

# ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 619.280.2985

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

SIXTY-THIRD YEAR NO. 5  
THURSDAY, JUNE 22, 2023



**MUSICAL MISSION** Members of the Navy Band Country Current ensemble perform a bluegrass concert at the National Museum of the Marine Corps in Triangle, Va., June 8, 2023. The Country Current perform public concerts regularly for the public in the Washington, D.C. area, and throughout the U.S. on national tours. U.S. Navy photo by Musician 1st Class Justin Juarez

## New book chronicles a Navy SEAL's story

From an impoverished childhood in Communist-controlled Poland to his time as a political prisoner, to his 20 years as a member of the United States military's most elite fighting force, Drago Dzieran has put his story in print.

In his new book, *The Pledge to America: One Man's Journey from Political Prisoner to U.S. Navy SEAL*, Dzieran takes readers behind the scenes of his incredible life - a raw firsthand account of life:

**COMMUNIST UPBRINGING:** Drago was born in Poland while under Communist rule and speaks very personally on the pitfalls of communism

**POLITICAL PRISONER:** Drago was jailed in a Polish prison for his activism against socialist oppression and participation in the anti-Communist movement. After his release, the Communist regime made any hopes of a normal life impossible.

**FINDING REFUGE IN THE USA:** He tells his story of finding political asylum in the U.S. and why he decided to join the Navy

**HIS TIME AS A SEAL IN COMBAT:** During his Navy career, he was a member of SEAL Team 2, SEAL Team 4, and a BUD/S instructor at Naval Special Warfare Center in Coronado. He performed over 100 combat direct action missions.

Drago's says his chance to live as a free man was only possible because of the ideals the founding fathers fought for and that have been carried forward to this day by Americans. He will continue to encourage others to get involved, stand up, and preserve and cherish the freedom and liberty we have in America. "People should be vigilant regarding the effort to stifle faith and patriotism in America," he said.

"As Drago said, we didn't go to war to defend freedom for only certain people," said Marcus Luttrell, also a former Navy SEAL and author of *Lone Survivor and Service: A Navy SEAL at War*. "We fought for all Americans. His love for this country is infectious, and you'll come away from this book with a stronger sense of pride for America and renewed faith in our ability to overcome differences with neighbors to make this country better tomorrow than it is today."

## CHARLESTON RETURNS FROM 26-MONTH DEPLOYMENT

**NAVAL BASE SAN DIEGO** Independence-variant littoral combat ship *Charleston* returned to her homeport June 14 following a 26-month rotational deployment.

On April 7, 2021, *Charleston* departed San Diego for her maiden deployment with an embarked detachment from Helicopter Sea Combat Squadron 21. While deployed, the ship

completed mission tasking for both U.S. 3rd and U.S. 7th Fleet Areas of Operation like patrolling the East and South China Seas, training for contested maritime resupply tasking, and operating with an Amphibious Ready Group. *Charleston* was also the first LCS to conduct mine countermeasure training outside U.S. waters and was the first commissioned U.S. naval ship to enter the port of Manila, Philippines since 2019.

*Charleston* participated in various exercises while under the operational control of Destroyer Squadron Seven including Cooperation Afloat Readiness Training Brunei, Malaysia, Sri Lanka, and Timor Leste, Exercise Kakadu 2022, integrated Operation Noble Vanguard 22, Operation Loaded Stingray, Operation La Perouse, and Super Garuda Shield.

The ship completed joint missions in support of forward presence and maritime law operations.

The U.S. Coast Guard's Pacific Tactical Law Enforcement Detachment 104 teamed with *Charleston* and HSC 21 to protect U.S. and Pacific Island nation resource security and sovereignty during a Secretary of Defense Oceania Maritime Security Initiative mission.

"Returning from the longest littoral combat ship deployment to date is an extremely proud moment for our crew," said Cmdr. Matthew Knuth, commanding officer of *Charleston* Gold crew. "Our work over-the-horizon would not have been possible without the dedication of each and every Sailor of both *Charleston* crews and all the entities that supported us out there."



A welcome home moment after a long period at sea for USS *Charleston*. Courtesy photo

## 125 years of medical excellence - Navy hospital corpsman birthday

*"I dedicate my heart, mind, and strength to the work before me. I shall do all within my power to show in myself an example of all that is honorable and good throughout my naval career."* - *The Hospital Corpsman Pledge*. The Navy marked June 17 as the 125th birthday of the hospital corpsman (HM) rate. President William McKinley established the HM rate on June 17, 1898.

Navy corpsman have been the recipients of 22 Medals of Honor, 199 Navy Crosses and 984 Silver Stars. The rich and highly decorated history of the corpsman rate breeds a community of excellence, demonstrating why they joined their field: to help others in need. Since the establishment of the rate, corpsman have been there to keep the Navy's Sailors and Marines in the fight.

## More boosts possible to junior enlisted pay

(Military Times) In the last two weeks, House lawmakers have proposed huge increases to junior enlisted pay, monthly bonuses for those servicemembers to help deal with inflation, and new reforms to boost housing and assistance stipends to ensure their families don't face financial struggles. The House Armed Services Committee's new quality of life panel is set to begin public hearings and site visits next month, according to its chairman, Rep. Don Bacon. The 11-member group is expected to work throughout the summer and fall on a host of military personnel and families issues, with an eye towards policy recommendations early next year.

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## Career & Veterans

Ten steps to a federal job ... VA programs to support vets struggling with loneliness.

See page 9

## Base Movie Schedule

Fast X, The Little Mermaid, No Hard Feelings, Spider-Man: Across the Spider-Verse

See page 10

# Marine, 2nd man arrested on federal charges stemming from firebombing of Planned Parenthood clinic in Orange County

from U.S. Attorney's Office, Central District of California

SANTA ANA - Special agents with the FBI and the Naval Criminal Investigative Service arrested two Orange County men June 14 on federal charges alleging they used a Molotov cocktail to firebomb a Costa Mesa clinic operated by Planned Parenthood Federation of America.

Tibet Ergul, 21, of Irvine, and Chance Brannon, 23, of San Juan Capistrano, an active duty Marine stationed at Camp Pendleton, were arrested without incident.

Ergul and Brannon are named in a criminal complaint that charges each with using an

explosive or fire to damage real property affecting interstate commerce. The defendants were expected to make their initial court appearances in U.S. District Court in Santa Ana last Wednesday. Results of that hearing weren't available a presstime

"My office takes very seriously this brazen attack that targeted a facility that provides critical health care services to thousands of people in Orange County," said United States Attorney Martin Estrada. "While it is fortunate that no one was physically harmed and responders were able to prevent the clinic from being destroyed, the defendants' violent actions are entirely unacceptable."

"The depraved act of launching an improvised explosive device into a public facility put lives at risk and will not be tolerated," said Donald Alway, the Assistant Director in Charge of the FBI's Los Angeles Field Office. "The joint investigation among local and federal law enforcement led to today's arrests and we will continue to work collaboratively with our partners to hold accountable those who deliberately endanger the community."

The complaint alleges that

Ergul and Brannon attacked the clinic during the early morning hours of March 13, 2022, by igniting and throwing a Molotov cocktail at the clinic entrance. As a result of the fire, the Planned Parenthood Costa Mesa healthcare clinic was forced to

and face masks approached the Planned Parenthood facility at approximately 1 a.m. the day of the attack, ignited a device, and threw the flaming device at the front door of the building. "The device landed against a southern wall next to the glass door and

responded to the scene and extinguished the fire. An analysis of evidence collected at the scene showed that the glass container and other materials contained gasoline.

A criminal complaint contains allegations. All defendants are presumed innocent until proven guilty beyond a reasonable doubt in a court of law.

The charge of using an explosive or fire to damage real property affecting interstate

commerce carries a statutory maximum penalty of 20 years in federal prison.

The FBI and the Naval Criminal Investigative Service are conducting the ongoing investigation in this matter. The Costa Mesa Police Department provided substantial assistance.

Assistant United States Attorney Kathrynne Seiden of the Terrorism and Export Crimes Section is prosecuting this case.



Security videos described in the affidavit show that two men wearing hooded sweatshirts and face masks approached the Planned Parenthood facility at approximately 1 a.m. the day of the attack. Photo courtesy of Justice Department

close the following morning and cancel approximately 30 appointments.

Security videos described in the affidavit show that two men wearing hooded sweatshirts

erupted into a fire, which spread up the wall and across the ceiling above the glass door," according to the complaint.

The Costa Mesa Police Department and Fire Department

## DAF releases Women, Peace, Security Strategic Action Plan

from Secretary of the Air Force



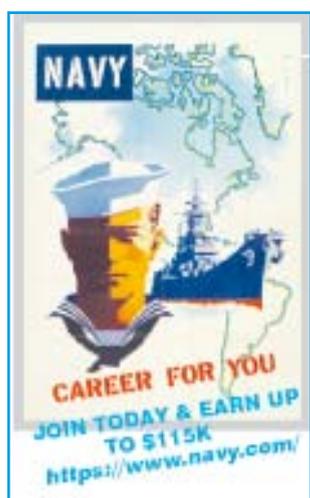
ARLINGTON, Va. - The Department of the Air Force recently released its Women, Peace, and Security, or WPS, Strategic Action Plan to operationalize WPS concepts across the Air and Space Forces.

WPS is a policy framework that acknowledges the critical roles women play in international peace and security efforts; it calls for the meaningful participation of women in all levels of decision-making to ensure the safety and security of all genders around the globe.

In the military, it's a framework used by operational planners to account for gender differences across multiple domains of social life and examines how military operations can have different effects based on this analysis.

"By implementing the Women, Peace and Security Strategic Action Plan across our department, we'll develop diverse world-class teams capable of performing critical missions like Operation Allies Welcome where gender perspectives were critical to our success," said Secretary of the Air Force Frank Kendall.

WPS was the first legislation of its kind to acknowledge the multifaceted roles of women throughout the conflict spectrum and identified DoD as a relevant Federal department responsible for implementing WPS. Watch the video at <https://www.dvidshub.net/video/881028/department-air-force-women-peace-and-security> to learn more about Women, Peace, and Security.



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# National Military

## Navy tests drone boat to rescue pilot at sea in Baltic exercise

by Alison Bath  
Stars and Stripes

NAPLES, Italy - The U.S. Navy in Europe is experimenting with using ready-made, inexpensive unmanned boats to help rescue sailors, a method officials say will limit the risk inherent in many search-and-rescue operations at sea.

A commercial, remote-controlled speedboat was used to test the rescue of a pilot at sea for the first time as a part of the annual U.S.-led international sea exercise BALTOPS, U.S. Naval Forces Europe-Africa/U.S. 6th Fleet said in a statement last Wednesday.

The two-week exercise, which included the U.S., Britain, Estonia, Finland, Germany, Latvia, Turkey and 13 other countries, ended Friday.

Using an unmanned surface vehicle, or drone boat, would allow the fleet to act quickly while eliminating the need to put more people and assets in harm's way, especially in poor weather conditions or during combat, Joe Klein, the personnel recovery program manager for NAVEUR-AF, said in the statement.

"The military in general is working on building a capability to recover aviators who go down

in high-threat areas, where we've been denied access ... the (unmanned surface vehicle) is a possible solution to that dilemma," Klein said.

In adverse conditions, a

But for less complicated rescues, the boat can be programmed to go directly to a pilot, who would climb aboard from a life raft before being evacuated. In situations involving multiple pilots, their

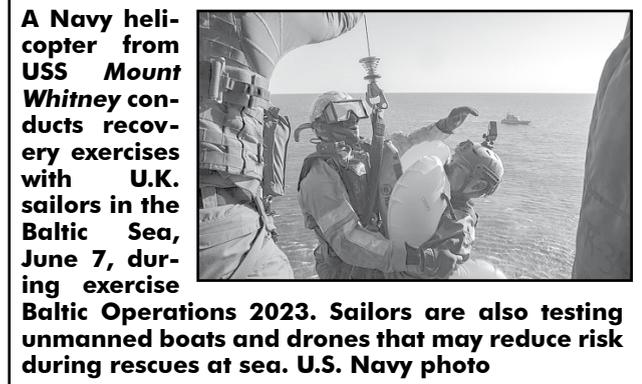
That innovation and adaptation, along with exercise scenarios and interaction with allies, ultimately informs strategy in Europe, said Maj. Gen. Daniel Lasica, director of strategy, plans and policy for U.S. European Command.

A review of the exercise's new ideas "feeds into how we think about modifying those plans, adjusting strategy, moving forward as well," Lasica said.

If the Navy chooses, it shouldn't take long to incorporate the unmanned naval vehicles tested during BALTOPS into the theater of operations, MARTAC representatives said.

The company didn't say how much the 24-foot boat used in the rescue scenario cost. But the boat, which has a top speed of 70 mph and a range of up to 1,000 nautical miles, is significantly less expensive than a manned boat and crew, a MARTAC representative said.

"It's technology that is available today," said Karl Van Duesen, a retired Navy officer and senior vice president for MARTAC. "They don't have to wait for another year or two or five years of research and development work."



failed rescue operation can compound a tragedy. For example, seven Romanian service members on a search and rescue mission for a downed pilot were killed in March 2022 when their helicopter crashed near the Black Sea.

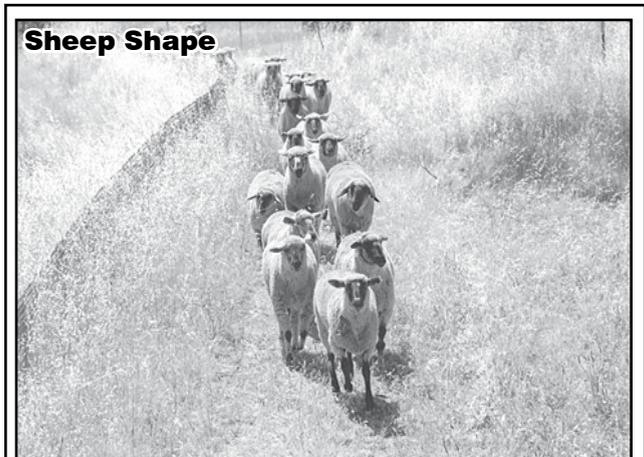
The drone boat also could be used in other scenarios, such as rescuing an overboard sailor, according to its Florida-based manufacturer, MARTAC Systems.

Drones are still far from replacing highly trained search and rescue teams in many situations.

life rafts could be hooked onto the drone boat, the company said.

Use of the remote-controlled rescue boat highlights the experimental capacity of BALTOPS, which this year included testing surface, underwater and aerial drones.

Navy and allied forces also used a surface boat to launch a small, unmanned sub that scanned for potential mines. Such searches normally expose the crew of a rigid hull inflatable boat to potential death or injury, the Navy said.



Sheep walk through a field at Travis Air Force Base, Calif., May 31, 2023. Wildlife biologists assigned to the 60th Civil Engineer Squadron coordinated a flock of approximately 600 sheep to clear overgrown grass and weeds. This grazing method saves time and money, reduces fire hazards and protects the environment by eliminating the need for herbicides and machinery. U.S. Air Force photo by Heide Couch

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## 'