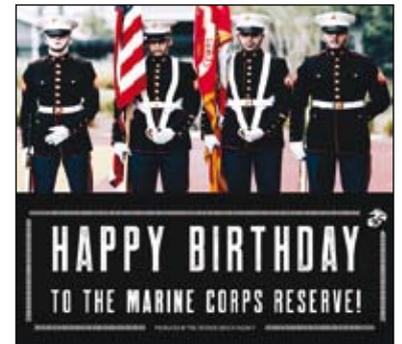


ARMED FORCES DISPATCH



AUGUST 29

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SIXTY-SECOND YEAR NO. 19
 THURSDAY, AUGUST 25, 2022

Your FREE weekly paper Take one!

Things to do around town
 The Lion King, Fun Friday Nights, Summer Movies in The Parks, concerts.
See page 11

Local

 Davids moves into the top leadership spot at Naval Special Warfare Command.
See page 6

AutoMatters & More
 Sand-filled, crash-guard barrels save lives on the racetrack & on the street.
See page 9

SUMMER VOLUNTEEN PROGRAM INAUGURATED AT NAVAL MEDICAL CENTER SAN DIEGO

A group of high school students are inaugurating Naval Medical Center San Diego's first Summer VolunTEEN program.

During the six week program, teens are providing traditional volunteer support to the hospital and attending demonstrations and presentations at NMCS D and its surrounding clinics.

The chance to volunteer at a medical treatment facility was the perfect opportunity for Gi-anna Bove, who heard of the program from her mother and was instantly attracted to the prospect of spending time with medical health care professionals.

"I want to go into the medical field and this opportunity is going to allow me to gain wisdom from professionals in the Navy who can give advice regarding what I should do with my future and how I should move forward in my education going into the medical field," said Bove.

However, before any interaction with patients or staff, the teens have to go through an orientation and training sessions.

"In preparation for their time in the program, teens were provided training and presentations from multiple program experts from NMCS D, including Patient Relations, Infection Control, Patient Safety, Occupational Safety, HIPAA/Privacy and others, and were introduced to program and team leaders," said Mr. Jeff Apana, NMCS D chief experience officer and VolunTEEN program lead coordinator.

NMCS D's commitment to introducing a diverse group of teenage students to careers in



(top) Naval Medical Center San Diego's inaugural VolunTEEN program concluded with a graduation ceremony Aug. 17 with much praise from parents and VolunTEENs alike. NMCS D photo by Marcelo Calero

(right) VolunTEEN Kaite Bailey (center) and fellow VolunTEENs observe a medical demonstration during NMCS D's inaugural VolunTEEN program. NMCS D photo by Marcelo Calero



STEM fields (Science, Technology, Engineering, and Math), including professions in health-care, is the main driving force for having implemented the Summer VolunTEEN program.

Throughout the COVID-19 pandemic, what many hospitals discovered is that the contribu-

tions of teens went a long way to alleviate some of the burden on an already taxed medical staff. For these medical facilities, every little support made a disproportionate difference for their staff.

Throughout their stay, the teens will also benefit from

meeting other teens with similar interests and form new friendships, helping them broaden their life experiences to enable them grow personally and educationally.

"This is a great opportunity for teens and staff, and we look forward to providing a meaningful and educational experience for our teens this summer," said Apana.

NMCS D's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMCS D employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere.

Coast Guard rescues 19 migrants from disabled vessel

SAN PEDRO, Calif. - The Coast Guard rescued 19 migrants from a disabled panga-style vessel off the coast of Redondo Beach Saturday.

Watchstanders at Coast Guard Sector Los Angeles-Long Beach received a call at 9:10 a.m. from a good Samaritan reporting a disabled vessel in distress off the coast of Redondo Beach.

Sector Los Angeles-Long Beach watchstanders coordinated the launch of a small boat rescue crew from Coast Guard Station Los Angeles-Long Beach, helicopter rescue crews from Air Station San Francisco's Forward Operating Base Point Mugu and Air Station San Diego, and diverted the Coast Guard Cutter *Blackfin* to assist in the search. Los Angeles County Baywatch Marina Del Rey and Baywatch Redondo also launched two rescue boats to assist.

The helicopter rescue crew from Air Station San Diego located the disabled vessel 18 miles west of Redondo Beach with 19 people aboard.

With the help of Baywatch Redondo, the rescue boat from Coast Guard Station Los Angeles safely transferred 19 people from the disabled vessel to safety, and Coast Guard Cutter *Blackfin* towed the disabled vessel to Coast Guard Base Los Angeles-Long Beach, where Customs and Border Protection Office of Field Operations agents will process the people on board, and Air and Marine Operations will seize the vessel.

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Veterans news

Scammer headed to different kind of big house for bilking US veterans, retirees out of \$310M

by Kyle Alvarez
Stars and Stripes

A California man who orchestrated a nationwide Ponzi scheme that targeted military veterans and other retirees was sentenced by a federal judge in South Carolina to 10 years in prison.

Scott Kohn, 68, of Newport, ran a company called Future Income Payments and a predecessor known as Pensions, Annuities and Settlements. The scheme lasted from 2011 to 2018, according to federal court documents.

In addition to the prison term, U.S. District Judge Bruce Hendricks ordered Kohn to forfeit \$297 million during the sentencing hearing Aug. 18.

Kohn and his associates solicited retirees who were struggling financially, according to a Justice Department statement Thursday. They offered clients lump-sum payments in exchange for an assignment of the rights to their monthly pensions and disability payments.

The company offered these transactions as sales, but they were in fact loans with annual

interest rates as high as 240 percent, according to court documents.

The scheme resulted in more than \$310 million in losses among 2,500 retirees, and also saddled 13,000 veterans with



exploitative loans, the Justice Department statement said.

Through advertisements, websites, cold-calling and email campaigns, the company lured consumers in need of cash, claiming that its product would be useful in “paying off high-interest credit cards and debts,” according to court documents.

“Kohn and his co-conspirators reached across the country to steal from veterans and seniors who desperately needed their money,” Adair Boroughs, U.S. attorney for the District of South Carolina, said in the Justice Department statement.

“These hundreds of millions of losses will reverberate through the victims’ lives long after the defendants serve well-deserved federal prison sentences.”

While the case was adjudicated in South Carolina, a search through a federal court database showed Kohn as the subject of dozens of lawsuits across the country in recent years.

Some consumers were required to take out life insurance policies that named Kohn’s company as the beneficiary as a condition of doing business, according to a 2018 complaint filed in California by the Consumer Financial Protection Bureau.

Kohn’s co-conspirators also faced conspiracy charges for their roles in the scheme. Craig Aiken, 53, of Rancho Santa Margarita, Calif., pleaded guilty in 2019. David Kenneally, 59, of Greenville, S.C., and Melanie Jo Schulz-Miller, 40, of Peoria, Ariz., pleaded guilty in 2020. And Joseph Hipp, 52, of St. Louis, pleaded guilty in 2021.

Sentencing hearings have not yet been set for any of Kohn’s co-conspirators.



Commander, Submarine Squadron 11 welcomes Peruvian Sailors aboard submarine BAP Pisagua (SS 33) to Naval Base Point Loma on Aug. 19 in support of the Diesel-Electric Submarine Initiative program. US Navy photo by Electronics Technician 3rd Class Bruce Morgan

Submarine squadron welcomes Peruvian submarine to Point Loma

“ANYTIME YOU ARE AFFORDED THE OPPORTUNITY TO SHARPEN YOUR WARFIGHTING SKILLS WITH A CLOSE ALLY, YOU CAN’T HELP BUT BE EXCITED,” SAID LT. CECILIA CAJANDIG, THE CSS-11 LIAISON OFFICER FOR PERUVIAN SUBMARINE PISAGUA.



US Sailors on the pier to greet Pisagua Peruvian submarine. US Navy photo by Electronics Technician 3rd Class Bruce Morgan

by MC1 Thomas Gooley
NAVAL BASE POINT LOMA - Commander, Submarine Squadron 11 (CSS-11) and Peruvian Submarine BAP Pisagua (SS-33), a German-built Type 209 submarine, partnered up to enhance and conduct training here as part of the Diesel-Electric Submarine Initiative (DESI) program, on Aug. 19, coinciding with their submarine force’s 111th birthday.

The staff of CSS-11 welcomed their South American partners on the pier followed by lunch, kicking off what both expect to be the beginning of a successful partnership.

“Each year, Submarine Squadron 11 looks forward to DESI and we are excited this year to be working with our Peruvian counterparts,” said Capt. Ken Douglas, commodore, CSS-11. “The United States’ alliances and partnerships are an enduring strength, and training with high-end diesel submarines, like Pisagua, gives us the opportunity to maintain our competitive edge necessary in the undersea domain. These engagements help strengthen the bonds between our nations.”

