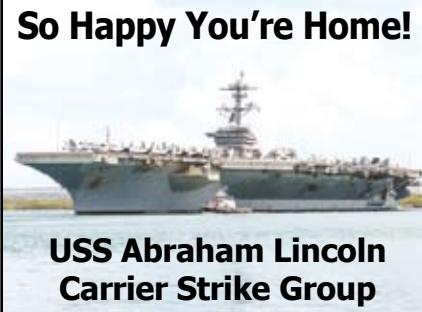


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SIXTY-SECOND YEAR NO. 17
THURSDAY, AUGUST 11, 2022

WELCOME HOME USS ABRAHAM LINCOLN CSG

USS Mobile Bay, USS Fitzgerald, USS Spruance, Carrier Air Wing 9

It was two days into 2022 when Sailors and Marines left home as part of the *Abraham Lincoln* Carrier Strike Group. After seven months deployed, the group - troops, surface support ships, and embarked aircraft squadrons - returned to homeport destinations and into the arms of loved ones and friends.

While underway for 220 days, the *Abraham Lincoln* Carrier Strike Group sailed over 65,000 nautical miles conducting deterrence and presence operations, as well as multinational exercises Noble Fusion in February and Jungle Warfare in March, both with the Japanese Self-Defense Force, and, most recently, the ABECG trained alongside 26 participating nations during Exercise Rim of the Pacific (RIMPAC) 2022 in July.

The ABECG is the first carrier strike group to deploy with a Marine Corps F-35C Lightning II squadron, Marine Fighter Attack Squadron (VMFA) 314, and the second to deploy with a Navy CMV-22 Osprey squadron, Fleet Logistics Multi-Mission Squadron (VRM) 30.

During the deployment, CVW-9, embarked aboard *Lincoln*, executed more than 21,307 fixed-wing and helicopter flight hours comprising of 10,250 sorties, 8,437 launches and 8,487 aircraft arrests.



USS Abraham Lincoln sails in formation with other vessels in the Pacific Ocean July 28 in support of Rim of the Pacific, the world's largest international maritime exercise. Photo by Canadian Armed Forces Cpl. Djalma Vuong-De Ramos

ron (DESRON) 21; cruiser USS *Mobile Bay* and destroyers USS *Fitzgerald*, USS *Gridley*, USS *Sampson* and USS *Spruance*.

On Tuesday, these squadrons flew home: VMFA-314 returned to MCAS Miramar; VFA-14,

VFA-41 and VFA-151, both to Naval Air Station Lemoore; VAQ-133, to NAS Whidbey Island, Wash.; VAW-117, to NAS Point Mugu; and VRM-30, to NAS North Island. HSC-14 and HSM-71, both returned to NAS North Island Wednesday.

Family members come to greet their Sailors assigned to Point Mugu-based Airborne Command and Control Squadron 117 "Wall-bangers", following a seven-month deployment to U.S. 3rd Fleet and 7th Fleet areas of operations with Carrier Air Wing 9, embarked aboard aircraft carrier *Abraham Lincoln*. US Navy photo by Ensign Drew Verbis



Novavax COVID-19 vaccine available to troops; no mRNA, no human fetal cells in development

The U.S. Department of Health and Human Services (HHS), in collaboration with the Department of Defense, has secured 3.2 million doses of Novavax's COVID-19 vaccine.

Novavax is the latest company to receive emergency use authorization from the FDA for its vaccine to prevent COVID-19 and is now an option for active duty troops who are not vaccinated.

The protein-based, adjuvanted vaccine will be made available for free to states, jurisdictions, federal pharmacy partners, and federally qualified health centers.

This vaccine is an option for those who objected to vaccines developed from fetal cell tissue. Novavax says that "no human fetal-derived cell lines or tissue" were used in the development, manufacture or production of its vaccine.

Unlike the vaccines produced by Pfizer or Moderna, which use mRNA, the Novavax shot uses a SARS-CoV-2 recombinant spike protein to produce an autoimmune reaction in order to protect against further infection. The Novavax shot is more traditional and similar to other vaccines against disease like tetanus or HPV.

An FDA summary found the Novavax vaccine had 90 percent efficacy in protecting people against mild, moderate and severe disease.

