

ARMED FORCES DISPATCH



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SIXTY-SECOND YEAR NO. 28
THURSDAY, OCTOBER 27, 2022

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Around Town

Hikes, Beer Week, Dia de Los Muertos, Gulls hockey, surf contest, Asian Film Festival.

See page 10

Local

San Diego-based USS Essex celebrates 30th anniversary ... Ventura County Navy pins its newest chiefs.

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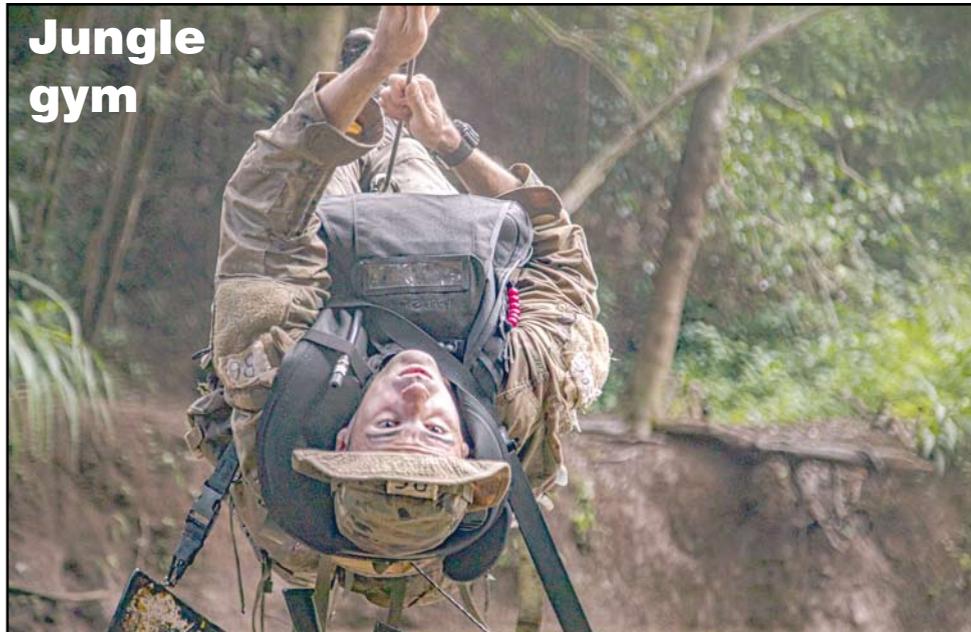
Fabulous columnists!

AutoMatters & More with Jan Wagner ... Lisa Molinari reflects on life in & out of the service.

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Combined Federal Campaign continues. Donate today. See ads throughout our paper.



A Soldier performs waterborne operations during Jungle School at Schofield Barracks, Hawaii, Sept. 24. Students learn how to correctly and safely cross a water obstacle in the jungle using one rope bridges, poncho ruck rafts and zodiacs. US Army photo by Spc. Daniel Proper

DOD looks to ensure access to reproductive health care

by Jim Garamone
DOD News

“There is no higher priority than taking care of our people, and ensuring their health and wellbeing.” - Secretary of Defense Lloyd J. Austin III.

Secretary of Defense Lloyd J. Austin III signed a memo Oct. 20 designed to ensure that service members and their families can access reproductive health care and to support Department of Defense health care providers concerned about potential risks while providing federally authorized care.

The memo — “Ensuring Access to Reproductive Health Care” — directs actions on reproductive health care in the wake of the Supreme Court’s decision in *Dobbs v. Jackson Women’s Health Organization*, which overruled prior precedent and concluded that the Constitution does not confer a right to abortion.

The *Dobbs* ruling “has impacted access to reproductive health care, with readiness, recruiting and retention implications for the force,” Austin wrote.

Many states have subsequently revived or enacted legislation that significantly restricts access

to abortion care. All told, according to a recent RAND study, 450,000 service members now



live in states where abortion is restricted.

After the Supreme Court released their decision on June 24, Austin said in a written release that “nothing is more important to me or to this department than the health and well-being of our service members, the civilian workforce and DOD families. I am committed to taking care of our people and ensuring the readiness and resilience of our force. The department is examining this decision closely and evaluating our policies to ensure we continue to provide seamless access to reproductive health care as permitted by federal law.”

Women make up 17 percent of the force and are the fastest growing subpopulation in the military. Defense officials have stressed that women’s health is

important to the overall readiness of America’s military.

Under federal law, DOD funds and facilities may only be used to perform abortions where the life of the mother would be endangered if the fetus were carried to term or in a case in which the pregnancy is the result of an act of rape or incest. The most recent statistics show that between 2016 and 2021, a total of 91 abortions were performed in military medical treatment facilities.

Following the *Dobbs* decision, women who are in states with restrictive abortion laws may have to travel to other states to receive reproductive health care, including abortion-related care. They may incur out-of-pocket expenses and have to take more time away from work or their families in order to access reproductive health care.

The memo Austin released today looks to preserve privacy for service members, protect DOD health care providers, reduce barriers to ensure access to reproductive health care and improve the awareness of contraception and family planning resources for service members and other eligible beneficiaries.

see Health, page 4

Fleet Week S.D. invites public to upcoming events

Ships, Marine Corps equipment arrives Nov. 2

SAN DIEGO - Next week, the general public will be able to view military assets at Broadway Pier as part of Fleet Week San Diego.

USS *Montgomery*, along with Marine Corps equipment from MCAS Miramar and Camp Pendleton, will arrive at Broadway Pier Nov. 3, and Coast Guard Cutter *Rednour* will arrive Nov. 5. San Diego companies and Navy and Marine Corps commands will begin setting their displays up in the Sony “Innovation Zone” inside the Port Pavilion on Nov. 2.



The Fleet Week series of events will kick off with Student STEM Days sponsored by the Judith Campbell Education and Community Foundation, from Nov. 3 through Friday. Approximately 3,000 students will tour the ships and equipment and visit the displays where they will interact with the latest technology used by the military and developed by San Diego’s high-tech industry.

The Innovation Zone opens to the public Nov. 4-5.

“We’re really excited about the response we have received from the San Diego business community and the military for this year’s Innovation Zone”, said Bill Baugh, board president of the San Diego Fleet Week Foundation. “In addition to Sony stepping up as the presenting sponsor, we have many of San Diego’s premier technology companies participating such as General Atomics, Lockheed Martin, Northrop Grumman, and SDG&E”

Navy commands expected to be on hand are the Naval Information Warfare Center, Naval Medical Center San Diego, Naval Health & Research Center, and the Naval Meteorology and Oceanography Command.

“We’re hosting several of San Diego’s small Innovation companies because of a grant we received from the City of San Diego, that helped offset the costs involved with setting up the Innovation Zone,” said Baugh.

SCHEDULE

Nov. 4: Ship tours and the Marine equipment open for viewing, 1-4 p.m.

Nov. 5-6: Ship tours and the Marine equipment open for viewing, 10 a.m. to 4 p.m.

Nov. 5-6: An MRE (Meals Ready to Eat) cooking contest during the noon hour. It features one and two-person teams from the Navy, Marine Corps and Coast Guard who compete to create gourmet meals.

All weekend: Navy and Marine Corps Bands playing on the Fleet Week Stage.

Nov. 6: Liberty Military Housing will host Military Family Day at the pier, with lots of games, activities and goodies for military families. •• Afternoon concert with the Tim Hurley Band concludes the family day.

Keel laid for future expeditary sea base Simanek in San Diego

NASSCO San Diego held a keel laying ceremony Oct. 21 for future expeditary sea base USS Robert E. Simanek. “The ship is named for Private First Class Robert Ernest Simanek, who was awarded the Medal of Honor for shielding fellow Marines from a grenade at the Battle of Bunker Hill during the Korean War. The Medal of Honor was presented to him by President Dwight D. Eisenhower in a White House ceremony in 1953. Simanek, who was also awarded the Purple Heart, died in August at the age of 92, according to the Marines Corps Reserve.

USAF Reaper drones to begin surveillance flights out of Japan within weeks

Eight Air Force MQ-9 Reaper drones and more than 150 airmen have started a yearlong deployment to southern Japan and will begin surveillance flights within weeks, according to U.S. and Japanese officials. The drones will start flying from Kanoya sometime after the end of this month, a Kyushu Defense Bureau spokesman said by phone Oct. 24. An Air Force spokesman said the strategic location combined with the MQ-9’s capability will allow the Japan-U.S. alliance to see and monitor vast areas.



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Art inspired by St. Jude patient **Amber**
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Army

- 18th Airborne Corps' unit returns after rapid response deployment
- Fort Bliss Soldier charged with murder in shooting death of another Soldier in bar parking lot
- Fort Carson's 2nd Stryker Brigade undergoes final test of skills during live-fire event
- 'Lightning in a bottle': Inside the 'Origin' of the Army's future robotic fleet
- Soldiers are finally out of Fort Bragg's moldy barracks
- Army's 101st Airborne is practicing for war with Russia just miles from Ukraine's border

Navy

- Defense firms outsource sub, carrier construction amid labor woes
- Red Hill to start removing fuel from pipes next week
- Hospital corpsman honored for rescuing shipwreck survivors amid dangerous conditions
- Sailors question Navy response after E. coli, bilge water contaminates carrier's drinking water

Marine Corps

- Prototype air defense interceptor for Marine Corps wraps up last test
- Wife recalls trying to save Marine vet killed in mass shooting
- Marines say new ACV is the future of amphibious warfare despite 4 flipping in surf off Camp Pendleton in a year
- How a Marine veteran jailed in Venezuela for 2 years fought for his freedom
- Taliban criticize alleged abduction of Afghan baby by US Marine

Air Force

- Air Force acquisition report shows savings on space launch, cost increase for F-15 EPAWSS
- Air Force to award 96 Distinguished Flying Crosses, 12 Bronze Stars for heroic Afghan airlift

Coast Guard

- Coast Guard says main drive shaft issue puts OPC delivery schedule 'at risk'



Active duty suicide rate drops; Austin says more work needed

by Jim Garamone
DOD News

The Annual Report on Suicide in the Military for 2021 shows a decrease in the suicide rate for active-duty service members.

Secretary of Defense Lloyd J. Austin III said in a written statement that he's encouraged to see the decrease, but "we recognize we have more work to do."

Fewer service members died by suicide in 2021 than in 2020 - 519 to 582. The suicide rate among active-duty troops decreased from 28.7 per 100,000 in 2020 to 24.3 per 100,000 in 2021. This is a 15 percent decrease, Elizabeth Foster, the executive director of DOD's Office of Force Resiliency, said at a media briefing.

Liz Clark, director of the Defense Suicide Prevention Office, gave an overview of suicides. "There is an increasing trend for all services between 2011 and 2021," she said. "In the short term, the Army rate [of suicides] was similar to last year, and there was a decrease with the Navy, the Marine Corps and the Air Force. The Air Force was the only statistically significant decrease."

Foster said that every one of these numbers is a person and represents a family and a community that has been forever changed by the tragedy.

"Every death by suicide is a tragedy that impacts our people, our military units and our readiness," Austin said. "That's why we remain committed to a comprehensive and integrated approach to suicide prevention."

The secretary has already put in place a full-court press to take on the challenge of preventing suicides in the military. Austin has approved the establishment of a dedicated prevention workforce to strengthen DOD efforts to address suicide and other challenging areas. "That's been a major effort standing up that workforce, but we are hiring over 2,000 prevention personnel that will be stationed around the world," Foster said. "That's a major investment that's going to be a continuing effort."

"The scale of this workforce is unprecedented and reflects our commitment to make lasting change," Austin said.

Austin has said many times since taking office that "mental health is health - period." He

sees no difference between being treated for a broken leg or for depression. "It's on all of us to end the stigma of asking for help and support when we or someone we know is feeling distressed, anxious or isolated," he said. "Reaching out is a marker of strength and resilience."

The secretary stressed the department will not stop working to address the root causes of this issue. "We also continue efforts to improve the quality of life for service members and their families, address stigma as a barrier to seeking help, and expand

our safety efforts for our service members and their families," Austin said. "While we have made progress in these areas, we must continue to do more."

One part of the effort to combat suicide is the Suicide Prevention and Response Independent Review Committee to review multiple installations — both stateside and overseas — and make actionable recommendations to prevent suicide. This committee will make its first report in February, officials said.

Continue reading at <https://www.defense.gov/News/News-Stories/>

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CFC #11322

Weapons qualification targets now available through Document Services Online

by Amber McSherry
Defense Logistics Agency

Military customers can now order over 50 types of weapons qualification targets from Defense Logistics Agency Document Services Online, the Defense Department's primary website for printing services.

Previously, targets had to be ordered through DLA Troop Support. Adding targets to the DSO website makes ordering easier for customers who already use other DLA printing services. To shop the target catalog, customers should log into DSO and click on Target Printing in the left menu.

nostic guide during weapons qualification to help troops make necessary adjustments for improving marksmanship. DLA's target selection continually evolves as new weapons

Rock Island Arsenal, Illinois, can print items in a range of sizes. This includes 1-inch-by-1-inch self-adhesive pasters used to repair bullet holes and prolong the use of a target, as well as 6-foot-

"The team at the Rock Island Arsenal target printing facility is proud to provide these materials to all of the armed forces and other DOD organizations that use training aids," Production Supervisor John Turner said.

"Our mission is to serve the warfighter by making sure they have what they need to be their best."

Rock Island Arsenal has produced targets for 140 years, and DLA Document Services assumed target management in 1993. DLA Document Services also became DOD's primary provider for printing services in 1997.

"The team at the Rock Island Arsenal target printing facility is proud to provide these materials to all of the armed forces and other DOD organizations..."
- John Turner, production supervisor

systems are fielded. The current selection includes small arms, heavy arms and long-range targets, as well as aerial targets that are towed behind boats.

by-6-foot heavy arms and aerial targets. DLA also offers double-sided targets, weather resistant paper and a variety of colors. Targets are printed on demand, with no limit on order size, and shipped from the facility.

The targets provide a diag-

The DLA print facility at

Talks on addition of two Navy destroyers at base in Spain expected to start soon ... (Stars and Stripes) The U.S. and Spain will soon launch negotiations on a new defense pact for an expanded naval presence in Spain, while elsewhere in Europe, the Army plans to set up additional units by next year, according to officials. Spain's foreign minister, Angeles Moreno, told the country's parliament last week that a bilateral defense agreement with the U.S. must be updated to allow for an expansion at the U.S. Navy's base in Rota. Moreno said negotiations on the pact would soon begin, Spanish media reported. The talks are connected to the June announcement at the NATO Summit in Madrid that the U.S. will increase the number of destroyers based in Spain from four to six. While an official timeline for the ships' arrival in Spain hasn't been set, U.S. military commanders have put 2025 or 2026 as target years. Some other U.S. military moves announced in Madrid are running up against lengthier timelines.

Health

continued from page 1

The memo directs the department to "establish additional privacy protections for reproductive health care information for service members." These policies will include guidance to DOD health care providers when reproductive health care information may be shared with commanders and standardizing and extending the timeframes for service members to notify their commanders about a pregnancy. Commanders will be issued guidance that reminds them that they must both display, and act with, objectivity and discretion when handling reproductive health care matters.

Austin writes in the memo that all these actions must ensure service members have the time to make private decisions about reproductive health care, while also maintaining the responsibility of commanders to meet operational requirements and obligations to protect the health and safety of those in their care.

The memo directs DOD officials to develop programs to support DOD health care providers, who may be concerned about legal or licensure risks. The Attorney General has already made clear that federal employees who carry out their duties by providing federally authorized reproductive health services must be allowed to do so free from the threat of liability. DOD's new programs will add to the existing legal protections and help ensure that DOD health care providers can appropriately care for their patients consistent with federal law. These programs will include reimbursement of fees for providers who wish to get licensed in a different state and support for providers who are subject to adverse action for appropriately performing their official duties.

Access is key for service members, as they and their families are often required to travel or move to meet operational requirements.

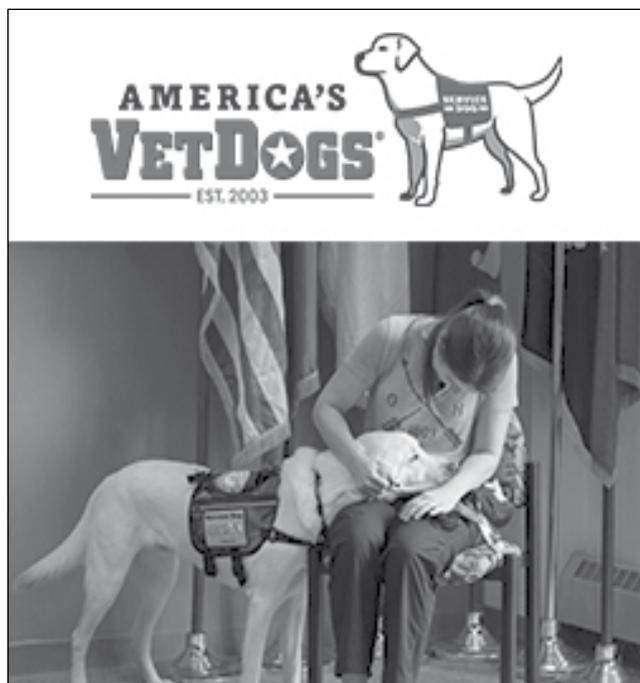
"The practical effects of recent changes are that significant numbers of service members and their families may be forced to travel greater distances, take more time off from work, and pay more out of pocket expenses to receive reproductive health care," the secretary wrote.

The memo directs the creation of a uniform administrative absence policy for service members for non-covered reproductive health care and establishes travel and transportation allowances for service members and their dependents, as appropriate. It also directs the amendment of travel regulations to facilitate official travel to access non-covered reproductive health care that is unavailable within the local area of a service member's permanent duty station. The policies will address reproductive health care not covered by the Department of Defense, such as non-covered abortion services and certain non-covered assisted reproductive technology services, such as in vitro fertilization. While allowances will cover travel and transportation costs, service members are responsible for fees associated with non-covered reproductive health care. These actions will be taken consistent with federal law and operational requirements.

The department offers contraception and family planning services, and this will not change, Austin wrote. He has directed additional actions to improve awareness of resources and support. The department will expand walk-in contraceptive services at all military medical treatment facilities with appropriate clinical capacity. DOD will also implement a comprehensive contraception education campaign and enhance information on Military Health System websites and in military medical treatment facilities about the kinds of reproductive health care available, including emergency contraception. These sites will also provide points of contact for beneficiaries to get help if they have trouble accessing reproductive health care in the Military Health System.

The department will continue to evaluate policies to ensure continued, seamless access to reproductive health as appropriate and consistent with federal law.

"There is no higher priority than taking care of our people, and ensuring their health and wellbeing," Austin wrote.



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Air Mobility Command to present individual awards for Operation Allies Refuge

SCOTT AIR FORCE BASE - Air Mobility Command announced Oct. 21 commanders will present 96 Distinguished Flying Crosses, 12 Bronze Star Medals, and one Gallant Unit Citation to mobility Airmen who supported Operation Allies Refuge.

Of the 96 DFCs, seven will be awarded with the "V" device for valor, recognizing heroism beyond what is normally expected while engaged in direct combat conditions. An additional 74 DFCs will be awarded with the "C" device for combat. Two of the 12 BSMs will be awarded with the "V" device. The 621st Contingency Response Group will receive the prestigious

Gallant Unit Citation for the actions its Airmen took to rapidly repair and run airfield operations at Hamid Karzai International Airport while surrounded by hostile forces, enabling success of the operation.

"The world witnessed history during that airlift, borne on the shoulders of mobility heroes," said Gen. Mike Minihan, commander of AMC. "This recognition is long overdue for what our heroes did during those historic 17 days."

The DFCs and BSMs were among 350 additional individual awards approved for actions in support of OAR. The decorations were recently finalized following a September awards

board held by Air Forces Central Command that considered the elevated level of awards for the heroic actions of hundreds of Airmen who participated in the largest noncombatant air evacuation operation in U.S. history.

"A mix of MAF and OAR experts led to award submissions being addressed thoroughly and with the mindset of recognizing actions in a way that will endure while preserving reverence for our most hallowed medals. Consequently, some submissions were upgraded or downgraded to reflect the distinct contribution of the Airman or team," said Brig. Gen. Gerald Donohue, AMC's deputy director of Strategy, Plans, Requirements and Programs, who served as the

award board president. Donohue previously served as the 379th Air Expeditionary Wing commander at Al Udeid Air Base, Qatar, during OAR, through which most evacuees were processed on the way to their final destinations. "It's important to note that we considered the contributions of crews as teams, and in the end, there was no disparity in award determinations among members of the same crews."

A lapse in authorities tied to the end of the operation in September 2021 led to an administrative delay in reviewing higher-level award submissions. AMC worked closely with AF-CENT and the Department of the Air Force to resolve the problem, resulting in not only the Septem-

DoD schools ranked best in the U.S. on nation's report card

Fourth and eighth-grade students attending Department of Defense Education Activity (DoDEA) schools led the nation in scoring on the 2022 National Assessment of Educational Progress (NAEP) Reading and Mathematics Assessments. DoDEA students' average scale scores ranged from 15 to 23 points higher than all corresponding national average scores and held steady or increased while all national average scores decreased. DoDEA was the only state/jurisdiction to see a score increase for any grade/subject on the first NAEP administered since the beginning of the COVID-19 global pandemic.



ber awards board, but also new authorities that allow AMC to convene its own boards to award the same caliber of decorations moving forward.

"Make no mistake, we should have done this last year immediately after the operation, and I recognize our Airmen's

frustration with the process," Minihan said. "We're making that right, and we've worked with our partners across the Air Force to ensure AMC is able to swiftly and effectively recognize our mobility warriors as they deliver warfighting excellence across every combatant command worldwide."

Some November monthlong observances: Vegan, diabetes, art

Good Nutrition Month
Peanut Butter Lovers
World Vegan Month
Lung Cancer Awareness
Nat'l Pomegranate Month
Nat'l Peppercorn Month
Nat'l Pepper Month
Nat'l Raisin Bread Month
Month of the Military Family
American Diabetes Month
Nat'l Adoption Month

Pancreatic Cancer Awareness
Nat'l Gratitude Month
Gluten-Free Diet Awareness
Nat'l Georgia Pecan Month
Nat'l Stuffing Month
Sweet Potato Awareness
Nat'l Novel Writing Month
Nat'l COPD Awareness
Nat'l Roasting Month
Fun With Fondue Month
Picture Book Month

Banana Pudding Lovers
No Nut November
Crypto Literacy Month
Art Every Day Month
Nat'l Life Writing Month
Brovember
Native American Heritage
Nat'l College Application
Academic Writing Month
Nat'l Blog Posting Month
Transgender Awareness

Package Liquor Store Month
Hyperhidrosis Awareness
Teff and Millet Month
Nat'l Sexual Health Month
Aviation History Month
Critical Infrastructure
Security and Resilience
Kiwani's Family Month
Nat'l Career Development
Nat'l Child Safety & Prevention
Nat'l Runaway Prevention

Nat'l Scholarship Month
Adopt a Turkey Month
Nat'l Pinhole Gum Rejuvenation
Addiction Awareness Month
America Recycles Month
CRPS Awareness Month
Int'l Restorative Justice
Manatee Awareness Month
Memoir Writing Month
Nat'l Adopt a Senior Pet
Nat'l Alzheimer's Disease

Awareness Month
Nat'l Epilepsy Awareness
Nat'l Family Caregivers
Nat'l Fragrance Month
Nat'l Healthy Skin Month
Nat'l Home Care and Hospice
Nat'l Homeless Youth
Awareness Month
Nat'l Inspirational Role Models
Nat'l Marrow Awareness

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USS Essex celebrates 30th anniversary

by Petty Officer 2nd Class
Brett McMinoway

USS Essex-LHD 2

SAN DIEGO - Sailors assigned to amphibious assault ship *Essex* hosted a ceremony to celebrate their ship's commissioning anniversary/Navy's birthday aboard *Essex* at her homeport here Oct. 17.

Essex commissioned Oct. 17, 1992, and turned 30 just four days after the Navy celebrated its 247th birthday.

"*Essex* has a lasting legacy of greatness, perseverance and toughness," said Capt. Aaron Taylor, commanding officer of *Essex*. "That's truly a result of the culture established 30 years

ago today. We are the embodiment of the crew and culture that was established when the keel was laid."

This is the fourth major celebration for the crew this year. In March, they returned home from an eight-month deployment to the U.S. 3rd, 5th, and 7th Fleet areas of operation. In May, the ship attended Los Angeles Fleet Week 2022, and *Essex* recently returned to homeport after participating in Rim of the Pacific 2022.

In attendance were several plank owners, including *Essex's* first CO, Capt. (Ret.) Ron Berg.

"The follow-on crews kept it in good shape," said Berg. "I'm

proud to see it. She's '2' on the hull, but second to none. Take care of her."

"Second to none" was the former motto of LHD 2, the fifth ship to bear the name *Essex*. The motto was later replaced with "Take Notice," which originates from the first U.S. ship to bear the name.

For more news from USS *Essex*, follow on Facebook at <https://www.facebook.com/USSESSEX>, or visit <https://www.surfpac.navy.mil/lhd2>.

Flag officer assignments

The secretary of the Navy and chief of naval operations announced Oct. 20 the following assignments:

Rear Adm. James A. Kirk will be assigned as commander, Expeditionary Strike Group Three, San Diego. Kirk most recently served as commander, Carrier Strike Group Fifteen, San Diego.

Rear Adm. (lower half) Michael W. Baze will be assigned as commander, Navy Personnel Command; and deputy chief of naval personnel, Millington, Tenn. Baze is currently serving as commander, Expeditionary Strike Group Three, San Diego.

Port Hueneme pinning

by Ensign Drew Verbis
Naval Base Ventura County

PORT HUENEME - Sixty-five Sailors assigned to perspective commands onboard Naval Base Ventura County donned a pair of gold-fouled anchors for the first time to become the 129th class of chief petty officers Oct 21.

The pinning ceremony marked the culmination of six weeks of indoctrination and initiation into one of the most exclusive professional fellowships in the Navy, the chiefs mess. During the initiation, dubbed the chiefs season, first class petty officers (E6) selected for chief are trained, mentored, and tested in leadership, core values, and an array of other professional and personal development areas before accepted into the chiefs mess.

"No other armed forces have a rank equivalent to that of the Navy chief petty officer," said Senior Chief Equipment Operator Braylon Dorsey of Naval Mobile Construction Battalion Three. "Although the pay grade of E7-E9 [rank] is equivalent, the Navy gives more responsibility and authority while demanding more performance and results; and even the uniform changes."



Sixty-five Sailors assigned to perspective commands on board Naval Base Ventura County (NBVC) donned a pair of gold-fouled anchors for the first time to become the 129th class of chief petty officers, Oct 21. US Navy photo by Electronics Technician Petty Officer 2nd Class Tyler Knotts

Chiefs are considered the backbone of senior enlisted leadership and advocates for the best interests of junior Sailors. The chief removes barriers and handles adversity to allow Sailors to do their jobs while demonstrating the humility to take a back seat when a good job is rewarded.

"As the Chiefs Mess goes, so does the command," said Capt. Peter Maculan, skipper of Center for Seabees and Facilities Engineering and the Naval Civil Engineer Corps Officers School.

"A chief's leadership not only sets a highwater mark for our Sailors on the deck plates but drives our Navy forward. So, in many ways, the CPO is the master of the Fleet's fate."

"The last six-weeks have taught me the weight of these anchors," said newly-pinned Chief Culinary Specialist Shawn Payne. "It can be a heavy burden and I'm so honored to be selected, but I recognize there's no time to reveal in my accomplishment, it's time to pay it forward."



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Awarded for safety first!
Vice Adm. Kenneth Whitesell, commander, Naval Air Forces, addresses Sailors assigned to the "Titans" of Fleet Multi-Mission Squadron (VRM) 30, during an award ceremony held at Naval Air Station North Island Oct. 20. US Navy photo by MC1 Sara Eshleman

by MC1 Sara Eshleman
 Commander, Naval Air Forces
 SAN DIEGO - Vice Adm. Kenneth Whitesell, commander, Naval Air Forces, presented the 2021 CNO Aviation Safety Award to the "Merlins" of Helicopter Sea Combat Squadron (HSC) 3, the "Black Knights" of HSC-4 and the "Titans" of Fleet Logistics Multi-Mission Squadron (VRM) 30's aboard Naval Air Station North Island, Oct. 20.

Also known as the Safety "S", the Navy's highest flight safety award is bestowed upon Navy and Marine Corps commands that have demonstrated exceptional and sustained safety excellence.

This achievement is based upon aircraft flight mishap rates, currency of safety programs, the number of aircraft being flown, and the amount of time the aircraft spent supporting deployed operations.

"The safety award is truly a manifestation of the quality, safe, professional operations, both flying the aircraft, as well as the maintainers doing an incredible job with maintaining the platforms that we have," said Whitesell. "Our business is

inherently dangerous, and it's the professionalism of the maintainers and aircrew that enable us to give confidence to the moms and dads that send you out into the world to defend your country. I can't do that myself; it's you all that do that."

Despite the unique challenges of an immensely large and diverse squadron, HSC-3 spearheaded COVID-19 operational risk controls, including distance learning and COVID patient transfer protocols, enabling the execution of 11,031 flight hours to qualify future warfighters in the MH-60S Knighthawk helicopter, as well as MQ-8B/C Firescout unmanned aerial vehicles. The squadron also conducted firefighting operations in support of California Fire and Federal Fire, flying 56 hours and dropping 166 "Bambi Buckets" of water in support of the shore bombardment area (SHOBA) fire and the Corey Iverson Wild-land exercise.

HSC-3's proactive participation and feedback in the Safety Systems Working Group, Naval Air Training and Operating Procedures Standardization (NATOPS) Program Manager Summit, and Mine Warfare Improvement Program (MI-

WIP) helped enable safe and responsible operations within the community.

HSC-4 executed 2,959 total flight hours while maintaining eight mission-capable aircraft while embarked aboard aircraft carrier *Carl Vinson* and dry cargo and ammunition ship *Washington Chambers*, as well as detachments to Naval Air Station Fallon and Naval Air Facility El Centro. Overall, the squadron has flown more than 69,128 hours without a Class A mishap.

The "Titans" acquired ten additional aircraft and supported two deployments, including the inaugural deployment of three CMV-22B aircraft as part of the *Carl Vinson* Carrier Strike Group. VRM-30 successfully deployed one detachment, conducted independent operations, and supported VRM-50, the Navy's CMV-22B Fleet Replacement Squadron (FRS), during their Safe-for-Flight certification. The Titans flew 1,022 sorties totaling 2,039 flight hours, including 520 night hours, with no aviation mishaps.

"There is no differentiation between our safety performance and our operational performance," said Whitesell. "You must have both at the same time. A safe squadron is also an operationally effective squadron."



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Summit aims to connect potential small business contractors with Naval Warfare Center

Working with small businesses is a priority for Naval Surface Warfare Center, Port Hueneme Division, key representatives told small businesses attending the recent Fathomwerx Summit at the Fathomwerx Lab at Port of Hueneme.

The message during the recent event was clear: the Department of the Navy is seeking innovative technologies from small businesses to help evolve and transition critical capabilities to the warfighter.

NSWC PHD, which is a partner in the offsite innovation and collaboration space known as Fathomwerx Lab, also seeks to grow its small business partnerships to fulfill both federal requirements and warfighter needs.

“Growing the small business industrial base, including local small businesses, is crucial to the ongoing success of NSWC PHD,” said Dan Mahan, the command’s deputy for small business, who attended the two-day summit. “This growth is a never-ending pursuit as some of our small business contractors will likely be financially successful enough to move up to the status of large businesses in the near future. - by Teri Carnicelli, Naval Surface Warfare Center, Port Hueneme Division

Health clinic provides warfighter support to MSRON 11

The medical component of the mobilization process that effectively prepares reserve Sailors for active duty has occurred for Maritime Expeditionary Security Squadron (MSRON) 11 thanks to the efforts from NAS North Island Health Clinic Oct. 18.

“The mobilization process brings an active reserve Sailor on active duty, so you have a lot of administrative and medical requirements to make sure they’re ready to deploy,” said Cmdr. Stephen Oraker, MSRON 11 mission commander. “There’s going to be things that need to be updated and done within a certain period of time, it’s a long process and making sure that it’s done quickly so we can move on is what we’re looking for.”

Oraker, who has been through the mobilization process several times, appreciates NASNI medical team’s support with enabling a smooth transition.

“The overall process has been highly efficient. There was solid prep work and coordination with the clinic in the months leading up to the event and the plan was well executed by the clinic,” added Oraker. “I can appreciate the detail and thoroughness that the clinic put into the process, which ultimately translates to a smooth transition to active duty for the team.” - by Petty Officer 3rd Class Raphael McCorey, Naval Medical Center San Diego

Marines say new ACV is the future of amphibious warfare despite 4 flipping in surf off Camp Pendleton in a year

In a news report this week, the Marine Corps’ new armored Amphibious Combat Vehicles, intended to become the main transport in the future for getting troops and gear from ship to shore, won’t be available for their first planned deployment this fall and are now being restricted in water training at Camp Pendleton because of safety concerns.

Four of the new ACVs flipped in the surf in just the last year – in all cases, the Marines were able to get out and swim to shore. Three of the 36-ton vehicles were damaged beyond repair.

The ACVs, which use eight wheels and have a shape designed to better survive a bomb blast, are replacing the Marine’s aging fleet of 800 tracked Amphibious Assault Vehicles, which have been in use for decades and now require many hours of maintenance to keep operational. The ACVs have been designed to have a swim capability similar to the AAVs and have equal or greater mobility when compared to the M1 Abrams tank, another vehicle on its way out.

But Marine officials are slowing the rollout of the new ACVs after the vehicle’s difficulties in the surf zone. Since the first ACV flipped in September 2021, leaders have restricted the water conditions Marines can train in and even temporarily suspended water training to give time for further reviews.

THIS WEEK'S GALLERY



HUNTINGTON BEACH (Sept. 30, 2022) - Air Force Thunderbirds fly for the Pacific Airshow here. US Air Force photo by Staff Sgt. Andrew D. Sarver



CAMP PENDLETON (Oct. 17, 2022) - A Marine Corps recruit crawls under barbed wire during the Crucible here. US Marine Corps photo by Cpl. Anthony D. Pio



MCRD, SAN DIEGO (Oct. 22, 2022) - Brig. General Jason Morris, commanding general here, crosses the finish line during the Boot Camp Challenge. US Marine Corps photo by Lance Cpl. Maria A. Estrada

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National Hispanic Heritage Month: Grab your seat at the table

by Jeff Jardine
MyCalVet

With National Hispanic Heritage Month winding down, Aimee Pila-Bravo has some advice for other Hispanics, Latinos and Latinas looking to make a difference:

“Be a mentor,” said the 34-year-old Air Force veteran, currently a member of the Air Force Reserve and director of the Los Angeles Veterans Collaborative (LAVC). “Volunteer. Give back to the community.”

And to do that, those who want to help others succeed and thrive will need to learn what she learned and do what she has done.

“Get a seat at the table,” said Pila-Bravo.

It’s important because Hispanics have long been underrepresented in leadership positions, whether in the military and in veterans advocacy, despite their long history of service. Hispanics fought in the Revolutionary and Civil wars.

As many as 500,000 fought during World War II. Puerto Ricans fighting in the Army’s 65th

Regiment during the Korean War earned high praise from Brigadier General William W. Harris, who called them “the best damn soldiers that I had ever seen.”

More than 80,000 served with distinction in Vietnam and Hispanics comprised over four percent of U.S. forces during the Gulf Wars. And 19 Californians of Hispanic heritage received the Medal of Honor. Their names grace the Medal of Honor Wall at CalVet’s headquarters in downtown Sacramento.

Indeed, they deserve their place at the table. Getting the seat can require persistence, Pila-Bravo said. Having earned hers, she offers this advice from personal experience.

Don’t be shy or hesitant, as

she said she was too often in the military and later as she began working as a veterans advocate. It’s not easy when dealing with



Aimee Pila-Bravo, director of the Los Angeles Veterans Collaborative. Courtesy photo

boards and panels from veterans’ organizations that typically include few, if any, women or minorities.

“When you look at the leadership roles even at the VA (U.S. Department of Veterans Affairs), you will see a lot of white men,” she said. “Who’s not there? People of color ... women vet-

erans, Blacks, Latinos.”

She knew that must change, and to do so meant making her presence known and her voice heard, whether it be at work or as a member of her American Legion post in Los Angeles.

“I’d be at a meeting and I’d be in the back or on the outskirts,” she said. “People weren’t talking about my opinions because I wasn’t bringing them up. I had to bring it up.”

Otherwise, real issues would go unaddressed and real people would be underserved. So, she had to push herself to challenge the ingrained culture. She let her passion for helping veterans in one of those most diverse cities in the nation take over.

Pila-Bravo had long dealt with the roadblocks of being a woman and Latina in the military. A first-generation Mexican-American, she and her brother both enlisted, he in the Marine Corps. The culture she grew up in was not the military culture.

“I am proud to be a Mexican-American,” she said. “I was told I could not speak Spanish while in uniform. I had to act a certain way.”

After serving in Air Force security details, she left activity duty in 2016 and transitioned into the Air Force Reserve. Pila-Bravo went to the University of Southern California, enrolling in the department of Social Change and Innovation at the Suzanne Dworak-Peck School of Social Work concentrating in military social work.

In 2019, her reserve unit was called up for a six-month deployment to Kuwait, where she served at a new facility called “Cargo City” at the Kuwait International Airport, which replaced the 20-year-old Air Force/Coalition Abdullah Al-Mubarak Air Base.

Upon returning to Los Angeles, she obtained employment with the LAVC, helping service

members transition back to civilian life and connecting them with local resources. In March 2021, Pila-Bravo became the director of LAVC. She uses her position to recruit and mentor a new generation of leaders, and cites two of her own role models who are right here at CalVet.

Pila-Bravo said that Xóchitl Rodríguez Murillo and Virginia Wimmer (deputy secretaries of the Minority and Underrepresented Veterans and Women Veterans divisions, respectively) are minority women who are making a difference as veterans serving veterans. “It’s a beautiful shift in leadership,” Pila-Bravo said.

Indeed, they’ve taken their rightful seats at the table. There’s room for many, many more.

Mental health clinic opens in Oceanside ... A new mental health clinic for veterans, active-duty services members and their families opened Oct. 5 in Oceanside on by Cohens Veterans Network, in partnership with Veterans Village of San Diego. San Diego County is now home to two Cohens Veterans Network clinics (out of 22 nationwide), as part of a \$275 million commitment set forth by financier/philanthropist Steven A. Cohen to help reduce veteran suicide and increase care for members of the military community throughout the country. More than 33,000 post-9/11 veterans, nearly 40,000 active duty service members, and more than 31,000 military family members will be eligible for care at the Steven A. Cohen Military Family Clinic in Oceanside.

The Meat & Potatoes of Life



by Lisa Smith Molinari

Using my recent foot surgery as an excuse, I sat in a chair beside the dance floor with my orthopedic boot propped up and my Spanx bursting at the seams. Truth be told, I really didn’t want to dance regardless of my foot. After the pre-parties, wedding ceremony, and all that chit chat during dinner, I just wanted to be a fly on the wall.

It was the wedding of my husband’s best friend’s daughter. Francis and the bride’s father, Marty, had known each other since rooming together as college freshmen. When Marty married back in 1990, Francis couldn’t attend because he’d joined the Navy and was out to sea. Tonight, Francis and Marty were making up for lost time.

The band was killing it, playing the songs everyone seemed to know. The dance floor pulsed with people young and old, Francis and Marty included in the latter. With his suit jacket off, shirt sweaty and untucked, and tie askew, Francis performed the same dance he’d been doing since I met him in 1992.

It starts with a skippy jig wherein Francis whips his left and right quadruple-E-width feet alternately to each side, while positioning his hands, loose and floppy, in front of his chest. Doing this Tyrannosaurus Rex happy dance, Francis smiles to

Confessions of a party pooper

the gathering crowd. Over the years, Francis added moves such as “stop and point,” “flapping wings,” and “vogue,” but the basic jig remained the same.

Francis’ unique dance has garnered him much attention, and attention-seeking is the main reason Francis ever danced in the first place. Unlike me, Francis is a consummate party animal, forever pushing for one more bread basket, one more meatball, one more hour, one more drink, one more song, until the wee hours. I’ve always enjoyed his fun-loving personality, and hung in there for his marathon social endeavors. For 29 years, I hit every dance floor we ever encountered, striving to meet Francis’ hyper-social level.

But at the wedding, I realized that I didn’t want to dance, even if I could. I didn’t want to talk to anyone else, drink another drink, eat another piece of cake. I was perfectly happy to sit there, pretending to be invisible, watching my husband do his goofy dance.

Is something wrong with me? Am I a ... oh no, please don’t say it’s true ... a “party-pooper?”

Concerned, I recently explored online personality testing in an attempt to confirm or deny that I’ve become a wet blanket. Ironically, a friend recommended the Enneagram Personality Test as a “fun party game,” but true to form, I took it alone on my laptop.

Personality testing began during WWI, when the Royal Army sought to determine soldiers’ susceptibility to shell shock. Today, it’s a 500

million dollar industry, the results often used by corporate human resources departments to optimize workforces.

The various personality tests — Myers-Briggs Type Indicator, Five Factor Model, DiSC Assessment, Berkley Emotional Intelligence Quiz, etc. — vary in style, accuracy and application, but they are useful for any individual interested in self-discovery.

“You are Enneagram Type Five, The Investigator,” my laptop told me. A few days later, I convinced Francis to take the test, and his results indicated he was “Type Three, The Achiever.”

We learned that our core personalities are driven substantially by our greatest fears. As an Achiever, Francis fears not being valued by others, so he seeks admiration, believing he must perform to survive. I thought my greatest fear was a world without cheese, but it turns out, Investigators fear being overwhelmed by the needs or demands of others. They isolate to avoid feeling lost. They build boundaries and gather knowledge about the world to survive.

BOOM! My mind was blown. It all made sense. No wonder Francis stays up all night dancing. No wonder I retreat to my garden to inspect flora and fauna for hours on end. I’m not sure if science has proven that I am or am not a party pooper, but at least my family understands me a little more now.

Now I know — the next time I’m met with a dance floor, I can dance, but only if I want to.

AutoMatters™ & More by Jan Wagner



SPOILER ALERT: There are mild spoilers in this review.

There are so many super hero movies these days that it can be difficult to remember each one individually. Not so with Black Adam. This is a fresh, distinctly different take on the genre. It is wonderfully action-packed and entertaining, from start to finish, with a complex and carefully interwoven story, full of unexpected twists and turns.

The title character is convincingly portrayed by Dwayne Johnson, who also produced the film. He brings a certain charisma to the roles that he plays (“Jungle Cruise” comes to mind), and this film is no exception.

Black Adam’s story begins “before the pyramids,” when he is a slave named Teth Adam in the ancient, brutally oppressive, mythical kingdom of Kahndaq. Through a cruel twist, he became the reluctant recipient of enormous powers befitting a super hero, in order to save his people. Yet almost as quickly as he got those powers, he was entombed — until he was released 5,000 years later into the modern world.

A key word here is reluctant. He did not ask for any of this, and he would not neatly fit into the role of a super HERO — at least not in the traditional sense — and he makes no apologies for that. Everywhere he goes, he leaves a trail of

Review of ‘BLACK ADAM,’ starring Dwayne Johnson

death and destruction on a massive scale. He seems to care about no one and nothing, so just stay out of his way or suffer the consequences! Yet a mother and her son refuse to accept that.

Black Adam’s bad behavior goes squarely against the guiding principles of the members of the Justice Society: winged, powerful Hawkman; Dr. Fate, masterfully portrayed — often as a fully rendered CG character in a motion capture suit, by Pierce Brosnan, who also played James Bond; the clumsy but likeable Atom Smasher, who inherited his super suit from his Uncle Al, and who seems a little unsure about how it works; and clever, resourceful Cyclone, who flies with full super hero, cyclonic action. Together, they travel from place to place in an awesome flying ship made of an indestructible, exotic material.

The members of the Justice Society repeatedly use their considerable, and unique, individual powers to try to reform Black Adam’s bad behavior, but advancing the cause of justice is their thing — not his. He sees them as a nuisance, to be dealt with and cast aside. The well-equipped, evil Intergang keeps getting in his way, too. The consequence of all that is pretty much non-stop mayhem, from beginning to end. This is a physically tiring movie to watch!

There are numerous lines uttered throughout the film that help to define Black Adam: “You can be the destroyer of this world...or you can be its Savior.” “The loose cannon needs to be locked down before innocent people start getting hurt.” “These powers are not a gift, but a curse, born out of rage.” “I’m not peaceful—nor do I surrender.”

Unfamiliar with the modern world, Black Adam — when asked, admitted

that he does know what a door is for, so why does he almost never use one to enter or exit buildings, instead smashing through countless walls?

A WWE wrestling superstar (see <https://www.wwe.com/superstars/the-rock>), Dwayne “The Rock” Johnson keeps extremely fit. Unlike for other actors who play super heroes, the wardrobe department had to remove the padding from his costume.

