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'IT'S OUR JOB TO FIND THEM' JAPANESE, AMERICANS DIG FOR WWII REMAINS ON OKINAWA

by Matthew M. Burke
Stars and Stripes

ITOMAN, Okinawa - A week after the Battle of Okinawa, Marine Pfc. John Quinn Jr. entered a cave looking for souvenirs and never came out.

Now, 77 years later, Kuentai-USA, a Japanese nonprofit dedicated to repatriating World War II remains, is bringing Americans and Japanese together to excavate the cave in hopes of finally bringing the Marine home.

"We have to do everything we can do to really confirm" whether his remains are there, Kuentai-USA secretary general Yukari Akatsuka said July 11 during a break in the excavation. "We just don't want to leave this unclear."

Quinn, a Reservist from the 29th Marine Regiment, entered the cave, reportedly once the Japanese 62nd Division field hospital, with a group of Marines on June 29, 1945, according to the Defense POW/MIA Accounting Agency website.

Eyewitnesses reported that the Marines turned left toward the main chamber, Akatsuka said. They were ambushed by Japanese holdouts somewhere inside, and Quinn was killed, the agency website states.



Marine Pvt. John Hartman was killed June 29, 1945, when he and a group of Marines were ambushed inside a cave in Itoman, Okinawa. Photo courtesy of Jack Hartman

Marine Pvt. John Hartman pulled one wounded Marine from the cave and rushed back to retrieve Quinn, 19. Marines outside reported hearing more gunshots, then silence. The cave was sealed after the Japanese soldiers refused to surrender.

American Graves Registration returned to the cave in 1951 and removed 19 sets of remains, but all turned out to be Japanese, a U.S. Army Corps of Engineers article posted to the Defense

Visual Information Distribution Service website said in April. Quinn was officially declared non-recoverable.

Japan's Ministry of Health and Welfare removed about 100 sets of remains from the cave in 1977, yet Quinn and Hartman remain unaccounted for, Akatsuka said.

Akatsuka and Kuentai's founder, Usan Kurata, said they were perplexed. Before the CO-

VID-19 pandemic set in, they agreed to look again inside the cave. All they needed was local permission and to document their efforts for the Japanese government.

"There [were] artifacts and pieces of bones even on the surface," Akatsuka said. They decided to dig.

Kuentai in April first excavated the area where Quinn and Hartman fell. The group

attracted 100 volunteers, including U.S. service members from nearby bases and members of the Japan Self-Defense Force, Akatsuka said.

They recovered 10 bags of wartime artifacts and two bags of human remains, including large leg bones that may have belonged to the two Marines. Those bones are stored at the Okinawa Prefectural Peace Memorial Museum in Mabuni, pending further examination.

Kuentai continued the search between July 7 and Wednesday.

This time, 130 volunteers turned out. Inside the fragile tunnels, the group sifted through sediment from collapsed ceilings and walls, trying to work down to the original tiled floor.

"I found a bone," retired Marine explosive ordnance disposal tech Matthew Small called out July 11. Everyone leaned in for a peek. "I think it's a finger."

Small, a civilian employee of the U.S. Army Corps of Engineers, overlaid the bone on his own gloved hand. The group also **see Remains, page 9**

Blue Angels 2023 roster includes first woman Super Hornet demonstration pilot

by Svetlana Shkolnikova, Stars and Stripes

The Blue Angels, the Navy's flight demonstration team, announced six new officers for the 2023 air show season on July 28, including the first woman demonstration pilot to fly the F/A-18E/F Super Hornet.

The famed squadron selected two F/A-18E/F demonstration pilots, an events coordinator, a C-130J Super Hercules pilot, an aviation maintenance officer and a flight surgeon to replace outgoing team members, according to the unit. A total of 17 officers serve with the Blue Angels, the second-oldest formal aerobatic team in the world.

Hundreds of women representing the Navy and Marine Corps have served with the Blue Angels during the last 55 years, according to the 76-year-old unit. There are 25 women on the team now.

Lt. Amanda Lee of Mounds View, Minn., will be the first woman F/A-18E/F demonstration pilot for the squadron. The Blue Angels switched from flying the F/A-18 Hornet to the F/A-18E/F Super Hornet at the end of 2020. Lee is assigned to the "Gladiators" of Strike Fighter Squadron 106. She graduated from Old Dominion University in 2013.

ARMED FORCES CLASSIC RETURNS IN 2022 WITH AIRCRAFT CARRIER ABRAHAM LINCOLN

WASHINGTON - The Navy is partnering with ESPN Events to host the 2022 Armed Forces Classic men's college basketball game featuring Gonzaga and Michigan State universities, Nov. 11, 2022, on the flight deck of aircraft carrier USS *Abraham Lincoln* (CVN 72) at Naval Air Station North Island.

"It's truly an honor that, on Veteran's Day in the centennial year of the Navy aircraft carrier, we'll host the Armed Forces Classic basketball game on the flight deck of one of our

most renowned aircraft carriers, USS *Abraham Lincoln* (CVN 72)," said Vice Adm. Kenneth Whitesell, Commander, Naval Air Forces. "Those who serve, and who have served, know that the military is the ultimate team sport, and I can think of no better way to salute our men and women in uniform than to celebrate this all-American pastime together on one of our nation's capital warships."

Since 2012, this event has featured men's college basketball programs competing on military



bases and at Armed Services locations around the world.

We're honored to have the unique opportunity to stage the

Armed Forces Classic on the *Abraham Lincoln*," said Clint Overby, vice president, ESPN Events. "First and foremost,

we want to thank the men and women of the Navy, and the entire Armed Forces, for allowing us into their world to share their stories and to thank them for their service to our country. We will work with the teams, the Navy and our collective Events group to ensure a safe and enjoyable experience for all participants and spectators."

The 2022 game between Gonzaga and Michigan State on USS *Abraham Lincoln* will be the first Armed Forces Classic event since 2019.

To date, the Classics have been held outside continental U.S., but the 2018 event was held within the continental U.S. The first game was held on Nov. 9, 2012, between Michigan State and UConn at the Ramstein Air Base in Germany. It was the first college basketball game played between two NCAA Division I teams in Europe.

The 2016 edition broke new ground for the event: the first to feature two games, and the first not to be played on a military base.

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Career and Education

Program aims to prepare service members for military stressors.

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AutoMatters & More



All-electric 2024 Chevrolet Blazer EV revealed.

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- ♦ Colonel accused of rape avoids court-martial, still faces forced retirement nearly a year later
- ♦ Don't drink and scoot, Army says



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- ♦ Extreme heat killed Marine recruit in 2021 during 'crucible' training; death was avoidable, his mom says
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- ♦ Judge temporarily halts Air Force discipline for refusing COVID vaccine
- ♦ Air Force needs more efficiency from 'raindrop' software factories: Former DoD cyber official
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- ♦ Wrangling disparate ground systems is 'major' priority for Space Force integration office

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- ♦ Coast Guard encourages boat and water safety during summer

Australian official sees shared mission with U.S.

by Jim Garamone

Australian Deputy Prime Minister Richard Marles, who is also defense minister, came away from meetings with U.S. defense leaders with a sense that the two countries shared a mission.

Marles met with Secretary of Defense Lloyd J. Austin III and National Security Advisor Jake Sullivan during his trip to Washington - the first visit by an official of Australia's new government.

"What has really struck me in the meetings that we've had over the course of the last few days ... is a real sense of shared mission in this moment, between Australia and the United States," Marles told the Defense Writers' Group. "There is a sense of the moment that the global rules-based order that has been built by the United States, by Australia, by many other countries is under pressure now in a significant way."

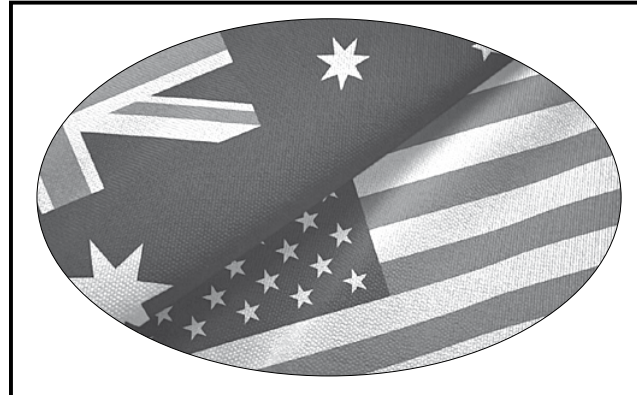
Marles said that system is under the greatest pressure it has seen since the end of World War II. That order is the reason there has not been a great power war since 1945. "Obviously, what's going on in Eastern Europe with Russia's invasion of Ukraine is an example of that pressure," he said. "And, in this moment, the need to have a sense of shared mission, to be projecting forward

with a sense of team is really important."