Navy recovers F/A-18E from Mediterranean Sea

NAPLES, Italy - On Aug. 3, the U.S. Navy successfully recovered the F/A-18E Super Hornet aircraft assigned to Carrier Air Wing 1, embarked aboard aircraft carrier USS *Harry S. Truman* that blew overboard due to unexpected heavy weather in the Mediterranean Sea July 8. The aircraft was recovered from a depth of approximately 9,500 feet by a team from Task Force 68, Naval Sea Systems Command's Supervisor of Salvage and Diving, *Harry S. Truman*, Naval Strike Fighter Wing Atlantic, and U.S. Sixth Fleet embarked on the multi-purpose construction vessel *Everest*. "Inherent to Task Force 68 is our ability to adapt to any mission set - we can rapidly mobilize and deploy scalable command, control, and communications, in order to seamlessly integrate and provide forward command and control when and where needed," said CTF 68 Commodore, Capt. Geoffrey Townsend. The aircraft was recovered using a CURV-21 remotely operated vehicle to attach specialized rigging and lift lines to the aircraft. A lifting hook was attached to the rigging to raise the aircraft to the surface and hoist it aboard *Everest*.

IMAGE OF ARMY FOOTBALL PLAYERS WINS GOLD IN WORLDWIDE SPORTS PHOTO CONTEST

by Phillip Walter Wellman
Stars and Stripes

An image of Army Black Knight football players ahead of a game against archrival Navy earned one of the top honors at this year's World Sports Photography Awards.

The black-and-white photo by Dustin Satloff placed first in the American football category of the competition, which received more than 7,000 submissions across two dozen categories, according to organizers.



This image by Dustin Satloff of Army football players earned one of the top honors at this year's World Sports Photography Awards. Photo by Dustin Satloff

Satloff's image shows three players from the Military Academy in the MetLife Stadium locker room with towels over their heads as they wait to take on the Midshipmen in last December.

One of the players is looking down at his smartphone, providing a distinctly 21st-century snapshot of the rivalry, which dates to 1890.

"Sports photography captures special moments and tells unique stories, but most of all it draws you in and reveals the unexpected,"

competition co-founder Simon Burton told BBC. "It forces you to look again and reconsider."

The New York-based Satloff said on Instagram he's "grateful to have been awarded Gold" for his image.

The overall winner of the competition, now in its third year, was David Gray's shot of Japanese tennis star Naomi Osaka with a butterfly on her hand during a match at the 2021 Australian Open. Burton called the image "breathtaking."

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Things to do around town
Surf contest, guided nature walk, Revolution, Dog Days of Summer, Cars & Coffee, Lemon Festival
See page 9

Local military news
Marine Corps Bridgeport training area to get upgraded dining facility, plus photo gallery
See pages 3-5

Senate confirms first black Marine for fourth star to lead U.S. Africa Command

Last week the Senate approved the promotion of Marine Corps Lt. Gen. Michael Langley to the rank of general, making him the first Black Marine to receive a fourth star. He formally received his star Aug. 6.

Langley will lead U.S. Africa Command, the Stuttgart, Germany-based combatant command. In his role leading AFRICOM, Langley will oversee operations in Somalia and support for West Africa forces countering piracy in the Gulf of Guinea.

Langley has been the commander, U.S.

Marine Corps Forces Command and Marine Corps Forces Northern Command, also serving as commanding general of Fleet Marine Force Atlantic, since November. He is a career artillery officer who commissioned into the Marine Corps in 1985.



RIMPAC concludes month of training

The world's largest international maritime exercise concluded Aug. 4 following more than a month of realistic, relevant combined operations training conducted in and around the Hawaiian Islands and Southern California.

Twenty-six nations, 38 surface ships, three submarines, nine national land forces, more than 30 unmanned systems, approximately 170 aircraft and over 25,000 personnel participated in the 28th edition of the biennial Rim of the Pacific (RIMPAC).

RIMPAC 2022 Combined Task Force Commander, Navy Vice Adm. Michael Boyle, said that returning to a full-scale exercise, with multiple exercise firsts, has been a success across all domains.