He has been keenly interested in the Black Adam character in since he was very young.

There is a lot for you to unpack in this movie. It is like the “STAR WARS: Rise of the Resistance” attraction at Disneyland and Walt Disney World, in that there is so much going on at the same time that experiencing it just once is really not enough. Speaking of theme park attractions, Black Adam is so good that he deserves his own attraction in a theme park, just like Spider Man. Will that happen? Time will tell.

While this is the first feature film to feature Black Adam, it is likely not going to be the last. Tip: stick around for the credits.

Visit this YouTube link to see an official Warner Brothers trailer for Black Adam: <https://youtu.be/mkomiZHG5q4>

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

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Haunted Hotel, Scream Zone, Haunted Trail, Thru Oct 31. www.SanDiegoHaunts.com
Zombie Crawl at 628 Fifth Ave., San Diego. Oct 27-29. www.sandiegozombiecrawl.com

Taj Mahal at Poway Center for the Performing Arts, Fri, Oct 28, 8pm. www.powayonstage.org
Downtown Chula Vista Día de los Muertos, Fri-Sat, Oct 28-29. (F 5:30-9:30pm; Sat 3-8) Free. 353 3rd Avenue, Chula Vista, 91910
Escondido Renaissance Faire, Sat, Oct 29. Felicita County Park, Escondido

Birding Basics Class, Sat, Oct 29, 1-2:30pm. Free. mtrp.org

Celebrate Día de los Muertos, Sat, Oct 29, 1-5pm. Free. Westfield Plaza Bonita, Nat'l City. Family event; Mariachi, Folklorico, more.

Annual Harvest Party, Sat, Oct 29, 5:30-9pm. \$5. Games, pony rides, food trucks. Emmanuel Faith Community Church, 639 East Felicita Ave, Escondido

Dana Carvey at Harrah's Resort SoCal, Sat, Oct 29, 8pm. www.harrahssocal.com

Guided Nature Walk: Fall Season, Sat-Sun, Oct 29-30, 9:30-11am. Free. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos. mtrp.org

Return to the Reef. Sat-Sun, Oct 29-30. Swamis surfing competition, Encinitas. swamissurfingassoc.org

Fall Home Garden Show, Sat-Sun, Oct 29-30, 10-5. Free. Hands on demos, home improvement products, seminars, plants. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Museum Month - Kids Free! Thru Oct 31, in many SD museums/attractions, sandiegomuseumcouncil.org

SD County Orchid Society Fall Show & Sale, Sun, Oct 30, 10-4. Free. Plant sale, plant exhibit, speakers, and vendors. Casa del Prado, Balboa Park.

Donut Fest Sun, Oct 30, 1305 Hot Spring Way, Vista, Calif. www.eventbrite.com

Spooky Artisan's Market, Sun, Oct 30, 11am-5pm. Free. Free family-friendly event. Trick or treat. Mira Mesa Mall, 8270 Mira Mesa Blvd.

LA Rams vs. San Francisco 49ers at SoFi Stadium, Sun, Oct 30, 1:25pm. www.therams.com

Ozuna at Pechanga Arena San Diego, Sun, Oct 30, 7pm. www.pechangaarena.com

LA Clippers vs. Houston Rockets at Crypto.com Arena, Mon, Oct 31, 7:30pm. www.nba.com/clippers

Dave Mason and Thunderstorm Artis at The Belly Up, Mon, Oct 31, 8pm. www.bellyup.com

LA Lakers vs. New Orleans Pelicans at Crypto.com Arena, Wed, Nov 2, 7:30pm. www.nba.com/lakers

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

San Diego Asian Film Festival (SDAFF). Thurs, Nov 3, At participating theatres across San Diego County www.pacarts.org/sdaff.org

SD Gulls vs. Milwaukee Admirals at Pechanga Arena San Diego. Fri, Nov 4, 7pm. www.sandiegogulls.com

San Diego Beer Week Nov 4-13. At various breweries in San Diego County. www.sdbbeer.com

Promenade Market downtown San Diego. 10am, Ongoing Saturdays thru Dec. Free. Enjoy crafts, coffee, and street food including Mexican, woodfired pizza, gyros, smashed avocado toast, kettle corn, waffles and crepes, more. Ruocco Park, 585 Harbor Lane, SD, 92101.

Street Food Market. Sat-Sun, 10-4, ongoing thru Dec. Free. Lane Field Park Market is a street food market showcasing 20+ food vendors, boutique coffee, live music from 12:30-2:30pm.

ROY'S SUDOKU

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		8	6		2					
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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, October 27

6pm Don't Worry Darling r

Friday, October 28

6pm Smile r

Saturday, October 29

3:30pm Lyle, Lyle, Crocodile pg

6pm Smile r

Sunday, October 30

1:30pm Lyle, Lyle, Crocodile pg

3:50pm Smile r

For updates check <https://sandiego.navylifew.com/movies/>

Bob Hope Theater 577-4143 MCAS Miramar Bldg 2242 ★

Friday, October 28

6:30pm The Rocky Horror Picture Show (1975) (R) * Free Showing

Saturday, October 29

3pm Lyle, Lyle, Crocodile (PG)

6:30pm Smile (R)

Sunday, October 30

12pm Casper (1995) (PG) * Free

3pm Hocus Pocus (1993)(PG) * Free

Check <http://www.mccsmiramar.com/theater/>

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

Saturday, October 29

1:30pm Barbarian (R)

Q-Zone - NAB Bldg. 337 • 619-437-3190 Family Friendly Movies: Tues, Thur, Sat: 11 am. NVDVs ★

Friday, October 28, 2022

5pm Nope (r)

Saturday, October 29

11am DC League of Super-Pets pg

Monday, October 31

5pm Halloween (1978) (r)

Tuesday, November 1

11am Lightyear (pg)

5pm The Black Phone (r)

CROSSWORD PUZZLE

Across

- Concerning
- Letters replacing a list
- Afternoon snooze
- Nighttime party
- Soccer tiebreaker, perhaps
- County on the English Channel
- Canyon namesake of dry California winds
- Tree with elastic wood
- *Matches with known outcomes
- Hi-__TV
- What "X" may mean
- Music center?
- Dennis the Menace, for one
- Beloved
- Monk's title
- Cultural setting
- Black and blue?
- H or O, in H2O
- Contrasting ornaments
- Roald Dahl title heroine
- Submitted, as a manuscript
- Kvetching sounds
- Weakens
- Give voice to
- __Lingus
- Partner in a 2020 peace agreement with Isr.
- Quite a ways away
- *Music group's lead violinist, casually
- Anger
- Imagining
- Photo taken backwards?
- Marine Corps motto, briefly, and a hint to the answers to starred clues
- Thrills
- General on a menu
- Fair-hiring letters
- Flair

Down

- Syrian leader
- W.C. Fields persona
- *Fast-food alternatives to burgers
- RN workplaces
- Sailing danger
- Ancient mystic
- Jazz trumpeter Jones
- Meeting group
- Biblical boater
- Bee, to Opie
- School orgs.
- Leave
- Name seen on one's way to the penthouse?
- License plates
- Marked on a ballot
- "La Boh me" role
- Banana covering
- Hunk's pride
- *Like half a chance
- APR-reducing loan
- Pt. of AAA
- Office notice
- "Now __ me down to sleep ..."
- Being severely criticized
- Numbered rds.
- Novelist Jaffe
- Diner check
- Aussie parrot, briefly
- Anger
- 33-Down demand, perhaps
- Luncheon end?
- "... or __"
- Cartoon mermaid
- Actress Witherspoon
- Punch deliverer
- March time
- San __: Italian resort
- Recon target
- Sniggler's catch
- Map line: Abbr.

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56	57	58				59		60		61		
62								63		64		
65									66			
67						68				69		

Thanks for reading the Dispatch!

Come Pitch With Us!

Southern California Horseshoe Pitchers Association (SCHPA), a charter of the National Horseshoe Pitchers Association (NHPA), has clubs all over the southern half of California. These clubs all have first class horseshoe courts built to official specifications.

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- Local clubs located at Balboa Park, Carlsbad, Encinitas, Ramona
- For info visit <https://socalhorseshoes.weebly.com/>
- Join today and we'll see you at the pits!



New policy benefits noise-exposed service members

by Larine Barr
Hearing Center of Excellence

A Department of Defense policy will soon require hearing protector fit testing for DOD personnel who are exposed to certain noise levels, according to the Defense Health Agency Hearing Center of Excellence.

The change is an update to Department of Defense Instruction 6055.12 "Hearing Conservation Program" and is expected to be published by the end of 2022.

Hearing protector fit testing measures the amount of noise reduction, or attenuation, a hearing protector provides while it is being worn. This measurement is referred to as a Personal Attenuation Rating, or PAR.

The new requirement calls for initial hearing protector fit-testing for those who have documented noise exposure greater than or equal to 95 decibels over an 8-hour time-weighted average, and who are enrolled in a service hearing conservation program, explained U.S. Air Force Col. Samuel Spear, chief of HCE, a branch of the Research Portfolio Management Division of the DHA Research and Engineering Directorate.

Spear added that fit testing will also be required in the following situations:

- A service member tests positive for a significant threshold shift, otherwise known as hearing loss, in a periodic audiogram.
- Physical changes to a person's ear canal cause a poor fit of their assigned hearing protection devices.
- The primary type of fitted hearing protection device is no longer available to the employee.
- An "early warning" hearing loss occurs. This happens when a person's hearing worsens by 15 decibels



U.S. Army Lt. Col. Michael Murphy, an audiologist and U.S. Army liaison at Hearing Center of Excellence, demonstrates a type of fit-test equipment used to measure the amount of noise reduction a person is getting from their specific hearing protector. A new Department of Defense policy will soon require fit testing for service members and civilians enrolled in a hearing conservation program who have high noise exposures, and those who have sustained hearing loss. Photo by Larine Barr, MHS Communications

at any of the following frequencies: 1000, 2000, 3000, or 4000 hertz.

Spear noted, however, that these are the minimum criteria for hearing protector fit testing in the DOD and the service components may have different requirements. "Each service component may institute more stringent requirements to better meet the needs of their respective hearing conservation program," he said.

Testing Protective Equipment to Ensure Readiness

"Hearing protector fit-testing contributes to service member readiness, because it can mitigate the occurrence of Significant Threshold Shifts and hearing-related fitness for duty evaluations," said Spear.

The testing is also accurate.

"Hearing protector fit testing is a proven way to quantitatively measure the amount of noise reduction a person is getting from their specific

protection, and it can remedy the problem through training or finding another type of hearing protector."

There are many benefits to conducting fit testing, which is recommended by the Occupational Safety and Health Administration as a best practice in hearing conservation. According to Schulz, Fit testing can identify workers at risk for noise-induced hearing loss due to inadequate hearing device fit, help personnel select the right device for their work environment, train workers to properly fit and use hearing protectors, and reduce noise-induced hearing loss for service members enrolled in hearing conservation programs.

Schulz added that HCE will distribute information to impacted organizations on how to comply with implementing it before the updated DOD policy is published.

"We're here to help and answer any questions the services may have to enable a successful launch and implementation of this new requirement," said Schulz.

Healthy Living

Fast and fatty

Fast food meals with large amounts of fat and few or no vegetables have high "calorie density," which promotes weight gain.

Calorie count

Typical calorie density, in calories per 3.5 oz. (100 g)

Fast food at burger or fried chicken chain

263

Typical home-cooked meal

160

Healthy low-calorie meal

125



Source: Obesity Reviews, TNS Photo Service

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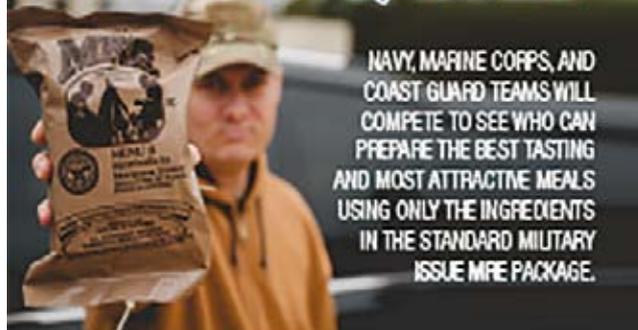
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For more information, visit your local military ticket office or call (619) 767-6000 to find a location near you.

2022 AZTEC FOOTBALL HOME SCHEDULE

All 2022 home games will be played at the new Snapdragon Stadium in San Diego

SEPTEMBER 11 10:00PM SNAPDRAGON STADIUM OPENER	SEPTEMBER 18 11:00AM US ARMY RECOGNITION	SEPTEMBER 24 11:00AM US COAST GUARD RECOGNITION
OCTOBER 8 12:00PM US MARINE CORPS RECOGNITION	NOVEMBER 9 10:00PM US NAVY RECOGNITION	NOVEMBER 11 11:00AM FLEET WEEK CLASSIC
	NOVEMBER 20 10:00AM US AIR FORCE RECOGNITION	

IN COOPERATION WITH SDMAC FOUNDATION

PERRY



ADVENTURE DAYS

New 2022 Jeep
GRAND CHEROKEE WK
\$488/Month for 48 Months

SAVE \$\$



For well-qualified buyers. MSRP OF \$44,835. Down payment \$4,995. Residual \$22,865. Tax, License acquisition fee not included. 10,000 miles pe year. Expires 10/31/22.

New 2022 Dodge
CHALLENGER SXT
\$368/Month for 48 Months

SAVE \$\$



For well-qualified buyers. MSRP OF \$34,290. Down payment \$4,995. Residual \$17,830. Tax, License acquisition fee not included. 10,000 miles pe year. Expires 10/31/22.

ADVENTURE DAYS

New 2022 Jeep
GLADIATOR SPORT S
\$488/Month For 48 Months

SAVE \$\$



For well-qualified buyers. MSRP OF \$53,430. Down payment \$4,995. Residual \$33,046. Tax, License acquisition fee not included. 10,000 miles pe year. Expires 10/31/22.

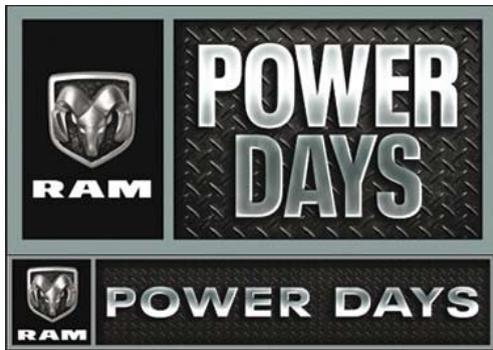
POWER DAYS

New 2022 **RAM 1500** Big Horn
\$488/Month For 48 Months
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OR 0% APR for 36 Months

SAVE \$\$



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ADVENTURE DAYS

New 2022 Jeep
GRAND CHEROKEE L Overland
\$688/Month for 48 Months
PLUS \$2,500 in Rebates

SAVE \$\$



For well-qualified buyers. MSRP OF \$62,520. Down payment \$4,995. Residual \$30,009. Tax, License acquisition fee not included. 10,000 miles pe year. Expires 10/31/22.

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2021 JEEP GRAND CHEROKEE
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2020 JEEP WRANGLER
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