Part of his mission to the United States has been to express that concern to the U.S. government, he said. He said he was pleasantly surprised to find the concern over the future of the rules-based order was

its world view, he said. "None of that is in doubt, but it's an important thing to say from the point of view of a new government coming to meet with the U.S.," he said.

It was not the first high-level meeting between the close allies. Australian Prime Minister



shared. "We've really felt that reciprocated in all the meetings we've had, but at a more detailed level," the deputy prime minister said.

One example of this is discussions on the defense industrial base and looking for ways to have the U.S. and Australian bases work more seamlessly together.

Marles' visit shortly after taking office was to affirm the importance of his country's alliance with the United States in

Anthony Albanese participated in the meeting of the Quad - Australia, Japan, India and the United States - on his first day in office. Albanese, along with Indo-Pacific leaders from Japan, South Korea and New Zealand -- also attended the NATO Summit in Madrid.

Marles also met with Austin at the Shangri-la Dialogue in

Singapore soon after taking office.

Marles noted the Quad is not a defense alliance in any sense of the words. "It is a group of four like-minded countries engaged in the Indo Pacific who support a global rules-based order and who seek to promote the prosperity that order underpins," he said.

He noted it's a forum for the four nations to work together on common interests. He cited the work the Quad did on combating COVID-19 and building a more efficient vaccine rollout for the region as an example of one way the Quad can operate.

Another initiative is building maritime domain awareness. This is important in deterring illegal fishing - a matter of life and death for many nations in the Pacific.

China has criticized the Quad saying it is working against Chinese interests. "It's not for any other country to say who we should work with," the deputy prime minister said. "The Quad is not aimed in a negative sense at anyone. It's about trying to promote prosperity in the region for like-minded countries."



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DOD to fund better detention facilities in Syria, but best solution is detainee repatriation

by C. Todd Lopez
DoD News

The U.S. and partner nations continue with the “Defeat ISIS” mission in Syria, while the more than 10,000 ISIS fighters who have been detained within makeshift detention facilities there and the approximately 60,000 displaced persons at the al-Hol and al-Roj camps remain a challenge. The Defense Department has plans to address that challenge.

“The threat which we all know is that ISIS views the detention facilities where its fighters are housed as the population to re-constitute its army,” said Dana Stroul, the deputy assistant secretary of defense for the Middle East, during a conversation at the Middle East Institute in Washington, D.C. “And [ISIS] looks at al-Hol and al-Roj, and the youth in those camps, as the next generation of ISIS.”

ISIS collapsed quickly, Stroul said, and there weren’t viable facilities to house all the captured ISIS fighters who were placed in makeshift detention facilities, such as in schools or office buildings.

The detention facilities, she

said, are overpopulated, insecure and guarded by the Syrian Democratic Forces, who are under significant pressure from multiple armed adversaries, a deteriorating economy that’s exacerbated by a historic drought, and a potential Turkish operation in northern Syria.

The Defense Department, she said, is working on three lines of effort to support the SDF in its efforts to provide for the humane and secure detention of ISIS fighters in its custody. First, she noted, is construction of new detention facilities.

“These new DOD-funded

detention facilities will also help enable critical U.S. stabilization priorities, ensuring detainee access to medical care, providing youth detainees with distinct programming and facilities to address their safety and rehabilitation,” Stroul said.

The second effort, Stroul said, is growing and professionalizing the guard force responsible for securing those facilities.

Finally, Stroul said, DOD provides logistical support to State Department-led efforts to repatriate non-Syrian detainees to their home countries.

“On al-Hol, the Department continues to work with the SDF to disrupt ISIS activity and networks that threaten the camp’s residents as well as the broader population of northeast Syria,” Stroul said. “This support includes efforts to reinforce the camp’s physical security architecture, increase the number of security forces operating in and around the camp, and ensure that those forces are appropriately trained to the unique needs of that population.”

Such improvements, she said, enable greater access to the camps for non-governmental

organizations, and allow the camp administration to provide services which have been hampered by the security conditions at the camp.

“The most durable solution to the challenges of these detention centers and the displaced person camps is for countries of origin to repatriate, rehabilitate, reintegrate and where appropriate, prosecute their nationals residing in northeast Syria,” Stroul said.

Iraqis comprise a majority of the foreign population in detention facilities and a majority of

the entire population at al-Hol, Stroul said, and DOD continues to support State Department efforts to work with the SDF and the government of Iraq to accelerate the pace of Iraqi repatriation efforts.

“[We] commend the real progress that Iraq has demonstrated to date in repatriating its nationals, both detainees and displaced persons from northeast Syria,” she said. “Since May 2021, Iraq has repatriated approximately 2,400 individuals from al-Hol, with the most recent transfer occurring this past June.”

Ships Underway

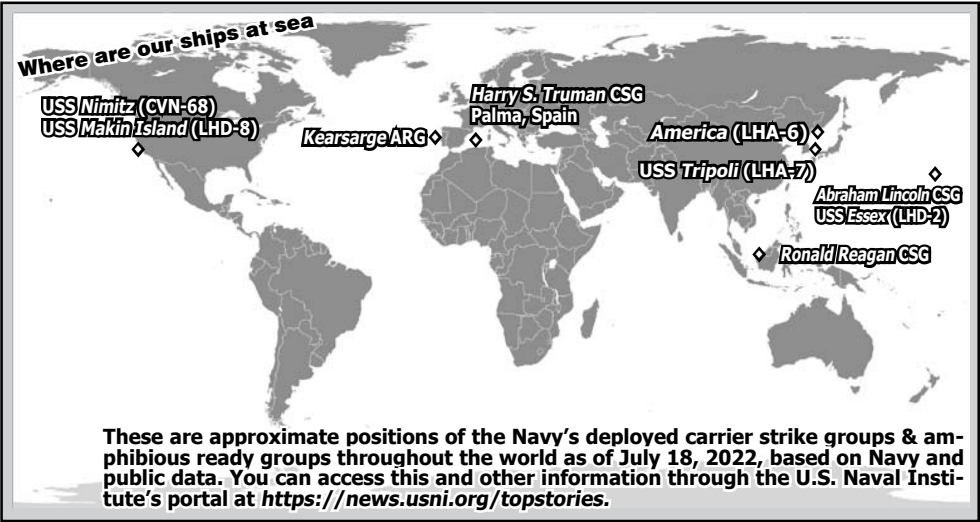
Total Battle Force: 298

Deployed ships: 113
(USS 74, USNS 39)

Non-deployed ships: 83
(59 Deployed, 24 Local)

Ships Deployed by Fleet

2nd Fleet, 1: 3rd Fleet, 10
4th Fleet, 2: 5th Fleet, 13
6th Fleet, 28: 7th Fleet, 57
Total 111



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Destroyer Benfold conducts Freedom of Navigation Operation in South China Sea

On July 13, destroyer USS Benfold asserted navigational rights and freedoms in the South China Sea near the Paracel Islands, consistent with international law. At the conclusion of the operation, Benfold exited the excessive claim and continued operations in the South China Sea. This freedom of navigation operation (FONOP) upheld the rights, freedoms, and lawful uses of the sea recognized in international law by challenging the restrictions on innocent passage imposed by the People’s Republic of China (PRC), Taiwan, and Vietnam and also by challenging PRC’s claim to straight baselines enclosing the Paracel Islands.



Destroyer USS Benfold, on routine operations. US Navy photo by MC2 Arthur Rosen

Unlawful and sweeping maritime claims in the South China Sea pose a serious threat to the freedom of the seas, including the freedoms of navigation and overflight, free trade and unimpeded commerce, and freedom of economic opportunity for South China Sea littoral nations.

The U.S. challenges excessive maritime claims around the world regardless of the identity of the claimant. The international law of the sea as reflected in the 1982 Law of the Sea Convention provides for certain rights and freedoms and other lawful uses of the sea to all nations. The international community has an enduring role in preserving the freedom of the seas, which is critical to global security, stability, and prosperity.

The United States upholds freedom of navigation for all nations as a principle. As long as some countries continue to claim and assert limits on rights that exceed their authority under international law, the U.S. will continue to defend the rights and freedoms of the sea guaranteed to all. No member of the international community should be intimidated or coerced

into giving up their rights and freedoms.

The PRC, Taiwan, and Vietnam each claim sovereignty over the Paracel Islands. In violation of international law, all three claimants require either permission or advance notification before a military vessel or warship engages in “innocent passage” through the territorial sea. Under international law as reflected in the Law of the Sea Convention, the ships of all States, including their warships, enjoy the right of innocent passage through the territorial sea.

The unilateral imposition of any authorization or advance-notification requirement for innocent passage is unlawful. By engaging in innocent passage without giving prior notification to or asking permission from any of the claimants, the United States challenged these unlawful restrictions imposed by the PRC, Taiwan, and Vietnam. The United

States demonstrated that innocent passage isn’t be subject to such restrictions.

