

ARMED FORCES DISPATCH

San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

Serving active duty and retired military personnel, veterans and civil service employees



SIXTY-SECOND YEAR
THURSDAY, APRIL 27, 2023



Out of office - Marine Corps Pvt. Bruno, the mascot-in-training for Marine Corps Recruit Depot San Diego, recently visited dolphins in San Diego, March 7, 2023. Following graduation, the mascot receives a 10-day boot leave before taking on assigned duties and responsibilities. US Marine Corps photo

One USS Arizona attack survivor remains following death of Ken Potts, 102

by Wyatt Olson, Stars and Stripes

One of only two remaining survivors of the sinking of USS Arizona on Dec. 7, 1941, died April 21 in Provo, Utah, the National Park Service announced that day.

Howard "Ken" Potts had turned 102 last week.

His death leaves Lou Conter, 101, the only remaining survivor out of the 335 men who escaped the inferno that enveloped the battleship that sank to the bottom of Pearl Harbor, Hawaii, during the surprise attack.

The attack took the lives of 1,177 Sailors and Marines on Arizona, the single greatest loss of life on any U.S. warship. The submerged shipwreck is now the site of the USS Arizona Memorial, which draws almost 2 million visitors each year.

The Park Service said in a news release Friday that it had authorized the flag over the memorial to be flown at half-staff through April 28 to honor Potts.

Potts was born and raised in Honey Bend, Ill., from where at age 18 he enlisted in the Navy on Oct. 4, 1939. He was assigned to USS Arizona - his first and only ship during his enlistment - on Dec. 31, 1939, working as a crane operator.

Potts was ashore on nearby Ford Island when the attack commenced just before 8 a.m. that Sunday morning in 1941.

"Attempting to navigate through the flaming harbor, Potts and other crewmen pulled men from the water and took them to shore on Ford Island," the Park Service news release said.

"My best day in the Navy is when I survived December 7th, 1941; it was also my worst day," Potts told photographer D. Clarke Evans in a 2014 interview.

"When the officer gave the command to abandon ship, some went hand-over-hand on those lines to Ford Island and others swam," Potts said in the interview. "The fact that Ford Island was there, saved a lot of lives.

"All the guns and ammunition were locked up when we were in port. I learned one thing on Dec. 7: a gun is no good without ammunition and you can't do much fighting. When I was on Ford Island, I found a Colt .45 pistol and I carried it with me until the end of the war."

USS Ashland completes forward-deployment in Japan, arrives in San Diego

by Lt. Cmdr. Lauren Spaziano

Amphibious dock landing ship USS *Ashland* (LSD 48) arrived in San Diego April 20, after almost a decade of forward-deployed service operating out of Japan.

As part of the U.S. 7th Fleet's Forward-Deployed Naval Forces in Japan, *Ashland* improved interoperability with allies and partners in support of security and stability in the Indo-Pacific.

"I'm incredibly proud of the hard work and dedication displayed by the *Ashland* crew during our time in 7th Fleet," said Cmdr. Dirk Sonnenberg, commanding officer of *Ashland*. "The work we did while

forward-deployed is unmatched for an amphibious dock landing ship. We are excited to bring that

ployed patrols. Additionally, the crew conducted humanitarian assistance and disaster response

3rd Fleet, the ESG 3 commander also oversees Mine Countermeasures Group 3 and the 14 littoral combat ships and two subordinate divisions under Littoral Combat Ship Squadron 1. ESG 3 is postured as a globally responsive and scalable naval command element, capable of generating, deploying, and employing naval forces and formations for crisis and contingency response, forward presence, and major combat operations focusing on amphibious operations, humanitarian and disaster relief and support to defense civil authorities, and expeditionary logistics.

For more news from Expeditionary Strike Group 3, visit <https://www.surfpac.navy.mil/esg3/>.

Amphibious dock landing ship *Ashland* arrives in San Diego for a scheduled homeport shift April 20. US Navy photo by MC2 Roland Ardon



passion to 3rd Fleet and Expeditionary Strike Group 3."

Since 2013, *Ashland* has participated in numerous operations and exercises across the Indo-Pacific to include Iron Fist, Balikatan, Talisman Sabre, and Cooperation Afloat Readiness and Training (CARAT) series events during 16 forward-de-

operations in Saipan and Tinian in 2015 and 2018.

ESG 3 comprises three amphibious squadrons, 15 amphibious warships, and eight naval support elements including approximately 18,000 active-duty and reserve Sailors and Marines. As the deputy commander for amphibious and littoral warfare,

Vinson strike group completes group sail in Hawaiian Islands operating area

PACIFIC OCEAN - In a show of lethal force, the *Carl Vinson* Carrier Strike Group completed Group Sail in the Hawaiian Islands operating area April 17, in preparation for an upcoming deployment. Group Sail is an integrated training exercise conducted between units assigned to Carrier Strike Group (CSG) 1. The exercise reintegrated the strike group and provided an opportunity to enhance excellence and increase the lethality and tactical proficiency of Navy units operating in the 3rd Fleet area of operations.

3 Air Force bases selected to receive new fighter jets

Air Force bases in three states are slated to add advanced and upgraded fighter planes to their fleet, the service announced this week. Barnes Air National Guard Base in Massachusetts, Naval Air Station Joint Reserve Base New Orleans and Fresno Air National Guard Base in California were selected, according to an Air Force statement. The Massachusetts installation is due to receive the next F-35A Lightning II squadron, while the other two will replace their F-15C/D Eagles with F-15EX Strike Eagles. Environmental impact studies at each base are expected to be completed in the spring of 2024, and the findings will determine whether the service's decisions are finalized.

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Career Advice

Navy launches prep course to help recruits drop body fat, qualify to serve.

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Base Movie Schedule

Shazam! Fury of the Gods, Dungeons & Dragons: Honor Among Thieves, John Wick: Ch. 4, Puss in Boots: Last Wish.

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Navy not reporting many ship fires or learning lessons from them, GAO finds

by Alison Bath, Stars and Stripes

Many fires that happen aboard Navy ships while they're in port aren't documented, leaving the service without an accurate idea of how widespread the problem is, a government watchdog agency found.

The reasons Sailors aren't noting fires vary, but a culture that discourages full compliance with reporting requirements was a factor, the Government Accountability Office said in a report released April 20.

That underreporting "has given the Navy a false sense of security with fire incidents," service officials told the GAO in the report.

The deficiency has been ongoing for years, auditors said. For example, a 2019 Navy study revealed that about 92 percent of all fire incidents that occurred in port in 2017 and 2018 weren't listed in the Navy's reporting system.

The findings were among several shortcomings cited in the GAO's performance audit, which evaluated in-port fires on ships typically undergoing maintenance.

The November 2021 to April 2023 study also found that although the Navy was making improvements in collecting fire incident data, it had not analyzed the broad impact of fires on its operations. A single agency should be reviewing data on those impacts, the GAO recommended.



The report recommends that the Navy establish training goals and performance measures along with a process for monitoring and reporting related progress.

Firefighters extinguish a blaze aboard USS Bonhomme Richard on July 13, 2020 at Naval Base San Diego. A GAO study found that the Navy isn't reporting many ship fires that occur in port and doesn't have a system to learn lessons from fighting them.

The Navy also doesn't have a system for consistently collecting, analyzing and imparting lessons it should be learning from fighting fires, the report said.

This leaves the service vulnerable to repeating costly mistakes and makes another disaster like the loss of amphibious assault ship USS Bonhomme Richard in July 2020 possible, the GAO said.

Bonhomme Richard was among 15 major fires on ships between May 2008 and July 2020 that caused an estimated \$4 billion in damages, according to the report.

"As a result, the Navy has lost lessons learned over time - such as steps that a ship can take to improve fire safety," the GAO said in its report. The agency recommended that the Navy create a system that would consistently collect, analyze and share fire safety lessons.

The report also found that ships and commands were using different ways to report fires and not regularly using a required Naval Safety Command system. Near-miss events that could have resulted in injuries or other problems weren't being reported, according to the study.

But auditors found that the Naval Safety Command system was cumbersome and slow, making it difficult to file reports. Those problems also were contributing to underreporting, according to the GAO.

The agency also pointed to poor safety training of maintenance personnel, who may not know when to report a fire, as well as inconsistencies in standards determining which fires should be reported. Nor has the service evaluated whether its firefighting training is effective, auditors said.