"By coming together as 'Capable, Adaptive Partners,' and in the scale that we are, we're making a statement about our commitment to work together, to foster and sustain those relationships that are critical to ensuring the safety of the sea lanes and the security of the world's interconnected oceans," said Boyle.

Japan Maritime Self-Defense Force Rear Admiral Toshiyuki Hirata filled the role of Vice Commander, and commanded the Humanitarian Assistance and Disaster Relief (HADR) portion of the exercise that operated with local hospital personnel. This year's RIMPAC included two Maritime Self-Defense Force escort ships and the Ground Self-Defense Force's Western Army. <https://www.navy.mil/>.



Renaming Army bases linked to Confederates could cost \$21 million, commission report estimates

by Caitlin Doornbos

Stars and Stripes

WASHINGTON - Renaming nine Army bases linked to the Confederacy could cost more than \$21 million, according to a report to Congress by a commission appointed to study the issue.

Congress mandated last year that an appointed Naming Commission come up with potential new names for the nine installations that now honor Confederate generals from the Civil War. The report, delivered to Congress on Monday, breaks down the costs and processes of selecting and implementing the name changes.

The commission in May released the new names for the bases, which are all in former Confederate states and were named during the 1910s and 1940s amid the South's Jim Crow era.

Costs are associated with "renaming or removing names, symbols, displays, monuments, or paraphernalia that commemorate the Confederate States of America or any person who served voluntarily with the Confederate States of America," according to the report.

These are the bases, their suggested new names and cost estimate to make the changes:

— Fort Bragg, N.C., to Fort Liberty — \$6,374,230
— Fort Polk, La., to Fort Johnson — \$1,390,240
— Fort Benning, Ga., to Fort

Moore — \$4,928,574

— Fort Gordon, Ga., to Fort Eisenhower — \$580,000
— Fort A.P. Hill, Va., to Fort Walker — \$1,982,227
— Fort Hood, Texas, to Fort Cavazos — \$1,539,885

— Fort Pickett, Va., to Fort Barfoot — \$322,900
— Fort Rucker, Ala., to Fort Novosel — \$1,526,645

— Fort Lee, Va., to Fort Gregg-Adams — \$2,396,600

Now that the report has been delivered to Congress, lawmakers will vote whether to approve the names, which will then go to Defense Secretary Lloyd Austin to carry out the renaming formally, according to the commission.

The commission also in its report said "hundreds" of other Defense Department assets "such as roads, buildings and paraphernalia" will need to be renamed. It suggested using some of the names not used from its list of 461 "worthy, high-caliber" candidates as options.

Some of those names include former Secretary of State and Army Gen. Colin Powell, Medal of Honor recipient Sgt. 1st Class Alwyn Cashe, former General of the Army Omar Bradley and the first Black female sergeant major in the Army, Command Sgt. Maj. Mildred Kelly.

<https://www.stripes.com/branches/army/2022-08-09/army-bases-confederate-generals-renaming-6930458.html>

Army

- 1,200 Fort Bragg Soldiers to be relocated from unlivable barracks
- Keeping manual dexterity in freezing temps | Future Soldier
- Army rescue unit saved several trapped hikers in four days

NEWS
headlines

Navy

- Destroyer *Bulkeley* departs Norfolk for new homeport in Rota, Spain
- Law firm urges Navy to relocate Hawaii families leery of fuel-tainted homes
- USS *Vella Gulf* becomes first of five Ticonderoga-class cruisers to decommission this year
- Navy wants to help pay off student debt to get new recruits
- Navy divers describe conditions within the contaminated Red Hill well and how the mission affected them

Marine Corps

- Body of missing swimmer washes up at North Carolina Marine base
- Prosecution rests in deadly Jarheads Motorcycle Club crash trial
- Marine who rioted in the Capitol on Jan. 6 gets probation

Air Force

- Georgia residents say Air Force flyover damaged their homes
- PACAF ponders inter-Pacific academy for NCOs as partner recruitment lags
- Did an airman offer a bribe to pass fitness test?
- Ramstein officials investigating
- Mildenhall KC-135 crews' unique rapport: 'I don't know that I could choose another airplane'

National Guard

- Military faces National Guard refusals and legal blockade over disobeying COVID-19 vaccine order
- Montana Army National Guard change of command ceremony held at Fort Harrison

