Skube

for yourself today, tomorrow will usually take care of itself.

For instance, if your MBA now is free and opens up opportunities, start your MBA. In the future, if you leave you can negotiate with a new employer to more than cover the costs of paying them back for this degree, and you get a better job!

Often we worry too much about the future with no way of peering into a crystal ball. Unfortunately, we worry ineffectively about the present moment. Because there is no way of knowing everything the future will bring, effective decision making can only be done by considering what is best for you right now.

You cannot know what will happen in your department. There are many variables. You can know if today this degree will be interesting, result in more money, opportunities, or a larger network.

My clients often come in for

a session completely tangled up in attempting to predict all the factors they cannot know or control rather than working with known factors. During our session, as we untangle the present good from the future unknown, the path forward for my client is clear.

To try this technique at home, write on a sheet of paper all the factors you are considering in your decision. Now go through your list and cross out all the factors you cannot now know or cannot control. Now look at what factors are left and make the best decision you can using only these issues.

Surprisingly, this habit of making the best decision open to you at this moment generally works out beautifully for your future good as well. One of the main skills clients get in working with me is radically improving

their decision making. When only considering your present good becomes muscle memory, you’ll find you have unexpectedly optimally positioned yourself for future opportunities as well.

Anxiety can be our friend when it motivates us to move forward or our foe if we let it paralyze making a choice. When we do nothing while waiting to know everything, opportunity may have knocked and moved on.

The last word(s)

Q: Many of my business agreements end up falling apart. Is there something I am missing?

A: Yes, a stable agreement must genuinely benefit the deepest needs of each party or it will fall apart or create revenge.

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NBC - Naval Base Coronado KMB - Kearny Mesa Branch
GVB - Gateway Village Branch VSM - Village @ Serra Mesa Branch
BVH - Bayview Hills Branch
If you are interested in attending one of these classes, please call our Centralized Scheduling Center at 866-923-6478.

Finding Federal Employment

Get the latest information and resources to navigate the federal employment process.

- Wednesday, July 13 | 9-11 A.M. | NBSD (IP)
- Friday, July 15 | 9-10:30 A.M. | KMB (IP)

Job Search Strategies

Would you like to learn how to find, federal, state, county or local jobs?

- Wednesday, July 13 | 1-2:30 P.M. | NBPL (IP)
- Thursday, July 28 | 9-10:30 A.M. | NBSD (IP)

Resume Writing

Get the latest tips and techniques to wow employers with an organized, effective and winning resume.

- Tuesday, July 12 | 10-11:30 A.M. | (V)
- Monday, July 25 | 10-11:30 A.M. | (V)

Insights to Starting a Home-Based Business

- Wednesday, July 20 | 12:30- 4 P.M. | KMB (IP)

Spouse Employment, Empowerment and Development

- Friday, July 15 | 10:30 A.M.-12 P.M. | KMB (IP)

Boots-2-Business

- Thursday - Friday, July 14-15 | 8 A.M.-4 P.M. | KMB (IP)
- Thursday - Friday, July 21-22 | 8 A.M.-4 P.M. | KMB (IP)
- Thursday - Friday, July 28-29 | 8 A.M.-4 P.M. | KMB (IP)

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USS Makin Island hosts division officer trainees

by Seaman Apprentice
Joshua Martinez

SAN DIEGO - Students attending the Basic Division Officer Course (BDOC) toured am-

phibious assault ship USS *Makin Island* (LHD 8), June 29.

The visit was part of an ongoing tour scheduled with Makin

Island, which began June 24 and is scheduled to end July 29.

Makin Island and its crew welcomed the students in order

to apply the lessons learned inside the classroom to real life experience. BDOC is a nine week course designed to provide training for future division officers to flourish once they are aboard a ship. The BDOC curriculum covers the basics of engineering, division officer fundamentals, damage control, and navigation seamanship for surface warfare officers (SWO).

"Soon these officers will lead a division of Sailors and be trusted to drive the ship," said. Cmdr. Leonardo Giovannelli, commanding officer of Mariner Skills Training Center Pacific. "The opportunity to

get hands-on experience with the waterfront really brings the curriculum to life. It enables the junior officer to see the techniques and skills that are being taught in class."

The tour was focused on three main departments. Students were taught the daily operations of engineering, deck seamanship and combat systems while being introduced to the Sailors who work in their respective locations.

"Remaining 'mission ready' is the number one priority," said Lt. Cmdr. Alan Ratzel, *Makin Island's* training officer. "We

can only do that, as a crew, if our division officers are experienced in all aspects of the ship."

Having an opportunity to examine spaces and equipment aboard the ship tied into lessons stressed earlier in the BDOC course, providing the tour group a tangible experience which goes hand-in-hand with school house discussions.

"This tour is very beneficial because they're able to see and apply what they learned in the classroom and actually see what we do on *Makin Island*," said Ensign Brendon Garcia, a division officer from Makin Island's


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Sailors vs. Padres alumni

by MC1 Daniel Gaither

CORONADO - Naval Special Warfare Command hosted a softball game featuring San Diego Padres' alumni, Navy SEALs, Naval Special Warfare Combatant-Craft Crewman, and combat support personnel here June 30.

This year's game honored the Navy SEAL teams' 60 years of proud warfighting heritage in addition to the high standards, unique capabilities, and strength and diversity found across the Naval Special Warfare community today.

"Celebrating the 60th anniversary of the U.S. Navy SEAL teams alongside one of our most respected and patriotic community partners, the San Diego Padres, is an absolute honor," said Force Master Chief Bill King, Naval Special Warfare Command. "Our Naval Special Warfare Sailors, like the ones



you see out on the field today, are our greatest strength, and we are thankful for the opportunity to provide an entertaining game today that allows our service-members and their families a chance to unwind and engage in America's favorite pastime."