Army

- Multination training exercise at Fort Hood builds trust among allies, McConville says
- A new way of thinking: Army talks artillery strategy with allies in Poland
- Secondary investigation into Kentucky Soldier's death uncovers misconduct, other issues

Navy

- Navy nurse aids man having medical emergency on Washington ferry
- US ships, drones positioned to assist Americans fleeing Sudan

Marine Corps

- Shelter-in-place ordered at Virginia Marine base

Air Force

- USAF's Spectrum Warfare Wing looks to build up personnel, facilities, and institutional expertise
- New special ops wing planned for Tucson's Davis-Monthan base
- Bring back the Boneheads: Air Force to reactivate historic fighter squadron with F-35s

Space Force

- Space Force crafting framework for commercial fleet access in a crisis

National Guard

- New Hampshire Air National Guard nurse receives commendation medal for saving man after crash

Pay & Benefits

- Defense Department sticking with TriWest to run Tricare West Region

Your Military

- Lawyer pleads guilty to defrauding veterans, retirees out of millions
- US military hospital to replace 70-year-old Landstuhl is on track for 2027, officials say

Veterans

- White House pledges caregiver support, but VA program's future unclear
- No sense of urgency: Mental health calls to VA go unanswered
- Veteran returns to the US after 14-year exile under Biden effort to rectify "unjust" deportations
- Explorers find WWII ship sunk with over 1,000 Allied POWs

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DOD produces climate assessment tool, strengthens climate cooperation with 6 allies

WASHINGTON -- Two years ago at the Climate Leaders Summit led by President Joe Biden, Secretary of Defense Lloyd J. Austin III committed to produce tailored versions of the DOD Climate Assessment Tool (DCAT) for six allies: Australia, Germany, Italy, Japan, Republic of Korea and the United Kingdom.

Over the past several months, department personnel have been engaged in tool development and climate change data identification with these allies, and today, the U.S. has delivered on that climate commitment. Sharing a customized version of DCAT with allies enhances their climate resilience, promotes security cooperation and

interoperability and strengthens U.S. national security.

On April 20, the Pentagon hosted a Climate Assessment Tool Ceremonial event with embassy staff from the allies. The Offices of the Deputy Assistant Secretary of Defense for Environment and Energy Resilience and Deputy Assistant Secretary of Defense for Arctic and Global Resilience jointly hosted this ceremonial event to mark the successful development of these tools.

The Department understands the impacts of climate change are real, are occurring today and must be accounted for in defense planning. Climate change will continue to amplify operational demands on the force and allies,

degrade installations and infrastructure, increase health risks to service members and require modifications to existing and planned military capabilities.

Extreme weather events are already costing the department billions of dollars and are degrading mission capabilities and readiness. The nations and alliances that are more resilient to the impacts of climate will have a competitive advantage. The department is committed to working closely with allies and partners to enhance our collective resilience and adapt to the challenges posed by climate change.

The department must take bold steps to accelerate adaptation to reduce the adverse impacts of

climate change. Adapting to climate change will result in a more agile military, strengthened alliances, resilient infrastructure, and increased opportunity for technical innovation and economic growth.

The department's climate resilience measures start with analysis from DCAT. DCAT is the department's climate assessment tool leveraging best available and actionable data and methods. Assessing long-term exposure through tools like DCAT is essential for understanding climate risks and vulnerabilities.

In addition to DOD sharing a version of DCAT with several allies, the department also continues to fund ongoing research

to improve DCAT for use in long-term military investments and other DOD planning scenarios out to 2050 and 2085. At the installation level, improved capabilities in DCAT will allow easier integration with military department-specific geographic information system layers (e.g., flooding) to analyze an installation's exposure or susceptibility to climate and extreme weather events. This will help inform land use recommendations and support resilient design, engineering and construction.

For military departments, DCAT identifies installations or facilities requiring focused attention or more detailed studies to determine mission impacts and exposure risk reduction strategies. Similarly, DOD lead-

ership can use DCAT to inform investment, policy decisions and requests from Congress by comparing climate exposure across the department.

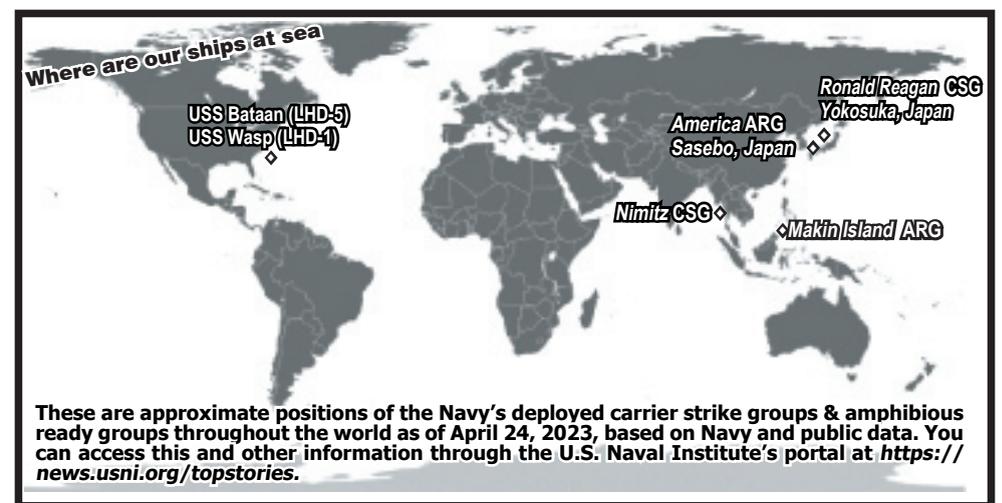
Climate change knows no borders. No nation can find lasting security without addressing the accelerating climate hazards. The department values climate security collaboration with our allies, and beyond sharing climate assessment tools, DOD aims to further expand defense partnerships in this critical area of mutual concern and national security.

For additional information on DCAT and the Department's climate efforts, visit the DOD Tackling the Climate Spotlight.



NORFOLK, Va. (April 23, 2023) — Sailors assigned to aircraft carrier *George H.W. Bush* wave to family members as the ship returns here following an eight-month deployment April 23. US Navy photo by MC2 Anderson W. Branch

Ships Underway
Total Battle Force
296 (USS 238, USNS 58)
Deployed
97 (USS 65, USNS 32)
Underway
68 (37 Deployed, 31 Local)
Ships Deployed by Fleet
2nd Fleet - 0
3rd Fleet - 1
4th Fleet - 2
5th Fleet - 12
6th Fleet - 16
7th Fleet - 66
Total - 97



These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of April 24, 2023, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

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U.S. forces evacuate Americans from Khartoum Embassy

by Jim Garamone, DOD News

U.S. forces evacuated just under 100 American staff of the U.S. Embassy in Khartoum, Sudan April 23, U.S. government officials said.

President Joe Biden gave the order to evacuate the embassy from the embattled country. A small number of allied diplomats were also evacuated, State Department officials said in a telephonic news conference.

The Defense Department had deployed troops and capabilities to Djibouti just in case there was an order to evacuate the embassy in Khartoum, said



Army Lt. Gen. Douglas A. Sims II, the Joint Staff's director of operations. "[Yesterday], the U.S. military evacuated those personnel in support of the State Department closing operations

at the Embassy in Khartoum," Sims said. "[Yesterday] at 9 a.m. Eastern, a contingent of U.S. forces lifted off from Djibouti and landed in Ethiopia. The aircraft — including three MH-47

Chinooks refueled in Ethiopia before flying approximately three hours to Khartoum.

"The evacuation was conducted in one movement via rotary wing," said Sims. "The operation was fast and clean, with service members spending less than an hour on the ground in Khartoum. As we speak, the evacuees are safe and secure."

"I'm proud of the extraordinary commitment of our embassy staff, who performed their duties with courage and professionalism and embodied America's friendship and connection with the people of Sudan. I am grateful for the unmatched skill of our service members who successfully brought them to safety." - President Joe Biden

Sims said there were just over 100 special operations personnel conducting the operation. The U.S. Marine Embassy guards were also evacuated.

"I am proud of the extraordinary commitment of our embassy staff, who performed their duties with courage and professionalism and embodied America's friendship and connection with the people of Sudan," Biden said in a written release. "I am grateful for the unmatched skill of our service members who successfully brought them to safety."

Biden also thanked the governments of Djibouti, Ethiopia and

Saudi Arabia who aided the U.S. evacuation operation.

Secretary of Defense Lloyd J. Austin III said the evacuation was under command of U.S. Africa Command and conducted in close coordination with the U.S. State Department. "I'm proud of our extraordinary service members who executed and supported this operation with outstanding precision and professionalism," he said.