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VIEWS FROM DEPLOYMENT



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CLOCKWISE, FROM TOP LEFT - (1) USS SPRUANCE - Petty Officer Buddy Glenn receives his PO3 collar device. US Navy photo by MC3 Taylor Crenshaw; (2) USS MOBILE BAY - Lt. j.g. Lauren Vernazza signals to her significant other during Valiant Shield. US Marine Corps photo by Sgt. Jackson Ricker; (3) USS SAMPSON - Petty Officer Cameron Pruitt stands watch in the combat information center. US Navy photo by MC3 Tristan Cookson; (4) USS GRIDLEY - Petty Officer William Shukait removes air flask from a Surface Vessel Torpedo Tube (SVTT) during an ordnance handling window. US Navy photo by MC2 Colby A. Mothershead; (5) USS FITZGERALD - U.S. Sailors compete with Sailors from the Indian Navy. US Navy photo by MCSN Leon Vonguyen; (6) VFA-14 - Sailors direct the launch of Super Hornet aboard aircraft carrier Abraham Lincoln. US Navy photo by MC3 Michael Singley

Home from deployment? 9 tips for service members

militaryonesource.mil

Deployment is over and you're returning home. Time to reconnect with family and friends, and return to your "normal" life. Knowing what to expect can help you be prepared.

Tips for smoother transitioning after deployment

1) Tell your friends and relatives how you'd like to celebrate. Chances are, they'll be excited to see you, but how you want to celebrate your return is up to you. Don't be afraid to gently tell them if you prefer a smaller gathering to a large party. Keep them informed of your travel arrangements in case you arrive sooner or later than expected.

2) Take care of yourself. You may have lots of people to see and places to go, give yourself time to relax and readjust. Ease back into routines and try to be patient if things don't feel comfortable right away. Sometimes it can take weeks or months before you feel settled.

3) Allow yourself to feel all kinds of emotions. Give yourself permission to feel the way you feel, even if it's uncomfortable. You may need some time to settle into your life and sort out emotions. Go easy on yourself, give things time, reach out for support if you need it.

4) Talk about how you're feeling and encourage friends and family to do the same. Your loved ones may not know how to ask about your experience, but talking about your feelings can be an important part of the readjustment process. Take the initiative to show them it's OK to discuss it. If you could use some extra guidance, Military OneSource offers a free, confidential Building Healthy Relationships specialty consultation designed to help returning service members reconnect.

5) Be patient. You may feel out of sync with your loved ones or friends. Coming home isn't just an adjustment for you — it's an adjustment for everyone around you. If you have children, be prepared for them to have outbursts of emotion or give you attitude. Keep lines of communication open and be patient with yourself and with loved ones. Try to have one-on-one time with your partner and each of your children.

6) Focus on the positive. Expecting everything to fall into place immediately is probably unrealistic. Instead of dwelling on things that may be wrong, try to focus on what's going right. Notice things your partner, family or friends are doing well and express your appreciation. Gratitude can be a powerful way to reduce stress and build connection. Make sure to extend the same appreciation to yourself as well. Take time to notice what's going right and give yourself credit.

7) Limit your use of alcohol. Drinking too much can confuse your thinking, cloud your judgment and suppress feelings.

8) Watch your spending. You may find it tempting to celebrate your return with a shopping spree, but it's important to stay within your means. Learn more about resources for staying financially fit.

9) Know when to seek help. If you're feeling signs of stress — either physical or emotional — seek expert help as soon as possible. Free, confidential non-medical counseling support is available through Military OneSource or your installation Military and Family Support Center.

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Pacific Partnership 2022 kicks off in the Philippines



CAMP PENDLETON
Aug. 5, 2022

Col. Daniel M. Whitley, right, the outgoing commanding officer for Headquarters and Support Battalion (H&S Bn.), Camp Pendleton, and Col. Tracy Perry, the incoming commanding officer for H&S Bn., stand at attention during a change of command ceremony at Paige Field House. The Marines of H&S Bn. provide administrative and training support for personnel assigned to Camp Pendleton. US Marine Corps photo by Cpl. Shaina Jupiter

by Lt.j.g. Molly Sanders
PUERTO PRINCESA, Philippines - Pacific Partnership 2022 kicked off in Puerto Princesa, Philippines, July 27.