The U.S. also challenged the PRC’s 1996 declaration of straight baselines encompassing the Paracel Islands. Regardless of which claimant has sovereignty over these islands, it’s unlawful to draw straight baselines around the Paracel Islands in their entirety. International law as reflected in the Law of the Sea Convention is both clear and comprehensive regarding the circumstances under which States can depart from “normal” baselines.

The PRC-claimed straight baseline violates international law of the sea as reflected in Article 7 of the Law of the Sea Convention. Furthermore, international law doesn’t permit continental States, like the PRC, to establish baselines around entire dispersed island groups. With these baselines, the PRC has attempted to claim more

internal waters, territorial sea, exclusive economic zone, and continental shelf than it is entitled to under international law. By conducting this operation, the United States demonstrated that these waters are beyond what the PRC can lawfully claim as its territorial sea, and that the PRC claimed straight baselines around the Paracel Islands are inconsistent with international law.

U.S. forces operate in the South China Sea on a daily basis, as they have for more than a century. They routinely operate in close coordination with like-minded allies and partners that share our commitment to uphold a free and open international order that promotes security and prosperity.

“All of our operations are conducted safely, professionally, and in accordance with international law,” according to a statement from 7th Fleet. “The operations demonstrate that the United States will fly, sail, and operate wherever international law allows, regardless of the location of excessive maritime claims and regardless of current events.”



Somali Danab brigade commandos and other first responders rush to evacuate passengers from a Jubba Airlines aircraft that crash-landed July 18 at Mogadishu International Airport in Somalia. Three U.S. Soldiers helped care for injured passengers from the flight, which had 36 people. US Army photo

Plane crash in Somalia turns US troops providing medical training into on-scene caregivers

by Nancy Montgomery Stars and Stripes

A trio of American Soldiers teamed up with Somali counterparts they were training to become first responders at a fiery plane crash July 18 at the airport in the country’s capital.

The 2nd Security Force Assistance Brigade Soldiers, who are based at Fort Bragg, N.C., sprang into action when a Jubba Airlines jet crash-landed at Mogadishu International Airport at about 10:30 a.m.

No one was killed in the crash, Somali officials told Reuters. The flight had 36 people, and photos showed the burning plane upside down. The plane was a Fokker-50, according to The Washington Post.

The crash occurred just yards from where Sgt. 1st Class Caleb Vanvoorhis, Staff Sgt. JoAnna Baxter and Staff Sgt. Taylor Palmer were training with Danab commandos from the Somali military, said Maj. Cain Claxton, a spokes-

man for U.S. Army Southern European Task Force, Africa.

The commandos pulled injured passengers from the aircraft, while the Americans established a triage station and helped evacuate 16 people for treatment, Claxton said.

Lt. Col. Sean Nolan, commander of the battalion, praised the Soldiers’ “agility, quick thinking and decisive action” in response to the crash. There was no immediate information about the cause.

The three Soldiers are part of a team that’s working to train and support the Danab brigade, which is tasked with offensive operations against the al-Qaida-linked insurgent group al-Shabab.

SETAF-AF employs the 2nd Security Force Assistance Brigade to train, advise and assist African partner militaries on ground force tactics, techniques and procedures. The Soldiers were conducting medical training at the time of the crash.

Places of Worship

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www.bayviewbc.org info@bayviewbc.org

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Sunday Worship 10am
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(Near corner of Balboa Ave. & Clairemont Dr.)
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Wednesday 6:30pm Bible Study
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LaJollaLutheranChurch.com

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Meeting at Hampton Inn
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(858)792-7691 LivingWaterSD7@gmail.com
Pastor: Rev. Steven Duescher

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Program aims to prepare service members for military stressors

by Jim Garamone

Life in the military is no bed of roses, but the services are putting in place an innovative program designed to give service members new tools to handle the stress of military life.

The program aims to help service members be physically and mentally ready to handle the challenges of military service.

The company and the program are known universally as O2X, which stands for Optimize to the X, with X being the goal. The company was founded by special operations veterans, first responders and elite athletes, said Adam LaReau, a co-founder and managing partner of O2X.

“We implement human performance programs, performance optimization programs into the tactical community,” said LaReau, who was a Navy SEAL. “We tackle occupational challenges within these tactical communities, things like sleep disruption, mental health, physical aspects, injuries — essentially, the things that impact the readiness, resilience, and sometimes even the retention of these units ... or DOD as a whole.”

In the Navy, the emphasis on human performance came from a study following the 2017 crashes of USS *Fitzgerald* and USS *John S. McCain*. The crashes killed 17 sailors. The study found the crews were overtaxed, fatigued and stressed.

The service turned to O2X to look at these human factors and develop a program to address some of these specific problems within the surface warfare community. “We bring on-site specialists that come with a program and a methodology,” LaReau said in an interview. “We do skills-based training and education. The education is

... pretty critical for people to be self-aware about their own individual performance.”

The company has tested the program with crews aboard USS *Manchester*, a littoral combat ship based in San Diego. They’re getting ready to expand the program to work with the crews of destroyer USS *Preble* and littoral combat ships *Mobile* and *Gabby Giffords* beginning this month.

The company is based in Scituate, Massachusetts, and works

“We implement human performance programs, performance optimization programs into the tactical community.”

Adam LaReau, co-founder of O2X

with DOD components and fire and police departments around the nation.

The program treats service members like elite athletes. Elite athletes receive training not just to perform a physical feat, but to have the mental toughness and resilience to perform under pressure, LaReau said. Elite athletes follow a training regimen to ensure they have the right foods, the right amount of sleep, the right exercise regimen and the determination and willingness to follow the regimen. “The question we always ask is how do we give people the skill sets in order to persevere through challenges and emerge not only successful, but stronger,” he said.

The company tailors each program to the situation. They’re quite aware that what may work for an officer at a police department would not help a sailor aboard a destroyer. LaReau said the company has hundreds of specialists to teach personnel and to serve as “teach-back” assets for those deployed.

The program requires buy-in from the commanders and a

commitment to ensure there is every effort to let service members participate no matter where they are. “The program has to be portable,” LaReau said. “It has to adapt to the changing situations people find themselves in, whether they are deployed, on a ship at sea, or in a shipyard undergoing maintenance.”

The company has another contract with the Massachusetts National Guard, and that also illustrates the need for an adaptable program. Guardsmen, of

course, are from all over the state and have civilian jobs in addition to their military duties. O2X tailored the program for the 5,500 members of the Guard and had the staff to “scale” the effort.

To really capitalize on the program, it needs to be part of every training event starting at entry level training and progressing through the ranks of both enlisted and officer ranks, LaReau said.

“We need to look at human performance as a program, not as a choose your own adventure,” he said. “You have to understand performance and all the factors that can affect you. Sustainment training needs to continue for the duration of your career. Truthfully, science changes, things adapt, people find better ways, and our operating environment will continue to adapt and change.”

“But the one factor is going to be the same ... is that individual,” he continued. “We need to continue to adapt our program and continue to adapt it to meet the needs of the next conflict.”

Finding news you can use

by Dr. Daneen Skube

Tribune Content Agency

Q: I work hard to stay up-to-date on my industry and global news. The problem is the more news I read, the more I worry. As a mental health expert, how do you advise clients on how to stay informed without being overwhelmed? How do you suggest clients screen news sources to tell the salient from the sensational?

A: I advise clients to realize standard news sources know scary headlines create attention.

Interpersonal Edge



by Dr. Daneen Skube

News outlets have learned consumers believe what they don’t know will hurt them. Wise news seekers have to read

headlines to evaluate whether what they’re reading is truly and statistically a threat.

I recommend you access a broad range of news viewpoints. Pay attention to sources that aren’t American. If you always watch Fox news, tune into CNN. If you always watch CNN, listen to Fox news sometimes. If we only read or listen to people that agree with us, our viewpoints become narrow and rigid.

If you subscribe to systems that collate news, ask questions of what you’re reading. At present, collating news sources could have you worrying you’re doomed to: 1) catch monkey pox, 2) starve from inflation 3) be stung by murderous hornets 4) die in a fiery nuclear confrontation with Russia.

Obviously any of these frightening scenarios could happen. The question is, given

what you know, are these problems likely?

Even Doomsday Preppers only prepare for the likely problems, and don’t spend time or money on improbable scenarios.

If you evaluate a frightening headline as likely, like goods and credit costing more, take action. Pay down revolving credit, build up savings, and look for ways to cut costs. Taking steps to put ourselves in a better position to cope with risk is comforting and practical.

If you find yourself obsessing about possibilities you can’t control (like monkey pox) explore science and medical studies. Don’t just gather information from the news. Instead, evaluate your real risk by seeking out scientific and medical experts. Then do everything you can to prepare.

The upside of our interconnected world is we can stay informed about everything everywhere. The downside of our interconnected world is we have to become skilled consumers of data, winnowing out the true and useful from the sensational.

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Navy censures, punishes officers after USS Bonhomme Richard fire investigation

WASHINGTON - The Navy completed the accountability actions in support of the command investigation into the July 2020 fire aboard USS Bonhomme Richard (LHD 6).

Commander, Pacific Fleet, Adm. Samuel Paparo, the consolidated disposition authority, made individual disposition decisions and Secretary of the Navy Carlos Del Toro issued a

Secretarial Letter of Censure.

As CDA, Paparo made 27 individual disposition decisions, which were primarily focused on the ship's fire prevention, readi-

ness, and response efforts. The disposition decisions included six nonjudicial punishments with guilty findings, two NJPs with Matter of Interest Filings and a Letter of Instruction, two NJP dismissals with a warning, one additional MIF, five other LOIs, three Non-Punitive Letters of Caution, two letters to former Sailors documenting substandard performance, and six no-action determinations.

Paparo's CDA accountability actions were primarily focused on Bonhomme Richard's leadership and the fire response team. Paparo awarded punitive letters of reprimand and forfeitures of pay to Capt. Gregory Scott Thoroman, former commanding officer, and Capt. Michael Ray, former executive officer. Former Command Master Chief Jose Hernandez was awarded a punitive letter of reprimand.

After a thorough and careful review, the CDA issued LOIs to Rear Adm. Scott Brown, Pacific Fleet director of fleet maintenance, and Rear Adm. Eric Ver Hage, commander, Navy Regional Maintenance Center.

Additionally, Del Toro issued a Secretarial Letter of Censure (SLOC) to Vice Adm. (Ret.) Richard Brown. At the time of

the fire, he was Commander, Naval Surface Force, Pacific Fleet.

"When leaders' actions or inactions result in the loss of life or capital resources, the senior leadership of the Department of the Navy has a responsibility to determine the root cause and hold those accountable," Del Toro said in a message sent to the Department of the Navy on June 2. "This fire could have been prevented with adequate oversight into the ship's material condition and the crew's readiness to combat a fire."

The CDA's actions are separate and distinct from the ongoing criminal proceedings against Seaman Apprentice Ryan Mays, who is accused of arson and hazarding a vessel.

The accountability actions don't represent the entirety of corrective actions following the fire aboard USS Bonhomme Richard.

"Losing Bonhomme Richard to this fire was preventable. We are making significant changes in the way the Navy learns and leads so that this does not happen again," said Adm. William Lescher, Vice Chief of Naval Operations.

Lescher specifically pointed to three key institutional reforms that go beyond firefighting and prevention: the Get Real, Get Better initiative is designed to scale Navy-best leadership behavior and problem-solving across the Navy; the elevation of the Naval Safety Center to the Naval Safety Command with a new mandate as the naval enterprise lead for non-nuclear safety standards, expertise, and oversight; and the VCNO and Under Secretary-led Learning to Action Board which serves to both implement key lessons learned and assess the effectiveness of corrective actions over time.

"What we have learned from both our strongest and our weakest performance is that consistently practicing Get Real, Get Better leadership is the most powerful way to make the Navy better. The Get Real, Get Better initiative will sharpen Navy readiness and reduce the variability in the performance between our strongest and weakest performers," said Lescher.

"It reflects our commitment to invest in people as the center of what we do. Reinforcing and rewarding critical thinking, empowering our Sailors to find and fix problems at their level, and challenging leaders to remove barriers to their teams' performance."

The Navy's revised Charge of Command and the Get Real, Get Better principles, both posted on the www.navy.mil website, include more information on these foundational initiatives.

USS Stockdale returns to homeport ... Destroyer USS *Stockdale* returned to its San Diego homeport July 15 after completing a deployment to 3rd Fleet and 7th Fleet areas of operations. *Stockdale* departed San Diego in July 2021 and joined Carrier Strike Group One for integrated operations in the Hawaiian Islands area with the Marine Corps, Air Force, and Coast Guard as part of the ongoing presence in the Indo-Pacific Region. *Stockdale* continued into the western Pacific with the CSG demonstrating U.S. presence in the region. "I'm humbled to serve alongside a crew that conducts themselves with the utmost professionalism and excellence in everything we do" said *Stockdale* CO Cmdr. Justin Bumbara.



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Photo gallery



MCAS MIRAMAR (July 9, 2022) - Marine Corps Cpl. Manny, the Marine Corps Recruit Depot San Diego mascot, attends the Marine Aircraft Group 16 (MAG-16) Junior Jarhead event, greeting kids and families here. Manny attended the event to show support for the families of the Marines apart of MAG-16. US Marine Corps photo by Lance Cpl. Jacob Hutchinson

Abraham Lincoln aircraft carrier departs Pearl Harbor to begin the at-sea phase of Rim of the Pacific 2022.
US Navy photo by MC2 Kyle Carlstrom



PEARL HARBOR
July 11, 2022

A landing craft, air cushion assigned to Assault Craft Unit 5, conducts amphibious operations with Essex amphibious assault ship RIMPAC 2022. Over 25,000 personnel are participating in RIMPAC from June 29 to Aug. 4. US Navy photo by MC3 Christina Himes



PACIFIC OCEAN
July 12, 2022



USS ABRAHAM LINCOLN, at sea
July 14, 2022

Aviation Boatswain's Mate (Handling) 3rd Class Luis Placencia, right, supervises Aviation Boatswain's Mate (Handling) Airman Najai Lopez-Patterson as she directs an F/A-18E Super Hornet on the flight deck of aircraft carrier USS Abraham Lincoln. US Navy photo by MC3 Javier Reyes



LEADERSHIP CHANGES

USS Sterett (DDG 104)

SAN DIEGO - Cmdr. Christopher Descovich relieved Cmdr. Shaun Dennis during a ceremony in front of USS Sterett's 332-person crew July 14.

Dennis' next duty assignment is the commanding officer of Aegis Training and Readiness Center in Dahlgren, Va.

"Forever dauntless - remember what that means," said Dennis "We don't give up; we don't quit; we may take a loss here or there, but we will always come back.

"We, as the world's premier maritime fighting force, must be ready to operate globally at a moment's notice when we our nation calls," said Descovich.

USS Cincinnati (LCS 20)

by Petty Officer 2nd Class Vance Hand
NAVAL BASE SAN DIEGO - Cmdr. Robert Burke relieved Capt. Colin Corridan as the skipper of littoral combat ship USS Cincinnati July 15.

Burke was previously the commanding officer of littoral combat ship Manchester Gold Crew.

"Cincinnati has one of the best and highly trained crews in the Navy," said Burke. "Serving aboard as the commanding officer is an honor and we will continue to stay ready."

Cincinnati is currently in port at the naval station here.

NWS Seal Beach

by Gregg T. Smith

Naval Weapons Station Seal Beach held a dual change of command ceremony July 15, with Capt. Jessica O'Brien relieving Capt. Jason Sherman as CO of both NWS Seal Beach and Navy Munitions Command Pacific, CONUS West Division.

A career surface warfare officer with over 25 years of service, O'Brien brings with her a wealth of experience, from ships of the Pacific Fleet to the Pentagon.

During Sherman's three-year tenure, the weapons sation received a number of Navy-wide and regional awards for installation excellence, environmental stewardship, safety, and housing operations.



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Detect, track, identify, defeat: I-CsUAS works to defend against drones, small unmanned aircrafts

MARINE CORPS BASE QUANTICO, Va. -The battle to keep Marines and their critical assets safe is constantly evolving. As technology advances, so does the need to field more cutting-edge equipment to counter threats, such as those posed by small unmanned aerial systems.

With these challenges in mind, Program Executive Officer Land Systems is fielding the Installation-Counter small Unmanned Aircraft Systems. Known as I-CsUAS, the system is designed to protect Marine Corps installations by detecting, identifying, tracking and defeating small Unmanned Aircraft Systems.

“The Marine Corps, and DOD in general, required the capability to defend against sUAS years ago,” said Program Manager for Ground-Based Air Defense at PEO Land Systems Don Kelley. “The threat of sUAS is only proliferating every day. The bottom line is, we need to provide this capability to our Marines as rapidly as possible.”

I-CsUAS features an integrated system equipped to carry out all phases necessary to counter small unmanned aerial systems such as commercially-available drones, said Kelley. The system will primarily provide a service to ensure Marines or security forces have the capability to defend installations against sUAS at all times.

Fixed Site Project Officer for Program Manager Ground Based Air Defense at PEO Land Systems Maj. Kyle Yakopovich



A small unmanned aerial system flies over Naval Base Ventura County, Point Mugu. Delivery recently started for the Installation-Counter small Unmanned Aircraft Systems to select Marine Corps installations. Known as I-CsUAS, the system is designed to protect Marine Corps installations by detecting, identifying, tracking and defeating small UASes such as commercially-available drones. USMC photo by Ensign Drew Verbis

said I-CsUAS is intended to defeat Commercial Off-The-Shelf Group 1 and Group 2 UAS. I-CsUAS also provides detection, tracking and identification capabilities.

