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CARD SHARK Navy Petty Officer 1st Class Jacob Parker plays Uno with his daughter during a family day event aboard amphibious assault carrier USS Tripoli in San Diego, July 2, 2024. U.S. Navy photo by Seaman Apprentice Eliora Sims

122 LIVES SAVED: CAMP PENDLETON'S GUARDIANS OF THE COAST

by 1st Lt. Jorin Hollenbeak
Camp Pendleton

DEL MAR BEACH - Amidst the blazing California sun, gusts of wind, and playful gulls eyeing unsuspecting patrons picnic baskets, stood the excitement of thousands of Marines, Sailors,

and community members ready to enjoy Del Mar Beach on the recent 4th of July. However, what many beach goers planned to be a leisurely afternoon of ocean swimming quickly turned into a dangerous environment of strong underwater rip currents.

A team of 28 exceptional MCCS Camp Pendleton lifeguards stood watch at the Del Mar Beach coastline and directly saved the lives of 122 swimmers.

"The size of the waves and the lull between them is what made the rip currents so dangerous," said Vincent Lombardi, chief lifeguard, MCCS Camp Pendleton. "Swimmers were entering the water during a lull thinking it was safe, getting swept out by strong rip currents, and then getting hit by the next set of waves. If the conditions were any worse, we would've had to close the waters."

Lombardi used his 34 years of experience as an ocean lifeguard to manage his team during July 4th here, and officially recorded 122 saves. Saves are defined as the actual hands-on actions of a lifeguard while pulling a swimmer out of a life-threatening

situation within ocean waters. Many of the recorded saves during the celebration were those of children and their families.

"You can tell that somebody is in trouble when they're facing towards the shoreline and get hit in the back of their head by a wave," said Lombardi. "For each of our 122 saves, my lifeguards were conducting at least 10 preventative actions."

Lombardi's team of on-duty lifeguards during the Fourth of July came from all three levels of lifeguard experience groups. Lifeguard Rookies, such as Jared Ericson who directly saved 10 lives on the Fourth of July, are first year lifeguards. Lifeguard I's, such as Kaya Desoto who recalled diving into a rip current to save the lives of a 10-year-old girl and her older brother, are entry level tower lifeguards. Lastly, Lifeguard II's, such as Marine

see Lifeguards, page 2



Jared Ericson, a first year Del Mar Beach lifeguard, saved the lives of 10 swimmers during the recent July 4th celebration at Del Mar Beach. U.S. Marine Corps photo by Lance Cpl. Mhecaela J. Watts

American B-52s brush off encounter with Russian jets, arrive as planned at Romania base

by John Vandiver, Stars and Stripes

STUTTGART, Germany - Two U.S. Air Force long-range bombers that had a close encounter last weekend with Russian fighters over the Barents Sea landed at an allied base near the Black Sea hours later, according to the service.

The arrival of the B-52H Stratofortress bombers at Romania's Mihail Kogalniceanu Air Base on July 21 marks the first time U.S. strategic bombers have operated from the installation, U.S. Air Forces Europe and Africa said the same day.

The base, known as MK to forces deployed there, serves as the main operational hub for the U.S. military in the Black Sea region. It is undergoing a multibillion-dollar expansion by NATO that will make it larger than even Ramstein Air Base in Germany.

Earlier in the day, the bombers were intercepted more than 1,000 miles away by Russian fighters over the Barents Sea on a preplanned mission that involved coordination with NATO fighter planes, USAFE-AF said.

"The U.S. aircraft did not change course due to the intercept and continued along their scheduled flight plan without incident," USAFE said.

The B-52s, assigned to the 2nd Bomb Wing at Barksdale Air Force Base in Louisiana, are in Europe in connection with the Air Force's ongoing bomber task force missions, which involve short-term deployments to the Continent.

"Through collaborative efforts with our allies, the U.S. enables our forces to combat current and future threats," USAFE-AF commander Gen. James Hecker said in a statement.

In Europe, encounters between allied and Russian aircraft are relatively commonplace. In most cases, intercepts occur over international airspace without incident.

However, allies on occasion have accused Russia of crossing into their airspace. In June, Finland said four Russian military aircraft crossed into its airspace for several minutes.

https://www.stripes.com/branches/air_force/2024-07-22/b-52-bombers-romania-russia-14558361.html

5G technology development for use across the fleet

The Navy fleet could soon start reaping the benefits of 5G technology. For the past several years, in collaboration with Office of the Under Secretary of Defense, Research and Engineering FutureG office, Naval Information Warfare Center (NIWC) Atlantic has developed and tested 5G capabilities in naval ship environments and is primed and ready to deploy those capabilities on board Navy ships. This same technology used by just about every civilian with a cell phone is now ready and waiting to start making an impact on improving shipboard quality of life and quality of work, that combined is known as Quality of Service for Sailors. <https://www.navy.mil/Press-Office/News-Stories/Article/3837390/>

Collective Agility: Response to evolving strategic environment

LONDON - Air Force Chief of Staff Gen. David W. Allvin emphasized the importance of "Collective Agility" during a keynote address to global leaders, industry partners, and academics in the air and space defense industry at the Global Air and Space Chiefs' Conference here, July 18. Allvin's remarks directly reflected the GASCC 2024 focus - deterrence, the importance of interoperability and integration to deter adversaries, and how Air and Space Forces can work together to seamlessly counter future threats. "Interoperability and a high-level of integration are the building blocks of Collective Agility," Allvin said. Collective Agility expands upon his past statements that the Air Force must "solve for agility - initiating action in the right direction and building in the flexibility to learn and adjust while in motion." <https://www.af.mil/News/Article-Display/Article/3843507/>

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Airman's ingenuity with lifesaving device leads him to the patent office

by Matthew M. Burke
Stars and Stripes

An airman's invention aims to make a lifesaving device wearable and easily accessible in an emergency. It also just might earn him some extra cash.

Senior Airman Isaiah Demillo, 23, stationed at Sheppard Air Force Base in Texas, applied for a patent in February for the Demillo Rigger's tourniquet belt. This week, the country liaison for the 82nd Training Support Squadron will head to a six-week Air Force course in Pittsburgh to refine his prototype and get the backing of medical experts before seeking wide-scale adoption.

Demillo, from Denver, Colo., joined the Air Force in 2021 and



Senior Airman Isaiah Demillo holds up his invention, the Demillo rigger's tourniquet belt, on June 6 at Sheppard AFB, Texas. U.S. Air Force photo by Julie Svoboda

a year later found himself asking questions during a Tactical Combat Casualty Care course.

"They told us to never use a belt because it doesn't gener-

ate the pressure needed to stop massive bleeding," he said. "It's because the belt was missing the spinning portion that applies pressure with the (combat application) tourniquet. So I thought

to myself, 'Add one.'"

The belt can be worn with operational camouflage pattern uniforms and is designed to be self-applied. Demillo hopes it will one day be sold in base exchanges and recommended in the very combat care course that spurred the idea.

"I couldn't tell you where my nearest tourniquet in this building is right now," he said. "So if somebody has it on their waist and it's constantly on them and it's a part of your uniform, it's integrated into your lifestyle."

Demillo wasn't the first to imagine a tourniquet on a belt, but existing models used a ratchet to tighten the device, which could lead to tissue damage, he said. He wrote up his concept and reached out to the base's Spark Cell, which is part of a network of innovation offices at Air Force bases around the world.

The cell referred him to a patent lawyer at Wright-Patterson Air Force Base in Ohio. He began deconstructing tourniquets and planning what his product would look like before making a computer-aided drafting file.

He contacted other units to help him 3D print and sew on the device. The initial prototype cost about \$46. Demillo signed

away a portion of his rights to proceeds from sales in exchange for the Air Force's assistance. He can't charge the Air Force for using the patent, but Demillo said he would receive the first \$2,000 and 15 percent of commercial royalties afterward.

Tech Sgt. Daniel Ramsden, a deputy in the wing's digital integration office, helped Demillo in the belt's early days. "I have full confidence that he is going to do something with this," Ramsden said. "He is one of the most driven people that I've met."