DESI, established in 2001 by U.S. Fleet Forces Command, is an international program led by Commander, Submarine Force Atlantic, which works to enhance the Navy’s capability to operate with diesel-electric submarines by collaborating with South American navies.

“Anytime you are afforded the opportunity to sharpen your warfighting skills with a close ally, you can’t help but be excited,” said Lt. Cecilia Cajandig, the CSS-11 liaison officer for Pisagua. “Our hope is that they learn as much from us, as we will learn from them.”

During the two-month bilateral training, Pisagua will participate in a multitude of different exercises, to include surface, air, and sub-surface anti-submarine warfare (ASW) exercises, a carrier strike group composite unit training exercise and a maritime patrol reconnaissance aircraft exercise.

Sailors aboard Pisagua will also engage in training ashore at Naval Base Point Loma. The Submarine Training Facility San Diego will host the Peruvian Sailors for classroom and practical training. This includes fighting simulated fires at the firefighting trainer and learning skills to combat flooding in the damage control team trainer.

“We are very confident that we will leave this exercise better equipped to accomplish our mission, because of the skills and tools we will have acquired from the experience,” said Cajandig. “I believe we both share the common goal of wanting to be the best, and to be the best, you have to train like you fight.”

Peru continues to provide invaluable support to this premier foreign submarine exercise program. During the past 19 years, Peruvian submarines have participated in a number of fleet exercises and tactical development events with the U.S. Atlantic and Pacific Fleets. The Peruvian Navy operates a total fleet of six SSKs. Notably, Peru is the largest submarine force in South America and is the second oldest in the Western Hemisphere.

CSS-11 is based at NB Point Loma and consists of four fast-attack submarines, floating dry dock ARCO (ARDM 5) and Undersea Rescue Command (URC).

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Air Force experiments to expedite kill chain, improve battle management

KIRTLAND AIR FORCE BASE, N.M. - The 705th Combat Training Squadron recently hosted the second virtual Tactical Operations Center-Light experiment iteration in their Distributed Mission Operations Center here.

"Twenty-first century large-scale warfare requires our forces to adapt quickly on the move," said Col. Frank Klimas, 505th Command and Control Wing, Detachment 1 commander, Fort Leavenworth, Kansas.

The TOC-L event was designed to continue Air Force development of future battle management concepts intended to expedite kill chains and improve distributed control.

Air battle managers and tactical air control party Airmen traveled to Kirtland AFB from across Air Combat Command, Pacific Air Forces, and U.S. Air Forces in Europe to participate in the experiment.

A TOC-L is purposed lightweight, scalable battle management system that enables tactical C2 elements to relocate quickly, establish advanced datalinks, connect to a variety of sensors via a resilient communication structure, and successfully operate in a denied, degraded, or contested operational environment.

"TOC-L aims to adapt our current systems to new tactics needed for the high-end fight, and the DMOC provides a great environment to test those out," Klimas said.

The event was the second experiment executed at the DMOC and focused on building and capturing tactics, techniques, and procedures, or TTPs, of the USAFE inspired Agile Control

Integration Team while concentrating on integrating additional TOC-L mission sets.

"As the Air Force continues to evolve the TOC-L concept, it's important to have a venue like the DMOC to bring different career fields together and stress test our ideas for different variations of a TOC-L crew," said Maj. Carl Plonk, 605th Test and Evaluation Squadron, TOC-L experiment director, Hurlburt Field, Fla. "We've made a lot of progress in the first two iterations, and we're looking forward to integrating into Virtual Flag: Battle Management where we can apply added levels of complexity to see how our techniques hold up."

Plonk continued, "It's eye-opening to see how these two career fields innovate to overcome mission challenges with limited traditional resources. We've asked the team to think creatively with this experiment because quite frankly, this experiment and others like it are changing the way we will conduct battle management in the future."

The event expanded TACP capabilities based C2 element



Airmen participate in the 705th Combat Training Squadron's virtual Tactical Operations Center-Light experiment at Kirtland Air Force Base, N.M. May 2-5. US Air Force photo by Deb Henley

integration, which included distributed partnering with Air Support Operations Squadrons across the country. Additionally, the experiment saw joint partner involvement with U.S. Marine Corps air controllers from the 3rd Marine Aircraft Wing, providing operational assessment support to bolster concept development.

"Joint inclusion in this experiment further cements the Air Force's desire to be dialed into theater integration needs from the start," said Col. Adam Shelton, 505th Test and Training Group commander, Hurlburt Field. "Efforts like the Advanced Battle Management System are challenging our service paradigms on battle management to decouple personnel from sensors and our Marine Corps teammates with their approach to combined

arms warfare are the best suited to inform these efforts."

The team soon plans to integrate the concepts and lessons learned from recent experiments into Virtual Flag: Battle Management.

"Integrating Airmen from across these two command and control career fields to further develop these concepts is both exciting and necessary," said Maj. Dustin Nedolast, 505th Command and Control Wing, Detachment 1, TOC-L experiment director, Fort Leavenworth, Kansas. "Collaborative experimentation is key to continually building on the lessons learned throughout these iterations while staying focused on expediting a functional system for the joint force in the future."

Army

- Army sergeant's rented car fell into Lithuanian river at drawbridge
- Army is giving ineligible recruits a second chance

Navy

- Battle lines drawn for Bonhomme Richard arson trial
- Navy isn't doing enough to share the Veterans Crisis Line online, audit finds
- Reagan Carrier Strike Group wraps spring patrol following Chinese military drills near Taiwan

Marine Corps

- Gold Star family receives son's medal at Disneyland
- Marine accused of killing wife on freeway pleads not guilty, held in jail on \$1 million bond
- From Super Hornet to space: How a Marine became an astronaut
- A Pendleton Marine, an Afghan interpreter, and the meaning of 'always faithful'
- Marine Corps to gain three more CH-53K helicopter flight simulators

Air Force

- Air Force targeted in 'propaganda attack' in Kuwait
- 644th Combat Comms Squadron takes on an F-35 ACE challenge
- Former Air Force NCO sentenced to four years in prison for child pornography
- Delta, the NFL, and the US Air Force are turning to this app to prepare for extreme weather

Space Force

- Space Force hopes for wear testing of uniforms in spring 2023
- Space Force Houston: Military branch's chief of operations Gen. John Raymond speaks on city's role in space defense

National Guard

- Alaska National Guard says it can't help with Anchorage's school bus driver shortage



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Military needs to clarify tattoo waiver process, watchdog says

by Svetlana Shkolnikova
Stars and Stripes

WASHINGTON — Tattoo policies in the military need to be updated to provide better guidance on how recruits and service members can request waivers for unauthorized body ink, according to a new government watchdog report.

All six service branches have policies dictating the content, size and location of allowable tattoos, but information on whether exceptions are available for certain tattoos can be difficult to find, the Government Accountability Office wrote in a report published Wednesday.

“Each armed force, except for the Navy, allows waivers for certain tattoo restrictions for service members, but their respective policies generally do not document this possibility clearly,” the report stated. “Clear guidance on waivers for unauthorized tattoos would provide consistent information about requirements for waiver requests and conditions for approval.”

Congress commissioned the report last year to explore



Machinery Repairman 1st Class Brandon Smith of Fort Scott, Kan., poses in 2016 for a photo aboard Ronald Reagan aircraft carrier. Tattoo policies in the military need to be updated to provide better guidance on how recruits and service members can request waivers for unauthorized body ink, according to a GAO report published Aug. 17. US Navy photo by Ryan McFarlane

whether tattoo policies in the military had a direct effect on recruitment and retention. The watchdog wrote it was unable to make that determination because the armed forces did not have tattoo-specific data.

Recruitment problems have plagued each of the service branches and became particularly pronounced this year when the Army projected it would fall short of its recruiting and retention goals during the next two years by tens of thousands of troops.

The Army loosened its tattoo policy in June to allow ink on

hands, behind ears and behind necks, matching rules enacted by the Navy in 2016. Army officials said they made the move to help recruiters avoid a lengthy waiver process for bringing enlistees with body art into the service.

Recruiters filed about 650 tattoo regulation waivers between October and May, according to the Army. Approvals for the waivers take at least two weeks.

Current policies throughout the military allow tattoos almost anywhere except on the head and face, according to the report.

Military officials said they

update tattoo rules based on general discussions, studies of tattoo prevalence among young people and other tattoo-related information, according to the report. Policies have become less restrictive as tattoos have become more common.