The event marked the seventh softball game between U.S. Navy and Padres alumni, but with a new twist. This year, Padres alumni and Naval Special Warfare Sailors were mixed

amongst the two competing teams, each wearing jerseys representing the Padre's colors, yellow and brown.

"It's exciting to be able to play against some of the legends that are household names in our community," said Lt. Zachary Reed. "I'm honored to be selected for this event and grateful that the Padres could share their time with us, especially in celebration of the 60th anniversary of the Navy SEAL teams."



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Photo gallery



PHU YEN, Vietnam (June 28, 2022) - Capt. Hank Kim, center, Pacific Partnership 2022 mission commander, and Capt. Timothy Quast, left, commanding officer of hospital ship *Mercy*, speak with Tran Sang, a Vietnamese orthopedic technician at the Phu Yen General hospital during a tour in support of Pacific Partnership 2022. US Navy photo by MC3 Raphael McCorey

SAN DIEGO (June 28, 2022) - Information Systems Technician 3rd Class Cynthia Carney (right) and Information Systems Technician 2nd Class Nodian Nkamanyang review computer error codes aboard aircraft carrier *Carl Vinson*. *Vinson* is currently pierside in its homeport of San Diego. US Navy photo by MC2 Aaron T. Smith



SAN DIEGO (June 30, 2022) - Littoral combat ship *USS Coronado* returns to its homeport of Naval Base San Diego. LCS are fast, agile, mission-focused platforms designed to operate in near-shore environments, winning against 21st-century coastal threats. LCS are capable of supporting forward presence, maritime security, sea control, and deterrence missions across the globe. US Navy photo by MC2 Vance Hand

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Pendleton Marine awarded for saving lives

by Lance Cpl.
Andrew Cortez

Marine Gunnery Sgt. Kyle Wetter, the staff noncommissioned officer in charge for the marksmanship training division with Headquarters and Support Battalion, Camp Pendleton, was awarded the Navy and Marine Corps Medal June 30 by Brig. Gen. Jason Woodworth, the commanding general of MCI-West, MCB Camp Pendleton, for the heroism he displayed in December 2020 when he saved a family from a burning vehicle.

“The Navy and Marine Corps Medal is the only medal you can get in the entire Department of the Navy for acts of heroism without being in a combat situation,” said Woodworth, during the ceremony.

In December 2020, Wetter was on what he thought would be a typical drive home when he witnessed a gas can fall out of a nearby truck. The can became lodged underneath the car in front of him – the car of the Hurley family. Sparks began to fly underneath the car and a fire immediately erupted.

“All I could think at first was

what the heck happened?” said Wetter. “Immediately, I was like I need to help them any way I can.”

The driver of the car, Anthony Hurley, slammed the brakes and pulled over, causing Wetter to do the same. Wetter ran to the car and began analyzing the situation. The extinguisher Wetter brought with him from his vehicle was no match for the fire, which at this point had too much fuel.

Hurley and his wife had already escaped from the burning car, but were unable to get their young daughter out of her



Gunnery Sgt. Kyle Wetter spends time with the Hurley family after an award ceremony on Camp Pendleton June 30. Wetter was awarded the Navy and Marine Corps Medal for the heroism he displayed in December 2020 after he saw the Hurley’s car burst into flames on the side of a road during his drive home. Wetter climbed into the backseat of the burning car and used a pocket knife to free a child from her car seat. US Marine Corps photo by Cpl. Andrew Cortez

car seat. The father, Anthony, was already trying to get the child out with no success. At that point, Wetter climbed into the burning car and tried to unbuckle the seat belt, but to no avail. He then grabbed his pocket knife and cut the child free of the car seat.

Wetter’s entire unit attended his ceremony, along with friends

and family. Most importantly to Wetter, the Hurleys were also there to watch him receive the Marine Corps’ highest non-combat award for heroism.

“All I can say is I’m glad he was there that day, because he saved our firstborn,” said Anthony Hurley. “She wouldn’t be here today if it wasn’t for his heroic actions.”

Marine Corps honors Medal of Honor recipient Hershel ‘Woody’ Williams at memorial services in West Virginia

CHARLESTON, W.Va. - The West Virginia State Memorial services for Hershel “Woody” Williams took place at the State Culture Center Theater, July 3. Memorial and honors services started the day prior with a procession from the Beard Mortuary in Huntington to the State Capitol. Woody lay in state at the State Capitol Rotunda for public viewing July 2 - 3, where family, friends, and people from all over the country came to pay their respects.

The Sergeant Major of the Marine Corps, Sgt. Maj. Troy E. Black welcomed everyone

to a packed theater. He spoke to Woody’s selfless character and asked those in attendance to celebrate his life.

“Let’s celebrate one of the few from one of the greatest generations. Let’s celebrate all the things we know about Woody. Let’s celebrate all of those he’s impacted. Let’s celebrate his family, his friends, let us celebrate Woody,” said Sgt. Maj. Black.

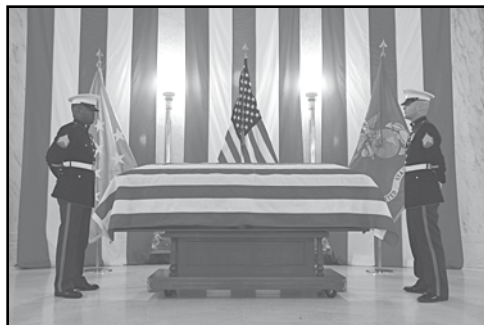
The Commandant of the Marine Corps, Gen. David Berger, participated in the ceremony, providing remarks about Woody’s life’s passion for serving others.

Gen. Berger honored Woody’s legacy and remarked that it will live on forever.

“A lot of people are going to mourn his passing. And we know his legacy, as a Marine, as Woody, that’s going to continue. His bravery, his selflessness, his humility, all of that exemplified the best virtues of this nation. His enduring contributions, enduring to our heritage, I think they have left an indelible mark on the legacy of our Marine Corps. His legacy is yours and mine,” said Berger.

West Virginia State Sen. Joe Manchin delivered remarks about his relationship with Woody, and how impacted he was by Woody’s selfless character. The senator made a special announcement that Woody Williams will lie in state in the U.S. Capitol Rotunda, Washington, D.C., in the coming weeks.

The memorial services included an honored casket march, with Marines from Marine Barracks Washington at 8th & I escorting the casket outside of the Capitol building and placing Woody into a hearse that carried him to the steps of the Capitol Culture Center. Minutes after the hearse reached the Culture Center Theater, an honorary military flyover went directly above the hearse and the crowd gathered around outside.



CWO4 Hershel “Woody” Williams, the last living Medal of Honor recipient from World War II, lies in state on July 3. US Marine Corps photo

senior enlisted leader of the W.V. National Guard, laid a wreath at the base of the Gold Star Family Memorial Monument.

The Gold Star Families Memorial Monument is just one of over 100 Monuments established across all 50 states and U.S. territories. All were made possible by the Woody Williams Foundation and Woody’s desire and passion to honor and recognize Gold Star Families.

Williams, the last living World War II Medal of Honor recipient, passed away in the early morning of June 29. He was surrounded by his family at the VA Medical Center in Huntington, W.V.



**SAN CLEMENTE ISLAND
June 26, 2022**

Kelly Alstott, a contractor in support of the 13th Marine Expeditionary Unit, launches a VBAT unmanned aerial surveillance drone during Realistic Urban Training exercise. RUT enhances the integration and collective capability of the MEU’s command, air, ground, and logistics elements and prepare the 13th MEU to meet the nation’s crisis response needs during their upcoming overseas deployment. US Marine Corps photo by Cpl. Carl Matthew Ruppert



**PALA, Calif.
June 26, 2022**

Lance Cpl. Jeffery Scott, a competitor with the Marine Corps Recruit Depot San Diego Shooting Team, shoots during competition at Pala Shooting Range. The MCRD San Diego Shooting Team competes in practical shooting matches to increase the individual Marines lethality, while also building connections in the community. US Marine Corps photo by Cpl. Anthony D. Pio

2022 Marine Corps Essay Contest

The challenge

Bring new thinking about how the Marine Corps will tackle the security challenges of the coming decades. No issue is too big or too narrow - as long as it aims to make the Marine Corps stronger or more capable. Stand-in forces; great power competition; EABO; and Force Design 2030 are just a few of the important ongoing topics. Dare to write about the toughest issues.

Submission guidelines

•Open to all contributors -- active-duty military, reservists, veterans, and civilians.

•Essays must be no more than 2,500 words, excluding end notes and sources. Include word count on title page of the essay.

•Essays are judged in the blind. Do not include the author(s) name on the title page or in the body of the essay.

•Submit essay as a Word document at www.usni.org/mcesay.

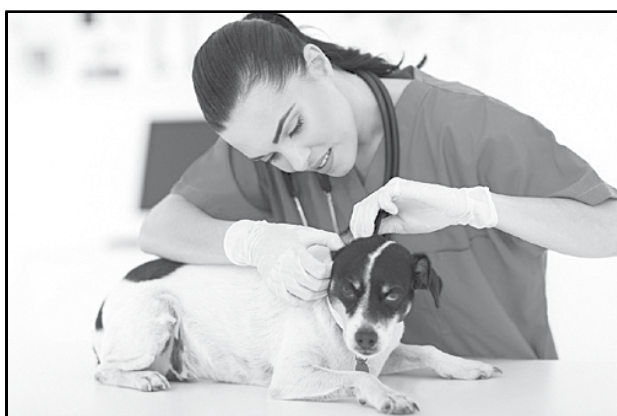
•Essay must be original and not previously published (online or in print) or being considered for publication elsewhere.

First Prize: \$5,000
Second Prize: \$2,500
Third Prize: \$1,500
Selection process

U.S. Naval Institute’s Proceedings staff members will evaluate every essay and screen the top essays to a special Essay Selection Committee of at least six members who will include two members of the Naval Institute’s Editorial Board and four subject experts.

Announcement of the winners
The winners will be published in the November issue of Proceedings.

Deadline
Aug. 31, 2022



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Defense Department announces Atomic Veterans Commemorative Service Medal

The Secretary of Defense established the Atomic Veterans Commemorative Service Medal July 5 to commemorate the service and sacrifice of veterans who were instrumental in the development of the nation's atomic and nuclear weapons programs.

The nation's long-standing nuclear deterrence capability resulted from the service and sacrifice of service members (now known as Atomic Veterans) who participated in the initial testing and development of atomic and nuclear weapons programs.

Notably, the dangerous and important work these veterans performed was often done in secret due to national security requirements.

The Atomic Veterans Commemorative Service Medal recognizes that the service and sacrifice of the Atomic Veterans directly contributed to the countries continued freedom and prosperity during the period following World War II, and

was pivotal to U.S. defense during the Cold War era.

Veterans eligible for the medal are those who, while performing official military duties during the period of July 1, 1945, to October 1, 1992:

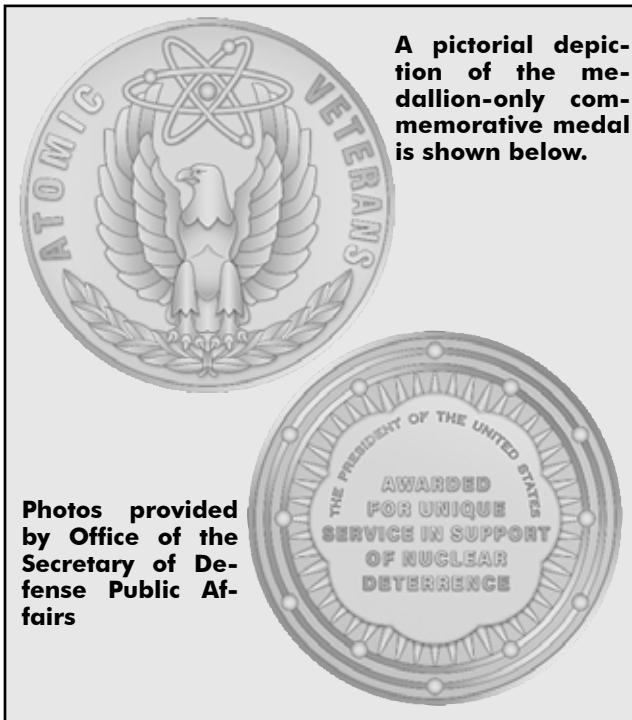
(1) directly participated in the detonation of an atomic weapon or device;