“What makes this system interesting is it fuses multiple modalities together into a single system,” Yakopovich said. “This allows us to more accurately detect, track and identify [small unmanned aircraft systems].”

Yakopovich said the program’s system is equipped with a few different components for better detection and ultimately, defense. The Long Range Sentry Tower is comprised of a radar

system and an optical sensor, and works in conjunction with a passive Radio Frequency detection capability to present the operator with a visual depiction of the threat’s flight path.

While each of the towers’ sensor components are already widely in use, Yakopovich said I-CsUAS is special because it uses Machine Learning and Artificial Intelligence to constantly and autonomously analyze the sensor data faster and more accurately than a human operator. The system enhances the capability to detect, track, and identify the threat while reducing the amount of manpower previously required to perform

these actions.

“In previous years, we had the same components: the radar, the camera and the RF detection,” Yakopovich said. “But it was time-intensive, training-intensive and manpower-intensive. You had to have a Marine dedicate all of that time if you wanted to have 24-hour, continuous coverage. Now, you can free up a Marine’s labor using the I-CsUAS, which will automatically alert the user if suspicious activity is determined.”

Yakopovich also said the I-CsUAS also has a separate non-kinetic defeat capability that has proven itself capable in other



MCAGCC, Twentynine Palms (July 18, 2022) - Marines with Marine Wing Support Squadron (MWSS) 473, 4th Marine Aircraft Wing, observe the side of an A-10 Warthog from the 357th Fighter Wing. Marines refueled two A-10 Warthogs that were qualifying in landing on unimproved surfaces. The A-10 pilots also provided the Marines with a familiarization of the capabilities and limitations of their aircraft. US Marine Corps photo by Cpl. Ryan Schmid



SAN DIEGO (July 8, 2022) - Navy aircrewmembers, EOD technicians and Marines train during a recovery exercise during Rim of the Pacific (RIMPAC) 2022. US Navy photo by MC2 Christina Ross

programs within PM GBAD.

“Using this capability, a Marine who has detected an intruding sUAS is able to disrupt the sUAS communication link. This enables Marines operating the LRST-42 or LSTR-82 tower will be able to determine the drone’s point of origin.

PM GBAD’s Fixed Site Product Manager Jessica McCauley said the Marine Corps plans to use this technology to defend critical assets, following the requirement set forth in Title 10 of the U.S. Code, which outlines the role and responsibilities of our nation’s armed forces.

“The I-CsUAS protects the facility by detecting, tracking identifying the drone and empowering law enforcement to defeat it,” McCauley said. “We are delivering a system to select

installations, providing them the ability to conduct that kill chain in order to protect critical assets against small UAS threats.”

McCauley said that when she was selected for her position within PM GBAD Fixed Site in October 2020, the PEO LS team began working on I-CsUAS from inception of requirements to to-day’s current system.

“For me personally, it’s a challenge because this is non-traditional acquisition. We are utilizing a contract through the Combat Development and Integration office to provide counter UAS as a service. We are challenging traditional acquisition,” said McCauley.

Continue reading this story on the Marine Corps NewsStand at <https://www.marines.mil>.



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Veterans toxic exposure bill amended, passes House

FLEET RESERVE ASSOCIATION - The House approved a slightly modified version of the comprehensive veteran's toxic exposure bill as an amendment to another bill (S.3373) and approved it (342-88). The bill must go back to the Senate for final approval and then sent on to the president to be signed into law.

It would establish a presumption of service connection for 23 respiratory illnesses and cancers related to the smoke from burn pits. Further, the bill also provides new benefits for veterans who faced radiation exposure during deployments throughout the Cold War, adds hypertension and monoclonal gammopathy to the list of illnesses linked to Agent Orange exposure in the Vietnam War, expands the timeline for Gulf War medical claims and requires new medical exams for all veterans with toxic exposure claims.

Veterans who served in Thailand, Laos, Cambodia and Guam during the Vietnam War era would be covered under the same Agent Orange presumptive policies as those who served in Vietnam itself.

VA staff would be granted "The authority to determine that

a veteran participated in a toxic exposure risk activity when an exposure tracking record system does not contain the appropriate data," a stark distinction from the science-only system in use at the VA currently.

The measure is estimated to cost \$281 billion over 10 years and would potentially affect as many as one in five vets living today. The bill would authorize the setup of 31 major medical clinics across America and hire thousands more claims processors and health care staff.

FRA members can ask their Senators to support the bill on the FRA Action Center.

July 27, 1953: Armistice ends Korean War hostilities

After three years of a bloody and frustrating war, the United States, the People's Republic of China, North Korea, and South Korea agree to an armistice, bringing the fighting of the Korean War to an end.

The armistice ended America's first experiment with the Cold War concept of "limited war."

The Korean War began on June 25, 1950, when commu-



In this 2008 file photo, Marines with 1st Marine Logistics Group burn black water before filling the pit with sand at Al Taqaddum Air Base, Iraq. USMC photo by Sgt. Jason W. Fudge



nist North Korea invaded South Korea. Almost immediately, the United States secured a resolution from the United Nations calling for the military defense of South Korea against the North Korean aggression. In a matter of days, U.S. land, air, and sea forces had joined the battle. The U.S. intervention turned

the tide of the war, and soon the U.S. and South Korean forces were pushing into North Korea and toward that nation's border with China.

Remains

continued from page 1

found teeth, American coins, vials of morphine, watches, bullets and a grenade.

Kuentai and Small have kept Quinn's sister, Audrey Ponzio, and brother, Gerald Quinn, and Hartman's relatives apprised of their progress.

"It's our job to find them," Small said.

'Pop Quinn'

Ponzio remembered her brother as a family man. He worked at a butcher shop before the war and asked if he could be paid in meat to feed his family. He was eligible for a deferment but joined the Marines instead.

"He was the oldest of us seven," Ponzio told Stars and Stripes on July 8. "He was a terrific kid. My mother's heart was broken."

Quinn was called "Pop Quinn" in their Brooklyn neighborhood because he was

always helping everyone. He called his brother Gerald "Six Cents," because he was always begging for candy money.

"He was a wonderful person," said Gerald, who joined the Marines in 1955. "I tried to emulate him in my life."

The Hartman family likewise appreciates Kuentai's efforts, Jack Hartman, nephew of John, wrote in an e-mail to *Stars and Stripes*.

Kuentai hopes the Japanese government will work with the Defense Department to sample the DNA of remains discovered thus far to see if they can finally identify Quinn and Hartman. During the dig, the group brought Ponzio and Gerald into the cave via video call.

"My dad was so emotional and choked up," said Gerald's daughter, Mary Anne DeVivio. "When we closed the call, the first words out of his mouth were, 'I was able to say good-bye to my brother John.'"



The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

The drive to Maine was long, so we didn't arrive until well after dark. "I think this is it," my husband, Francis, said pulling onto a gravel driveway off of lonely Highway 1. A nearby sign read "Twin Hills Motel," which was a row of outdated pastel cottages, with bugs orbiting their porch lights.

"There's ours, Number Six," Francis said, approaching the powder blue one on the end. But a car was parked outside and the living room lights were ablaze.

Francis left our car to knock on Number Six's door. I envisioned several scenarios. A fistfight. The motel owner absconding with our reservation money. Us sleeping in our car on the side of Highway 1, which didn't seem half bad considering our sketchy circumstances.

Francis wrapped his fist on the cottage door until it opened, releasing a puff of smoke. The occupants, a young man and his girlfriend, were obviously partaking in a newly-legal activity that rendered them easygoing and, thankfully, non-violent. Francis chatted with them while dialing the motel owner, who explained that there was another "Number Six" cottage on the other end of the gravel drive. This made about as much sense as the gnome statue at the base of the Twin

Husband's double standard revealed at Twin Hills Motel

Hills Motel sign, but we followed his instructions nonetheless.

We'd come to Maine for a friend's birthday party, which would be held the next afternoon. I'd been excited to get away from home without the kids for a little weekend adventure with my husband, just the two us, and I'd packed a bottle of wine and some cheese for our Friday night.

Adventures were harder to come by now that Francis was retired from the Navy. For 28 years on active duty, he traveled often for his military job to far flung places like Japan, Italy, Spain, England, Norway, Columbia, Chile, Korea, Botswana, Hawaii, Alaska and more. When he was home, I was our family travel planner, finding charming yet affordable places for us to stay, eat, and visit while stationed stateside and overseas. This weekend in Maine had been Francis' idea, so he'd offered to book the trip himself.

Francis cursed under his breath while repeatedly punching a code into the keypad lock on Number Six cottage, the second one that is. While he fiddled, I noted the mismatched plastic porch chairs and a hanging pot containing dying, leggy petunias. On the fifth try, a green light blinked and I lunged for the door knob, shouting, "Now! Open it, now!"