Lifeguards continued from page 1

Master Sgt. Derek Durazo who saved the lives of swimmers while operating a personal rescue watercraft and wearing over 20 pounds of protective equipment, are lifeguards with EMT qualifications.

"We call the Fourth of July the Superbowl of lifeguarding," said Chase Nielson, a lifeguard II and lifeguard supervisor. "We had tower guards out in the water all day with no breaks, but it's part of the job and I wouldn't change it for the world. We have to make sure everyone is safe, especially younger children that aren't strong enough to swim out of rip currents and begin to panic."

Brig. Gen. Nick I. Brown, commanding general of Marine Corps Installations West, recognized the Del Mar Beach lifeguards with challenge coins and letters of appreciation for their actions on July 4. Nielson, Durazo, Lombardi, and Ericson

noted that being on-duty during that day was extremely rewarding experience and that seeing the faces of those they saved made the effort worth every second. The Del Mar Beach lifeguards also underscored how important safety is while enjoying the ocean waters.

"It's important for swimmers to know how to exit a rip current," said Lombardi. "The best way to remain safe is to not panic and swim parallel to the shore until you get to a place where you can swim inland."

Lombardi also stated that it is important to know your swimming capabilities, be aware of the weather and water conditions, and listen to any warnings. Beaches are meant to be a place for individuals and families to relax and enjoy their time. Even though Lombardi and his team love to help people, proper safety and preventative measures are a better save than any.

Sailors help rescue dozens of passengers on disabled boat in eastern Mediterranean

NEWS SOURCES - Quick action by Navy sailors on routine patrol in the eastern Mediterranean Sea helped save the lives of 30 people stranded on a boat adrift for days.

Sailors assigned to Helicopter Maritime Strike Squadron 79 spotted people indicating distress aboard the vessel July 16 during flight operations and reported the sighting to destroyer USS *Bulkeley*, U.S. Naval Forces Europe-Africa/U.S. 6th Fleet said in a statement July 17.

While working with the Joint Rescue Coordination Center, *Bulkeley* requested that a nearby commercial ship, Seaways Sabine, help the stranded single-engine inflatable small boat. Crew members from Seaways Sabine ultimately found 31 people

aboard the boat, three of whom needed medical attention, according to the statement.

Corpsmen from *Bulkeley* traveled by rigid hull boat to the commercial vessel to offer medical assistance to the three unresponsive people. One died following an extended period of CPR, the Navy said.

The other two people were in stable condition and taken to the nearest suitable port by the merchant ship. The remaining 28 passengers on the boat were being taken by Seaways Sabine to Port Sidi Kurayr, Egypt, the Navy said.

<https://www.stripes.com/branches/navy/2024-07-18/navy-rescue-boat-mediterranean-14525550.html>

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NATO'S NUCLEAR DETERRENCE POSTURE SEEN AS ROBUST

by David Vergun
DOD News

NATO has put a lot of effort and resources into its nuclear deterrence mission, said Acting Assistant Secretary of Defense for Space Policy Vipin Narang, who spoke July 19 at a virtual Center for a New American Security fireside chat on Adapting NATO's Nuclear Posture to Current Threats.

Narang said that overall, he'd give NATO's nuclear posture a grade of A-plus. He provided some examples:

The U.S. and the Netherlands have fielded the first nuclear-certified F-35A jets

The legacy B-61 nuclear weapons are being replaced by upgraded ones.

NATO has reinvigorated its nuclear consultations and planning.

The transition to the Sentinel ICBM from the Minuteman III will continue.

The transition to Sentinel is crucial to national security, Narang said.

NATO has superior conventional forces, as compared with Russia, and three of its

If nuclear weapons are employed against NATO, it will be necessary to support

unity in the NATO alliance" and there would be severe consequences as President



Nuclear weapons are a core component of NATO's overall capabilities for deterrence and defence, alongside conventional and missile defence forces. NATO is committed to arms control, disarmament and non-proliferation, but as long as nuclear weapons exist, it will remain a nuclear alliance. Courtesy photo

member states, the U.S., the United Kingdom and France, all have nuclear weapons.

The United States has an impressive nuclear triad consisting of intercontinental ballistic missiles, ballistic missile submarines and bomber aircraft, he said, noting that each leg of the triad has its own inherent strengths.

The robust nuclear and conventional forces of NATO are vital to deterring conflict.

and sustain the conventional fight and a potential nuclear response at the same time, he said.

"We have to build all that resilience and redundancy into the conventional forces to be able to enable nuclear operations should it become necessary," he said.

In the event that Russia were to employ non-strategic nuclear weapons, Narang said he believes that "you will see coherence and

Joe Biden has consistently stated.

A lot of effort within NATO has gone into planning for outcomes such as this, he added.

Narang also touched on concerns about North Korea and China's growing nuclear arsenal and their lack of transparency and communications with the West. "Our outreach [to] China on strategic stability talks has been rebuffed."



SEA OPS A Navy F-35B Lightning II fighter aircraft prepares to land on the flight deck of USS America while conducting routine operations in the Philippine Sea, July 13, 2024. U.S. Navy photo by Petty Officer 2nd Class Sade' Anita Wallace

TRAFFIC GUARD

Members of the District of Columbia National Guard and Maryland National Guard provide traffic direction while assisting local police during the 2024 NATO Summit in Washington, July 11, 2024. Interoperability and coordination with federal and local partners support the success of high visibility national special security events. U.S. Air National Guard photo by Master Sgt. Arthur M. Wright



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Damaged steam turbine contributes to Stennis overhaul delays, Navy officials say

by Caitlyn Burchett
Stars and Stripes

A damaged steam turbine generator is contributing to the delayed maintenance of USS *John C. Stennis* as the aircraft carrier undergoes its midlife overhaul, service officials said.

The unplanned repairs to one of the ship's eight steam turbine generators pushed the ship's maintenance back by 14 months to October 2026, Naval Sea Systems Command spokesman Alan Baribeau said.

The same problem was discovered when overhauling USS *George Washington*, he said.

Steam turbine generators convert heat from nuclear reactors into mechanical energy and electricity, acting as a power plant to keep the warship's many systems running.

Stennis entered HII's New-

port News Shipbuilding site in Virginia in May 2021 for maintenance. Aircraft carriers are overhauled after about 25 years to extend their lifespans to a cumulative 50 years. The overhauls incorporate upgrades to propulsion equipment, infrastructure and electronic systems, as well as refueling the carrier's nuclear reactors.

"Each refueling and complex overhaul work package includes planned inspections and routine refurbishment of the eight turbine generators. These inspections on both *George Washington* and *John C. Stennis* revealed one generator on each ship with significant damage (beyond 'normal wear and tear') that resulted in unplanned growth work and contributed to schedule extensions on both ships," Baribeau said.

The turbine damage, he said, contributed to the majority of *Stennis*' overall schedule delay. Overhauls for Nimitz-class carriers typically take about four years.

The Navy estimates the *Stennis* overhaul will take about 5½ years. USS *George Washington*, which was delivered to the Navy in 2023, took six years.

Receiving material late and labor challenges are also contributing factors to the *Stennis* overhaul delays, as was the case for *Washington*, Baribeau said.

The Navy is conducting a study to review and better identify consistent overhaul issues. The goal of the study, Baribeau said, is to improve contracts so the shipbuilder can better plan and procure material to minimize schedule impacts.

Additionally, the Navy has worked to improve budget estimates for the

USS *Harry S. Truman* overhaul based on an assessment of previous labor hours.

"Improved budgeting, advance planning and material procurement are expected to result in improved execution performance on future refueling and complex overhauls," Baribeau said.

HII's Newport News Shipbuilding was awarded a \$913 million contract for the advanced procurement for refueling and overhaul of *Truman*, the Pentagon announced in January. The advanced procurement work is set to be completed in 2026. The announcement did not set a time frame for *Truman* to arrive at Newport News.