(2) directly participated in the cleanup of radioactive material resulting from any such atmospheric detonation;

(3) directly participated in the cleanup of radioactive material resulting from an accident associated with an atomic weapon; or

(4) were exposed to ionizing radiation resulting from the operational use of atomic weapons during World War II.

The Director of the Defense Threat Reduction Agency (DTRA) will manage the Department's Atomic Veterans Commemorative Service Medal program.



Photos provided by Office of the Secretary of Defense Public Affairs

A pictorial depiction of the medalion-only commemorative medal is shown below.

DTRA anticipates it will have medals on-hand to award to eligible individuals by the end of the year. In the interim, eligible veterans and the next-of-kin (NOK) of deceased eligible veterans will be able to apply

for the medal online in the near future. Applications will be processed so that when DTRA receives its initial supply of medals they can be provided to eligible veterans or their NOK in a timely manner.

HVAC subcommittee reviews suicide prevention efforts

The House Veterans Affairs Committee's Subcommittee on Economic Opportunity held a hearing to review President Biden's strategy to reduce veteran suicide by addressing economic risk factors. Increasingly, the public health approach to suicide prevention in the U.S. has widened to address a person's entire set of circumstances, beyond simply looking at it as a mental health issue.

Subcommittee Chairman Rep. Mike Levin (Calif.) cited recent research showing that directly addressing food insecurity can decrease suicidal ideation. Another study reveals that raising the minimum wage by \$1 can decrease the suicide rate across a population. Veterans with legal problems are at an elevated risk of suicide, but research examining these issues has been limited.

Subcommittee ranking member Rep. Barry Moore (Ala.) said stressors on all Americans are growing, and veterans are not immune. The suicide rate among veterans in his state is higher than the rest of the country, and significantly higher than among civilians. The Alabama Department of Veterans Affairs created a talent initiative to combat the stigma related to mental health needs. They provided information about obtaining help, as well as employment opportunities through things such as job fairs.

He called upon the VA and other agencies to re-examine every economic program they administer to ensure they're meeting vets' needs in a time of rising inflation. He expressed disappointment that the written testimony submitted by witnesses simply regurgitated the programs currently offered. He wants hard evidence that these programs are actually reducing rates of suicide. Moore called for reducing the stigma against asking for mental health care and help. "It's really okay not to be okay," he said.

The FRA supports improvements of VA and DoD suicide prevention programs to reduce the rate of suicide among veterans and active-duty service members.

Vets ages 18 to 34 experience a higher rate of suicide than all other age brackets of veterans. The suicide rate for young veterans increased by 76 percent from 2005 to 2017, according to the Department of Veterans Affairs' 2020 National Veteran Suicide Prevention Annual Report. A growing number of these veterans never experienced combat.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

It's that time of year again, when thousands of military families box up their lives and throw the dice. Unfortunately, moving is a gamble. No matter how much you plan and prepare, something always gets lost, stolen or broken. You can only hope that it's that ugly microwave cart that you've always hated.

Our first mover's name was "Rusty," a swarthy old truck driver, who'd seen many a move. Over lunch, he sat on the hydraulic platform on his rig telling stories. "Even back in my drinkin' days," he boasted with a mouthful of ham and cheese, "Never had a late delivery. Why, one time after a fifth of Wild Turkey, I drove from Mississippi clear into Texas and had absolutely no recollection of it."

As we watched him drive off with our priceless belongings, we prayed that he'd stay off the sauce.

The next two moves were without incident, but things began to go awry during our move from England to Virginia. Our English movers were friendly mates, requesting fish, chips and lager for lunch. They ate at our kitchen table with us like one big happy family. At the end of the day we bid them "tarah" with warm smiles, and they drove away with our neatly packed belongings.

Only later did we realize that they'd "nicked" our telly.

With a toddler and a new baby, we

Shooting the move: PCS season is a gamble

bought our first house in Virginia and scheduled a "full unpack." When the truck arrived (two hours late), I asked the foreman, "We'll cover lunch ... does your crew prefer sandwiches or —"

"We'll take fried chicken, biscuits, gravy, mashed potatoes and sweet tea," the foreman interrupted. Envisioning disgruntled movers breaking my Polish pottery, I spent a small fortune at the local deli filling their demands.

During lunch, a crew person introduced himself. "Hello Ma'am, I'm Mohammed. Today's Ramadan — would you mind if I found a quiet place to pray somewhere here today?"

"Of course," I said. "Mi casa es su casa!"

Later that afternoon, my arm was numb from carrying the baby. Needing a private place to get her down for a nap, I laid down with a blanket and a baby monitor in the spare bedroom's well-ventilated closet, closed the door, and began nursing. Ten minutes later, she'd drifted off to sleep, when I heard the spare bedroom door open, and a rhythmic chant began. Peeking through the closet door slats, I saw Mohammed, kneeling and deep in prayer.

"What should I do?" I thought. "Walk out of this closet and surprise him, or wait it out with the baby?" In the end, my nap-time freedom outweighed Mohammed's sacred privacy.

"Howdy, Mohammed!" I popped my head out of the closet. "I'll just

scoot on out of here and leave you in peace. Toodaloo!"