Now in its 17th year, Pacific Partnership is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific.

In the Philippines, the Pacific Partnership 2022 (PP22) team, comprised of representatives from Australia, the Republic of Korea, the United Kingdom and the United States, will work together with host and partner nations on a range of activities and projects, specifically related to humanitarian assistance,

disaster relief, and medical exchanges.

"[Pacific Partnership is] an amazing program that not only brings assistance and services, but more importantly, strengthens the bond between partner nations," said Puerto Princesa Vice Mayor Nancy Socrates.

PP22 activities are coordinated with the host

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Civilians: Civilians can report suspicious activity to the FBI on their tips page: <https://tips.fbi.gov/>. If someone is in imminent danger, the FBI recommends that you call 9-1-1 or your local police immediately. A guide on when to contact the FBI is available through their website as well.



Leaders from Pacific Partnership 2022 are welcomed to Puerto Princesa, Philippines, by Philippin officials upon arrival of hospital ship USNS Mercy. US Navy photo by MC1 Shamira Purifoy

nation and are conducted based on the Philippines' requirements and requests. Engagements in Puerto Princesa are scheduled to include seven major health fairs, two barangay city hall renovation efforts, various band concerts, humanitarian assistance and disaster relief exercises and presentations, and other medical efforts including over 200 surgeries planned.

"The impact of disaster emergencies transcends borders and requires comprehensive coordination among nations for an effective response," said Capt. Hank Kim, mission commander

for Pacific Partnership 2022. "I am confident that the planning and hard work we've invested thus far with our partners will show in a long-lasting impact here in the Philippines."

As part of PP22, the mission team will conduct missions throughout Oceania and the Western Pacific.

For more information about Pacific Partnership and USNS Mercy, visit www.facebook.com/USNSMERCY, www.facebook.com/pacificpartnership, or <https://www.msc.usff.navy.mil/ships/mercy/>.

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Marine Corps Bridgeport training area to get upgraded dining facility

by Mario Icari
NAVFAC Southwest

SAN DIEGO – Naval Facilities Engineering Systems Command (NAVFAC) Southwest awarded Able Heating & Air Conditioning Inc. an \$11 million task order, Aug. 4 in San Diego, to replace the Heating Ventilation and Air Conditioning (HVAC) system with a new hydronic system in a 22,520 square-foot Mess Hall for personnel living and training at Marine Corps Mountain Warfare Training Center (MCMWTC).

Able Heating & Air Conditioning Inc. is scheduled to replace the HVAC and plumbing systems which will include replacement of the steam boilers and accessories, heating hot water heat exchangers, pumps and accessories, water heaters, piping, heat vent units, make-up air units, exhaust fans and air distribution as required, and replacement of HVAC controls. The project will replace the ductwork system serving the dining area, kitchen and scullery. The project will also include electrical repairs and modernization of the fire protection system.

The project restores the full capabilities of

the dining facility by replacing and upgrading the outdated mechanical components. The dining hall at Bridgeport Marine Corps Mountain Warfare Training Center provides meals to permanent base personnel, formal school students, and personnel supporting the large training exercises. Bridgeport MCMWTC hosts large training exercises that bring up to 3,000 personnel at least four times a year.

The peak number of personnel serviced is 400 per meal or 1,050 meals per day. The dining facility also provides emergency service when personnel are forced to shelter in place during severe winter storms in the Sierra Nevada Mountains.

A temporary kitchen will provide food storage, preparation, and dining facility suitable for the extreme weather conditions in the Bridgeport MCMWTC during construction. The task order is part of a small business specialty trade multiple award construction contract focused on Plumbing, Heating, and Air-Conditioning Contractors. Able Heating & Air Conditioning Inc. was one of multiple companies to submit proposals for the task order.