<https://www.stripes.com/branches/navy/2024-07-17/stennis-aircraft-carrier-delayed-overhaul-14517620.html>



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NMCS D's VolunTEEN summer program continues to succeed

by Petty Officer 2nd Class
Celia Martin

Naval Medical Center San Diego

Naval Medical Center San Diego's 2024 VolunTEEN program concluded with two graduation ceremonies July 10-11 with much praise from both parents and participants.

This was the third year, and largest group yet for the program, with 64 teens from all over San Diego's military-connected community signing up to participate.

After four weeks of participating in this science, technology, engineering and math program, VolunTEENS walk away with greater insight, understanding and appreciation of a diverse range of activities that occur at a medical treatment facility.

"The VolunTEEN Summer Program brings teens ages 14-17 to the command, giving them the opportunity to participate in hands-on activities and learn about military medicine," said Lt. Amanda Peeler, a physical therapist at NMCS D. "They participate in medical simulations in the Simulation Center, learn to make splints in the Orthopedics cast room, create a video in the production room, learn to suture, and many other activities that bring life to health care and science careers."

In addition to the hands-on activities, the teens also have the opportunity to speak directly with both officer and enlisted providers, practitioners, and corpsmen, offering them various perspectives on the services military medicine provides, and the many opportunities available for them in the health care field.

"It is important to introduce careers in STEM fields, including professions in healthcare and military medicine, to teens," said Peeler. "This experience is unique by providing hands-on activities within various healthcare departments and provides direct contact to providers and practitioners within the field, allowing teens both to be exposed to careers and the opportunity to ask questions about the educational pathway."

The positive feedback from the participants is indicative of the success of the program overall, and the many hours that are put into the planning, preparation and execution of the program by the command STEM office, Peeler, and Thomas Twigg, NMCS D's volunteer coordinator.

"I really enjoyed the VolunTEEN program," said Gianna, a first-year participant. "...I was most interested in the cardiovascular field. I appreciate all the time and effort everyone put in to make this program as fun and engaging



as possible. Thank you!"

When asked how many of the participants were interested in a career in the medical field, many hands were often raised, and this program helps to narrow down the field of interest for them.

"This program was very fun," said Joshua, a 2024 VolunTEEN. "I feel like I learned a lot from the time I've been here and it's helped solidify the fact that I want to be a doctor."

The teens leave NMCS D not only with more knowledge and hands-on experience in different fields of medicine, but with new friendships and memories.

"The program was a huge success," said Peeler. "We had engagement from both the teens and

Navy Sailors teach teens about CPR and the use of an automated external defibrillator during the volunTEEN summer event at Naval Medical Center San Diego, July 10. U.S. Navy photo by MC2 Jacob Woitzel

the command's staff. The teens developed friendships with each other, and the feedback shows that."

The success of the VolunTEEN summer program wouldn't be as high as it is without the staff and volunteers who put in the time to make it all possible. "I want to give a special thanks to the Armed Services YMCA and Red Cross," said Twigg. "They supported the program and the participants by providing snacks to keep them fueled and graduation cupcakes for them on their last day."



As part of the MyNavy HR Team, Naval Education and Training Command (NETC) is the largest shore command in the Navy with more than 24,000 military and staff personnel at more than 1,640 subordinate activities, sites, districts, stations, and detachments throughout the world. As the owner of the Force Development pillar within MyNavy HR, NETC recruits, trains and delivers those who serve our nation, taking them from "street to fleet" by transforming civilians into highly skilled, operational, and combat ready warfighters.

We owe the fleet the very best in recruitment and training delivery. To provide the best in an increasingly competitive talent market, Navy Recruiting interacts daily with more than 10,000 civilians interested in potential careers with the Navy. On any given day, roughly 37,000 Sailors are learning at one of 251 NETC training sites, all while the Navy is modernizing with emerging technology and new concepts.

The Human Resources Services Center is the connection for Sailors and their families to MyNavy HR pay and personnel support. HRSC provides direct support through a tiered-service delivery model that combines the 24/7 availability of the helpful HRSC Call Center staff (tier 1) with the extensive tier 2 and tier 3 experts across the MyNavy HR enterprise.

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SAN DIEGO 1620 Fifth Avenue, Suite 600, San Diego, CA 92101

New Zealand rugby players check out Navy SEAL training ahead of San Diego matchup

by Seth Robson, Stars and Stripes

U.S. Navy SEALs showed off their skills for New Zealand's national rugby team - the All Blacks - ahead of a game against Fiji in San Diego.

The three-time Rugby World Cup winners, famous for their fierce pre-game haka, or Polynesian war dance, posted Instagram photographs of players interacting with the SEALs and observing training on an obstacle course at the Naval Special Warfare Center.

The team stopped by the center for a leadership discussion

and tour of its basic training compound July 16, Navy Lt. Alyson Hands, a spokeswoman for the center, told *Stars and Stripes* by e-mail July 18.

The center's commodore, Capt. Clint Burke, and Naval Special Warfare Basic Training Command chief Cmdr. John Garrett, along with cadre and medical staff, led the tour and talked leadership with the players, coaches and support staff, she said.

The discussion focused on teamwork, building leaders and creating a culture of excellence — things the SEALs and All Blacks have in common,

Hands said.

"Our mission here at NSW Center is to shape the next generation of SEALs and [Special Warfare Combat Crewmen]," Burke said in comments included with Hands' e-mail.

"Having a chance to speak to the All Blacks was an incredible opportunity to discuss our shared emphasis on teamwork, commitment to excellence as organizations, and the overall building of teams."

The All Blacks' visit was a chance to talk about building a world class culture, Garrett said, also in comments e-mailed by Hands.

"[Naval Special Warfare] and the All Blacks have been building teams based on integrity and resilience for over 80 years, we have a lot of lessons we can learn from each other," he said.

"It was eye opening for my team here at the Basic Training Command to hear how the All Blacks tackle leadership and team building and be able to share how our team takes a



Players and staff from New Zealand's All Blacks rugby team tour the Naval Special Warfare Center in Coronado on July 16. U.S. Navy photo by Mar'Queon Tramble

similar approach."

The team, which recently de-

feated England in a two-match series, plays Fiji at San Diego's Snapdragon Stadium before

heading home for next month's Rugby Championship featuring South Africa and Australia.

Flag officer announcement - Boyle

Secretary of Defense Lloyd J. Austin III announced recently that the president has nominated Vice Adm. Michael E. Boyle for reappointment to vice admiral, with assignment as director, Navy Staff, N09B, Office of the Chief of Naval Operations, Washington, D.C. Boyle recently served as commander, 3rd Fleet, San Diego.

Meanwhile, Navy-wide, the president nominated:

*Vice Adm. Daniel W. Dwyer for reappointment to vice admiral, with assignment as deputy chief of naval operations for Operations, Plans, Strategy, and Warfighting Development, N3/N5/N7, Office of CNO, Washington. Dwyer is currently the deputy chief of naval operations for Warfighting Development, N7, Office of CNO.

*Rear Adm. (lower half) Scott M. Brown for appointment to rear admiral. Brown is currently the director, Industrial Operations (NAVSEA 04), Washington.

USS Preble change of command

Cmdr. Nathaniel Chase gives his final remarks as commanding officer of guided-missile destroyer USS Preble during a change of command ceremony. U.S. Navy photo by Lt. j.g. Alexandria Vallancey

by Lt. j.g. Alexandria Vallancey

USS Preble

SAN DIEGO - Guided-missile destroyer USS Preble (DDG 88) held a change of command ceremony on the naval base here July 12, where Cmdr. Paul Archer relieved Cmdr. Nathaniel Chase as commanding officer.

Chase assumed command of Preble Aug. 2022. As skipper, he led Preble through maintenance availability and successful integrated training and certifications. Under his command, Preble furthered the advancement of the High Energy Laser Integrated Optical-Dazzler and Surveillance (HELIOS) system.



"I am honored to have accomplished our mission with such professional sailors," Cmdr. Chase said. "I have full faith in my team to be ready to take on any and all combat operations at sea."

During the ceremony, Chase read his orders and transferred command to Archer, who read his orders, assumed responsibility of command, and addressed the audience as the new commanding officer of Preble.

Archer served as Preble's XO from February 2023 to June 2024.

"It is such a privilege to lead this amazing team," Cmdr. Archer said. "We will continue to build our 4 T's, trust, technical expertise, teamwork and toughness."

Commissioned in 2002, Preble is named in honor of Commodore Edward Preble, who was a United States naval officer who served in the Revolutionary War, the Quasi Wars, and First Barbary War.

Preble is assigned to Destroyer Squadron 21 and is homeported in San Diego.

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U.S. MARINE CORPS PHOTO BY CPL. ISRAEL BALLARO

MCRD, SAN DIEGO (July 9, 2024) - Educators with 12th Marine Corps District watch a K-9 military working dog demonstration during an Educators Workshop event here. The Educators Workshop program provides selected educators and influential community members with an experiential opportunity to see how the Marine Corps transforms young men and women into Marines. Attendees are provided with information regarding Marine training practices, military job skills, service opportunities, military lifestyle, and educational benefits available to Marines.

(JULY 14, 2024) - U.S. Congressional delegates and partner nation military members observe flight operations as Carl Vinson participates in the at-sea phase of Exercise Rim of the Pacific (RIMPAC) 2024. Twenty-nine nations with 25,000 personnel are participating in RIMPAC in and around the Hawaiian Islands until Aug. 1. RIMPAC provides a unique training opportunity while fostering and sustaining cooperative relationships among participants. U.S. Navy photo by MC3 Nathan Jordan



ABOARD USS CARL VINSON

USS Fort Worth change of command

SAN DIEGO - Cmdr. Alfonza White was relieved by Cmdr. Dana Canby as commanding officer of Freedom-variant littoral combat ship USS *Fort Worth* (LCS 3) during a change of command here recently. "Today's ceremony isn't about me, today is about the crew and their efforts to support not just the ship but each other," said White. "It's a huge honor to be in command of *Fort Worth*," said Canby. "It was apparent on my very first day of turnover that you've built a high performing team that cares for this ship, cares for one another, and is eager to get *Fort Worth* underway and executing any and every mission."

SpecWar, submarine squad displays fleet lethality

PACIFIC OCEAN - West Coast-based Naval Special Warfare (NSW) operators participated in fleet interoperability training off the coast of Southern California in late June, focusing on increasing warfighting capabilities in the maritime domain. Training involved aircraft from Naval Air Forces and submarine USS *Greeneville*. "This training opportunity provided the submarine warfighters aboard *Greeneville* the opportunity to practice a unique capability," said Capt. Kenneth Douglas, Commander, Submarine Squadron 11. "Expanding joint interoperability capabilities effectively demonstrates our asymmetric advantage on and under the world's oceans and I look forward to continued training events with our Naval Special Warfare operators."

Marines revive in-demand attack helicopter unit scrapped in 2022

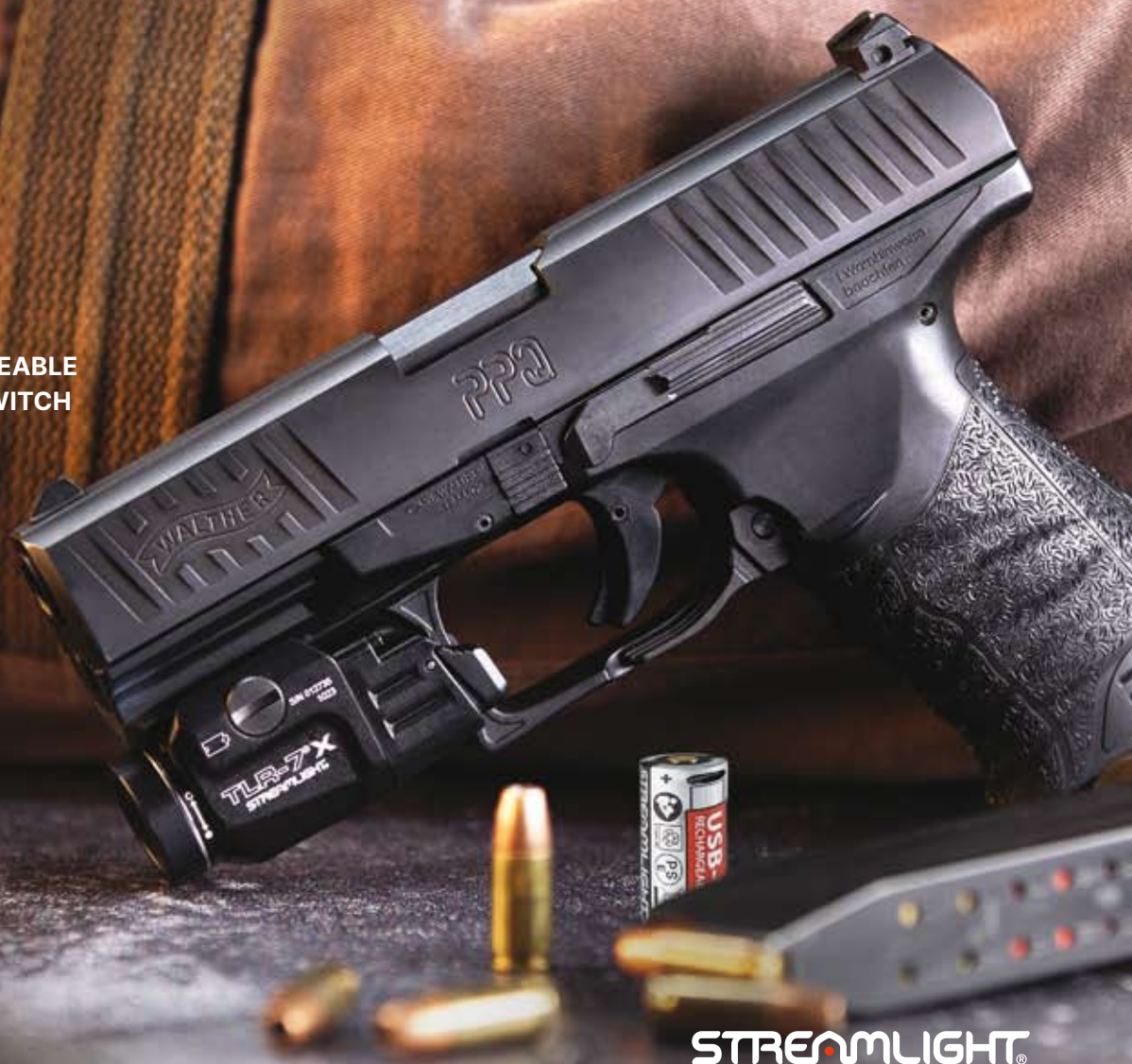
An ongoing need for attack helicopter squadrons led the Marine Corps to revive a unit recently, less than two years after it was deactivated, service officials said. The Marine Corps bid farewell to its Light Attack Helicopter Squadron 269, known as the "Gun-runners," in December 2022 as part of a service-wide overhaul. But the farewell was not so final, lasting just 18 months. The squadron, which is part of North Carolina-based II Marine Aircraft Wing, was reactivated July 1 after the Marine Corps conducted an analysis on force management. The analysis found there was a need for an additional attack helicopter squadron on the East Coast to support the II Marine Expeditionary Force, one of three Marine air-ground task forces meant to deploy overseas in response to conflict and crises. The second expeditionary force is based at Marine Corps Air Station New River, and the first and third are at Camp Pendleton and Okinawa, Japan, respectively.

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SECNAV makes visit to Port Chicago commemoration event, sets aside courts martial

On July 20, the Port Chicago Commemoration Event was held at the in Concord.

Secretary of the Navy Carlos Del Toro spoke to families and loved ones of descendants of the

Port Chicago disaster on its 80 year anniversary.