Years later, we were naively hopeful for a problem-free move to Germany. After supplying doughnuts, coffee, lunch, cold drinks, storage bags, markers and tape, I watched out a window in horror. A crew member formed a little hammock with his shirt and filled it with nuts and bolts from our disassembled bicycles. He carried them over to the truck, and threw them into a wooden crate between furniture and boxes.

I ran outside and protested, reminding him of the baggies I gave him for this purpose. "Trust me Ma'am," he replied. "When you get to your new place, just shake the paper at the bottom of the crate out. You'll see, all the pieces'll be there."

Of course, they were not.

Two years after my husband's irreplaceable military Challenge Coin collection was stolen during our move to Florida, we arrived in Rhode Island, home to the Patriarca Mafia Crime Family and its boss, Anthony "Spucky" Spagnola. With the highest percentage of Italian-Americans, the tiniest state's unofficial motto is "I know a guy." So, it shouldn't have come as a surprise when our moving crew "lost" Francis' expensive cross-training bicycle and our Persian living room rug.

Chances are something will go wrong during PCS moves, so should we stop planning and preparing? Of course not. Take the gamble, but take comfort that one thing's for certain: That ugly microwave cart will always survive.

Celebrating the Fourth of July - and Al Unser Jr.

I had already planned to write this week's column about celebrating the Fourth of July, complete with fireworks photos, but I was further inspired to do so by an optimistic and ultimately uplifting episode of "The Dale Jr. Download," on NBC's "Peacock" streaming service. In that episode, Dale Jr. and his co-host interviewed Al Unser Jr., two-time Indy 500 winner and a member of racing's Unser dynasty. As a lifelong fan of auto racing, I had followed Al Jr.'s career for a long time — certainly from the start of his participation as a driver in IndyCar racing. I loved watching him race with Michael Andretti and, as I watched on T.V., I shared with him his overwhelming elation when he was victorious over Scott Goodyear in an incredibly close finish at the Indy 500.

It should, therefore, not come as a surprise to you that I was similarly elated when I found myself sharing a racetrack at the Goodguys Del Mar Nationals Autocross with Al Unser Jr. in 2016 — he in his car and me in my Mustang — as told in *AutoMatters & More* 431: <https://automatters.net/autocross-with-the-unsers-at-the-goodguys-del-mar-nationals/>. I doubt that he will remember the moment when he gave me an encouraging thumbs-up while we waited in our respective cars in the staging area, about to take our runs, but that image will forever be indelibly etched in my mind. It is proof that even the smallest of kind gestures can have a tremendous impact on other's lives.

However, there was a dark side to Al Unser Jr.'s life that I had not known much about before watching his interview on "The Dale Jr. Download." In that interview, Al Jr. revealed the part of the story of his life that I had never known, as told in

his book "Al Unser Jr.: A Checkered Past" (<https://octanepress.com/book/al-unser-jr-checked-past/>). I have not read that book, although I would like to do so — if and when I ever get caught up with posting my published columns to my *AutoMatters.net* website. I am over a month behind, thanks to my steadfast intention to not do so until I have edited a lot of photos and some video for them.

AutoMatters™ & More
by Jan Wagner



Little Al's story is inspirational. His struggle is ongoing to this day, but he realized that one way to heal, and to help forgive himself for things that he had done in his life that he is not proud of, is to try to help others. His story reminded me that we should keep working every day to overcome whatever adversities might be in our lives. It is never too late to do so. We cannot change the past but we can strive to do better going forward.

I hope that you enjoy your special moments, as I did on the Fourth of July. Originally, I had planned to celebrate the holiday at Disneyland, for which I'd made a reservation months earlier. However, on the morning of the Fourth I was exhausted. I'd been trying to do too much for too long. The prospect of driving from San Diego to Anaheim and back, on a major holiday, and standing for hours in order to hopefully get a decent view



Al Unser, Jr. at the 2016 Goodguys Del Mar Nationals Autocross

of the fireworks from Main Street USA, was just not worth the effort — especially when there is frequently a risk that the fireworks might be cancelled at the last minute due to the presence of high-altitude winds. Making things worse, Disneyland does not allow the use of any folding chairs, and at 68 I really cannot sit on the pavement for hours. I did not go, despite the penalty for a "no-show" for my Disneyland reservation.

Instead, I made a last-minute decision to try to see San Diego's "Big Bay Boom" fireworks extravaganza. The only other time that I had tried to do so was on the Fourth of July 2012. That year it was nicknamed the "Big Bay Bust," when a computer glitch caused all of the fireworks to go off all at once, in a massive explosion, before the scheduled 9 PM start of the show. It made the national news.

As you can see from these pictures, this year everything came together. Happy Fourth of July!

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit *AutoMatters & More* at *AutoMatters.net*. On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2022 by Jan Wagner — *AutoMatters & More* #749

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6	1	9	4	8	9	4	3	2
4	4	6	3	1	2	8	9	9
2	3	1	8	9	9	4	6	4
8	9	9	6	4	4	1	2	3

AROUND TOWN

SD Padres vs. SF Giants at Petco Park. July 7-10. www.mlb.com/padres

Pageant of the Masters in Laguna Beach. July 7-Sept 2. www.foapom.com

Yachtley Crew at Moonlight Amphitheatre, Fri, July 8, 7:30pm. www.moonlightstage.com

Ron White at Pechanga Resort Casino, Fri, July 8, 8pm. www.pechanga.com

Shells of the World. Sat, July 9, 10-11am. Free family event. Batiquitos Lagoon Nature Center, 7380 Gabbiano Lane, Carlsbad, 92009

British Invasion Years at Moonlight Amphitheatre, Sat, July 9, 7:30pm. moonlightstage.com

Summer Fun on the 101 Music Festival at Leucadia Roadside Park, Sat, July 9, 12-7:30pm. www.leucadia101.com

Oceanside Historical Society Downtown History Walk beginning at Oceanside Public Library, Sat, July 9, 9am. www.oceanside-historicalsociety.org

Oceanside Samoan Cultural Celebration and Cupstack Competition at Junior Seau Amphitheatre, Sat, July 9, 9am-7pm. www.facebook.com/Omaifaatasi/

65th Coinarama Coin Show, Sat-Sun, July 9-10, 10am-5pm. \$4-\$5. Over 45 coin dealers, exhibits, free parking, coins for kids. Scottish Rite Center, 1895 Camino del Rio South, Mission Valley.

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Thursday, July 7

6pm Top Gun: Maverick pg13

Friday, July 8

5:50pm Jurassic World Dominion pg13

Saturday, July 9

3pm Top Gun: Maverick pg13

6pm Jurassic World Dominion pg13

Sunday, July 10

1pm Top Gun: Maverick pg13

3:50pm Jurassic World Dominion pg13

Thursday, July 14

6pm Jurassic World Dominion pg13

Friday, July 15

6pm Where the Crawdads Sing pg13

Saturday, July 16

3:30pm Lightyear pg

6pm Where the Crawdads Sing pg13

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, July 8

6pm Jurassic World Dominion (PG-13)

9pm Top Gun: Maverick (PG-13)

Saturday, July 9

1pm The Bob's Burgers Movie (PG-13)

4pm Top Gun: Maverick (PG-13)

7pm Jurassic World Dominion (PG-13)

Sunday, July 10

noon FREE MOVIE: Jurassic World (PG-13)

3pm Jurassic World Dominion (PG-13)

Lowry Theater - NASNI,

619-545-8479

Bldg. 650

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Friday, July 8

6pm Jurassic World Dominion pg13

Saturday, July 9

3pm Top Gun: Maverick pg13

6pm Jurassic World Dominion pg13

Sunday, July 10

1pm Jurassic World Dominion pg13

4pm Top Gun: Maverick pg13

Friday, July 15

6pm Jurassic World Dominion pg13

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, July 9

1:30pm Top Gun: Maverick (PG13)

Saturday, July 16

1:30pm The Bob's Burgers Movie (PG13)

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Friday, July 8

5pm Cry Macho (pg13)

Saturday, July 9

11am Toy Story (G)

Monday, July 11

5pm Father Stu (R)

Tuesday, July 12

11am Sonic the Hedgehog 2 (pg)

5pm The Outfit (R)

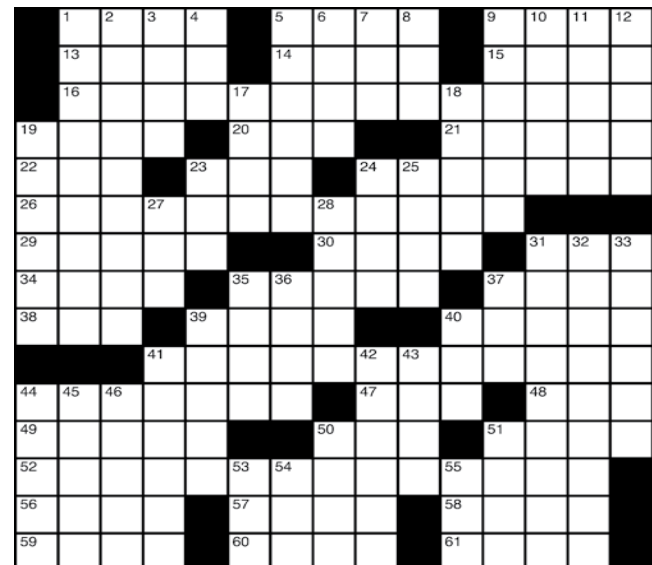
CROSSWORD PUZZLE

Across

- Flash
- Hustle and bustle
- Just
- Lake near the Rock and Roll Hall of Fame
- __ rug
- Bean sprout?
- West Coast footballer on an RV vacation?
- "As Good as It Gets" Oscar winner
- Deer madam
- Considerable
- "Sex Education" actor Butterfield
- Mischief maker
- Used crayons
- San Fernando counterfeiter?
- Mystery writer's middle name
- Emotional shock
- Show stoppers
- Times Square gas
- Parking unit
- Property attachment
- Minnesota senator Klobuchar
- Unctuous
- Tailor's dummy, e.g.
- Fisher who won't take advice?
- Goal of regular exercise
- Omaha Beach craft: Abbr.
- Boiling blood
- Disney princess w/red hair and green tail
- Prefix with center
- Colony members
- Indecisive European?
- Opposite of exo-
- Spanish rivers
- Big name in razors
- Pond plant
- Shortfin shark
- More than half

Down

- City near the Mount of Olives
- Steel, e.g.
- Italian automaker since 1899
- Like the yin side: Abbr.
- Xeroxed
- Exhort
- Flash
- "So there!"
- Funhouse fixture
- Mystery writer's first name
- Superman player
- Like some jugs
- Without thinking
- Shoelace end
- Caribbean metropolis
- Dark time for poets
- Nile threat
- Eye rudely
- Office PC nexus
- "Love Train" group, with "The"
- O'Hare arrivals
- Former name of arid-region Afro-Asian rodent
- Sleeps soundly?
- Poses
- Furthermore
- Captain's journal
- Marks in ancient manuscripts
- Dynamite stuff
- Basis of monotheism
- Westernmost Texas county
- "Yeah, right!"
- __-Castell: office supply brand
- Ryan of "The Beverly Hillbillies"
- Pi-a colada garnish?
- Furry Endor critter
- Choir member
- Equip
- Actress Vardalos
- Relatives, slangily



Army experts: Keep yourself safe, rabies risk is not worth it

by V. Hauschild, MPH,
U.S. Army Public Health Center

Although the most recent case of rabies in an active-duty soldier was in 2011, this fatal disease remains a threat that the U.S. Army continues to address.