Christopher Maier, the assistant secretary of defense for special operations and low-intensity warfare, praised the Marines who protected and defended the embassy during the past week. "Our Marines who protect many of our embassies overseas do not often get the credit they deserve," he said. "Their courage under duress represents America as its best again in this instance."

There are still American citizens in Sudan. "In the coming days, we will continue to work with the State Department to help American citizens who may want to leave Sudan," Maier said. "One of those ways is to potentially make the overland routes out of Sudan potentially more viable. So, DOD is at present considering actions that may include use of intelligence, surveillance and reconnaissance capabilities to be able to observe routes and detect threats."

May: List of monthlong observances

- | | |
|-----------------------------|--------------------------------|
| Nat'l Pet Month | Islander Heritage Month |
| Nat'l Strawberry Month | Nat'l Crime Reading Month |
| Nat'l Hamburger Month | Gin A Day May |
| Nat'l Gazpacho Aficionado | Lyme Disease Awareness |
| Nat'l Tennis Month | Vasculitis Awareness Month |
| Nat'l Military Appreciation | Travel Advisor Month |
| Nat'l Egg Month | Nat'l Teen Self-Esteem |
| Int'l Mediterranean Diet | Tavern Month |
| Nat'l Salad Month | NEC Awareness Month |
| Nat'l Barbecue Month | Behcet's Awareness Month |
| Nat'l Vinegar Month | Ehlers-Danlos Syndrome |
| Nat'l Salsa Month | Awareness Month |
| Nat'l Sweet Vidalia Onion | Prader-Willi Syndrome |
| Nat'l Asparagus Month | Awareness Month |
| Zombie Awareness Month | Preeclampsia Awareness |
| Oregon Wine Month | Breathe Easy Month |
| Nat'l Chocolate Custard | Int'l Internal Audit Awareness |
| Heal the Children Month | Teen Pregnancy Prevention |
| Nat'l Duckling Month | Nat'l Drinking Water Month |
| Brain Tumor Awareness | Food Allergy Action Month |
| Finger Lakes Wine Month | Apraxia Awareness Month |
| Nat'l Foster Care Month | Li-Fraumeni Syndrome |
| Older Americans Month | Awareness Month |
| Int'l Respect for Chickens | Sturge-Weber Syndrome |
| Nat'l Inventors Month | Awareness Month |
| Nat'l Small Business Month | Williams Syndrome |
| World Trade Month | Awareness Month |
| Nat'l Neurofibromatosis | Better Hearing and Speech |
| American Wetlands | Cystic Fibrosis Awareness |
| World Wrestling Month | Disability Insurance Awareness |
| Asian American and Pacific | Get Caught Reading Month |

Naval Medical Center San Diego Branch Clinic Spotlight

Naval Branch Health Clinic Eastlake celebrates 10 years of service. Strategically located in the South Bay community of Eastlake, the clinic opened March 23, 2013.

The facility was designed to provide primary care and ancillary service to include pharmacy, laboratory, and immunizations to local Tricare beneficiaries. Over the past decade, Eastlake has also been a site for Physical Therapy and Behavioral Health.

Additionally, with the closure of Naval Branch



Health Clinic Chula Vista in 2020, Eastlake has served the South Bay community as a pharmacy refill site.

The Eastlake clinic consistently ranks high in customer satisfaction as a result of the staff commitment to excel-

lence. Join in celebrating the invaluable service that NBHC Eastlake offers.

Places of Worship

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www.bayviewbc.org info@bayviewbc.org

Branches of the Cross Anglican Church
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Bible Study - Wednesday 10:30am
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Career and Education

Navy launches prep course to help recruits drop body fat, qualify to serve

by Doug G. Ware
Stars and Stripes

WASHINGTON - The Navy has launched a new training program that's designed to get future sailors in shape so they can pass physical fitness requirements, which are keeping many young Americans from joining the military amid serious recruiting challenges.

In recent years, three of the service branches — the Navy, Army and Air Force — have struggled to hit recruiting goals due to several factors. One of the biggest reasons is fewer than 25 percent of Americans between the ages of 17 and 24 can pass academic and physical testing to join the military, according to recent Pentagon data.

"We expect to be about 6,000 [recruits] short [this year]," Adm. Lisa Franchetti, vice chief of naval operations, said earlier this week during a congressional hearing about military readiness. "[We are] doing better than [when] we started, but about 6,000 short is our projection."

All three services are making significant efforts to improve recruiting, such as offering incentives for referrals and enlistees and developing various targeted strategies to help more young Americans meet eligibility requirements.

The Navy launched its Future Sailor Preparatory Course Physical Fitness Track pilot program this month, which service leaders expect will help grow the candidate pool of qualified sailors. The idea is to get recruits on the path to physical fitness as early as possible so they can get a jump on passing the Navy Physical Readiness Test.

"The Future Sailor Preparatory Course is about building the complete person," said Rear Adm. Jennifer Couture, commander of the Naval Service Training Command. "The individuals who are participating have a sincere desire to serve their country."

The Navy said the course was designed to "mitigate societal trends that have reduced the available pool" of candidates who meet service entry standards.

There are many requirements to pass the Physical Readiness Test. For example, men between the ages of 17 and 19 must be able to do 50 situps in 2 minutes,

42 pushups in 2 minutes and run a mile and a half in 12 minutes and 30 seconds. Women in the same age range must do 50 situps in 2 minutes, 19 pushups in 2 minutes and run a mile and a half in 15 minutes and 30 seconds. The requirements across the board vary by age and gender. Recruits also must

The service was 200 short of active-duty officer accessions and about 400 shy for Reserve officers.

The Navy's new prep course is modeled on a similar program that the Army started last year at Fort Jackson, S.C. The Army Future Soldier Prep Course so



A staff member motivates new Navy recruits on April 19, 2023, as they line up inside the in-processing center at the service's Recruit Training Command at Naval Station Great Lakes, Ill. Boot camp is approximately 10 weeks and all enlistees into the Navy begin their careers at the command. More than 40,000 recruits train annually at the Navy's only boot camp. US Navy photo by Olympia O. Martin

be able to pull their own weight and there's a limit on body fat. For example, a man who is 6 feet tall can have a maximum weight of 201 pounds.

The Navy's Future Sailor Preparatory Course — open to anyone with body fat within 6 percent above the maximum allowable amount — lasts for three weeks and is located at Naval Station Great Lakes, Ill. The Navy's only boot camp is located at the base, which is north of Chicago.

"As an all-volunteer force, the Navy depends on the citizenry to fill the ranks," the service said in a statement. "Removing barriers and developing citizens with a desire to serve is a way to adjust to societal realities, without lowering standards."

The first prep course class began earlier this month with only male students, but the Navy said women recruits will begin participating in the summer.

"The men and women we recruit to participate in this program have the desire and commitment to be sailors," said Rear Adm. Alexis Walker, commander of Navy Recruiting Command. "[The course] is going to help our recruiters identify individuals who can be great assets to the fleet and give them the tools and the opportunities they need to excel."

Last year, the Navy barely hit its recruiting target of 33,400 active-duty enlisted sailors — but fell about 2,000 short of its goal for Reserve enlisted sailors.

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Resume Writing

Thursday, May 4 | 0900 - 1030 | (V)

Wednesday, May 17 | 0900 - 1030 | NBSD (IP)

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Local Military

by Petty Officer 3rd Class
Zach Issa
USS Boxer (LHD 4)

Four Sailors assigned to USS *Boxer*'s medical department were presented the American Red Cross National Lifesaving Award during a ceremony held at the American Red Cross Regional Headquarters in San Diego April 19.

Hospital Corpsmen Deandre McKenzie, Kristian Mathis, Brett Delia and Ian Villones were honored for administering lifesaving cardiopulmonary resuscitation during a medical emergency on Feb. 7, 2022.

When the corpsmen arrived to the scene, a contractor was found unconscious with blood around their head. The Sailors quickly assessed the patient was under cardiac arrest and immediately began implementing CPR.

"This was the first actual casualty I had seen," said Villones. "It was eye opening, and I felt the responsibility on my shoulders—not just being a corpsman, but a human being

trying to save the life of another human being."

Mathis and McKenzie started chest compressions on the patient while Delia prepared the Automated External Defibrillator (AED) and Villones readied the oxygen. They inserted an air adjunct by opening the patient's airway in order to successfully administer oxygen to the patient with an oxygen mask.

"Being a basic lifesaving instructor for the command, I train weekly on this type of scenario," said Mathis. "When it was time to actually perform CPR, I'm glad that it turned into muscle memory from the training I received. I was glad to pass it forward and help save the life of someone in need."