Francis reached inside and clicked a switch. A bare halogen bulb on the room's primary colored ceiling fan garishly illuminated a living-dining-kitchen space decorated with dumpsy brown curtains

and sparse, mismatched furniture. We wheeled our suitcases in and shut the door.

Silently glancing around, I felt queasy. Was it the long drive? Had I inhaled a whiff of that smoke? What was wrong with me? I poked my head into the bedroom, which housed a sagging bed topped with flat pillows. A digital alarm clock perpetually blinked "12:00" in red.

My uncharacteristic silence made Francis nervous. He fumbled through our bags to find the wine, and opened cabinets in search of glasses. There, he found an eclectic mix of kitchen items, no two the same. He poured our Cabernet into two vessels. For me, a mug adorned with candy canes. For him, a jelly jar.

Peering into my mug, anger as red as the blinking alarm clock display, began to surface. I thought of all the texts and photos Francis had sent me during his years in the Navy from exotic locations and luxury hotel rooms, all made possible because his spouse was home with the kids. He had worked hard in the Navy and deserved to stay in nice places. But what about me? By the time I'd finished my wine, I was ready to let him have it.

I don't quite recall what I said, but Francis got the gist. And then we had a good laugh about the ugly ceiling fan and our wine glasses. Our Motel had twin hills and two Number Six cottages, but Francis would no longer have a double standard.

All-electric 2024 Chevrolet Blazer EV revealed

Remember this date: July 18, 2022. On this date, on a picture-perfect Southern California evening, the all-new, all-electric 2024 Chevrolet Blazer EV was revealed to a very large gathering of international press and other invited guests in Hollywood, at the iconic Pacific Design Center.

Forget everything you thought you knew about electric vehicles. Based upon the GM's new Ultium Platform, this new midsize electric crossover — offering true SUV functionality — will surely be the Tesla Model Y's worst nightmare.

Where to begin? Since what impressed me first was the styling, let's start there.

To say that the design is athletic (Chevrolet's description), that is an understatement to say the least. You need look no further than the signature Corvette-like bodyside treatment — on all four trim levels: 1LT, 2LT, RS and SS.

Configurations available will be front-, rear- and all-wheel-drive. The multiple range options include an available GM-estimated range of up to 320 miles on a full charge (290 miles for the SS).

When I first saw the SS (Super Sport) performance version of the Chevrolet Blazer EV (pre-production prototype) drive onto the stage, with much fanfare, my first impression was that it looked like a Corvette, if there were such a vehicle as a Corvette SUV. It also has Camaro design cues. It is, to quote Chevrolet, truly the "first-ever electric SS performance model." It certainly has the credentials to become the Corvette of SUVs.

It has a unique front grille (in my opinion, much more attractive than the nearly featureless front-end on a certain competitor's vehicles) two-tone color scheme featuring a black roof and A-pillars. Standard wheels are 22-inches.

Interior SS features include a stan-

dard Head-Up Display and full-display camera mirror — great for when the inside of your Chevrolet Blazer's interior is fully loaded, which might otherwise be blocking your rearward interior view. Super Cruise will be standard, for driver assistance that can make long drives more relaxing. It will also have "unique interior trim

AutoMatters™ & More



by Jan Wagner

and colors, including sueded micro-fiber seating dipped in Adrenaline Red or Black/Medium Ash Gray (available Argon Orange accents). Underpinning the SS, you'll find Brembo brakes up front, and a specific, sport-tuned chassis.

The EV SS offers the most powerful experience in the lineup. Its exclusive performance AWD propulsion system is designed to produce up to a whopping 557 horsepower and up to 648 lb-ft of torque. A unique WOW mode (Wide Open Watts mode) enables GM-estimated, Max Power 0-60 sprints of less than four seconds! This will truly have the soul of a sports car.

An LT version, with its own distinctive character, was also presented for us to check out after the presentation. "The LT features a monochromatic appearance and standard 19-inch wheels.

The sportier RS version has a black grille and other black accents, plus standard 21-inch wheels.

Something that really sets the RS and the SS apart visually is the bold, dual-element LED exterior lighting

up front, with choreographed lighting sequences that activate when the driver approaches or walks away. The effect features a full light bar and illuminated Bowtie emblem on the front. We're talking cool lightshow here, folks! The front lighting also conveys the state of charge while the vehicle charges. A sequential orchestration of the lighting increases in speed and intensity as the battery's charge increases.

Inside the cabin, many of the design elements were inspired by Chevrolet's sports cars and its performance heritage, such as its flat-bottom steering wheel for the RS and SS trims, and sculpted vents inspired by turbines.

You'll find a beautiful 17.7-inch-diagonal color touchscreen, which serves as the command center for the infotainment system and additional features. Additionally, there is a large 11-inch-diagonal color Driver Information Center in the instrument cluster.

Seating is in a two-row layout. It is spacious, with storage options, thanks to the Ultium Platform's flat floor.

There will even be a special, pursuit-rated Police Pursuit Vehicle (PPV). Sorry, but the general public will not be allowed to purchase that one. It will be for police fleet applications.

There is so much more to learn about the all-electric Chevrolet Blazer EV. For much more information, to see an extended Chevrolet video and to register to get updates, visit: <https://www.chevrolet.com/electric/blazer-ev>.

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

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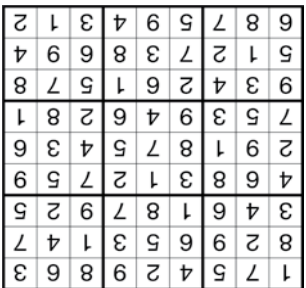
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Encinitas Cruise Night on South
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July 21, 5:30-7:30pm. [www.en-](http://www.encinitas101.com)
[cinitas101.com](http://www.encinitas101.com)

**Del Mar Thoroughbred Club
Horse Racing Opening Day**
at Del Mar Racetrack, Fri, July 22
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Comic-Con International: San
Diego, July 21-24. Festival for comic
book lovers and pop culture fans
returns to Convention Center. In
recent years, it has expanded to
satellite locations around San Diego,
making it the largest pop culture
event in the world.

Guided Nature Walk, Saturday,
July 23, 8:30-10am. Free. Kumey-
aay Lake Camp, Santee. mtrp.org
Guided Nature Walk. Sat, July 23,
30, 9:30-11am. Free. Mission Trails
Reg Park-San Carlos. mtrp.org
**Kumeyaay Ethnobotany Hike
with a Ranger**, Sat, July 23, 2-
4pm. Free. Chollas Lake, 6350 Col-
lege Grove Dr.

**San Diego Poetry Annual Open
Reading**, Sat, July 23, 2-4pm. Free.
La Jolla Riford Library.

Art Night Encinitas at various gal-
eries in downtown Encinitas, Sat,
July 23, 5:30-8:30pm. [www.en-](http://www.encini-)
[tas101.com](http://www.encinitas101.com)

The Adventure Zone at Balboa
Theatre, Sat, July 23, 7pm. [www.](http://www.sandiegotheatres.org)
[sandiegotheatres.org](http://www.sandiegotheatres.org)

The Chicks Tour at North Island
Credit Union Amphitheatre, Sat, July
23, 7:30pm. ticketmaster.com

**Moderately Strenuous Guided
Hike**, Sun, July 24, 8-11am. Free.
Age 18+. 2.5mph avg. Elfin Forest
Rec Reserve, Escondido.

**Summer Concert Series: Blue
Breeze Band** at Lake Poway, Sun,
July 24, 5:30-7pm. www.poway.org

**Encanto: The Sing Along Film
Concert** at North Island Credit
Union Amphitheatre, Sun, July 24,
7:30pm. www.ticketmaster.com
Art Supply Garage Sale, Sun,
July 24, 10am-3p. Bravo School of
Art South Park, 2963 Beech St, SD.
**ArtWalk Little Italy Summer
Series**, Sun, July 24, 11am-5pm.
Free. Piazza della Famiglia, 523
West Date St.

Concerts on the Green: Captain
J and the Jive Crew, Sun, July 24,
4-6:30pm. Free. (Yacht Rock-70s-
80s). Kate Sessions Park, 5115
Soledad Rd, SD.

Uptown Rhythm Makers, Sun, July
24, 3-5pm. Free. New Orleans trad
jazz. Panama 66, 1450 El Prado, SD.

**Thru 9/5 San Diego Interna-
tional Organ Festival** at Spreck-
els Organ Pavilion in Balboa Park,
7:30pm, every Monday. [www.](http://www.spreckelsorgan.org)
[spreckelsorgan.org](http://www.spreckelsorgan.org)

Train at North Island Credit Union
Amphitheatre, Tues, July 26,
6:30pm. www.ticketmaster.com

**Broadway San Diego presents:
Pretty Woman** at San Diego Civic
Theatre .July 26-31. www.sandi-
[egotheatres.org](http://www.sandiegotheatres.org)

Twelfth Night at Lyceum Theatre.
July 28-Aug 21. www.sdrep.org

Fun Friday Nites at San Marcos
Community Center, Fri, July 29, 6-
10pm. www.san-marcos.net

SD Padres vs. Minnesota Twins
at Petco Park. July 29-31.