The watchdog recommended each service branch update their written policies to include information on whether waivers are available and the process for obtaining them. The Defense Department and the military services agreed with the recommendations, according to the report.



Army Reserve Staff Sgt. Devin Crawford, right, and Air Force Reserve Maj. James Fink move through a swim obstacle during the Confederation of Reserve Officers Military Competition in Athens, Greece, Aug. 2. US Army photo by Staff Sgt. David Graves

Reservists convene for competition, camaraderie

U.S. Soldiers and Airmen joined partner-nation troops in Athens, Greece, recently for the Interallied Confederation of Reserve Officers Military Competition - an annual contest that, since 1957, has showcased the military skills of reservists.

Seven three-person U.S. teams competed against teams from 11 other countries in pistol and rifle shooting, an obstacle course, utility swimming, orienteering, range estimation, map reading and hand grenade throwing.

Though the events were physically and mentally challenging, the competition was decidedly friendly. “Every nation was cheering for each other,” Army Reserve Capt. Thomas Wheeler, one of the U.S. competitors, said. “It didn’t matter what nation was up on the block, everyone was fired up and cheering for them.”

For the 21 U.S. competitors, the three-day event in Athens was preceded by a week of training with counterparts in Germany; and a weeklong selection, assessment and training period in Vermont before that.

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Ships Underway

Total Battle Force: 300

(USS 242, USNS 58)

Deployed ships: 112

(USS 75, USNS 37)

Non-deployed ships: 74

(Deployed 52, Local 22)

Ships Deployed by Fleet

2nd Fleet, 0: 3rd Fleet, 4

4th Fleet, 3: 5th Fleet, 11

6th Fleet, 36: 7th Fleet, 58

Total 112

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CCAF electronic transcripts now available, faster delivery time

by Benny Seawright

Community College of the Air Force
MAXWELL AIR FORCE
BASE, Ala. - Community College of the Air Force students can now order their transcripts electronically and have them processed within a week instead of what usually took up to 45 days.

CCAF has partnered with Parchment, a digital credentialing service, to deliver transcripts electronically.

To request transcripts, students register for an account with Parchment and add CCAF to their list of schools attended. They then order a copy of

their transcript to send to the address of their choice: school, third party or home address. The transcript orders come into the CCAF Student Services section, where technicians will retrieve, verify and process the requests.

Parchment then processes the transcripts for delivery. Although CCAF does not charge a fee for providing student transcripts, Parchment does charge a small processing fee. The transcript request is usually processed within two to three days.

"We're excited to offer this service to our students," said Lt.

Col. Kevin Pond, commandant, CCAF. "We're always looking for new and innovative ways to streamline our processes while increasing customer satisfaction. I believe our new automated transcripts process does just that."

To be the "College of Choice" for enlisted members, and to assist them in paving a way to success, CCAF continues to seek better ways through technology to improve its services. The electronic transcript request and delivery service through Parchment is but one example of current and upcoming improvements to the student experience at CCAF.

Turn stress into passion

by Dr. Daneen Skube
Tribune Content Agency

Q: I'm just starting a business. I'm overwhelmed by all the work and learning ahead. Am I biting off more than I can chew? How do I know if I'm making decisions that will allow work/life balance? Can smart people start a business without experiencing stress?

A: No matter how smart you are, beginning a business is inherently stressful. Moreover, no new business owner experiences work/life balance. Lastly, if you're not biting off more than you can chew in launching a new business, it's unlikely to succeed!

Work/life balance is an excellent aspirational goal. There are also times in our career that work or academic demands allow no work/life balance, during the short-term.

Imagine your car going up a steep, long hill. Your engine revs, your fuel intake is high, and your car works hard going up the hill. At the top, the road flattens out, your engine slows, your need for fuel lessens, and you achieve a smooth cruising pace. Any goal you're passionate about is a steep, long hill for a while.

When we study stress ranges for human beings, there are three zones:

3) Overwhelmed. Turns out both boredom and being overwhelmed are stressful. Once we achieve a cruising pace, to avoid burnout, aim for the Goldilocks zone where the stress level is medium.

However, no new business or academic venture will begin in the Goldilocks zone. We'll definitely not have the stress of boredom. We

Interpersonal Edge



by
Dr.
Daneen
Skube

will feel like that car slogging up a long, hard hill, uncertain if it will make it to the top.

To the extent we're more concerned about what other people think about us than our quality of life, we'll get distracted when overwhelmed. When your stress level is maximum, it's critical to focus only on your own future success. If you allow the specter of future failure to haunt you, you'll be running away from a ghost rather than pursuing a dream.

The best way to stay productive on a tough new work path is to

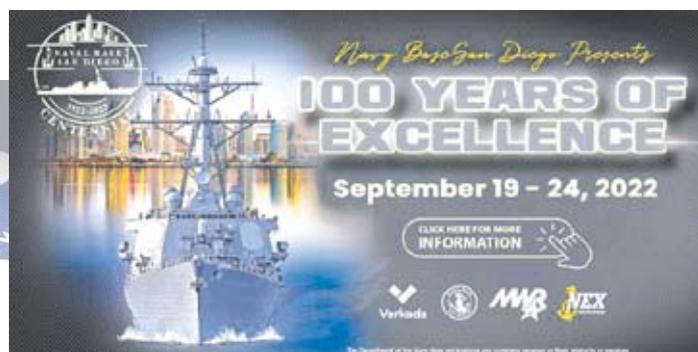
get the maximum enjoyment from your current day. If you're getting a graduate degree, don't just stare at what you can do when you get your degree. Pick a program where the learning itself is enjoyable. You cannot win in the future, if you delay all your gratification.

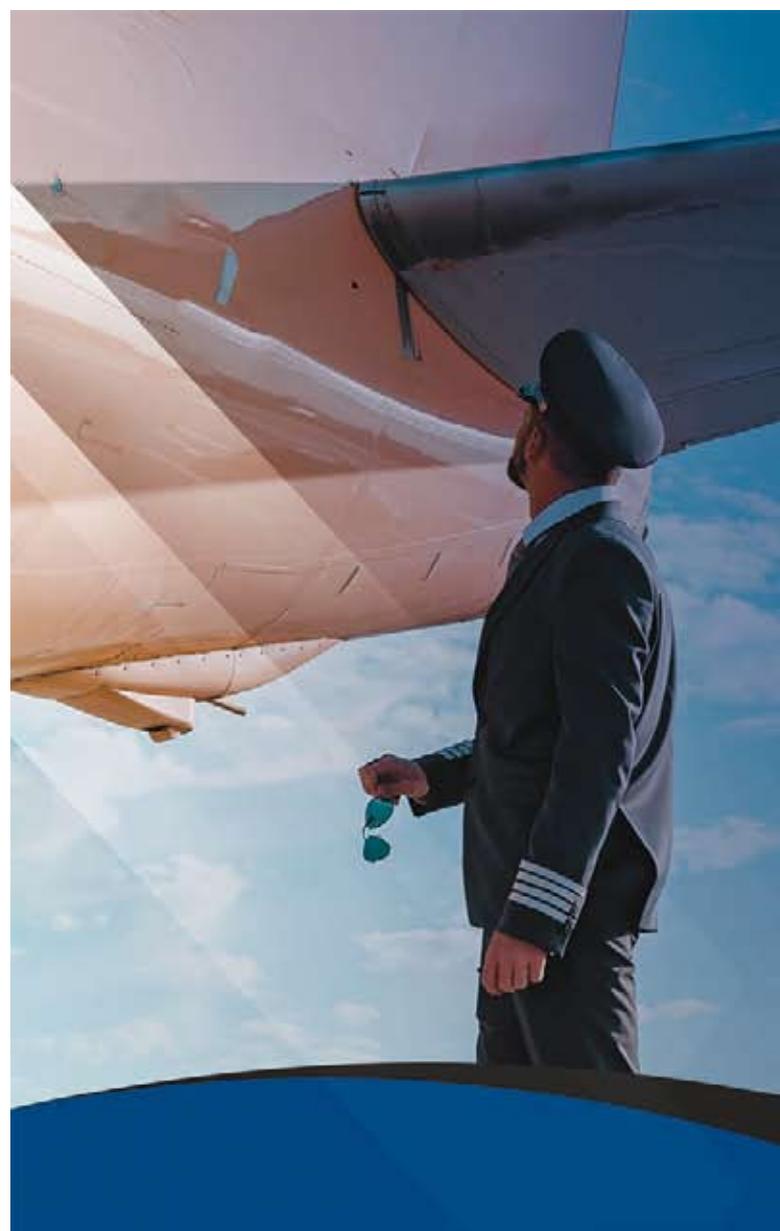
Brain science shows us that breaking a big goal into little steps gives our brains dopamine (feel-good opiate) with each step we complete. If we only focus on arriving at the big goal, we get discouraged and quit.

As author Simon Sinek observed, "Working hard for something we don't care about is called stress. Working hard for something we love is called passion." To operationalize the word "passion" build your plan with lots of small steps to celebrate and enjoy. Otherwise, you'll lose motivation because you'll only experience daily drudgery and stress.

German philosopher Friedrich Nietzsche once made a complementary observation that, "He who has a 'why' to live for, can bear almost any 'how.'"

Passion and small steps can make long nights feel noble, hard work satisfying, and risks less frightening. A powerful "why" helps us see a longed for future, even though our current road of "how" is foggy and dark.







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Dauids takes the helm at Naval Special Warfare Command

by Petty Officer 2nd Class
Destiny Cheek
 Naval Special Warfare Command

CORONADO - Rear Adm. Keith B. Dauids relieved Rear Adm. H.W. Howard III as commander, Naval Special Warfare Command during a ceremony at the Naval amphibious base Aug. 19.

Gen. Richard D. Clarke, commander, U.S. Special Operations Command, was the presiding officer and guest speaker of the ceremony. In his remarks, Clarke praised Howard's leadership and mission focus for Naval Special Warfare to be ready for greater complexity and risk – and deliver the substantive and transformational changes for relevance to the Joint Force and Navy Fleets, survivability, and lethality in defense of the Nation.

“Wyman, you’ve led during a historic two years and you’ve set this command on an amazing trajectory,” said Clarke. “Over the past year alone, I’ve visited SEAL teams operating in the Arctic with European partners, and I just recently returned from seeing SEALs in the Indo-Pacif-

ic. Over the past two years, Naval Special Warfare Command has continued to experiment in the maritime domain, whether that’s with autonomous capabilities, undersea dominance, or many other aspects. You have transformed the elite capabilities within this command by taking them to a new level.”

“As the Naval Special Warfare community returns to prioritize the maritime special operations missions that extend Joint Force reach into denied areas, Howard has unequivocally accelerated the strategic trajectory of our premier maritime special operations force to help our Nation compete and win against any adversary,” Clarke said. “Through his leadership, creativity, and dedication to solving the Nation’s hardest problems, Naval Special Warfare is ready to hold our adversaries and their critical military capabilities at risk. He has done this through an aggressive commitment to modernize the way and means the force assesses, selects, trains, and deploys the best Naval Commandos ever.”

Howard assumed command



Rear Adm. Keith Dauids speaks after relieving Rear Adm. Hugh Howard III at Naval Special Warfare Command. US Navy photo by MC2 Keypher Strombeck

of Naval Special Warfare Command in September 2020. He focused on strengthening the force and Naval Special Warfare families, commissioning several new component commands, and implementing a culture and sustainable architecture for concept development, experimentation and continuous assessment and development.

“When I had the privilege to assume command of this incredible team, we challenged ourselves with a deliberate, comprehensive, and urgent transfor-

mation to meet new threats and create the irregular warfare options that strengthen national leverage and amplify the Nation’s integrated deterrence options,” said Howard.

“In the imperative to innovate for military advantage and edge at this geo-strategic inflection point, I’m extremely proud of our team an enrolled and committed team whose professionalism, capability, integrity, trust, candor and common purpose makes real the new and distinctive missions that only we can do—under, on, and above the sea.”

PHOTO GALLERY



MCRD SAN DIEGO
Aug. 18, 2022

Marines lead the new Marines of Mike Company, 3rd Recruit Training Battalion on a motivational run. The Marines leading from the front were responsible for the training and organization of 3rd Recruit Training Battalion. US Marine Corps photo by Cpl. Julian Elliott-Drouin



SAN DIEGO
Aug. 18, 2022

Cmdr. Jeremiah Daley, commanding officer of Unmanned Surface Vessel Division One, center, speaks on the unmanned surface vessels and the path to autonomy at the Surface Navy Association’s Waterfront Symposium at Naval Base San Diego. SNA promotes greater coordination and communication among those in the military, business, and academic communities. US Navy photo by MC2 Stevin C. Atkins



MCAS MIRAMAR
Aug. 17, 2022

Marine Corps Staff Sgt. Caitlin Mercure, an aviation ordnance chief with 3rd Marine Aircraft Wing, and Staff Sgt. James Shepard, an aviation ordnance system technician with 3rd MAW, transport GBU-12 Paveway II laser guided bombs and a GBU-32 joint direct attack munition. The Marine Corps and Air Force worked together to prepare a forward arming and refueling point as the two services integrate aviation capabilities. Both services continue to modernize to further deter adversaries and support allies and partners. US Marine Corps photo by Sgt. Rachaelanne Woodward



Marines peers through a prototype version of the Next-Generation Handheld Targeting System, March 2021 at U.S. Army Garrison Fort A.P. Hill, Virginia. The Next-Generation Handheld Targeting System, or NGHTS, is an innovative, man-portable targeting system allowing Marines to rapidly and accurately conduct target location and laser guidance during combat operations. Photo by Tanya Smith

Next Generation Handheld Targeting System: Lightening the load for JTACs

by Tonya Smith

Marine Corps Systems Command
QUANTICO, Va. - Marines will soon have a new state-of-the-art targeting system that increases their precision on the battlefield. The Next-Generation Handheld Targeting System, or NGHTS, is an innovative, man-portable targeting system allowing Marines to rapidly and accurately conduct target location and laser guidance during combat operations.

Years of market research, technology maturity and miniaturization resulted in NGHTS. The unit, lighter and less bulky than past targeting systems, includes a selective availability anti-spoofing module GPS, a celestial day and night compass, a digital magnetic compass, a laser designator and a laser range finder, all in a single handheld system weighing less than ten pounds.

“NGHTS will allow the deployment of laser designation and target location at extended ranges, day and night, in a GPS-denied environment with high accuracy,” said Maj. Patrick Heiny, Fire Support Coordination Team Lead. “It allows Marines to prosecute targets at increased standoff ranges – increasing survivability and decreasing collateral damage.”

Higher accuracy, lower signature

NGHTS is one of the first systems the Marine Corps has invested in that uses such a high accuracy multilayer azimuth capability. This will increase the warfighter’s lethality and precision while reducing exposure and lowering the overall signature.

“The celestial compass automatically operates upon power up, searching for the sun or stars to provide a high accuracy azi-

imuth reading,” said Olivia Melli, Fire Support Coordination Team NGHTS Systems Engineer. “This is a great capability and new to Marines who are used to relying on a digital magnetic compass.”

Weight can be a critical issue on the battlefield. As a result, MCSC continuously identifies ways to lighten the warfighter’s load without compromising lethality. NGHTS, lightweight and rugged, will allow Marines to haul the unit in a field pack and carry additional gear.

Four legacy systems in one handheld capability

“It is the first target locator that weighs less than ten pounds and takes up 60 percent less volume than its predecessors,” said Heiny. “NGHTS provides the capabilities of four legacy systems in a single unit.”

NGHTS will combine the capabilities of the following four systems into one handheld: the Portable Lightweight Designator Rangefinder, Joint Terminal Attack Controller Laser Target Designator, Enhanced Joint Terminal Attack Controller Laser Target Designator, and Thermal Laser Spot Imager.

Previously, Marines used multiple sensors to accomplish various tasks on the battlefield. NGHTS can perform these tasks in a single system, allowing a team of Marines to properly spread-load additional equipment, increasing overall efficiency.

“The amount of systems, gear and batteries required to do the job prior to NGHTS was significant and taxing to not only the Marine, but also to the unit. The biggest issue I experienced as a user with our current systems was our night capability; this was solved by the development

of NGHTS advanced IR imaging systems,” said Gunnery Sgt. Joshua Gage, Joint Terminal Attack Controller subject matter expert.

Interoperability, increased lethality

NGHTS is interoperable with other technologies, including the Target Handoff System Version 2.0. NGHTS will communicate a minimum of self and target location data to THSv2 for further mission processing.

The NGHTS and THSv2 teams are working closely to ensure the timely integration of both systems. The communication between NGHTS and THSv2 will provide enhanced mission effectiveness.

The system also increases Marines’ lethality by pinpointing targets farther than Marines could with similar past systems. In addition, NGHTS enables the warfighter to generate data during combat operations and more accurately dedicate laser energy to targets.

“NGHTS allows Marines operating in a battle space to rapidly recognize, identify, and accurately designate to prosecute a target at a significant distance,” said Heiny. “This increases safety while shortening the kill chain in employing areal or long fires munitions across the Joint Force - all while maintaining a low signature.”

“Maintaining that low signature is important for the battlefield,” said Heiny. “It’s hard to stay hidden in today’s world, so reducing that signature is critical.”

Read more at <https://www.marines.mil/News/News-Display/Article/3130665/next-generation-handheld-targeting-system-lightening-the-load-for-jtacs/>.

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USS Fitzgerald

Destroyer *Fitzgerald* returned to Naval Base San Diego, following a seven-month deployment to U.S. 3rd, 5th and 7th Fleets, Aug. 23.

Fitzgerald departed San Diego on Jan. 3 as part of the Abraham Lincoln Carrier Strike Group and served as the ballistic missile defense commander for ABESCG before detaching to conduct independent operations.

"I'm tremendously proud of my Sailors' sense of ownership and dedication to each other and the mission," said Cmdr. David Catterall, *Fitzgerald's* commanding officer. "We operated successfully across a wide spectrum of operations with allies and partners around the world and displayed the immense capability of *Fitzgerald* Sailors and the U.S. Navy."

While deployed to 5th Fleet, *Fitzgerald* conducted operations across multiple warfare areas, providing regional stability and supporting partners such as the Kingdom of Bahrain, the Kingdom of Saudi Arabia and the United Arab Emirates. While in the North Arabian Sea and Indian Ocean, *Fitzgerald* embarked an advanced interdiction team from the U.S. Coast Guard to conduct maritime interdiction operations, including the inaugural operations of a new coalition task force, Combined Task Force 153. *Fitzgerald* Sailors also dedicated time in port to build community relations through projects at an animal shelter and a local school in Bahrain.

Across 7th Fleet, *Fitzgerald* worked with the Japanese Maritime Self Defense Force during an advanced anti-submarine warfare exercise. *Fitzgerald* and a Royal Australian Navy frigate conducted flight operations, tactical maneuvering and a personnel exchange before participating in Exercise Milan 2022.

Citadel Rumble

The patients - two adults and an infant. One of the adults experiencing Congestive Heart Failure. The mission - their safe transportation from the Intensive Care Unit, medical surgical unit and Neonatal Intensive Care Unit to a designated safe zone. The outcome - a successful transfer with all medical and safety protocols observed.

Medical staff at Naval Medical Center San Diego (NMCS) participated in Commander, Naval Installations Command's annual all hazard exercise Citadel Rumble 2022 with the objective of safely evacuating three simulation mannequins after a simulated earthquake, all while still providing vital medical care in the process, Aug 17.

"Citadel Rumble provides training that improves our personnel's knowledge and ability to react to potential no-notice disaster events," said Christopher Springer, NMCS's head of emergency management. "In this part of the country, we are susceptible to earthquakes and wildfires; therefore, we are definitely not immune from unannounced disasters."

At a Medical Treatment Facility patient safety is paramount, and the safe handling of a patient is different during a time of stress and crisis.

"Today's training opportunity demonstrates that it is not only making sure we know how to evacuate a patient in an emergency situation, but also enables the revelation of any area we need to improve in case we ever need to evacuate actual patients," explained Lt. j.g. Anna McCarley, NMCS ICU nurse. "Additionally, it was also an opportunity to see how we do under pressure, to know where the equipment is and to be proficient with transporting a patient on a medical sled."

USS Makin Island

AT SEA - Sailors, and Marines with 13th Marine Expeditionary Unit (MEU), aboard *USS Makin Island* (LHD 8), commemorated the 80th anniversary of the ship's namesake during a celebration aboard the ship, Aug. 16.

The daylong celebration began with a 5K run along the flight deck in observance of the raid on *Makin Island*. The ship's name is in honor of Marine Raider Companies A and B, Second Raider Battalion on Japanese-held Makin Island, in the Gilbert Islands, Aug. 17-18, 1942.

The celebration continued as *Makin Island's* commanding officer, Capt. Tony Chavez, delivered a historical account of the raid followed by a cake cutting on the mess decks. "All the hard work that we are doing as the blue-green Raider team is showcased in the success of each event and through the morale of the crew," said Chavez. "I am proud of all of our hard work and dedication and proud to be serving alongside you."

The purpose of the raid was to destroy installations, gain intelligence on the area and divert Japanese attention and reinforcements from Guadalcanal. The raid was launched from the submarines *USS Nautilus* and *USS Argonaut* and succeeded in routing enemy forces and gaining valuable intelligence. The transformational nature of the raid is regarded by many as the U.S. Marine Corps' first action in the realm of special operations.

After dinner, *Makin Island's* Junior Enlisted Association (JEA) hosted an ice cream social for the crew, offering an opportunity for Sailors and Marines aboard to build and strengthen camaraderie. Personnel who attended each event received a custom patch commemorating *Makin Island's* 80th anniversary of the ship's namesake. - story Petty Officer 3rd Class Eloise Johnson

MCAS Miramar

The 173rd Fighter Wing out of Kingsley Field in Klamath Falls, Ore. has been in the fighter training business for nearly 40 years and is the sole F-15C training base for the Air Force. And for two weeks in August, Team Kingsley took that experience down to Marine Corps Air Station

Maj. Tom McGee, Miramar TDY project officer and F-15C instructor pilot, said "It's been great flying-- nice over the ocean--and the base has been supportive of everything we need."

The Oregon Eagles flew against two airframes - the F/A-18 Hornet from Marine Fighter Attack Training Squadron 101 and the F-35B Lightning II from Marine Fighter Attack Training Squadron 502. Both squadrons operate school houses, similar to the 173 rd FW, training brand new fighter pilots known as B-courers.

"Ultimately we're trying to train to the same type of idea, albeit a different weapons systems than us, we're all looking to give the B-courers the same experiences so that when they leave here and they go on to their next squadron they've had a level of experience that they are able to think outside the jet and adapt to different environments," said McGee.

McGee said the training has been fantastic and they have integrated well with their Marine counterparts. "Some things are exactly the same in working through a student's first flights and trying to choreograph the training they need," he said. "The biggest thing is, having been in the Navy myself, is that it kind of comes down to--sometimes we use the same words and it means the same thing...but then sometimes we use the same words and it can mean something completely different." - story by Senior Master Sgt. Jennifer Shirar

Local news briefs

Naval Special Warfare establishes Assessment Command ... Naval Special Warfare Command established Naval Special Warfare Assessment Command under the Naval Special Warfare Center during an Aug. 18 ceremony on board Naval Amphibious Base Coronado. NSWAC substantively transforms the Navy's commando force in its ability to compete for talent capable of solving the hardest problems from the maritime domain. It proactively engages diversity in all forms and enrolls future candidates who possess the Force's standards and ethos. This new command accelerates the ways the Force continuously assesses and selects for the character, cognitive and leadership attributes necessary for the highest complexity and risk maritime operations mission to expand national leverage and deterrence options- and win if deterrence fails. Cmdr. Aaron Brown, a Navy Special Warfare Officer, assumed command.

Navy's humanitarian mission concludes in Philippines ... The Philippines phase of Pacific Partnership concluded in Puerto Princesa, aboard *Mercy* hospital ship Aug. 16. In the Philippines, the Pacific Partnership team included representatives from the host nation, Australia, Chile, the Republic of Korea, the United Kingdom and the United States. During the mission stop, the PP22 team provided medical care to more than 9,500 patients, including over 100 surgeries on board *Mercy*; 1200 veterinary treatments; seven humanitarian assistance and disaster relief workshops with 390 participants; 14 band concerts with more than 6700 attendees; and a field training exercise.

Dental Corps Birthday honored, pioneering capabilities celebrated ... At Naval Base San Diego's Dental Clinic's courtyard, dentists, hygienists and staff gathered to celebrate the 110th birthday of the Navy's Dental Corps with a cake-cutting ceremony Aug 22. The celebration was ushered in by Hospital Corpsman 2nd Class Kurtis Barlow, Naval Base San Diego, Naval Branch Health Clinic's Medical Readiness Division leading petty officer, who played a classical violin rendition of the National Anthem. An Act of Congress on Aug. 22, 1912, established the U.S. Navy Dental Corps, and since then it continues to provide a critical service for our warfighters and families. "What you do everyday matters," said Capt. Kim Davis, commander of Navy Medicine Readiness and Training Command San Diego.

Surface Navy Association Waterfront Symposium highlights the Force's competitive edge ... Leaders from across the Navy, business and academia gathered to discuss the future of naval surface warfare at the third annual Surface Navy Association (SNA) West Coast Waterfront Symposium aboard Naval Base San Diego, Aug. 18. In fitting with this year's theme of "The Competitive Edge," the day's speakers spoke about topics related to the five lines of effort in the Surface Forces strategic document entitled "Surface Warfare: The Competitive Edge." "We've got to be able to take some risks using innovation and experimentation in order to sharpen our competitive edge," said Vice Adm. Roy Kitchener, commander, Naval Surface Forces. "We need to stop dismissing good ideas and start thinking differently as we shape our force."

CPF hosts Commander's Conference at NPS ... The Naval Postgraduate School hosted the Commander, Pacific Fleet 2022 Commander's Conference in Monterey recently. Senior-level commanders from across the Navy and Marine Corps met on NPS campus to assess the current operational environment and to discuss the fleet's priorities and challenges, with a focus on the Indo-Pacific region. "NPS is the premier DOD school of technology for warfighting. It's also close to the center of U.S. innovation and the preponderance of forces assigned to the U.S. Pacific Fleet," said Adm. Samuel Paparo, CPF. "We continue to deepen ties between NPS and the Fleet to identify relevant challenges and find solutions to build out our capabilities today while also simultaneously guiding generations of warfighters in the future."

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'Courage' documentary film tells story of seven San Diego POWs

What does it take to survive? Sometimes that answer depends deeply on the circumstances. For seven former POWs and San Diego residents, the answer to that question is revealed in a deeply moving historical account of seven strangers who will forever be connected through acts of war but, more importantly, through individual acts of courage.

"Courage," is a new film produced and directed by documentary filmmaker William (Bill) Lowe (billowe.org), which focuses on the personal stories of seven former prisoners. The backdrop: two prisoners were just young boys, one taken by the Japanese, the other by German forces, and held for over three years during World War II (WWII) in the Philippines and Germany.

Five other POWs also endured unspeakable treatment inside Vietnam's notorious prison camp, the Hanoi Hilton; (author's note: no disrespect intended today towards the national hotel brand, the name of the villainous camp was satirically created, yet absent any single comfort, a hotel name

convey, making the name even more tragically ironic)..

Former POWs Tom Speir Crosby, Louis De Beer, Jose Astorga, Henry James Bedinger, Art Neil Black, Captain Jack Ensch, and Lewis Meyer share their individual stories in this heartbreaking and riveting film about the unique differences between their captors, the miseries they endured as well as the cruelty and sometimes compassion displayed by their captives.

The film is a lesson about how the human spirit endures, no matter the circumstances and the powerful bonds that are borne from bondage. These individual perspectives not only give the viewer insight into a historical moment in time, but each individual's response to terror gives us a glimpse into our own grit, our own determination, our own fears, and how the human spirit can triumph over the gravest circumstances.

These perspectives help ensure younger generations understand not only the hardships these men and women endured

but what each of us can learn from the tools they used to survive, to cope, to resolve, and to eventually transform into love for mankind.

If we have learned anything as global citizens from the last two years, it is the powerful im-

'Courage' will be shown at the Museum of Photographic Arts in Balboa Park on Sept. 18. There will be a 1 p.m. showing (\$15) which will be the film only, and a 3 Pp.m. showing (\$20) which will include a panel discussion, Pisano Art Display, and silent auction.

pact that patriotism, combined with compassion and learning, can provide. As a collective society, we owe it to our brothers and sisters to remember, but more importantly, to use this new perspective to form the basis of a new world, one hopefully without war.

We begin with two young boys on opposite sides of the world, their childhood ripped away from them, enduring hardship and starvation while

witnessing violence and death in the earliest years of their lives. One boy was held captive in the Philippines, savoring one square at a time of a Hershey's bar with just one lick each day. The other boy, too young to know the difference, played with the Hitler youth in a German Internment Camp.

We next turn our attention to Vietnam; five men do everything possible just to stay alive in one of the most violent POW prisons, the infamous Hanoi Ho-

tel. Hanoi was once considered an American prisoner torture chamber. Isolation, beatings, and mental abuse were only a part of what they endured, leaving them to believe escape was the only chance of survival.

For all these men, years as prisoners brought them closer to the core of who they are and what it takes to survive; hope, faith, and Courage.

The film helps the viewer resolve their own feelings in

the hope that by remembering these stories, we will never repeat them.

The documentary will be shown at the Museum of Photographic Arts in Balboa Park on Sept. 18. There will be a 1 p.m. showing (\$15) which will be the film only, and a 3 p.m. showing (\$20) which will include a panel discussion, Pisano Art Display, and silent auction. Tickets can be purchased by going to the filmmaker's website: <https://www.billowe.org>.

Blast from the past

Detroit native Cpl. Leonard B. Turner (born in 1923) enlisted in the Marine Corps in 1942 following the example of two of his brothers who had already signed up for World War II military duty ahead of him. Turner, a 96-year-old War World II veteran and Marine Raider, affectionately nicknamed "Raider 96," served with 2nd Marine Raider Battalion and was the oldest Marine in attendance at Marine Forces Special Operations Command's 244th Marine Corps Birthday Ball in Wilmington, N.C., Nov. 2, 2019. Turner served under Lt. Col. Evan F. Carlson on New Caledonia; was sent to Guadalcanal, Efate, and Espiritu Santo; and was a part of the first waves during the battles of Bougainville, Guam and Okinawa. After the surrender of Japan, Turner served as a military policeman on the Island of Ryukyu, Japan until returning to the United States. After completing his military service, Turner returned to his hometown of Detroit and served in a supervisory capacity at General Motors headquarters, retiring after 42 years.



'Pardon, is that a bit of spleen in your teeth?'

The pitfalls of sampling regional cuisines

Living overseas in the military provided our family with unique opportunities to learn about foreign cultures first hand. We didn't imagine what it would be like to be European while stationed in England and Germany, we simply lived it. We believed that sampling local foods was a necessary part of the experience, but many Americans shy away from this aspect of the adventure.

The pervasiveness of McDonald's provides a safe-haven for those whose taste buds are less adventurous, and some only leave their flavor comfort zone for benign dishes such as Italian pizza margherita, French crepes filled with Nutella, chocolate covered Belgian waffles, Spanish churros, and German schnitzel.

While we ducked into many a European McDonald's to hit the bathroom, my husband and I encouraged (READ: forced) our family to broaden their food horizons beyond french fries. This philosophy was not without its drawbacks, however, and we now have a host of interesting (READ: nauseating) tales of our experiences.

While awaiting housing in Stuttgart, my meat-loving husband ordered the "wurst salat" at a Vaihingen restaurant, envisioning the German version of a chef salad. However, what he was served was devoid of vegetables, unless you count the massive pile of sliced raw onions, which was tossed with julienned cold cuts that looked like fleshy rubber bands and tasted like the mystery meat in baloney and hot dogs.

One spring in Spain's Costa Brava, I ordered fresh-caught fish at a restaurant overlooking the azure Mediterranean Sea. As the waiter set the dish before me, I could almost hear Billy the Big Mouth Bass singing "Take Me to the River" as the fish stared at me from the plate. Some may say it's gauche of me to be turned off by whole-roasted fish, but it felt wrong eating a creature that looked like it might be enjoying the sea views.

On a fall trip fall to Berchtesgaden, one of our guests ordered the "Leberknodelsuppe" just because

the meat and potatoes of life



by Lisa Smith Molinari

it was fun to say. Giggling, we all repeated the tongue-twisting word until the bowl was presented to the table. A large grayish dumpling sat in a broth bath, and although the color looked off, we kept an open mind. Cutting into the doughy ball, its pungent, iron-rich aroma clued us in on what should have been obvious — "leber" is liver, and this German delicacy was made from that particularly bloody organ meat.

One cannot escape getting caught up in the festive, albeit touristy, atmosphere at the Hofbrauhaus in Munich, and part of the experience is ordering a liter of beer and a heaping helping of hearty Bavarian food. Swinging my stein to and fro,

I ordered the traditional "Schweinshaxe," a Bavarian specialty. Not realizing I'd requested a roasted pig's knuckle, I was surprised at the effort it took to extract the meat morsels that were tangled among cartilage, skin and bone.

On a day trip to Strasbourg, France, our family stopped at an outdoor restaurant on a lovely cobblestone square. Interested in the mix of German and French cultures, I ordered "Sûrkûr Royale," an Alsatian sauerkraut dish. Soon, I was presented with a steaming heap of sauerkraut, with potatoes, onions, dumplings and at least seven different varieties of pork nested among its pickled strands. Wursts and pork loin were among the few cuts of meat I could recognize, but the rest were unidentifiable slabs intertwined with fat and sinew. Although I was squeamish about the gelatinous bits, the scent of bacon and white wine motivated me to plow forth, and I found the dish to be a delectable treat.

Despite the queasiness that inevitably springs forth when we recall these culinary tales, our family is still sampling indigenous cuisines. Be it Belgian mussels in creamy beer broth, southern shrimp and grits, spicy Croatian cevapi, saucy Japanese Okonomiyaki, traditional British bangers and mash, fresh Alaskan salmon, hearty Portuguese sopas, or pork-filled Hawaiian manapua, every delicious regional dish we stumble upon makes it worth every fish head, hunk of fat, and organ meat that makes its way to our table.

So, Buen Provecho, Smacznego, Smaklig måltid and Bon Appetit! But don't forget to pack the Alka Seltzer, just in case.

AutoMatters™ & More



by Jan Wagner

On Saturday, Feb. 26, 2022, race fans witnessed a spectacular, explosive crash that they may never forget. I know that, six months later, my memories of that event are still vivid.

The event was the NASCAR Xfinity Series "Production Alliance Group 300," the first race of a two-race weekend that concluded with the NASCAR Cup Series "Wise Power 400" on Sunday.

These were races from two of the three national race series sanctioned by NASCAR: the National Association for Stock Car Auto Racing. Safety is a top priority of NASCAR, especially since the tragic racing accident that claimed the life of seven-time NASCAR champion Dale Earnhardt's crash, the HANS device — "widely considered the most important safety development in the car in the history of racing," entirely new generations of racecars, and track safety — "replacing concrete walls with energy-absorbing SAFER (Steel and Foam Energy Reduction) barriers. This was the most important development other than the HANS device."

One safety feature is not new, but it nevertheless goes a long way towards saving lives. As told in a feature article entitled "The Highway Crash Cushion" (<https://blog.iqsdirectory.com/plastic-barrels-3/>), sand-filled fuel cans surrounded the tent of John Fitch in World War II, protecting him from enemy strafing runs. Years later, that inspired him to fill yellow, plastic barrels with sand, cover them with black lids, and strategically place them as safety barriers around race tracks.

These have been improved over the years. In an article entitled "Sand barrel crash cushions designed to take an impact" by the Arizona Department of Transportation (<https://azdot.gov/node/7630>), we learn that "sand barrel crash cushions are filled with sand, shaped like a barrel and work to provide a "cushion" if a vehicle were to crash into one. A sand barrel crash cushion works similarly to the way an attenuator functions."

Sand-filled barrels save lives on the racetrack & on the street



A hard hit into the sand barrels. Photo by Jan Wagner

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"A vehicle's speed and size determine how much energy it has. Normally, this energy is dissipated by your brakes, which burn off that energy slowly, allowing you to come to a safe stop. But, if a vehicle stops by crashing into a wall, the energy is dispersed very suddenly, resulting in a car that's crushed. Attenuators won't exactly give a soft landing, but they do work to dissipate the energy slowly like your brakes do."

"The weight of each barrel varies — they weigh 200, 400, 700 or 1,400 lbs. The lightest barrels are placed in front and they get progressively heavier to handle the impact, absorb and dissipate the energy of a crash."

"They come with inserts, which help crews fill them with sand accurately. Depending on the desired weight (they're

very light to begin with — before the sand goes in), they'll use an insert designed to take up some of the space within the barrel. Crews then just have to fill with sand to the appropriate level to make sure it's heavy enough."

You can see examples of these barrels, and a video showing how they work, at the PSS Safety Products website: <https://pss-innovations.com/safety-products/crash-cushions-channelizers-drums/crashgard-sand-barrel-system>. It explains that their "CrashGard® Sand Barrel System is a non-redirective, gating sand barrel, or crash cushion. The system consists of 3 MASH-compliant components: barrel, lid and insert. CrashGard protects drivers from fixed objects like concrete barriers, bridge abutments, and lighting fixtures."

It goes on to say that one CrashGard Sand Barrel accommodates all weight requirements (200, 400, 700, 1400, and 2100 pounds). Install an insert for 200, 400, 700, and 1,400 lbs. No insert is required for 2,100 lbs. The CrashGard Sand Barrels are blow-molded from high molecular, high density polyethylene plastic (HLM/HDPE) that produces a stronger sand barrel. UV stabilizers maximize product life. They are designed for easy transport, with a squared bottom that accepts forklifts, and a tiered top that accepts the CrashGard Hoist.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters.com and AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2022 by Jan Wagner — AutoMatters & More #756r1

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Happiness is not the absence of problems, it's the ability to deal with them.

THINGS TO DO AROUND TOWN

Gaslamp Quarter Live Thursdays. Aug 25, 5-8pm. Neighborhood-wide live music in the heart of SD. gaslamp.org

Broadway SD presents: Disney's The Lion King at San Diego Civic Theatre. Thru Sept 11. www.sandiegotheatres.org

Fun Friday Nites at San Marcos Community Center, Fri, Aug 26, 6-10pm. www.san-marcos.net

1812 Tchaikovsky Spectacular at The Rady Shell at Jacobs Park, Fri, Aug 26, 7:30pm. theshell.org

The County of San Diego's free "2022 Summer Movies in the Park" season is underway. Friday, Aug 26: PAW Patrol the Movie@MacArthur Park-La Mesa; The Princess Bride@San Diegoito County Park; Encanto@Flinn Springs County Park; Spies in Disguise@Chollas Lake Community Park. Check www.summermoviesinthepark.com for times and Saturday, Aug 27 schedule.

BBQ competition 'Operation Smoke Ring' presented by Marine Corps League Camp J.H. Pendleton Det. 21. Sat, Aug 27, 10am-3pm. Beer, music, food, vendors. Veterans Association of North County, Oceanside. To purchase meal fix: 760-271-7369.

Beach Blanket Movie Night Sat, Aug 27, at Fletcher Cove Park www.cityofsolanabeach.org

16th Annual LeucadiaART Walk on Coast Highway 101, Sun, Aug 28, 10am-5pm. leucadia101.com

Camino Ruiz Rim to Creek Hike, Sat, Aug 27, 8-10am. Free. Guided. Steep switchbacks into valley. Meet at trailhead on west side of park.

Guided Nature Walk, Sat, Aug 27, 9:30-11. Free. One Father Junipero Serra Trail, San Carlos. mtrp.org

Arts in the Park, Sat, Aug 27, 10-6. Free day of art & entertainment. Memorial Park Bowl, 373 Park Way, Chula Vista

George Benson and War and The Commodores at The Rady Shell at Jacobs Park, Sat, Aug 27, 7pm. www.theshell.org

Birding Basics Class, Sat, Aug 27, 1-2:30pm. Free. Mission Trails Regional Park. mtrp.org

Gaslamp Quarter Live Thursdays. Neighborhood-wide live music in the heart of SD, Thursdays thru August, 5-8pm. gaslamp.org

LeucadiaART Walk, Sun, Aug 28, 10-5. Free. Fine art, live demos, dance, live music. Leucadia Roadside Park, 860 N. Coast Highway 101.

Free Moderately Strenuous Guided Hike, Sat, Aug 28, 8-11am. Free. Age 18+. Docent led, moderately strenuous, long distance educational hike. Meet at Interpretive Center at 8:15am. Elfin Forest Recreational Reserve, 8833 Harmony Grove Rd, Escondido.

Ragtime at Moonlight Amphitheatre. Thru Sept 3. www.moonlightstage.com

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

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

Slightly Stoopid, Pepper, Common Kings, Fortunate Youth at Petco Park Sat, Sept. 3. mlb.com/padres/ballpark

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MOVIES AT THE BASES

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

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

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

Thursday, August 25

6pm Nope r

Friday, August 26

6pm DC League of Super-Pets pg

Saturday, August 27

1:10pm Paws of Fury: Legend of Hank pg

3:30pm DC League of Super-Pets pg

6pm Bullet Train r

Sunday, August 28

1pm DC League of Super-Pets pg

3:20pm*Thor: Love & Thunder pg13

Thursday, September 1

6pm *Bullet Train* r

Q-Zone - NAB

Bldg. 337 • 619-437-3190

Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

Friday, August 26

5pm Memory r

Saturday, August 27

11am Penguins of Madagascar pg

Monday, August 29

5pm Days of Thunder pg13

Tuesday, August 30

11am Sing 2 pg

5pm Twister pg13

Wednesday, August 31

5pm Elvis pg13

Thursday, September 1

11am Encanto pg

5pm The 355 pg13

Lowry Theater - NASNI, 619-545-8479

Bldg. 650

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

Friday, August 26

6pm DC League of Super-Pets (pg)

Saturday, August 27, 2022

3pm DC League of Super-Pets pg

6pm Bullet Train r

Sunday, August 28

1pm DC League of Super-Pets pg

4pm Thor: Love and Thunder pg13

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

Saturday, Aug 27

1:30pm Bullet Train (R)

Saturday, Sept 3

1:30pm Paws of Fury: Legend of Hank (PG)