As a team, the corpsmen rotated between administering CPR and further assessing the patient for other injuries while on the scene. They were able to resuscitate and stabilize the patient, who was transferred into the care of local emergency medical services and made a full recovery.

Flag officer announcement: McLane

Secretary of Defense Lloyd J. Austin III announced April 24 that the president has nominated Rear Adm. **Brendan R. McLane** for appointment to vice admiral, with assignment as commander, Naval Surface Forces; and commander, Naval Surface Force, U.S. Pacific Fleet, San Diego. McLane is currently serving as commander, Naval Surface Force, Atlantic, Norfolk.



Ian Villones, Kristian Mathis and Deandre Mackenzie, all assigned to USS *Boxer*, are shown here with Command Master Chief Jose Ramiro, Senior Medical Officer Lt. Cmdr. Paul Flood, Medical Admin Officer Lt. Melvin Rolon and Chief Hospital Corpsman Daniel Jimenez. US Navy photo by MC2 Zachariah Issa

"I'm extremely proud of these young men," said Lt. Cmdr. Paul Flood, *Boxer*'s Senior Medical Officer. "Their quick reaction

in the face of a life or death situation is a testament to their training, dedication and willingness to come to the aid of those

in need." *Boxer* is an amphibious assault ship commissioned Feb. 11, 1995. She's the sixth ship to bear the name. *Boxer*'s crew is

made up of approximately 1,200 officers and enlisted personnel and can accommodate up to 1,800 Marines.

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 12:15PM to 1:00PM
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Navy destroyer patrolling Middle East seizes \$42 million in drugs

from Naval Forces Central Command/
5th Fleet Public Affairs

MANAMA, Bahrain - A Navy guided-missile destroyer interdicted a fishing vessel attempting to smuggle \$42 million in illegal drugs while transiting the Gulf of Oman April 21.

USS *Paul Hamilton* (DDG 60) was operating in support of Combined Task Force (CTF) 150 when it discovered the fishing vessel smuggling 802 kilograms of methamphetamine and 1,000 kilograms of hashish. CTF 150 is one of four task forces under Combined Maritime Forces, a multinational naval partnership consisting of 38 nations.

Before Navy and Coast Guard members from *Paul Hamilton* seized the vessel, five smugglers on board attempted to discard 50 bags of methamphetamine weighing 35 pounds each by throwing the drugs overboard. Some of the bags were able to be recovered from the water.

The vessel's crewmembers identified themselves as Iranian nationals.

"This was outstanding work by the entire *Paul Hamilton* team," said Capt. Anthony Webber, commander of Task Force 55 and responsible for overseeing U.S. maritime surface operations in the Middle East. "These interdictions remove illicit narcotics from the high seas and help deter destabilizing activity in regional waters."

In 2023, maritime forces supporting CTF 150 have seized illegal drugs worth a combined estimated U.S. street value of \$150 million, adding to record-breaking drug interdictions by U.S. and international naval units in 2021 and 2022 totaling \$1 billion in value.

"I am incredibly pleased with the performance of our Sailors," said Cmdr. Jake Ferrari, commanding officer of *Paul Hamilton*. "We remain committed to delivering consistent maritime security and countering illicit activities and contraband smuggling in the region."

CTF 150 conducts maritime security and counter-terrorism operations in the Gulf of Oman and Indian Ocean to disrupt criminal and terrorist organizations and their related illicit activities, including the movement of personnel, weapons, narcotics and charcoal. These efforts help ensure legitimate commercial shipping transits the region free from non-state threats.

Combined Maritime Forces is the largest multinational naval partnership in the world whose partner forces operate in the Red Sea, Gulf of Aden, Northern Arabian Sea, Gulf of Oman, Indian Ocean and Arabian Gulf to promote regional security and stability.

Navy christens future USS Kingsville ...

The Navy christened and launched the newest Independence-variant littoral combat ship, future USS Kingsville (LCS 36), during a ceremony April 22, in Mobile, Ala. Kingsville is the 18th variant littoral combat ship. Ship sponsor Katherine Kline broke a bottle of sparkling wine over the bow of the warship at the Austal USA shipyard. The warship is named for Kingsville, Texas, the location of a Naval air station, and Kline is a sixth-generation member of the King family. Her father, Lt. Cmdr. Richard Sugden, was a Navy flight surgeon. "It's an honor and privilege to serve as the sponsor of the future USS Kingsville," said Kline. The ship will be homeported in San Diego.

Supporting military mission resilience with nature-based solutions

POINT MUGU - A recent study, co-authored by Naval Base Ventura County and The Nature Conservancy, has shown resilience could be significantly increased at the coastal base by consolidating vulnerable infrastructure on higher ground and restoring wetlands, dunes, and beaches, which buffer the base from storms and absorb floodwaters.

Military installations and operations are now persistently disrupted by recurrent drought, heat waves, catastrophic wildfires, and flooding. Coastal installations also face rising seas, erosion, and increasingly powerful storms. These challenges require durable and long-term solutions to ensure the resilience of the military mission, including an important role that natural and nature-based features (or natural infrastructure) can play for military installation resilience and mission assurance.

NBVC is a critical Navy asset that allows direct access to restricted air and sea space in the 36,000 square miles of the Point Mugu Sea Range. Because of its coastal location, NBVC faces impacts from coastal erosion and wave run-up, inundation from high tides, and flooding from storm surges from the sea and from the adjacent Calleguas Creek.

These hazards are increasing in intensity, frequency, and duration and will increase further as sea levels rise, damaging the built infrastructure and natural habitats of the base. Today, the Mugu Lagoon, one the largest and most intact coastal marshes in southern California, is located largely within the fence line of NBVC. It provides significant protection against these impacts, but it too – and the level of protection it now provides - is subject to the adverse impacts of climate change.

To develop a long-term plan for resilience, the Commander of Navy Region Southwest established a first-of-its-kind partnership with TNC to assess vulnerabilities and co-develop specific recommended actions to improve base resilience and enhance natural resources and the multiple benefits they provide. Under this partnership, the team developed a body of rigorous and foundational science, amassing the best available data, adjusting the models to account for local conditions, including topography, oceanography, and river dynamics, to support the evaluation of vulnerabilities and develop a vision for long-term resilience.

The team mapped tidal inundation, storm flooding, wave run-up, erosion, and fluvial flooding for the entire base for the years 2010, 2030, 2060 and 2100, down-scaled and fine-tuned to local conditions. The team measured how hazard exposure will likely impact both built assets and natural habitats over time and developed risk scores for each individual component of the built environment including buildings, roads, utilities, and other assets.

The analysis shows that if the base stays in its current configuration—with roads, buildings and other infrastructure crisscrossing through low-lying wetlands—the installation's frontline of beaches, dunes, marsh and mudflats would continue to erode or disappear. With projected sea level rise, many built assets will be submerged by open water. In addition, the vast majority of the natural features – and their protective functions - will also be lost. The vision recommends a suite of adaptation actions and pathways to improve the resilience of built assets, restore natural habitats, preserve base functionality, and support the military mission, including moving hard infrastructure out of hazard zones into safer grounds where possible, and restoring natural habitats and ecological processes in their place. *Continue reading at <https://www.navy.mil/Press-Office>.*



Sgt. Jonathan Alvarez, an evaluator with the Amphibious Combat Vehicle Transition Training Unit, watches an ACV at Camp Pendleton April 11. US Marine Corps photo by Sgt. Alexandra Munoz

Marine Corps announces ACV Transition Training Unit

by Capt. Ryan Bruce, Headquarters Marine Corps

A Marine Corps-established Transition Training Unit at the Assault Amphibian School is developing a rigorous and standardized program to ensure that Amphibious Combat Vehicle Marines possess the technical knowledge, skills, and proficiency required to safely operate, maintain, supervise, and employ the ACV.

The decision to stand up the TTU came after the Marine Corps identified significant differences between the safe operating procedures of the ACV and its predecessor, the Assault Amphibious Vehicle. Preliminary findings from recent mishap investigations recommend that ACV operators receive more training focused on the internal mechanical systems of the ACV and how the platform differs from the AAV.

"We're clear eyed about the need to get this right," said Gen. David Berger, commandant of the Marine Corps. "Our Marines deserve no less, and our nation depends on it. Amphibious operations, to include the use of ship-to-shore connectors, are a foundational aspect of the Marine Corps. Our Marines will be trained safely and to the highest standard to ensure we remain the nation's premier expeditionary force in readiness."