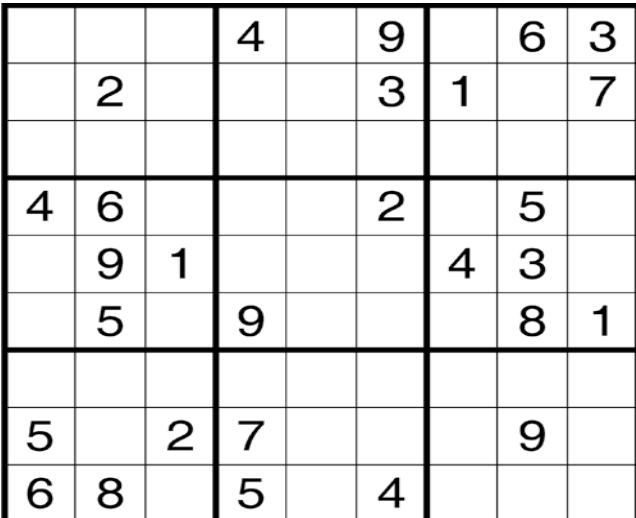
**Summer Movies in the Park Se-
ries: The Mitchells vs. The Ma-
chines** at Poway Community Park,
Sat, July 30, 6:30-10pm. poway.org
Family Campout at Walnut Grove
Park. Sat-Sun, July 30-31. [www.](http://www.san-marcos.net)
[san-marcos.net](http://www.san-marcos.net)

Family Campout at Lake Poway.
Sat-Sun, July 30-31. poway.org

**Summer Concert Series at Old
Poway Park**, Sun, July 31, 5:30-
7pm. www.poway.org

A Midsummer Night's Dream
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FREE entry to the first 300 cu stom-
ers (per showing), no outside food,
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Thursday, July 21

6pm Top Gun: Maverick pg13

Friday, July 22

6pm Jurassic World Dominion pg13

Saturday, July 23

2pm Elvis pg13

Sunday, July 24

1pm Where the Crawdads Sing pg13

3:40pm Lightyear pg

Thursday, July 28

6pm Elvis pg13

Friday, July 29

6pm Minions: The Rise of Gru pg

Saturday, July 30

3:40pm Minions: The Rise of Gru pg

6pm Where the Crawdads Sing pg13

Sunday, July 31

1pm Lightyear pg

3:20pm Minions: The Rise of Gru pg

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, July 22

6pm Elvis (PG-13)

9pm The Black Phone (R)

Saturday, July 23

1pm Lightyear (PG)

4:pm Elvis (PG-13)

7pm Where the Crawdads Sing (PG-13)

Sunday, July 24

Noon: Jurassic World Dominion (PG-13)

3pm Elvis (PG-13)

Lowry Theater - NASNI,
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Outside food and beverage are NOT
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Friday, July 22

6pm Elvis pg13

Saturday, July 23

3pm Elvis pg13

6pmThe Black Phone r

Sunday, July 24

1pm Lightyear pg

3pm Jurassic World Dominion pg13

Updates: sandiego.navylifesw.com

**Pendleton Theater
and Training Center**

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from Mainside Center)

Saturday, July 23

1:30pm Jurassic World Dominion (PG13)

Saturday, July 30

1:30pm Elvis (PG13)

Saturday, Aug 6

1:30pm Lightyear (PG)

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Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

Friday, July 22

5pm The Batman (2022) pg13

Saturday, July 23

11am Nut Job 2: Nutty by Nature pg

Monday, July 25

5pm Don't Breathe 2 r

Tuesday, July 26

11am Finding Dory pg

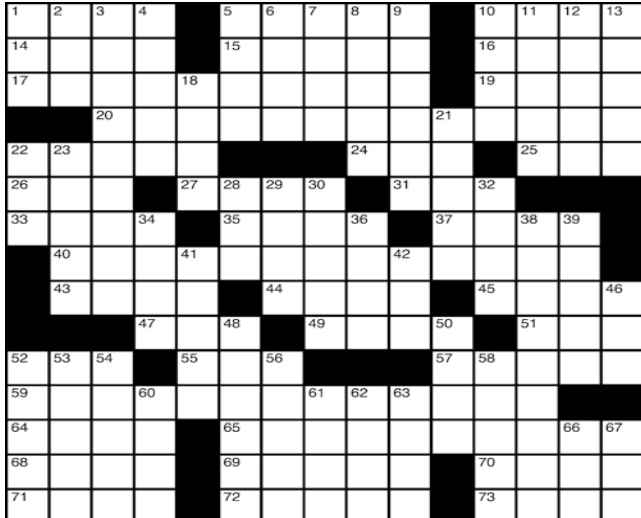
5pm Tenet pg13

CROSSWORD PUZZLE

Across

- 1 John follower
- 5 Whack, biblically
- 10 Behold, to Cicero
- 14 Hiaasen young adult novel about owl habitat
- 15 Wore
- 16 Devise, with "up"
- 17 Blue-green
- 19 Garage occupant
- 20 Meeting of powerful nations
- 22 One looking at a lot of tickets
- 24 Berliner's "Blimey!"
- 25 School contest
- 26 "It's ___ good"
- 27 2016 US Open champ Wawrinka
- 31 Possessive pronoun
- 33 Landlocked Asian country
- 35 Native Nebraskan
- 37 Carpenter's tool
- 40 Campbell's concoction
- 43 Spotted
- 44 Breeze (through)
- 45 Vegas rollers
- 47 Ping-Pong table need
- 49 Messy one
- 51 Goat's cry
- 52 Braying beast
- 55 Trig. function
- 57 "I can take ___!"
- 59 Team at a drug bust
- 64 Green on a weather map
- 65 Largest portion
- 68 Miranda ___ of "Homeland"
- 69 "Solutions and Other Problems" writer Brosh
- 70 Wheelhouse
- 71 Retreat
- 72 Blind parts
- 73 Old autocrat
- Down
- 1 "Got it!"

- 2 ___ au vin
- 3 Compassionate but strict approach
- 4 Put on
- 5 Carpet type
- 6 "All Rise" actress Helgenberger
- 7 "Got it"
- 8 Island kingdom whose capital is Nuku'alofa
- 9 "Romanian Rhapsodies" composer
- 10 Answer to "What cheese is made backward?"
- 11 Romba pickup
- 12 Term of affection
- 13 Gush on stage
- 18 Diamond VIPs
- 21 Freedom, in Swahili
- 22 Chi.-based flier
- 23 Some Balkans
- 28 "Mazel ___!"
- 29 Quads on roads
- 30 Breakout stars?
- 32 Surprise attack
- 34 Cinematographer Nykvist
- 36 Sermon subject
- 38 Curved sabers
- 39 Butter ___
- 41 Jersey type
- 42 "On the Floor" singer
- 46 Put away
- 48 Stein's partner
- 50 Makes illegal
- 52 LeBron's hometown
- 53 Do lutz, say
- 54 Vaudeville fare
- 56 Ability
- 58 Percussion pair
- 60 One in a sailor's repertoire
- 61 Beverage nut
- 62 Make mittens, say
- 63 Exploits
- 66 Irish actor Stephen
- 67 Mr. Potato Head piece



Military aviators ‘need for speed’ requires intense training

by Janet A. Aker,
MHS Communications

This summer’s blockbuster movie showcases some amazing feats by military aviators, pushing the envelope beyond 10 Gs and incredible combat maneuvers.

But, initial military aviation training focuses not just on the Gs, but learning to control an aircraft, while also understanding the physiology of acceleration forces on the body.

Being able to maneuver an aircraft while withstanding high levels of gravitational forces, or G-forces, is a key component to training for combat aviation. Additionally, But mishap prevention and survival, and enhancing and sustaining performance all play a role.

If you’ve ever been on a rollercoaster, you’ve felt a minimal amount of the G-forces and the effects the acceleration that aviators experience.

For military aviators, their training requires that they learn how to deal with sometimes severe G-forces, and negative G-forces, that change rapidly, especially in combat operations. Those G-forces affect all aviators to some degree, whether they fly fixed wings, jets, turboprop aircraft or helicopters.

G-Forces

Military aviators first learn the basics of the flight physiology and its impact on the human cardiovascular system during the lecture portion of their training with aerospace physiology personnel.

Next, these aviators learn how to avoid or overcome what is called G-induced loss of consciousness, also known as GLOC.

“That’s when the blood leaves your brain. After about five seconds, you’re lights out,” said Navy Cmdr. Timothy Welsh, who is the director of the Aviation Survival Training Center, Naval Air Station Pensacola, Florida, part of the Naval Survival Training Institute/Naval Survival Training Institute.