Days before, Del Toro signed two different orders, one for the General Courts Martial and one for the Summary Courts Mar-

tial, to set aside all 256 Sailors convicted as part of the Port Chicago incident on the evening of July 17, 1944, when munitions being loaded aboard cargo vessel Steam Ship E.A. Bryan

detonated, killing 320 Sailors and civilians, and injuring an additional 390.

Read more at <https://www.navy.mil/Press-Office/Press-Releases/>.



(top, left) **ON THE RUN** Marine Corps Cpl. Anastasia Schraff fends off Air Force Capt. Adrienne Yoder on a scoring run during the 2024 Armed Forces Women's Rugby Championships in San Diego July 13, 2024. DoD photo by EJ Hersom (top, right) **VIEW FROM ABOVE** Sailors prepare to recover a paint punt on the fantail of USS Abraham Lincoln in San Diego, July 8, 2024. U.S.Navy photo by Seaman Nathaly Cruz



Veterans News

Witnessing Apollo XI's liftoff gave Lancaster Home veteran one giant memory

by Jeff Jardine
CalVet

On July 20, 1969 – 55 years ago this month – astronaut Neil Armstrong became the first earthling to set foot on the moon. The words he uttered as he descended from Apollo XI's lunar module, dubbed "The Eagle," still resonate

"That's one small step for man. One giant leap for mankind."

David Lewis, a 79-year-old Air Force veteran and resident

of the Veterans Home of California-Lancaster, remembers the moment well. It represents a big step in his fascination with space flight that began during his youth.

"I was in middle school when Alan Shepherd became the first American in space," Lewis said, referring to Shepherd's solo Mercury flight in 1961. "I was always interested in it."

The space program compelled the Los Angeles native to join the Air Force, serving stateside

from 1968 until 1972. While stationed at Patrick Air Force Base (AFB) in Florida, Lewis enjoyed a ringside seat, serving in a support role on the team that launched Apollo XI from Cape Canaveral on July 16, 1969: The first moonwalk mission.

Patrick AFB is headquarters for the 45th Space Wing and the Eastern Test Range, which includes Cape Canaveral and the Kennedy Space Center. Lewis and others were transported to various vantage points within six miles of the launch pad, just as

they had witnessed the Apollo X launch two months earlier.

"I was there as an observer," Lewis said. "[For Apollo XI] I was about three miles away. For Apollo X, I was about six miles away. The only human beings within three miles of the launch pad were the astronauts themselves."

What, beyond the historical context, stood out most about those launches? For one, Lewis said, it was seeing the snail'space "crawler" that moved the

FLEET WEEK SAN DIEGO ANNOUNCES SCHEDULE FOR 2024

Fleet Week San Diego schedule of events will run from Nov. 1-11, 2024. A variety of events will be available to the public on Broadway Pier from Nov. 8-11. The only Fleet Week event scheduled outside the November time frame is the Active Duty Golf Tournament which will be held on Sept. 20 at the Sycuan Golf resort.



SAN DIEGO - The San Diego Fleet Week Foundation has scheduled 10 separate events during the 23rd Annual Fleet Week San Diego Celebration that honors and thanks the men and women of the Navy, Marine Corps, and Coast Guard.

In addition to ship tours and military displays, this year's schedule includes special 'STEM themed' tours for San Diego area students, a military family day, the SDSU Fleet Football Classic, Veterans Day boat parade, and a post-parade concert. Other events planned include an MRE Cooking Contest, a luncheon event at the San Diego Zoo and a Breakfast event aboard USS Midway Museum.

Unscheduled events are an athletic competition between active-duty Sailors, Marines, Coastguardsmen and San Diego First responders, and a series of performances by Navy and Marine Corps Bands at various locations in San Diego. The complete schedule follows:

- Enlisted Recognition Luncheon, Nov. 1, San Diego Zoo
- Military/Veterans Appreciation Concert, Nov. 1, Balboa Park
- Student STEM Days, Nov. 6-8, Broadway Pier
- Fleet Week SDMAC Breakfast, Nov. 6, Midway Museum
- Ship Tours/Military Displays, Nov. 8-11, Broadway Pier
- SDSU Fleet Week Football Classic (Aztecs vs. New Mexico), Nov. 8, Snapdragon Stadium
- Military Family Day, Nov. 10, Broadway Pier
- MRE Cooking Contest, Nov. 10, Broadway Pier
- Veterans Day Boat Parade, Nov. 11, San Diego Bay
- Post Parade Concert, Nov. 11, Broadway Pier

rocket to the launch pad.

"Top speed was one mile per hour," Lewis said. "I got to see them roll out the launch vehicle."

During liftoff, the thundering thrust of the Saturn V rocket shook the ground for many miles

in all directions.

"The power of the launch was overwhelming," Lewis said. "The interior of your body just vibrated. It's the same as a horrible auto sound system 30 feet away, but we were miles away and it felt like that."

see **Apollo**, page 9



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The most beautiful ship in the world — Amerigo Vespucci World Tour 2023-2025

Launched in 1931, the Amerigo Vespucci tall (sailing) ship of the Italian Navy is midway through an historic, 20-month world tour — an incredible voyage to visit 36 ports in 31 countries on five continents. Described as “the most beautiful ship in the world,” it serves several important roles.

It is a training vessel, which teaches Italian Navy cadets traditional naval and seafaring skills of the past century. It also serves as an “ambassador of UNESCO and UNICEF, inspiring international cooperation and aiming to strengthen ties with Italy’s allies and Italian neighborhoods across the world. Additionally, the Amerigo Vespucci is equipped with systems aimed at protecting the environment. The ship collaborates with institutes that work to support the marine environment and represents a unique opportunity for scientific research on marine life conservation.” You can learn more about the ship at [HYPERLINK “https://tourvespucci.it/en/the-ship/”](https://tourvespucci.it/en/the-ship/) <https://tourvespucci.it/en/the-ship/>.

From July 3 to 8, it was docked at Berth 46 of the Port of Los Angeles. On shore was an exhibition pavilion — the Villaggio Italia, with several large exhibit buildings containing curated, museum-quality exhibits; a gift shop, and a restaurant serving authentic Italian food.

This world tour generates tremendous goodwill between Italy and the host countries. High-ranking Italian and U.S. military, and other government officials and dignitaries, participated in ceremonies and conferences.

Musical presentations included an outdoor concert on Saturday afternoon in tribute to the late Ennio Morricone — famous, Oscar-winning Italian composer, musician and conductor — performed by the Military Band of the Carabinieri Cadet Legion of Rome (military police).

AutoMatters™ & More



by Jan Wagner

Among other songs, they played his famous theme from Clint Eastwood’s “A Fistful of Dollars.

Other activities included cooking demonstrations, films on the big screen (in Italian with English subtitles), conferences, guided tours, an evening drone show and more.

Unfortunately, I was not there for the dramatic aerobatic flyover by the Italian Air Force’s “Frecce Tricolori,” with their famous tri-colored smoke.

Initially I had planned to go there just to cover this major event but, ultimately, I was also hired to help photograph the event, for posting on their social media.

On the final day I was shooting the closing ceremony, from within the roped-off VIP area. This included speeches by dignitaries, a concert by the Italian Carabinieri and U.S. Navy bands, cadets climbing up to stand along the sails’ rigging and, finally, the unmooring and departure of the Amerigo Vespucci, which was given a farewell water salute by the Los Angeles Fire Department’s Fireboat 2 before the ship passed by a lighthouse at the tip of the breakwater and sailed out to sea.

The Italians sure know how to throw a party. Monday night, after the Amerigo Vespucci and all of the visitors had left, a

wonderful party was held for the large number of people who had worked the event.

The party began with a large buffet consisting of delicious, authentic Italian food. It was continually refilled. I tried the spaghetti, ravioli, meatballs, salads, pizza and, for dessert, two flavors of gelatos! I suspect that we were served the same selection of food that had been purchased earlier by appreciative customers in the restaurant, throughout the Amerigo Vespucci’s visit.

The rows of seats in front of the outdoor stage had been removed, to create a spacious outdoor dance area. Throughout the evening a DJ played high-energy dance music (many with foreign language vocals), while colorful graphics filled the big screen. Everyone, myself included, had a great time!