AROUND SAN DIEGO



MCRD, SAN DIEGO (Aug. 8, 2022) - Marine Corps Recruit Kaleb J. Wilson with Fox Company, 2nd Recruit Training Battalion, executes squats during log drills here. Recruits carried a 250-pound log, executing various exercises to strengthen their bodies, minds, and teamwork. US Marine Corps photo by Cpl. Julian Elliott-Drouin



NAS NORTH ISLAND (Aug. 5, 2021) - Cmdr. Loren Jacobi renders a salute to side boys after being relieved as the commanding officer of Helicopter Sea Combat Squadron (HSC) 3. Jacobi was relieved by Capt. David Ayotte, who became the 46th commanding officer to lead the "Merlins" of HSC-3. US Navy photo by MC1 Sara Eshleman

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SUZUKI

Interpersonal Edge: Solving the mystery of salary ranges

by Dr. Daneen Skube,

Q: I'm applying for new jobs. Many employers refuse to provide a salary range until I'm into the interview process. Once I'm excited

about the job, I discover the job pays less than I make now. How can I get a potential employer to admit the salary range?

A: You can get a potential em-

ployer to tell you the salary range, if you make it in their best interests to do so. Saying something like, "I don't want to waste your time because it turns out the industry standard for my job is more than your company can afford. I want to know before we start that your budget is in line with other jobs I'm considering."

If the potential employer still hems and haws, you learned the job cannot pay you the industry standard. Think of yourself as a product for sale in the job market. Most consumers (think the company) have an idea about what they'll spend for a product. The idea your potential employer is both serious about hiring you and has no idea what they'll spend is unlikely.

As a product in a market there's a value assigned to your education, experience, and accomplishments. When you interview for new jobs you'll quickly get an idea of what different employers are willing to pay.

A standard practice with most employers and recruiters is to ask you about your current salary. You would be unwise to share this information. Whatever salary you tell a new employer means your negotiation will

only come in only slightly higher than your current income.

Instead it's effective to combine all your benefits, perks, and future benefits, and provide a current salary that's what you want. Be aware the greatest increase in income you'll gain will be when you leave one company, and move to another. Most employers provide very little data to a new employer so it is unlikely any potential employer would have access to your current salary.

If you provide a range that's what you want but not what you currently make, you'll learn if a new employer is serious. If the recruiter or employer gasps and tells you that your salary range is out of their budget, congratulations, you saved time.

An employer that can afford the product you are will let you know your salary preference and their range match. You'll go into the interview free to get excited and sell yourself to a potential employer because you know they can afford you.

If in doubt, state a higher range than you expect will work. Most employers will be surprised and spit out the top of their range. You, now,

have the reality of what they can actually afford.

If you consistently hear that your salary preferences are not in line with the employer's range, do more research on your market value. There may be education, certificates, or experiences that will make your value higher.

If you cannot immediately make what you would like, don't get discouraged. Any job we take and

excel within gives us experiences and opportunities to solve problems. The better you get at problem solving in your industry, the more employers will fight for your attention.

Don't make the mistake of focusing only on the number on your current paycheck. A willingness to negotiate for the best salary you can command is a start. The long game is to make yourself so useful and valuable to employers you have multiple competing offers.

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How to Apply

Applications and additional information may be obtained from: <https://www.mastergardenersd.org/2023class>. Applications must be postmarked no later than September 30, 2022. The number of people wishing to join the Master Gardeners typically exceeds class capacity. It is important that you make a thoughtful and complete application that fully represents you. Don't be afraid to share your strengths!

Learn More

If you believe you are a qualified applicant, we strongly encourage you to attend the Information Orientation on Wed., Sept. 7 at 10am in Balboa Park's War Memorial Building (3325 Zoo Dr., San Diego, CA. 92101-1645). To learn more about the training and volunteer activities of the Master Gardener Association.

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11:00 - 12:45 pm Putting Contest, Lunch

1:00 pm Shotgun Start

5:30 pm Dinner, Awards & Prizes



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



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

Thursday, August 11

6pm Thor: Love & Thunder pg13

Friday, August 12

6pm Thor: Love & Thunder pg13

Saturday, August 13

3:30pm Paws of Fury: Legend of Hank pg

5:50pm Bullet Train r 126 min

Sunday, August 14

11:50am Mrs Harris Goes to Paris pg

1:50pm Minions: Rise of Gru pg

Thursday, August 18

6pm Bullet Train r

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Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

Thursday, August 11

11am Encanto pg

5pm King Richard pg13

Friday, August 12

5pm Redeeming Love pg13

Saturday, August 13

11am Clifford the Big Red Dog pg

Monday, August 15

5pm Ambulance r

Tuesday, August 16

11:10am The Bad Guys pg

5:pm 9 to 5 pg

Wednesday, August 17

5pm Downton Abbey: A New Era pg

Thursday, August 18

11am The Nut Job pg

5pm Mad Max: Fury Road r

Friday, August 19

5pm Top Gun: Maverick pg13



Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, Aug 13

1:30pm Minions: Rise of Gru (PG)

Saturday, Aug 20

1:30pm Thor: Love & Thunder (PG13)

Saturday, Aug 27

1:30pm Bullet Train (R)

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, Aug 12

6pm Mrs. Harris Goes to Paris (PG)

9:00 PM – No Movie –

Saturday, Aug 13

1pm Paws of Fury: Legend of Hank (PG)

4pm THOR: Love & Thunder (PG-13)

7pm Bullet Train (R)

Sunday, Aug 14

Noon Minions: Rise of Gru (PG)

3pm Paws of Fury: Legend of Hank (PG)

THINGS TO DO AROUND TOWN

Oceanside Longboard Surfing Club Surf Contest and Beach Festival at Oceanside Pier. Aug 12-14. www.oceansidelongboardsurfingclub.org

Oceanside Historical Society Downtown History Walk beginning at Oceanside Public Library, Sat, Aug 13, 9am. www.oceansidehistoricalsociety.org

Junior Ranger Day at Jack's Pond Park, Sat, Aug 13, 9:30am-1:30pm. www.san-marcos.net

Guided Nature Walk, Saturdays thru August, 9:30-11am. Free. Learn about plants, animals, geology, history of the park. Meet visitors center, One Father Junípero Serra Trail, San Carlos. mtrp.org

Uncorked Wine Festival at Del Mar Racetrack, Sat, Aug 13. dmtc.com

Chula Vista Lemon Festival in Third Avenue Village, Sat, Aug 13, 10am-6pm. thirdavenuevillage.com

Summer Movies in the Park Series: The Sandlot at Poway Community Park, Sat, Aug 13, 6:30-10pm. www.poway.org

Rebelution at North Island Credit Union Amphitheatre, Sat, Aug 13, 7pm. www.ticketmaster.com

San Diego Int'l Children's Film Festival, Sat, Aug 13, 10-5. Free. Central Library, 330 Park Blvd, San Diego. Dozens of short films from around the world.

Cardiff Dog Days of Summer at Encinitas Community Park, Sun, Aug 14, 10am-5pm. cardiff101.com

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

35th Philippine Cultural Arts Festival, Sun, Aug 14, 10-7. Free. Balboa Park Activity Center, 2145 Park Blvd. Traditional & contemporary performing arts performances.

Mondays thru Sept 5 San Diego International Organ Festival at Spreckels Organ Pavilion in Balboa Park, 7:30pm. www.spreckelsorgan.org

Encinitas Cruise Night on South Coast Highway 101 from D to K St, Thurs, Aug 18, 5:30-7:30pm. encinitas101.com

SD Padres vs. Washington Nationals at Petco Park. Thur-Sun, Aug 18-21. mlb.com/padres

Movies in the Park: Guardians of the Galaxy at Hollandia Park, Fri, Aug 19, 6:30pm. www.san-marcos.net

Summergrass San Diego Bluegrass Festival at Antique Gas and Steam Engine Museum. Fri-Sun, Aug 19-21. agsm.com

Gaslamp Quarter Live Thursdays. Neighborhood-wide Gaslamp music series—live music in the heart of SD Thursday June-August, 5-8pm. Info: www.Gaslamp.org

Thru Aug 25 Concerts at the Cove at Fletcher Cove Park, 6-7:45pm. <a href="http

Women's health care in DOD unchanged by Supreme Court decision

by C. Todd Lopez

While last month's Supreme Court opinion in Dobbs v. Jackson Women's Health Organization means each state now makes its own laws regarding abortion services, the health care that the Defense Department provides to service members has not changed, the undersecretary of defense for personnel and readiness said.

"Service members can receive the same reproductive health care after Dobbs as they did before the ruling," Gil Cisneros testified today before the House Armed Services Committee. "Consistent with long-existing federal law, 'covered abortions'—those cases that involve rape, incest or where the life of the mother would be endangered—will continue to be authorized to use federal funds and

facilities. There is no interruption to this care."