Saturday, Sept 10

1:30pm Nope (R)

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, Aug 26

6pm * THOR: Love & Thunder (PG-13) *

9pm - No Movie

Saturday, Aug 27

1pm DC League of Super-Pets (PG)

4pm * Bullet Train (R) *

7pm Nope (R)

Sunday, Aug 28

Noon Paws of Fury: Legend of Hank (PG)

3pm DC League of Super-Pets (PG)

Friday, Sept 2

6pm Easter Sunday (PG-13)

CROSSWORD PUZZLE

Across

1 What a regular often orders, with "the"

6 First of a cereal box trio

10 Box score number

14 See 5-Down

15 Dorothy's dog

16 Distinctive vibe

17 Sauce with basil

18 Like many cars sold online

19 "Jurassic Park" predator

20 Youngster, metaphorically

23 Antlered Yellowstone beast

24 Lao Tzu's "way"

25 ___ City: computer game

28 Stick a stake in, as a vampire

32 Dry-eyes solution

34 Manual filing target?

35 Toddler's monster deterrent

39 Brings on board

41 Luau neckwear

42 He played Grant on "Lou Grant"

43 Morning awakener

46 Poi source

47 One of four in five

48 Theater walkways

Probing personal care products: Look out for harmful ingredients

Shampoo. Shaving cream. Deodorant. Makeup. Hair dye. Perfume and cologne. These and dozens of other products may be in your shower, gym bag, or medicine cabinet. But do you know what's in them? Could any of their ingredients be risky for your health?

Personal care products, including cosmetics, are regulated by the U.S. Food and Drug Administration (FDA). But they're not treated like drugs. They don't have to be approved by the FDA before they go on the market. So companies don't have to prove that personal care products are safe or effective before selling them, says Dr. Alexandra White, who studies chemicals and health at NIH.

The exceptions are personal care products that treat or prevent health conditions. These must be FDA-approved before they go on the market. Examples include sunscreen and anti-dandruff shampoo.

But overall, "cosmetics are one of the least regulated sets of consumer products out there," says Dr. Ami Zota, an environmental health researcher at Columbia University. The FDA monitors products for potential safety issues once they're on the market. It takes action when needed to protect public health.

Researchers are working to better understand the health effects of common ingredients in personal care products. They're also developing better and faster ways to test such ingredients for safety.

What's in That Bottle?

Most ingredients in personal care products are in a category known as "generally recognized as safe," or GRAS, explains Dr. Nicole Kleinstreuer, a computational toxicologist at NIH.

But certain chemicals that may cause health problems can be found in many of these products. How much you're exposed to is often what makes a chemical harmful. The amount that's "safe" varies for each.

"The general classes we're concerned about include phthalates, parabens, PFAS, and metals like lead," says White.

Other problem chemicals include triclosan and triclocarban. These are included in many personal care products to prevent bacterial and fungal growth.

Many chemicals of concern, including phthalates, parabens, PFAS, and triclosan, are endocrine disruptors. These are compounds that can mimic or interfere with the body's hormones. They've been linked to problems with the brain, devel-



ple," says Zota. "Something listed as 'fragrance' can be a mixture of thousands of chemicals." Looking for fragrance-free products can help lower your exposure to many unknown ingredients.

Which Chemicals Are Risky?

opment, and reproduction. Some have also been linked to a higher risk of certain cancer types.

Metals like lead and mercury can also be toxic. They can cause damage to the brain. Another ingredient to look out for is formaldehyde. It is found in some hair products or created when hair products are heated. Formaldehyde exposure has been linked with cancer.

Talc is also a common ingredient in cosmetics. "Talc is used in a lot of powders, including face powders," Zota says. It's generally recognized as safe by the FDA. But talc can sometimes be contaminated with asbestos, which is linked to cancer. The FDA has been testing for asbestos (link is external) recently in many talc-containing products.

It can be hard to figure out if a product contains potentially risky ingredients. You can avoid some of these chemicals by looking for them on the product label. But they can have many names and abbreviations. Sometimes the names of specific chemicals don't appear on the label at all, but they're still in the product.

"Fragrance is one exam-

Most personal care products are mixtures of many different chemicals. This can make it hard to link specific products to health problems. But researchers have found some worrying trends.

"We've seen [a link] between frequent hair straightener use and cancer risk," says White. So far, this has included breast cancer and ovarian cancer. Her team has also found a link between the use of permanent hair dye and breast cancer. The risk was especially high for Black women.

To help make safer products, better tests are needed to understand how chemicals affect the body over the long term. Kleinstreuer is working on a team that's developing new methods to test chemicals in human cells instead of animals. The tests are like taking a chemical fingerprint, she explains.

First, the team measures changes that happen in cells after they are exposed to chemicals with known effects. Then, they test a new chemical. If it produces changes similar to a known one, scientists can assume it affects the body in a

similar way.

"For example, we know excess inflammation is bad. And we can [measure] cell markers of inflammation. If a chemical causes [those markers] to increase, we know that's a bad thing," Kleinstreuer says. Inflammation that lingers over time can cause health problems. Her team hopes to eventually use these types of tests to predict which chemicals may be harmful for long-term exposure.

Her team is also using engineered skin tissue to develop better tests for allergy and irritation. These models are being widely used to predict short-term side effects from chemical exposures, including those in cosmetics.

Buyer Be Aware

Trying to keep potentially risky chemicals out of your daily life can help you and your family stay healthier. But there are times that you may want to be even more cautious. People can be more vulnerable to chemical exposures during certain times in their lives.

One of these is pregnancy,

Personal care product precautions

- Follow the directions in personal care product packages. Pay attention to all caution and warning statements.
- If any cosmetic or personal care product causes irritation, stop using it immediately. If the irritation persists, see a doctor.
- Don't share your cosmetics. This can transfer harmful germs.
- Don't use old cosmetics.
- Don't use any cosmetics near your eyes unless they're intended specifically for that use. Avoid color additives for use near the eye that are not FDA-approved.
- Never dye your eyebrows or eyelashes. This can hurt your eyes or even cause blindness.
- Keep hair dyes out of the reach of children.
- Never mix different hair dye products.

says White. "It's a time when the breast tissue is going through rapid changes and might be more susceptible to cancer-causing chemicals."

"Even small levels of some of these chemicals can impact fetal development and growth,"

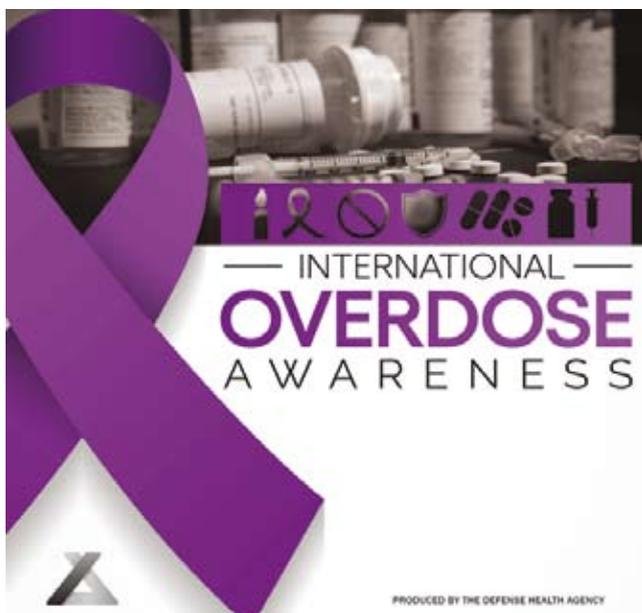
Zota says. Early childhood and puberty are other times when people may be more susceptible to endocrine disruptors, she adds.

If you have questions about any personal care products, talk with your health care provider.

Are you eligible for CalFresh benefits?

The County of San Diego Health and Human Services Agency and its partners are working together to get the word out about CalFresh benefits. CalFresh is a supplemental nutrition program for families and individuals who meet certain income guidelines. The program is designed to reduce food insecurity and increase food budgets to improve participant's access to fresh and healthy food.

Maximum monthly amounts for qualifying households range from \$250 for a single person to \$835 for a household of four and up to \$1,316 for a household of seven. San Diegans can also apply for CalFresh online at GetCalFresh.org and MyBenefitsCalWIN.org, or by calling 2-1-1 San Diego.



August 31 is International Overdose Awareness Day. There are things you can do to prevent overdose: storing medications safely, reading and following all instructions, and calling your doctor if a medication seems to be too much for you. Learn more: <https://www.health.mil/Military-Health-Topics/Conditions-and-Treatments/Substance-Abuse> #InternationalOverdoseAwarenessDay.



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