My Italian hosts were incredible. They made me feel very welcome. At the end of my second day there, they surprised me with a “Thank You” gift of a wonderful hardcover “coffee table book” entitled “Frecce Tricolori — The Art Of Aerobatic Flying,” since I had not been able to see and photograph their flyover. I had privately admired that book several times in the Villaggio Italia’s shop. They also told me that they will keep me in mind for future photo shoots. I’d better renew my passport, in case foreign travel is in my future!

To find out more about the Amerigo Vespucci World Tour, visit: <https://tourvespucci.it/en/>.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit “AutoMatters & More” at <https://automatters.net/> Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue “years” boxes and browse.

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Bailing with my bucket list

“Honey? You there? I’m having phone issues,” I shouted, a finger plugging one ear.

“Where are you?” my husband, Francis, asked, struggling to hear through the loud music and voices surrounding me.

“Outside Bermuda Yacht Club — it’s the only place I can get a Wifi signal. Listen ...” I continued, eager to relay an important update to my travel plans before my cell lost service.

Two days prior, I’d flown to Bermuda to meet up with the crew of Alliance, a 40-foot sailboat in the 2024 Newport to Bermuda Race, a bi-annual offshore competition involving over 160 sailboats.

I wasn’t on the race team, but for nine months I’d been practicing and preparing to sail on Alliance’s return crew, tasked with sailing the boat back home to Rhode Island after the race. I’d dreamed of an opportunity like this since 2005, when I took beginner sailing lessons at the Norfolk Navy Base Marina. Weekends, Francis watched our three kids while I practiced in dinghies on Willoughby Spit, yearning to become a real sailor.

However, like most military spouses, my dreams came secondary to military life. After two summers of lessons, a PCS to Germany brought my sailing adventures to a screeching halt. Three moves later, we were stationed in Newport, Rhode Island, where I took more lessons at the base marina, hoping I’d get the chance to apply all those lessons to real sailing.

Last summer, I was ready to give up, when I met Alliance’s skippers at a base social event. They invited me to be on Alliance’s delivery crew,

including the return sail from the 2024 Bermuda race. Finally, I had my chance!

But as my luck would have it, the night before my flight to Bermuda to meet Alliance at the finish line, the boat struck an object in the Gulf Stream and sank. All crew abandoned

The Meat & Potatoes of Life



by Lisa Smith Molinari

ship and were rescued by another racing vessel.

I was crushed. Not only for my friends who’d be devastated by the loss of their sailboat, but also, selfishly, for me. I’d lost my opportunity to become a real sailor.

But maybe not.

“... I was offered a return crew position on another boat,” I yelled into my phone.

“What?!” Francis blurted. “You’re not going, right?”

“Alliance’s folks checked everything out. They say it’s a solid boat with an experienced skipper. We’ll be safe, so I’m going,” I said loudly.

Francis was not happy.

We sailed out of Hamilton Harbor aboard Heart of Gold, headed for Annapolis, Maryland. I shared a berth and responsibilities with another female crew mate named Lisa Schmitt. They

named us Schmitt and Mo, and put us to work.

On the third day, southerly winds became northerly, as a low pressure front met us in the Gulf Stream. Switching from a port to starboard tack, all hell broke loose. Waves rose to 12 feet, wind gusts to 30 knots, and a squall unleashed buckets of rain. But on day five, we made it to the Chesapeake Bay, surfing following seas and fair winds all the way to Annapolis.

Stepping onto the dock that night after 750 miles at sea, I was filled with gratitude for the hands-on, intense learning experience I’d dreamed of for two decades. I’d done it. I was a real sailor.

“You still mad?” I asked gently after Francis picked me up at the Providence Airport. He shook his head, but the look on his face told otherwise.

A couple of days later, I couldn’t take it anymore. “Clearly, you’re still upset, so let’s have it out!” I blurted. I hated fighting with Francis, but this was necessary. I braced myself for a doozy.

Words flew like flying fish, none of them landing on deck until I said tearfully, “Why can’t you be happy for me? You’ve done so many things while I was home with the kids — white-water rafting on the Nile, flying in a sea plane in Alaska, looking for poachers in a helicopter in Botswana, ...” I went on, naming the wild adventures Francis had had during 28 years on active duty. His face suddenly softened.

“I’m sorry,” he said, hugging me, finally realizing that I was entitled to chase my dreams, too.

Veterans News, continued from page 8



David Lewis with his Apollo XI memorabilia. Courtesy photo

Apollo continued from page 8

The liftoff also created bursts of steam that engulfed the rocket as hundreds of thousands of gallons of water confronted its 2,500-degree Fahrenheit flames in the cooling process designed to protect the launch pad surfaces.

Lewis said he watched Armstrong’s moonwalk four days later on television after returning to Patrick AFB with a certificate acknowledging his role. He cherishes that document as much for a signature it bears as he does

that it confirms that his participation on the Apollo XI team.

“It’s signed by General Jones,” Lewis bragged.

Major General David M. Jones, one of the last members of the Army’s horse cavalry, traded his saddle for a joystick as an Army Air Corps pilot. He volunteered for Doolittle’s Raid on Tokyo in 1942, ditching his plane in China, where locals helped him return to the U.S. Later that year, he was shot down over North Africa. He spent the remainder of World War II as a POW at Germany’s

infamous Stalag Luft III. There, he orchestrated the breakouts of Allied servicemen from the prison — an event that became the basis for the 1963 film, “The Great Escape,” starring Steve McQueen.

Jones commanded the Eastern Test Range from 1967 until his retirement in 1973. Lewis said he was in awe of Jones during the launch assignments even though their ranks (Lewis’ highest was Staff Sergeant, E-5) limited much direct interaction.

“I maybe spoke to him only once or twice,” Lewis said. “To the supervisor who was the Tech Sergeant (E-6), I was ‘enlisted swine.’”

Lewis said he felt the same combination of awe and pride as most other Americans when Armstrong and fellow crew-member Edwin “Buzz” Aldrin stepped out of the Eagle and onto the surface of the moon four days after the launch. By that time, Lewis had returned to Patrick AFB.

The Apollo XI crew returned to earth on July 24, with the Command and Service Module “Columbia” splashing down in the Pacific Ocean 920 miles southwest of Honolulu. There, the crew of USS Hornet fished

them out of the water as President Nixon waited on board to welcome them. (The Hornet Museum commemorated the 55th anniversary of the moonwalk in a special event aboard the carrier in Alameda on July 20)

Lewis left the Air Force when his enlistment ended in 1972. He returned to Southern California where he used his GI Bill benefits to attend college at Cal State-Fullerton and then became a radio broadcaster at a station in Palmdale. Working near astronauts

and commentators Wally Schirra and Deke Slayton, Lewis covered the second space shuttle landing at Edwards AFB near Lancaster in 1981. But new management of the station demanded so much of him that he quit after just a year.

“I was so exhausted that I stayed in bed for a week,” Lewis said. “After that, I got a job that was not challenging in any way. I began picking up peoples’ pets and taking them to the groomers.” Lewis moved into the Lancaster Veterans Home in 2023.

“I had some hard times,” he said. “I didn’t end up retiring with a nest egg. I feel blessed to be here.”

Today, he enjoys the security of living at the Veterans Home. He also feels fortunate to have witnessed the Apollo XI launch in person 55 years ago this month, and has the certificate to prove it. “Everybody in the organization got one of those,” Lewis said. “It’s still a matter of pride.”

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Movie Rating System
G – General audiences ALL ages admitted.

PG – Parental guidance suggested some material may not be suitable for children.

PG-13 – Parents strongly cautioned some material may be inappropriate for children under 13.

R – Restricted under 17 requires accompanying parent or adult guardian.



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• Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.

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• Handicap seats and child booster seats are available.

SOCIAL SECURITY MATTERS

About Social Security's earnings test and Cost of Living Adjustments

by Russell Gloor

National Social Security Advisor at the AMAC Foundation, the non-profit arm of the Association of Mature American Citizens

Dear Rusty: Is there a limit on earnings when you're fully retired? Also, should all retirees receive COLA or is there an exception?