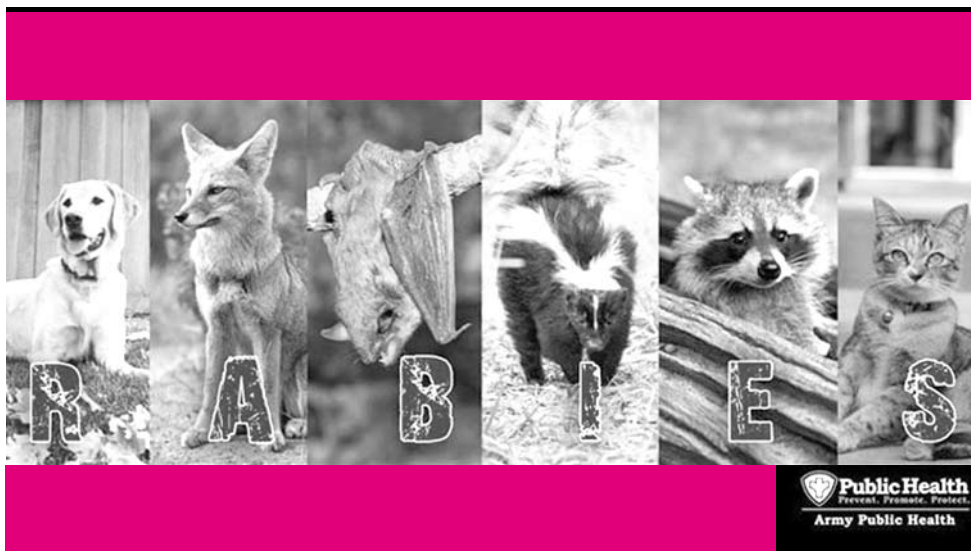
According to the Centers for Disease Control and Prevention, almost 60,000 people around the world die from rabies each year. People get rabies from the bite of a rabid animal or if the animal's saliva comes into contact with a person's eyes, mouth, or broken skin.

Despite the common belief that rabid animals are easily identified by foaming at the mouth and aggressive behavior, infected animals may not look sick or act strangely.

"All bites or contact with saliva from animals should be evaluated by a qualified medical provider in consultation with a veterinarian," says Lt. Col. Michael Superior, a medical doctor and advisor to the U.S. Army Public Health Center's Division of Preventive Medicine.

"It's critical to decide if prophylactic rabies vaccination is needed," says Superior, "since rabies is nearly always fatal once symptoms appear."

Symptoms can take weeks to



Though the last U.S. Army soldier death from rabies was in 2011 from a dog bite in Afghanistan, the U.S. Army remains vigilant about preventing this still existing fatal disease, reporting an average of 1.5 post-exposure vaccinations daily. According to the Centers for Disease Control and Prevention, bats, followed by foxes and raccoons, are primary carriers in the U.S., but dogs remain the primary cause of rabies deaths worldwide. U.S. Army Public Health Center graphic illustration by Graham Snodgrass.

months to develop and initially may be non-specific. Early symptoms include irritability, headache, fever, and itching or pain at the exposure site. Along with increasing neurological effects and possible hallucinations, the disease eventually progresses to spasms of the throat and the muscles used for breathing - which can appear to be a fear of water due to difficulty swallowing - and seizures,

paralysis, and then death.

Though a fatal viral disease, rabies is 100 percent preventable if a person receives the post-exposure prophylaxis, known as rabies PEP, after a potential rabies exposure. The rabies PEP is a series of shots that consists of a dose of human rabies immune globulin (ideally administered on the day of the rabies exposure) and three

rabies vaccine doses given on days three, seven, and fourteen after the initial dose.

Due to the cost and special storage needs of the rabies PEP, the need for multiple doses, and the low exposure risk to most persons, mass vaccinations for civilians and soldiers are not considered an appropriate public health measure. This is why getting the PEP as

soon as possible after a potential exposure is so important.

The APHC provides guidance to prevent the occurrence of rabies in the Army family. The Center also uses the military's Disease Reporting System internet, known as DRSi, to monitor rabies cases and rabies PEP recipients among the Army community. The DRSi captures visits of soldiers, as well as others, such as dependents and retirees, who seek care at Army medical treatment facilities.

"Luckily we have not identified a case of human rabies in the Army community since 2011," says Kiara Scatliffe-Carrion, senior APHC epidemiologist. "This is likely due in part to the Army's education program and effective use of rabies PEP."

While PEP is effective, the best prevention is avoidance of exposure. Due to U.S. laws that require pet rabies vaccination programs, the CDC reports that rabies in the U.S. is mostly found in wild mammals like bats, raccoons, skunks, and foxes. Though woodchucks (groundhogs), have also been reported with the disease, small rodents and rabbits are almost never found to be infected.

Bats are the leading cause of human rabies deaths in the U.S. Because a bat scratch or bite can be very small, people may not realize they have been exposed.

The CDC reports that hundreds of cats and dogs, as well as livestock - cattle and horses - also get rabies in the U.S. each year, although much less frequently than wildlife. The cats, dogs, and livestock that develop rabies are typically not vaccinated for rabies and are infected by wildlife.

Scatliffe-Carrion says dogs and cats were by far the most commonly cited animals associated with PEP vaccines reported in DRSi. Dog bites alone accounted for about one-half of the reported exposures, while almost a third were cat bites or scratches.

In many other countries - especially those that do not mandate pet vaccinations - dogs remain a primary threat. According to the CDC, over 90 percent of human rabies deaths around the world are caused by dog bites. The rabies death of an Army soldier in August 2011 was due to an unreported dog bite in Afghanistan.

As a key prevention step, the Army mandates that deployed soldiers stay away from animals and not take in local pets or "mascots" since such animals are likely not vaccinated.

But regardless of soldiers' location, their accidental contact with a wild or unvaccinated mammal still occurs. The PEP is therefore a critical public health tool against the threat of rabies.