Travel policies related to health care also remain, Cisneros said. If a service member must travel to obtain a covered abortion, she may do so on official status and will not be charged leave.

While the department will continue to be able to provide to service members the same level of health care it has always provided, Cisneros said the department is aware that the Dobbs decision will change available options for some service members when it comes to abortions that are not covered under department policy. Based on laws that may be in effect in the state where a service member is stationed, abortion services may not be available.

"Service members are now

having to navigate additional challenges to access essential women's health care services," he said. "Service members and their families, who were previously able to make very personal decisions about when to have a family, may now face greater burdens depending on where they're stationed."

Cisneros told lawmakers that the DOD continues to review its personnel and medical policies as a result of the Dobbs decision.

"We understand the very personal nature of how the court decision impacts families," he said. "We are being very deliberate in analyzing Dobbs with both focus and compassion. We want to make sure we get this right because it impacts access to essential women's health care and reproductive care."

Another aspect of reproductive health care that lawmakers were interested in concerned the availability of contraception within the military health care system. Seileen Mullen, the acting secretary of defense for health affairs, testified that until recently DOD had contraceptive clinics set up at 18 military treatment facilities across the department. Now, she said, the plan is to have those clinics at all military treatment facilities across the department.

"We have expanded where we have military treatment contraceptive clinics — walk-in clinics," she said. "A woman or man could come up, get counseling, and decide what contraceptives they need that day."

Cisneros said the department is changing policy on one form of

contraception in particular — the intrauterine device, or IUD — to make it available to more service members.

"We are currently updating our policies so that service members and their families will be able to receive those IUDs through the TRICARE health care system without having to pay a copay, which is currently the thing right now," he said. "We're changing our policy, updating it, so that the copay will be eliminated with that."

Mullen also told lawmakers that the department will soon release results of a survey on women's reproductive health conducted by the RAND Corporation, which reveals a lack of knowledge among service members regarding contraceptive options.

"It's the first time that has been done in 30 years," Mullen said. "It's given us quite a bit of information ... includ[ing] that there's a

lack of education about women's options around contraceptives, which are free in our MTFs. All active-duty service members get free contraceptives within the MTFs and in our retail pharmacies."

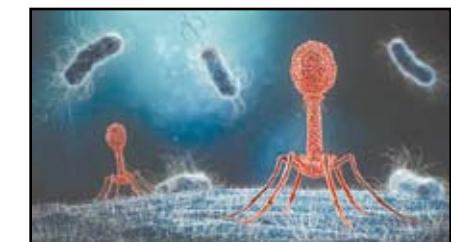
Right now, Mullen said, there is a small copay for active-duty service members to get contraceptives, but congressional legislation might change that — making contraception totally free to service members and their families.

"We also ... have an app called 'Decide and Be Ready' that men and women can use to go through their contraceptive options to decide what's best for them," she said. "We also have those walk-in clinics that are ... being expanded this year, as well. But ... it's sort of astonishing how our young men and women really don't fully know of what their reproductive rights and health care consists of, and we need to do a better job."

Monkeypox vaccine: Who is eligible & where they can get vaccinated

The global monkeypox outbreak is occurring primarily in the gay, bisexual and other men who have sex with men. For the general public, the current risk of contracting monkeypox remains very low.

This week 1,550 vaccine doses were allocated to the San Diego region and have been sent to designated healthcare systems, federally qualified health centers and clinics in the region. For those eligible and who also have a referral from a healthcare provider, vaccines are available by appointment only. Visit the San Diego County website <https://www.countynewscenter.com/monkeypox-vaccine-who-is-eligible-where-they-can-get-vaccinated/>



Health capsule: Fighting resistant bacteria with viruses

Bacteria that can't be killed with antibiotics are a growing problem around the world. These cause serious infections in hospitals and other health care settings.

Scientists have been looking for new ways to kill drug-resistant bacteria. One idea has been to use bacteriophages, also called phages. Phages are viruses that infect bacteria but are harmless to people.

In a new study, researchers treated a man with a life-threatening lung infection with phages. The

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