Signed: Retired But Wondering

Dear Retired: Your questions are fairly simple but, nevertheless, often perplexing to those wishing to apply for Social Security, because the SS rules are many (over 2,700 of them) and those about to apply for their benefits may be simply unsure and want to avoid a costly mistake. I'm happy to answer your questions and, hopefully, clarify any uncertainties you have on these topics.

Social Security imposes an earnings limit on anyone who collects Social Security before reaching their full retirement age (FRA). If you haven't yet reached your FRA (somewhere between 66 and 67, depending on the year you were born), and you continue to work, there is a limit to how much you can earn before they take away some of your benefits. So, the answer to your first question is, yes, there is an earnings limit (\$22,320 for 2024) if you haven't yet reached your full retirement age. If the annual earnings limit is exceeded, Social Security will take away some of your benefits (\$1 for every \$2 you are over the limit, up to the year you attain FRA when the assessment is less). However, if you have already reached your full retirement age the earnings limit no longer applies, and you can earn as much as you like without consequence. And here's a nuance to be aware of: if you work and exceed the earnings limit, and have some benefits withheld as a result, when you reach your FRA, you will get time credit for any months you didn't get benefits, which will result in your monthly amount being a bit higher after your FRA.

Regarding COLA (Cost of Living Adjustment), everyone, without exception, who has earned a Social Security benefit and reached eligibility age (62) receives the annual COLA increase whether they are already collecting their benefits or not. If you're not yet collecting, the COLA is added to your "primary insurance amount" or "PIA," on which your benefit will be based when you claim. If you are already collecting SS, COLA will be added to your gross monthly SS benefit amount. However, since there was a \$9.80 increase in the 2024 Medicare Part B premium, and since the Part B premium is taken from everyone's SS benefit payment, Social Security recipients enrolled in Medicare Part B will not see the full 3.2% COLA in their net monthly Social Security payment. Everyone will receive the COLA increase, but no one enrolled in Medicare Part B will get the full COLA increase in their net SS payment because some of the COLA increase is used to pay their increased Medicare premium.

Social Security's rules are myriad and often confusing, but no question is too simple to be asked. The AMAC Foundation's Social Security Advisory Service is available, at no charge, to answer all your Social Security questions - SSAdvisor@amacfoundation.org via email, or call 1.888.750.2622.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

County animal shelters waiving adult dog and cat adoption fees through July

by Yvette Urrea Moe, County of San Diego Communications

Don't "paws," come meet our "pawsome" adult dogs and "purrfect" cats. Fall in love with one or two and help them make their "forever" homes with you. Adult dog and cat adoption fees are being sponsored.

The County Department of Animal Services is participating in the Bissell Pet Foundation's "Empty the Shelters" national adoption event that continues through the end of the month.

"We are thrilled to introduce our community to the hundreds of wonderfully deserving adult cats and dogs at our Bonita and Carlsbad shelters. Our staff is eager to assist in finding the perfect match for each family," said Suzy Clayton, Animal Services intake coordinator. "Adult pets are ideal for both first-time and experienced owners – whether you're looking for a home office companion or an outdoor playmate, we have the perfect pet for you."

Due to the nationwide shelter overcrowding crisis, Bissell's shelter overcrowding crisis, Bissell's shelter overcrowding crisis, Bissell's Empty the Shelters helps homeless pets find families by making adoption affordable for prospective pet owners. The Bissell-sponsored national adoption events are held quarterly.

"Please adopt and give a pet a chance it might otherwise not have. If you can't adopt, fostering saves lives when shelters are full. Deserving pets across the country are counting on all of us," said Cathy Bissell, founder of BISSELL Pet Foundation.

Find your new best friend by browsing the County shelters' online animal listings. You will find loveable cats, dogs, a dove, bunnies, a tortoise, a guinea pig, fowl and pigs available on the Adoptions page. Due to the popularity of this adoption special, Animal Services staff recommend picking out a second and third choice too, just in case your first choice is already adopted. **If you cannot adopt, there are other ways to help. Learn about our fostering program at www.sddac.com** Husky dog Adoption fees are always waived for senior adopters, senior pets and pets that have been waiting for their forever home for 30 days or more.

Walk-in hours are from 10 a.m. to 4 p.m. Tuesday through Sunday at both the South Shelter, 5821 Sweetwater Road in Bonita, or the North Shelter, 2481 Palomar Airport Road in Carlsbad.

Pet parents who need help find support at SD Humane Society's Community Pet Pantry

San Diego Humane Society is supporting families and their pets who need a little extra help. Through the Community Pet Pantry, anyone can visit our campus locations in El Cajon, Escondido, Oceanside and San Diego between 10 a.m. and 6 p.m., Tuesday through Sunday, to pick up a bag of dog or cat food as well as other supplies as available. No appointment is needed.

Tuesday-Sunday | 10 a.m. - 6 p.m.

See below for all locations and additional resources.

Donate Supplies

Want to support our Community Pet Pantry from the comfort of home? Items from our Amazon Wish List will be shipped directly to San Diego Humane Society!

Volunteer

We are looking for groups of 12 or less to help support our Community Pet Pantry! You can bag food and litter or help organize our pantry. This opportunity is offered Wednesdays-Saturdays, depending on availability.

Need Supplies for your Pet?

If you are in need of food or supplies for your pet, visit one of our campuses or neighborhood distribution locations below.

San Diego Humane Society

Tuesday-Sunday 10 a.m. - 6 p.m.

El Cajon Campus

1373 N. Marshall Ave.
El Cajon, CA 92020

Oceanside Campus

572 Airport Road
Oceanside, CA 92058

Escondido Campus

3500 Burnet Drive
Escondido, CA 92027

San Diego Campus

5480 Gaines Street
San Diego, CA 92110

For more information

<https://www.sdhumane.org/services/support-services/pantry-service.html>

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VEHICLE TEMPERATURE

Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°



Battling Bites: Blocking Mosquito-Borne Diseases

As we are enjoying summer fun -- swimming, playing sports, and having picnics -- we need to be aware that bug bites come along with these outdoor activities. Mosquitoes in particular can ruin a day outside. And their bites aren't just itchy and irritating. They can also spread disease.

The list of illnesses carried by mosquitoes keeps growing. Some, like malaria, are rarely seen in the United States. Others, like dengue fever, are spreading in the Southern states as temperatures get warmer. And others, like West Nile virus, now pop up seasonally in most parts of the country.

NIH-funded researchers are working to help stop the spread of mosquito-borne diseases. They're testing ways to stop mosquitoes from biting people and keep those who are bitten from getting sick.

Blocking Disease

For decades, researchers have been trying to develop vaccines to protect people against mosquito-borne diseases. But most haven't been as effective as hoped, explains Dr. Matthew Memoli, an infectious diseases researcher at NIH.

"And there's a lot of mosquito-borne diseases," he says. "If you make a vaccine for every single

one, that's a lot of vaccines to have to develop."

But what if you could vaccinate people against mosquitoes? That may sound far-fetched, but Memoli's lab has been trying to do just this. When a mosquito bites you, their saliva gets under your skin. This saliva contains compounds that make it easier for a mosquito to suck blood. It also has compounds that help any disease the mosquito is carrying to get into your body.

"When you get bitten by a mosquito, you have an allergic response to the saliva," explains Memoli. That response causes an itchy bump to appear after a bite. This is normal, but it can interfere with your body's ability to fight germs. "When that allergic response gets turned on, the anti-infection response gets turned down," Memoli says.

So Memoli's team is testing a vaccine that helps the body's defense system recognize mosquito saliva. They hope it can help the body prevent infections from sneaking in. In a small study, the team found that the vaccine was safe and boosted people's defense responses. They now hope to test the vaccine in areas of the world where the risk of deadly mosquito-borne diseases is high.



Deterring Mosquitoes

One of the best ways to avoid mosquito-borne diseases is to prevent bites in the first place. People can take certain steps to protect themselves.