The TTU is staffed by a hand-selected cadre of experienced and proficient ACV operators, maintainers, and trainers, augmented by other subject-matter experts from across the Marine Corps.

The TTU is currently consolidating ACV lessons learned and best practices into an updated, continuous skills validation program. Upon program approval, the TTU will evaluate and re-certify ACV operators and maintainers previously trained on the ACV platform.

"We're developing a program focused on performance-evaluated measurements associated with the safe operation of the ACV both on land and in water," said Col. Howard Hall, the TTU officer-in-charge who is leading actions on the ground to stand up the unit. "The exceptional intensity and professionalism exhibited by the Marines of the TTU combined with the coordination and support of leaders at all levels across the Marine Corps is a testament to our commitment to facilitating the ACV transition and leveraging its impressive capabilities. This training will lay the foundation for future Assault Amphibian School and assault amphibian battalion proficiency."

The TTU's proficiency evaluation and validation standards developed by the TTU will be sustained on an enduring basis through entry-level ACV operator, maintainer, and unit leader training and advanced training for Marines as they progress through their career. "It is not enough to put a check in a box when it comes to safe operation and maintenance of the ACV," added Maj. Jim Agostino, the TTU operations officer, and a former 3d AABn company commander.



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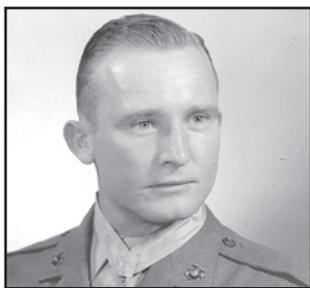
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Serving Those Who Serve

Medal of Honor Spotlight: Marine Chief Warrant Officer 4 Harold Wilson

by Katie Lange
DOD News



**Chief Warrant Officer 4
Harold Wilson**

During a 30-year career, Marine Corps Chief Warrant Officer 4 Harold Edward Wilson saw action during three major wars. His leadership during the Korean conflict helped his beleaguered unit survive an onslaught by Chinese forces. That bravery under fire earned him the Medal of Honor.

Wilson was born Dec. 5, 1921, in Birmingham, Alabama, to parents James and Leila Wilson. He had three brothers, William, Thomas and Walter, all of whom also eventually joined the Marine Corps.

Wilson earned the nickname “Speedy” as a grocery delivery boy. According to Marine Corps Col. James C. Carroll III, Wilson used a wagon when he first started the job, but he was pretty slow, so people called him “slow poke.” Wilson wasn’t fond of that moniker, so he saved up enough money to get a bike, which he used to speed around town delivering groceries. It earned him a new nickname that stuck with him for the rest of his life.

A few months after the Japanese bombed Pearl Harbor, Wilson enlisted in the Marine Corps Reserve. The 20-year-old was assigned to active duty and spent

their spring offensive. Their push south caused South Korea’s 6th Division to collapse, so U.S. Marine Corps units were sent in to plug the gaps through which the enemy was advancing.

Wilson was the sergeant of his rifle platoon, which was attached to Company G. They were charged with plugging the gap on Hill 902 near the Hwachon Reservoir, just north of the 38th Parallel.

Around midnight on April 23rd, the Chinese overran Company G’s outpost. Wilson’s platoon was forced to defend themselves in hastily constructed foxholes from the heavy mortar, machine gun, grenade and small-arms fire coming at them from the enemy.

Wilson braved that intense fire to help survivors get back to their defensive line. He directed the treatment of casualties, and even though he’d been struck in the right arm and left leg, he refused aid for himself and continued to move through the men in his platoon, encouraging them to keep up the fight.

As the attack got worse, Wilson was wounded again, this time in the head and shoulder. But he again refused medical attention and insisted on staying with his unit. He couldn’t use either of his arms to fire a gun, so instead, he

went around resupplying his men with rifles and ammunition he’d collected from the wounded so they could continue firing.

After asking his company commander for help several times, the unit was finally issued reinforcements, and Wilson moved them into strategic positions along the defensive line. He then directed their fire until he was blown off his feet by a mortar round.

The explosion dazed and concussed Wilson and caused him to lose a lot of blood, but he still refused to get medical aid. Despite his weakened state, he continued to go from foxhole to foxhole directing fire, resupplying his men and giving them first aid and encouragement.

Thanks to Wilson, his unit was able to hold onto the position by rallying enough times that the enemy finally turned back.

At dawn, when the final attack had been repulsed, Wilson personally accounted for each man in his platoon before finally walking half a mile unassisted to the aid station to get help for himself. He was transferred to Yokosuka Naval Hospital in Japan and spent five months there before being sent back to the U.S.

Nearly a year later, on April 11,

1952, then-Master Sgt. Wilson received the Medal of Honor from President Harry S. Truman during a White House Rose Garden ceremony, which his parents and brothers attended. Two other Korean War comrades, Army 1st Lt. Lloyd Burke and Army Cpl. Rodolfo Hernandez, also received the nation’s highest award for valor that day.

A few days later, Wilson was given the key to the city by Birmingham’s mayor as his bravery was celebrated across his hometown.

That July, Wilson married Julia Sawls. They had two sons, John and Harold Jr., according to the South Carolina newspaper, *The State*.

Wilson earned his commission as a warrant officer in August 1952 and continued to work his way up the ranks for many more years. A decade later, in December 1962, he took over the post of adjutant of the Marine Corps Engineer Schools at Camp Lejeune, N.C. A year later, he served in a similar role for the 2nd Tank Battalion.

During Vietnam, Wilson served with Marine Aircraft Group 13 before being assigned as the 6th Marine Corps district personnel officer in November 1968. He retired from the corps in Febru-

ary 1972 after nearly 30 years of service.

Wilson continued to help service members by working as a benefits counselor for the Veterans Administration. In 1974, he moved to Lexington, S.C., where he remained for the rest of his life.

Wilson died of lung cancer on March 29, 1998. He was buried in Lexington’s Woodridge Memorial Park Cemetery.

The Marine Corps continues to honor Wilson and his achievements. In 2017, a weapons storage facility was named in his honor at Marine Corps Logistics Base Albany, N.Y., where Wilson once worked. His son, John, spoke on his behalf at the event.

“Dad was so humble about his accomplishments and being a Medal of Honor recipient,” John Wilson said at the building’s dedication. “He would probably say everybody is making too much [of] a big deal over this. He would probably say there are other people more deserving of having a building such as this named after him.”

John Wilson said his father was a private and humble person but that he would be proud of the honor bestowed upon him.

Expect the unexpected when you’re expecting

April is the start of spring, a time of birth, growth and renewal. Fittingly, it’s also the month of my first child’s birth, so it takes me back 28 years ago, when I couldn’t wait to become a mother.

Don’t worry, I won’t bore you with the tedious details. Everyone thinks their childbirth story is unique, but most of these narratives are the same standard story with five basic parts: The Labor Starts Part, The Going to the Hospital Part, The Agonizing Pain Part, The Pain Meds Demand or Refusal Part, and The Birth in Excruciating Detail Part.

After listening to many of these chronicles, I’d rather endure another episiotomy than hear another one.

Back in the day, I surely annoyed my friends with tedious tales of the births of my three children, but I’ve since learned to keep those memories private. When the topic does come up in conversation, I take a discriminating approach, only telling the snippets with sure-fire entertainment value.

Now that the topic has been broached, I’ll relay a few extraordinarily embarrassing moments during my first pregnancy, when I was determined to do everything by the book — literally. I religiously read “What to Expect When You’re Expecting,” meticulously recording my weight, circumference, mood swings and gas bubbles in the journal.

Around the 35th week, I’d read that my obstetrician would examine me to make sure that I could breastfeed my newborn. But at my scheduled visit with Doc Walker, an old-fashioned obstetrician who’d seen it all before, he didn’t even

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

mention it. After the standard tummy palpitations, he patted me on the knee, and started to leave the room.

“But wait!” I blurted, “What about the nipple check?!”

With a smirk, he turned and said, “Have you been reading that book again?”

Over the next few weeks, my gullibility persisted. We attended childbirth classes to learn how to hee-hee-hoo our way through the perfect Lamaze birth. One night, the topic was circumcision. The crunchy California nurses described a heinous, painful, unnecessary procedure.

At my next appointment, I asked Doc Walker, “Is it barbaric for me to expect our baby to endure circumcision?”

With his characteristic smirk, Doc Walker calmly replied, “Do you realize that the birth canal squeezes newborn babies so hard, they come out with their heads shaped like cones? Circumcision is a cake walk compared to that.”

Was that supposed to make me feel better?

Soon, I was in the throes of labor at the ritzy Pebble Beach hospital near the Naval Post Graduate School in Monterey, Calif., our second duty station as a married military couple. Francis and I had attended birthing classes together,

and he assured me he was ready to be my supportive partner in the birth.

But by the seventh hour of contractions, he was getting bored, and I was getting delirious.

An orderly brought an unexpectedly tasty-looking dinner tray into my room; however, I was forbidden to eat solids in case surgery was needed. Francis graciously “jumped on the grenade” and scarfed the meal himself in the recliner by my bed. Besides, I was delirious.

Francis was just finishing the carrot cake, when a ginger-haired, young nurse walked in to check the monitors. Our forgotten camcorder had been running from a tripod in the corner of the room, and unfortunately, it recorded Francis flirting with the red-head while I labored in my hospital bed, still delirious.

“So, where do folks like you hang out around here?” Francis was recorded schmoozing on the left side of the screen. The nurse could be seen smiling while describing the local bar scene.

On the right side of the recording, I looked unconscious. The “bum-bum” of the heart monitor began to beat faster, and my eyes blinked open. Grimacing in pain, I huffed and puffed through waves of contractions, my hand maintaining a white-knuckle-death grip on the hand rail.

Simultaneously, on the left of the screen, the red-head threw her head back, laughing at something witty Francis had said. Unbeknownst to them, I was delirious.

Despite these unexpected moments of humiliation and delirium 28 years ago, I delivered a beautiful baby boy, which thankfully, was exactly what we’d been expecting all along.

AutoMatters™ & More by Jan Wagner



Another spectacular weekend of auto racing — and many great opportunities for auto racing photography — is in the record books.

I heard from some of the drivers at the media luncheon on Saturday, and then returned on Saturday and Sunday to shoot the Lifestyle Expo, vendor areas, garages and all of the racing series — except drifting on Saturday evening.

Whereas many race weekends at other events often just have one feature race series, the Acura Grand Prix of Long Beach included six race series. For race fans, this always represents an opportunity not to be missed.

The feature race of the weekend was Sunday’s IndyCar race — round three in the 2023 NTT IndyCar Series. This series is for turbocharged, open-wheel formula-type cars with open cockpits. Past IndyCar series winners competing in this race included six-time series champion Scott Dixon, Alexander Rossi, Josef Newgarden, Colton Herta, Pato O’Ward and Will Power.

This year’s IndyCar pole position, and the relatively incident-free race (two collisions, for a total of six laps driven under caution), were won by a relative newcomer: Kyle Kirkwood driving car 27. He was joined on the podium by former Formula One driver Romain Grosjean (car 28) and Marcus Ericsson (car 8).

2023 Acura Grand Prix of Long Beach

Yet another major race series running that weekend was the IMSA WeatherTech SportsCar Championship. Their 100-minute race on Saturday afternoon featured three different classes of automobiles, including the new-for-2023 GTP prototype sportscars, GTDPRO and GTD. Brands represented in this truly international series included Porsche, BMW, Cadillac, Acura, Lexus, Corvette, Aston Martin, Mercedes-AMG and Lamborghini.

In addition to driver changes, something that makes this series so exiting for the drivers and race fans alike is that there is plenty of passing, thanks to the speed differential amongst the three classes of racecars.

The weekend also included the Historic Formula 1 Challenge races, during which classic Formula 1 cars took to the track.

As mentioned earlier, the only race series that I did not cover this year was Saturday evening’s always-thrilling Formula Drift Series. I was driving back to my home in San Diego while that was happening.

The first of the two race series at the end of the daytime racing on Saturday and Sunday — before several of concrete barriers on this street circuit were moved aside to let downtown Long Beach traffic back onto some of their streets — was Robby Gordon’s high-flying, pavement ripping, SPEED/UTV Stadium SUPER Trucks. Race fans thrilled to the sights of these trucks leaping over ramps and leaning precariously in the turns, as they raced around the entire race track, side-by-side.

The final races of the weekend afternoons were arguably some of

the most exciting, as huge fields (30 plus) of identical, road car-based, Porsche 911 GT3 Cup racecars raced for 40 minutes — side-by-side — in the single make Porsche Carrera Cup North America Series. The differences in performance here were due to the drivers, not the cars.

Believe it or not, it was while covering this support series racing on Saturday afternoon at the exit of the fountain turn, that I truly questioned why I was standing to take close-up pictures at a large hole in the fence as the Porsches where charging towards me, door-handle-to-door-handle. That could easily have been game over for me — confirmed when I asked the safety worker if errant car parts ever flew through that hole, to which he replied something to the effect of: “Yes. That is why I stand behind the fence, at the other end (the leading edge) of the hole!” Fortunately, I survived that very real danger but, to paraphrase Captain Jack Sparrow after the flaming pirate scene at the “World of Color” water show at Disney California Adventure, I hope that you enjoy my pictures because I will NOT be doing that again!!!

To see more complete results of the races, visit <https://www.gplb.com/racing> and click on the 2023 RACE RESULTS links.

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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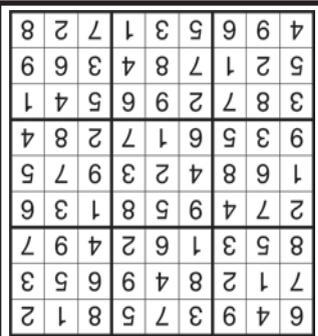
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THINGS TO DO AROUND TOWN

Annual Lakeside Rodeo, Thur-Sun, April 27-30. Thursday: Special Ticket Price \$15 All Ages, Reserved Seating Fri-Sun: Adults \$25, Child 3-12 years \$15, Child 2/under, free but MUST sit on lap. **Infant carrier requires the purchase of a child's ticket. Lakeside Rodeo Grounds, 12584 Mapleview St, Lakeside. <https://www.lakesiderodeo.com/>

2023 Without Walls (WOW) Festival, Thur-Sun, April 27-30. Family-friendly event bursts outside traditional theatre spaces, turning unexpected locations into an interactive stage. WOW is theatre at its most playful, immersive, surprising and fun. The Rady Shell at Jacobs Park, 222 Marina Park Way, San Diego, CA 92101. lajollaplayhouse.org/wowfestival/
Sunset Market in Oceanside Thursdays year round. Jan.-March: 4-8pm; April through Dec. 5-9pm. Tremont & Pier View Way.
The Flower Fields at Carlsbad Ranch are in bloom with over 70 million flowers.. Theme "Live Colorfully." theflowerfields.com
What is Yiddish? Fri, April 28, 7-8:30pm.\$18-\$40. What is Yiddish? Who still speaks Yiddish? Why should we care? Learn about the origins and development of Yiddish. Yiddishland California, 1128 Wall St, La Jolla.

Mariachi Vargas de Tecalitlán, Fri, April 28, 8pm. \$69+. The Magnolia Performing Arts Center, 210 East Main St, El Cajon.
Community Model Train Swap Meet, Sat, April 29, 7-10:30am. \$3-\$5. Find something new to add to your collections or sell and help others build theirs. San Diego Model Railroad Museum, 1649 El Prado, Balboa Park.
Landscaping for Watershed Protection, Sat, April 29, 10am-noon. Age 18+. Free. Onsite demo/workshop with experts discussing techniques to help manage storm water on your property to protect landscape and waterways. Proven methods to prevent erosion and keep soil, chemicals and nutrients out of our waterways. International Equestrian Center, 16911 Gunn Stage, Ramona.

Wheelchair-Accessible Wildflower Tour, Sat, April 29, 11-noon. Free. Join a Park Ranger, journey through botanical treasure, currently filled with wildflowers. Easy, 1/4 mile trail is wheelchair and stroller accessible. Bring water and sun protection. Leashed, friendly dogs are welcome. Meet near the playground. Contact Ranger Goldstein for more information: cgoldstein@sandiego.gov Charles Lewis III Memorial Park, 4639 Home Ave, SD, 92105
Birding Basics Class, Sat, April 29, 1-2:30pm. Free-open to public. Bird ID class. Meet at Visitor Center, Classroom A. Seating is limited to the first ten people. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos. mtrp.org

Arab American Heritage Month Celebration, Sat, April 29, 2-3pm. Free. Celebrate with Arabic music "Tarab", Haneen Choir, and Dabke Dance. Poway Library, 13137 Poway Rd, Poway.
Adams Avenue Unplugged, Sat, April 29, noon-10pm. Free & open to public. Musical walkabout along two-mile stretch of Adams Ave, (Univ. Heights on the West thru Normal Heights, into parts of Kensington to the East). Live music staged inside restaurants, bars, coffee houses, galleries lining the neighborhood. Parking limited to residential neighborhood streets & gets congested. MTS bus routes 2 & 11 service the neighborhoods. Wear comfortable walking shoes. www.adamsavenuebusiness.com/event-info/adams-avenue-unplugged/
38th Annual Linda Vista Multicultural Fair & Parade, Sat, April 29, 10am-5pm. Free. 2 entertainment stages, beer garden, food vendors, kids zone, health zone, 50 unit parade. www.linda-vistafair.org

Family adventure. Sat, April 29, 9am-? Enjoy day of family fun watching process of sheep shearing, spinning and knitting of a sweater during timed international competition. Bonita Museum and Cultural Center, 4355 Bonita Rd. **Spring Home Garden Show**, Sat-Sun, April 29-30, 10am-4pm. Free. Demos, home-improvement products and services, plant sales, consult with top experts. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Mission Fed Art Walk, Sat-Sun, April 29-30, 10am-5pm. Free. 250+ local, national, and international artists. All mediums of art. Live music, street food, art projects. Along Ash and Grape, Little Italy
The Encinitas Street Fair, Sat-Sun, April 29-30, noon. Free. 450 food, arts and crafts vendors plus four entertainment stages, children's rides, Bike Valets, and the kid/dog-friendly beer garden. Downtown Encinitas Mainstreet Association, 818 S. Coast Highway 101, Encinitas, 92024

Guided Nature Walks, Sat-Sun & Wed, 9:30-11am. Free. Trails are easy but uneven. Start at visitor center. Rain cancels. mtrp.org
Coast Kids: Disney's The Little Mermaid, \$18-\$30. Sat-Sun, April 29-30, 7:30-9:30pm. Fri-Sun, May 5-7 evening and matinee performances. See website. Star Theatre, 402 N. Coast Hwy, Oceanside. <https://www.startheatreco.com/>

Waterski & Wakeboard on Mission Bay, Sundays 8-11am; Thursdays 5-8pm. Convoir Waterski Club active year-round on Mission Bay. Club provides two ski boats for waterskiing and wakeboarding, with free instruction and equipment available on request. Meet: south end of Crown Point Beach. Guests of any skill level are welcome. Info: convairwaterskiclub@gmail.com. Crown Point, 3700 Crown Point Dr, San Diego.

MOVIES AT THE BASES

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

Lowry Theater - NASNI,

619-545-8479
Bldg. 650

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

Friday, April 28
6pm Dungeons & Dragons: Honor Among Thieves pg13
Saturday, April 29
3pm D&D: Honor Among Thieves pg13
6pm D&D: Honor Among Thieves pg13
Sunday, April 30
1pm D&D: Honor Among Thieves pg13
4pm John Wick: Chapter 4 r

Q-Zone - NAB

Bldg. 337 • 619-437-3190

Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs
Friday, April 28
5pm Barbarian r
Saturday, April 29
11am Hotel Transylvania 3: Summer Vacation pg

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, April 29
1:30pm 65 (PG13)
Saturday, May 6
1:30pm Shazam! Fury of the Gods (PG13)
Saturday, May 13
1:30pm John Wick Chapter 4 (R)
Saturday, May 20
1:30pm Super Mario Bros. Movie PG

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, April 27
6pm John Wick: Chapter 4 r
Friday, April 28
6pm D&D: Honor Among Thieves pg13
Saturday, April 29
2:30pm Dungeons & Dragons: Honor Among Thieves pg13
5:30pm John Wick: Chapter 4 r
Sunday - April 30
1pm Shazam! Fury of the Gods pg13
3:50pm D&D: Honor Among Thieves pg13
Thursday, May 4,
6pm D&D: Honor Among Thieves pg13
For updates check <https://sandiego.navylifews.com/movies/>

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, April 28
6pm Dungeons & Dragons: Honor Among Thieves PG-13
Saturday, April 29
12pm Shazam! Fury of the Gods PG-13
3pm Dungeons & Dragons: Honor Among Thieves PG-13
6:30pm John Wick: Chapter 4 R
Sunday, April 30
12pm Puss in Boots: The Last Wish PG --FREE SHOWING
3pm Shazam! Fury of the Gods PG-13

Crossword Puzzle

Across

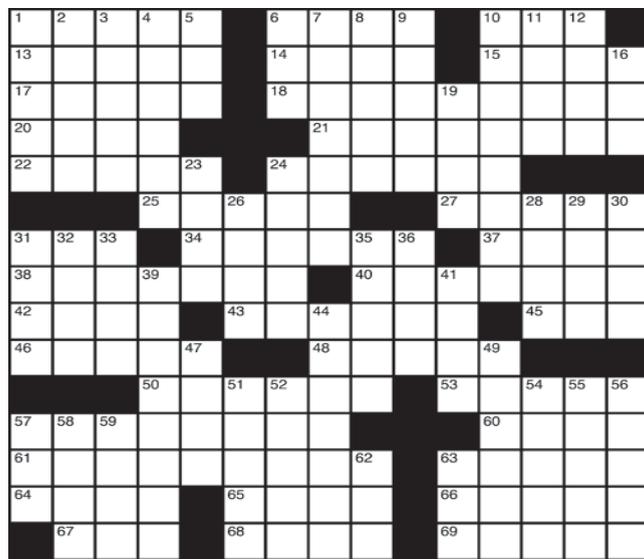
- Egyptian god with an ibis head
- One who crosses the line
- Blight-stricken tree
- "Donnie Brasco" actress Anne
- Flap
- Corp. leaders
- Lay to rest
- With 42-Across, part of a psychologist's battery
- Seven-time Wimbledon winner
- Wisconsin city on the Mississippi
- HDTV part, for short
- They may be civil
- Singing stars
- "60 Minutes" regular
- Strong brew
- Deadly
- West Point team
- Prom adornment
- Hear about
- See 18-Across
- Stella __: Belgian beer
- Düsseldorf direction
- Hard work
- Bridge seats
- __ Zee: Hudson River area
- Divine fluid
- Laszlo Kreizler, in a Caleb Carr novel
- Nylons
- Scream-evoking horror film technique ... and a hint to what's hiding in five puzzle rows
- Broadway orphan
- US Open stadium namesake
- Surrealist Paul
- Paragon
- It may be gross
- Barrie pirate
- Leaders of industry

Down

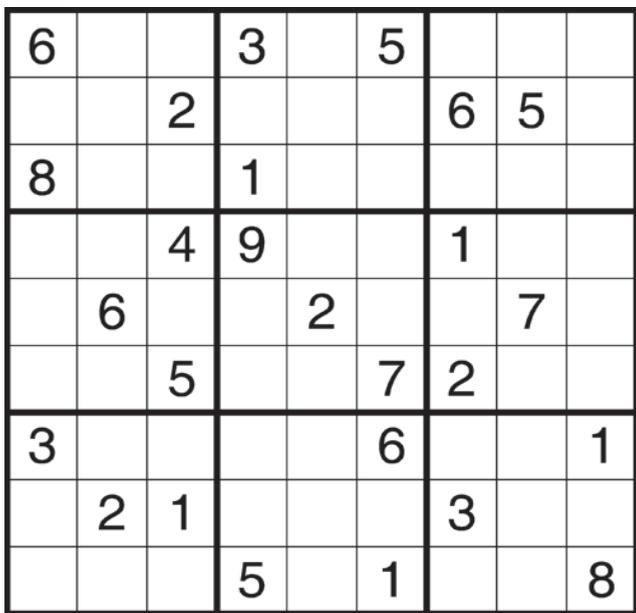
- Fried chicken choice

Across

- Painter __ de Toulouse-Lautrec
- Two quartets
- Jay Powell chairs it
- That girl
- Orchestra sect.
- Not very friendly
- "What __": "Ho-hum"
- Amazon crime series based on Michael Connelly novels
- Satellite communications giant
- Grazing sites
- Soft shoes
- That girl
- Old PC monitors
- Adidas rival
- Yelp user, say
- Brightest star in Lyra
- River of Pisa
- Gps. with copays
- Ride-sharing option
- Ballet divisions
- Early movie mogul
- Gaelic language
- Take out __
- Island rings
- Fox River, in TV's "Prison Break"
- Spot of wine?
- Source of a homeopathic oil
- They may be fake
- Slangy nose
- Chooses
- Church song
- Passport producer
- Willow twig
- Lively dances
- "The Birth of a Nation" actress __ Naomi King
- A deadly sin
- "If u ask me"
- Shoebbox letters
- "Breaking Bad" network



ROY'S SUDOKU



County begins mosquito-fighting larvicide drops

by Gig Conaughton,
County of San Diego

San Diego County is conducting its first routine aerial larvicide drops of the year this week on up to 51 local waterways to help stop mosquitoes from potentially spreading diseases like West Nile virus.

County officials said helicopter larvicide drops will be done Wednesday, and Thursday if necessary, to cover nearly 1,300 acres of hard-to-reach potential mosquito breeding areas.

The County started using helicopters to drop solid, granular larvicide on hard-to-reach areas of standing water in rivers, streams, ponds and other waterways where mosquitoes can breed in the early 2000s after West Nile virus arrived. The County conducts the aerial larvicide drops roughly once a month from April through October.

Prevent mosquito breeding in your yard

Dump out or remove any item inside or outside of homes that can hold water, such as plant saucers, rain gutters, buckets, garbage cans, toys, old tires, and wheelbarrows. Mosquito fish, available for free by contacting the Vector Control Program, may be used to control mosquito breeding in backyard standing water sources such as unmaintained swimming pools, ponds, fountains and horse troughs.

The larvicide does not hurt people or pets but kills mosquito larvae before they can grow into biting mosquitoes.

West Nile virus is mainly a bird disease. However, mosquitoes can pass the potentially deadly virus on to people by feeding on infected birds and then biting people. West

Nile virus' effect has been relatively mild in San Diego County in the past few years. Three or fewer people have tested positive annually since 2017. But it can still be dangerous, and people should avoid mosquitoes. There have been no West Nile virus detections to date in San Diego County this year, not in mosquito pools, animals or people.

The larvicide drops are just one part of Vector Control's Integrated Vector Management Strategy. County Vector Control also monitors over 1,600 potential mosquito-breeding areas each year and applies larvicide through a variety of strategies—aerial drops, boats, trucks and hand-crews. It also gives out free mosquito-eating fish to the public, tracks down and treats neglected swimming pools, tests dead birds for West Nile virus and monitors mosquito populations for potential mosquito-borne illnesses.

Public has Important Role to Play

County Vector Control officials are also reminding people to help protect themselves from mosquitoes in and around their homes by finding and dumping out standing water to keep the pests from breeding.

Protecting against mosquitoes has required more help from the public in recent years because several types of invasive Aedes mosquitoes have established themselves here. These mosquitoes can potentially transmit diseases not naturally found here, including Zika, dengue and chikungunya, if they become infected by biting a sick person and then feed on other people. Unlike the native Culex mosquitoes that are more likely to transmit West Nile virus, invasive Aedes mosquitoes prefer to live and breed around people's homes and yards.

County Vector Control officials said the best way people can protect themselves from mosquitoes is to follow their "Prevent, Protect, Report" guidelines.

Protect Yourself from Mosquito Bites

Protect yourself from mosquito-borne illnesses by wearing long sleeves and pants or use insect repellent when outdoors. Use insect repellent that contains DEET, picaridin, oil of lemon eucalyptus, or IR3535. Make sure screens on windows and doors are in good condition and secured to keep insects out.

Report Possible Mosquito Activity and Dead Birds

Report increased mosquito activity, or stagnant, unmaintained swimming pools and other mosquito-breeding

sources, as well as dead birds—dead crows, ravens, jays, hawks and owls—to the County Department of Environmental Health and Quality's Vector Control Program by calling (858) 694-2888 or emailing vector@sdcounty.ca.gov.

Also report if you are being bitten by mosquitoes during daylight hours, or if you find mosquitoes that look like invasive Aedes mosquitoes—small, black with white stripes on legs and backs—by contacting the Vector Control Program at (858) 694-2888.

For more information about mosquito-borne illnesses go to San Diego County's "Fight the Bite" website <https://www.sandiegocounty.gov/content/sdc/deh/pests/Mosquitoes.html>

Deer Mouse Tests Positive for Hantavirus

A deer mouse collected during routine monitoring from a rural area near Boulevard has tested positive for the potentially deadly hantavirus. If people find wild rodents, nests or signs of them in their living spaces, never vacuum or sweep. Use "wet cleaning" methods—using bleach or other disinfectants, rubber gloves and bags. For details, go to the County News Center: <https://www.countynewscenter.com/deer-mouse-tests-positive-for-hantavirus-2/>

countynewscenter.com/deer-mouse-tests-positive-for-hantavirus-2/

Donations needed immediately to replenish products sent to Hawaii in wake of storm

San Diego Blood Bank is asking San Diegans to donate blood and platelets immediately to replenish supply sent to the Blood Bank of Hawaii in the wake of thunderstorms and flooding across

the state. Maintaining sufficient supply of both platelets and red blood cells is paramount, notably during emergencies.

To be eligible to donate blood, you must be at least 17 years old, weigh at least 114 pounds, and be in general good health. Appointments will be honored first, walk-ins welcome. Eligible blood donors are encouraged to schedule an appointment at www.sandiegobloodbank.org or by calling 619-400-8251.

Friends Don't make Friends Wait in Hot Cars!

Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

COMPANIONS FOR SENIORS

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Neil Ash Airport
Center
San Diego
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Camp Pendleton



Become a USO Volunteer

Volunteers are our greatest asset and the backbone of the USO. Whether helping a soldier with a connecting flight, distributing a Care Package, serving snacks with a smile, providing local information, or "welcoming home" troops from deployment, volunteers are vital to the success of the USO's mission. While the duties of a volunteer may vary, the goal is always the same—to improve the quality of life of service members, boost their morale, and serve as the link between service members and the American people.

Ready to apply to be a USO San Diego volunteer?

Visit www.USOVolunteer.org. Once you navigate to the webpage, click on "Volunteer at a USO Center," then click "Continental United States." Next select "California" and then the USO San Diego center nearest to you!

Camp Pendleton USO Programs Include:

USO Transitions: <https://www.uso.org/programs/uso-pathfinder-transition-program>

Want to be better prepared for future success before transitioning from the military? Are you a military spouse looking for new opportunities? The USO Pathfinder® Transition Program extends the USO experience to active duty, Reserve, National Guard and military spouses by offering professional development services throughout the duration of military service as well as in preparation for life post-military.

MilSpouse Connect: Monthly events bringing military spouses together to connect and thrive.

Craft & Coffee: USO Camp Pendleton provides creative outlets for adults and children to create fun, whimsical or serious works of art through a variety of mediums. Signs up happen online and are usually advertised through the USO Camp Pendleton Facebook page.

Command Support: USO is here to support! We often help support command events across Camp Pendleton such as Family days and Morale Days. Commands can request support in a number of different ways, from outdoor games, a kids craft, or even our mobile photo booth. We also can help provide small refreshments. To request support, please email our Center Operations and Programs Manager, Crystal Gates at cgates@uso.org. All requests must be submitted within 30 days and although we try our best, not all requests can be granted.

<https://sandiego.uso.org>

THE ARMED SERVICES YMCA CAMP PENDLETON



OUR MISSION:

For the past 79 years, the Armed Services YMCA Camp Pendleton has enhanced the lives of military members and their families in spirit, mind, and body through programs relevant to the unique challenges of military life.

WHAT WE OFFER:

PROGRAMS

- Fisher Children's Center: Childcare
- Operation Little Learners: Preschool
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- Summer Camp
- Operation Kid Comfort: Personalized Quilts
- Project Liberty Call: Giveaways
- TEAP (Temporary Emergency Assistance Program)
- School of Infantry Recreation Center: Single Marine Support
- Volunteer Opportunities

SPECIAL EVENTS

- Father Daughter and Mother Son Dances
- Ball Gown Giveaway
- Santa's Workshop and Secret SANTA
- Neighborhood Exchange - Food and Diaper Distribution



PENDLETON PANTRY:

Thank you for your interest in donating to our food pantry! Below is a list of items we are looking for:

- Laundry Detergent
- Feminine Hygiene Products
- Household Disinfectant
- Baby wipes
- Baby formula: Enfamil or Similac, 12 oz
- Glass Jar Pasta Sauce
- Apple Juice
- Condiments
- Cereal
- Spices
- Rice
- Canned tuna
- Jelly
- Chicken Broth
- Soup



The Pendleton Pantry ensures military families have everything they need to make ends meet and have homes running smoothly.

Questions? Email Lisi Carranza at ecarranza@asymca.org

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