The reported cases in the DRSi indicate slight annual increases in the number of rabies PEP administrations from 2017 to 2021 among active-duty service members and other beneficiaries. "In the last five years, over 2,600 rabies PEP reports were documented in the DRSi, says Scatliffe-Carrion. "There may be undocumented rabies PEP administrations, but the data show the Army is treating an average of 1.5 possible rabies exposures daily."

"The highest number of PEP administrations have been recorded at Army medical treatment facilities in Texas, specifically Fort Bliss, Fort Hood, and Fort Sam Houston; and then Fort Bragg in North Carolina," says Scatliffe-Carrion. "This doesn't mean that the animals were definitely rabid, but the risk of rabies infection informs health care providers' decisions to proceed with the PEP."

Superior emphasizes the seriousness of rabies and steps to protect yourself:

- Vaccinate your pets. Even a bat that gets inside your house can be a potential source of exposure to them.
- Do not approach, feed, or handle wild or stray animals. Not all animals infected with rabies appear sick or display abnormal behavior, so you cannot always tell if an animal has rabies.

- Do not keep pets or mascots while deployed. Animals, especially dogs, have high risk for rabies in several foreign countries.

- Immediately wash any wound if you are bitten or if an animal's saliva contacts your broken skin. Wash vigorously for 15 minutes with soap and water or diluted iodine to reduce the likelihood of rabies and possible bacterial infections.

- Seek immediate medical care if bitten or your eyes, mouth, or broken skin has been possibly exposed to animal saliva. If your provider is not available, seek care at an emergency room. You may need to receive the rabies PEP, as well as a tetanus shot and/or antibiotics.

The U.S. Army Public Health Center focuses on promoting healthy people, communities, animals, and workplaces through the prevention of disease, injury, and disability of Soldiers, retirees, family members, veterans, Army civilian employees, and animals through population-based monitoring, investigations, and technical consultations.

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Chlamydia is the military's most common STI

by Claudia Sanchez-Bustamante, MHS Communications

Chlamydia - commonly known as "the clam" - is the most common sexually transmitted infection in the military community, military health data shows. And the rates for Chlamydia, among both men and women, have been rising in recent years, according to a 2021 report on sexually transmitted infections, or STIs, from the Defense Health Agency's Armed Forces Health Surveillance Branch.

"Annual rates among all active component members increased 64% between 2013 and 2019," according to the report, which is based on a study of medical records between 2012 and 2020.

Chlamydia can cause permanent damage that can make it difficult or impossible for women to get pregnant. It often shows no symptoms at all but in some cases, it can cause a burning sensation when peeing in both men and women.

Chlamydia is by far the most common STI in the military. Rates of chlamydia were greater than the sum of the other four most common STIs combined, according to the report.

Why is Chlamydia so prevalent?

The problem is not unique to the military. The "rates of chlamydia have been steadily increasing in the general U.S. population among both females and males since 2000," according to the report.

"Cases of chlamydial infections are increasing both in the military and throughout the United States," said Navy Lt. (Dr.) Karli Woollens, a family medicine specialist at the Navy Medicine Readiness and Training Command Bremerton supporting Naval Hospital Bremerton, in Washington.

"In the U.S., chlamydial infections increased by 19% between 2015 and 2019, according to the Centers for Disease Control and Prevention CDC website," Woollens said. And while "females statistically show higher incidences of chlamydia," this could be because "they are also more likely to be screened and therefore diagnosed with STIs due to recommended screening programs for all asymptomatic sexually active young women and pregnant women," she said.

Woollens said one of the big reasons chlamydia is so prevalent is that there's a large patient population that is infected with chlamydia without any symptoms, "providing an ongoing source for disease transmission."

When Chlamydia does show symptoms, they vary

"It can be entirely asymptomatic but still transmissible, or it can cause infection of specific anatomic sites depending on the type of intercourse practiced (oral, rectal, or vaginal)," Woollens said. The most common clinical symptoms in males are infections

of the urethra, which can cause burning and pain during urination, she said.

"Males can also get infection of the epididymis [a duct behind the testis], causing testicular pain and tenderness, or prostate infection causing painful urination, painful ejaculation, and pelvic pain," Woollens said.

"In females, the most common clinical finding is cervical infection, which can result in abnormal vaginal discharge, vaginal bleeding, or bleeding and pain with intercourse," said Woollens. "Females can also get infection of the urethra, causing painful and frequent urination." Women can also develop pelvic inflammatory disease, "which is an infection of the upper reproductive tracts causing abdominal and pelvic pain and even inflammation of the liver capsule, causing pain in the right upper quadrant of the abdomen," she said.

In both men and women, chlamydia can also affect different organs that come in contact with infected genital secretions, for example the rectum or the throat if engaging in anal or oral sexual activity, or eye infections if exposed. For example, "reactive arthritis is an inflammatory arthritis that causes swelling and joint pain after chlamydial infection."

How to Treat Chlamydia

Chlamydia infections can typically be treated with oral antibiot-

ics, said Woollens. But she highlights the importance of treating it fully before engaging in sexual activity because re-infection is very common. "You often have to wait a full seven days after treatment before having sex to reduce the risk of transmission and re-infection," she said. She also recommends asking your doctor about "expedited partner therapy to help get your sexual partners treated quickly and effectively to prevent re-infection."

Risks of untreated Chlamydia

In women, leaving chlamydial infections of the cervix untreated can lead to pelvic inflammatory disease which can cause infertility, increased risk of ectopic pregnancy, or chronic pelvic pain, said Woollens. In addition, chlamydia can also impact pregnancy. "It can increase the risk of premature membrane rupture, premature delivery, and low birthweight infants," she said. "Transmission from the mother to baby is also a concern, which can cause eye infections, blindness, pneumonia, or sepsis in newborns."

Preventing Chlamydia

To prevent chlamydia and other STIs, "barrier methods, most commonly condom use, is highly recommended," she said.

"Because chlamydia and other STIs can be asymptomatic, it's important to get screened for STIs if you have new sexual partners."

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