To combat GLOC, military aviators learn the anti-G straining maneuver, which is a series of isometric abdominal and leg muscle contractions that help to keep blood flowing up toward the heart and brain and not downward.

Aviators are also taught breathing techniques that are a primary method of resisting GLOC.

In the Navy, aviators are taught the Hick maneuver. The term alludes to the sounds the pilot makes while saying the word Hick as they breathe in and out.

The Air Force also teaches a respiratory component, which means

“every three seconds, we’re going to do a rapid half-second exchange of air where we want to move the equal amount of air out and right back in,” explained Air Force Maj. Stuart Sauls, who is the acceleration training branch chief in the Air Force Research Laboratory/Air Force Research Laboratory 711th Human Performance Wing at Wright-Patterson Air Force Base/Wright-Patterson AFB in Dayton, Ohio.

We want pilots to do a very calm breath hold because that allows them to control their air and their chest pressure much better,” said Sauls.

In the respiratory component, “air exchanges briefly drop pressure around the heart to allow for that blood flow to continue properly, he said. “Then pilots have to get that air right back in and block it back off in the lungs so that we can get pressure back because, if they don’t, they can lose consciousness.

Pressure suits are another way for aviators to reduce the amount of blood going into their extremities under G-forces. These are worn on the lower limbs and the abdomen.

Pressure suits also have a “tactile function” as they start to inflate, Welsh explained.

Training Includes Centrifuges

In the Air Force, undergraduate pilots begin flight training on the T-6 single prop airplane - so they can experience moderate G-forces.

The next step is the T-38 trainer for fighter aircraft. Before pilots can train in that aircraft they go to AFRL in Dayton for tests of exposure to severe G-forces at the only DOD human-rated centrifuge. Wright Patterson News

The centrifuge can produce up to nine Gs, or nine times the normal force of gravity, to measure the student’s ability to counteract the effects of G-forces to prevent GLOC.

Jet aviators must be able to sustain sudden changes in pressure and altitude at speeds approaching or exceeding the speed of sound and gravitational forces up to nine times the normal pull (9Gs). If an Air Force student aviator is assigned to F-15s, F-16s, F-22s or F-35s, they go back to Wright-Patterson AFB for more centrifuge training qualification.

Naval aviators get centrifuge testing at Brooks City Base in San Antonio, Texas. That centrifuge can produce more than seven-and-a-half Gs with various onset rates, Welsh said.

Both the Air Force and Navy also have a “low fidelity simulator”



PACIFIC OCEAN (June 21, 2022)) Aviation Boatswain’s Mate (Equipment) 2nd Class Kayla Pettit, from Charlotte, N.C., signals an F/A-18E Super Hornet, assigned to the “Vigilantes” of Strike Fighter Squadron (VFA) 151, as it launches from the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Abraham Lincoln Strike Group was underway conducting routine operations in the U.S. 3rd Fleet. U.S. Navy photo by MC3 Javier Reyes.

that connects an aviator’s oxygen mask to a box that scrubs oxygen out of the air that they’re breathing, and increases the amount of nitrogen that they’re breathing. They become hypoxic, meaning they lack of adequate oxygen levels to perform, Welsh explained. The pilots learn emergency procedures to overcome various physiological episodes that could cause incapacitation.

Water Survival Training

The highest risk training done by the Navy is water survival training, Welsh said. That is a whole day of learning how to prevent panic and to stay calm in extreme situations. “The primary objective of our water survival training is water comfort and controlling your fear,” Welsh said.

In the water, instructors flip aviators upside down, blindfold them in a dunker while they’re in their full gear – flight suits, boots, survival helmets, and a life preserver. The aviators also learn swimming strokes, and how to hold on to reference points.

One of the most difficult training drills is when their life preserver fails to inflate, Welsh said. In that situation, the pilots have to tread water with all their gear on and manually inflate the life preserver.

Nutrition and Exercise to Optimize Performance

The military trainers teach aviators about proper nutrition and exercise to optimize performance.

“Much like maintaining an aircraft, it’s maintaining your body,” Welsh said.

“If you don’t give your body the proper amount of fuel, the right types of fuel, meaning calories,

or the right types of food groups, pilots’ bodies will not be able to stand up to a barrage of high G-force maneuvers, he said.

Low blood glucose levels can also impact G-force performance, Sauls said. Proper hydration and

enough sleep to combat fatigue are also necessary, because human factors are the biggest cause for aviation mishaps, Welsh said.

The Air Force relies on lower body and core strength training. That means “we’re going to think

Staying safe in the water: Guarding against germs while swimming

When the weather gets warm, you may want to get outside for some fun in the sun. Going to a pool, lake, or beach often tops that list. Spending time in the water can bring health hazards. But some simple habits can help keep your summer fun—and healthy.

Many different germs and organisms can live in water. These include bacteria, viruses, parasites, and plant matter that can make you sick. A lot of germs that live in water cause stomach and intestinal upset. These can bring diarrhea or vomiting. You can also get skin rashes, ear or eye pain, and a cough or congestion after swimming in contaminated waters.

Common culprits for gut symptoms after swimming are parasites. These include Cryptosporidium (Crypto) and Giardia intestinalis. But bacteria, like E. coli, and viruses can also be the cause.

Many water-borne germs come from the poop of people and animals. So it’s important to never go to the bathroom or to change dirty diapers near the water. If you bring a pet, be sure to pick up after them.

Pools are often treated with a chemical called chlorine to kill germs. But it doesn’t work on all of them immediately. Some, like Crypto, can linger for days despite the chlorine. And natural bodies of waters, like oceans and lakes, can’t be treated with chemicals.

Stay Healthy in the Water

- Shower before and after swimming.
- Try not to swallow the water.
- Never go to the bathroom in the water. Take kids for bathroom breaks and check diapers every hour. Change diapers away from the water.
- Stay out of the water if you’ve had diarrhea recently to help protect others from infectious germs.
- Always wash your hands before you eat or drink after playing in recreational waters or in the sand.
- Cover open wounds with waterproof bandages.
- Don’t swim in water that looks murky or has an odor.
- Stay out of the ocean for at least 24 hours after a storm. Avoid places where storm water is released on the beach.
- Check for warning signs posted around the area. Ask lifeguards about the water conditions.
- Check local alert systems <http://www.sdbeachinfo.com/>. Visit EPA’s website for info on specific U.S. beaches. <https://www.epa.gov/beaches/find-information-about-particular-us-beach>

“You can’t just look at the water and say, ‘I think that there’s an elevated level of bacteria,’” says Dr. Dwayne Porter at the University of South Carolina. But scientists can test recreational waters for certain bacteria.

Porter’s group studies ways to monitor water conditions around the local beaches. They collect data about a bacteria called enterococcus. Enterococcus lives in the guts of people and animals. High levels of the bacteria can

heavier weight, lower repetitions. Things like squats, lunges, and deadlifts really build up that base, improve that frame,” Sauls said.

“And then from a cardiovascular standpoint, to best mirror the operational environment, we would lean more toward high-intensity interval training, sprint intervals, circuit training, only get a heart rate up for a short period, then rest and repeat.”

Some bases are now hiring dietitians and conditioning coaches, Sauls added. The 19th Air Force 19th Air Force at Joint Base San Antonio-Randolph, which oversees Air Force pilot training, has created formal instruction on how pilots can improve their diet and exercise.

The Army Aviation Center of Excellence/Army Aviation Center of Excellence is the Army Aviation Branch’s training and development center, located at Fort Rucker, Alabama.

USAACE trains and develops “agile and adaptive” Army aviators, manages the aviation enterprise, and “integrates aviation capabilities and requirements across the warfighting functions to enable commanders and soldiers on the ground to fight and win in an increasingly complex world.”

mean the water is contaminated with poop. That often means other germs are present, too. His group works with local partners to create daily water forecasts. The forecasts predict which areas may have high levels of bacteria. They alert local residents using the websites howsthebeach.org (link is external) and howmyscriber.org (link is external).

Porter and his colleagues plan to expand the alert system to include Vibrio vulnificus (Vibrio). Vibrio can make you very ill if you eat contaminated seafood. They are also flesh-eating bacteria. If they infect a wound on your skin and aren’t treated, it can lead to amputation or death.

The team is trying to figure out what factors can predict an increased risk of Vibrio infections. Changes to the water’s temperature and salt levels may increase the bacteria’s growth. Another possibility is toxic algae blooms. These release nutrients that help the bacteria thrive. Certain types of algae also release toxins that contaminate the water and the air. So, in general, it’s important to avoid areas with toxic algae and not eat the seafood found there.

Being aware of local water conditions before you go to the beach can help you stay safe. “If there are concerns with either the bacteria or other hazards, focus on other activities to do,” Porter advises.

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