"We have personal repellents, like DEET, which you can put on," says Dr. Carolyn McBride, who studies mosquito biology at Princeton University. Tools like mosquito nets can also prevent bites. But to keep diseases from spreading, they need to be used by everyone in an area.

Researchers want to develop better ways to prevent mosquito

bites. But first they have to figure out how mosquitoes sense people. How do they find us to bite us?

McBride and her team recently uncovered a set of chemicals that the *Aedes aegypti* mosquito detects to let it home in on people. These chemicals include certain fats and other substances in and on human skin. They found that a specific mixture of these substances could attract mosquitoes from several feet away. They hope this knowledge can be used to design new ways to repel or trap mosquitoes, over large areas.

"This would allow us to push mosquitoes away from all the houses in high-risk neighborhoods. Or to place a trap where we can pull them in and kill them," McBride explains. This would allow for better control of mosquitoes than requiring everyone to protect themselves.

Her team is now looking at a different kind of sensing: how mosquito eggs sense when it's time to hatch. "If we can understand that, we could screen for

compounds that block hatching," McBride says. "Maybe chemicals that are otherwise safe, but if you sprinkle them on all the places mosquitoes lay their eggs, the eggs never hatch."

Reducing the Spread

If there were fewer biting mosquitoes around, there would be less disease.

"But trying to keep mosquitoes down to a low level is really hard," says Dr. Zach Adelman, a mosquito geneticist at Texas A&M University. "They're really resilient. Spraying insecticides can get them temporarily. But they always come back."

To disrupt this cycle, researchers have been working on an idea called reduce and replace. First, insecticides would be used to lower the mosquito population in an area. Then, before they could bounce back, new mosquitoes that are less likely to infect people would be introduced in their place.

Many ideas are being tested to make mosquitoes that can't spread

disease. One is infecting them with bacteria called Wolbachia. This doesn't kill the mosquitoes. But mosquitoes that carry it have a harder time passing viruses on to people.

Adelman's lab is looking at ways to modify the genes mosquitoes carry to make them less able to spread disease. For example, mosquitoes aren't normally affected when they pick up the virus that causes dengue fever. Adelman and his team are trying to make a mosquito that would die when exposed to the virus. This would lower the chances that infected mosquitoes bite people and spread the disease.

They're also making sure that such gene changes would be temporary. "People want to know: What happens if these technologies don't work out? Can you stop them? If they're temporary, people are much more likely to want to try them," Adelman says.

While researchers continue to work on ways to battle mosquitoes, there are simple steps you can take to reduce bites right now. See the Wise Choices box for tips.

Wise Choices: Preventing Mosquito Bites

- Cover your skin. When outside, use long sleeves, pants, and socks to help block bites.
- Use insect repellents when outside. Products containing DEET, picaridin, lemon eucalyptus, IR3535, or para-menthane-diol can be sprayed directly on your skin. Follow label instructions. Products containing permethrin can be put on clothing and outdoor gear. Don't spray permethrin directly on your skin. Find effective bug repellents from the EPA.
- Use a fan when sitting outside. Aim the air from a box fan at your legs when eating outside or gardening.
- Protect your home. Use screens on open doors and windows. Repair screens if they get holes.
- Remove breeding grounds. Drain puddles around your house where mosquitoes can lay eggs. Look for pots, buckets, pet bowls, gutters, lawn decorations, and other sites that hold water.
- Get vaccinated before you travel. Talk to your doctor before going to areas with many mosquito-borne diseases. Learn more at the CDC's Traveler Health website: <https://wwwnc.cdc.gov/travel>

Mayo Clinic Minute: Can energy drinks cause heart issues?

by Jason Howland

In recent years, there's been a big boost in the beverage industry when it comes to the sale of energy drinks. Classified as dietary supplements, most of these drinks contain stimulating ingredients, in addition to high amounts of caffeine, that aren't regulated by the Food and Drug Administration.

Researchers at Mayo Clinic recently published a study looking into the risks of consuming energy drinks by people with genetic heart diseases.

They are stocked in coolers around the country. Energy drinks

are beverages designed to give you a boost. But can they hurt your heart?

"The healthy heart can handle these chemicals just fine — of course, in moderation. The fragile heart may not be able to," says Dr. Michael Ackerman, a genetic cardiologist at Mayo Clinic.

Dr. Ackerman led a study looking into the effects of energy drinks on the heart. He warns that while energy drinks may not directly cause cardiac arrest, consuming them, especially in large quantities, can be a "perfect storm" for people with genetic heart conditions.

"Maybe you've been sleep deprived, and now you're taking the energy drink. Then maybe that is going to be the 1-2-3 punch that puts that heart — where normally those chemicals wouldn't have annoyed it — to now where it finally trips up the heart into that potentially life-threatening arrhythmia," he says.

He says it's not a strong link but a call to be aware.

"It's a call to being alert and aware, and informing your health care provider if you are consuming these drinks," says Dr. Ackerman.

ARMED SERVICES YMCA CAMP PENDLETON
STRENGTHENING OUR MILITARY FAMILY™

WHO WE ARE
The mission of the Armed Services YMCA Camp Pendleton is to enhance the lives of military members and their families in spirit, mind, and body through programs relevant to unique challenges of military life. For the past 81 years, our goal has been to strengthen military families who work or reside on Camp Pendleton.

OUR CORE PROGRAMS

<p>FISHER CHILDREN'S CENTER Offers accessible, accredited, quality and affordable childcare for young children to help prepare them for future success.</p> <p>CAMP HERO Encourages healthy living and provides outdoor activities and social bonding opportunities for military children.</p> <p>HOLIDAY SUPPORT Toy giveaways and financial assistance for active duty service members and their families during the holidays.</p>	<p>OPERATION LITTLE LEARNERS An interactive parent and child education program that offers parents and their preschoolers an opportunity to learn and grow.</p> <p>OPERATION KID COMFORT Custom, hand-made quilts to help children cope with the separation of a parent's deployment.</p> <p>SOI RECREATION CENTER Open on the weekends, this recreation space provides a place for School of Infantry students to relax and recharge.</p>	<p>OPERATION HERO A no-cost after school program designed to help military kids who may be struggling with change get back on track at home and in school.</p> <p>SERVICE EVENTS Support military families through dances, giveaways, and community events.</p> <p>FOOD DISTRIBUTION & FINANCIAL SUPPORT Assistance with food, diapers, gas, and other necessities through monthly distributions, a food pantry, and emergency commissary and gas cards.</p>
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STRENGTHENING OUR MILITARY FAMILY | <https://camppendleton.asymca.org>



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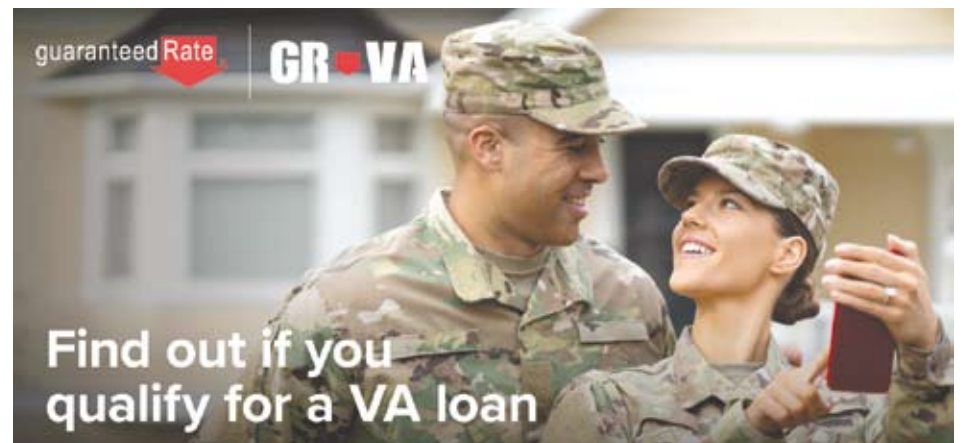
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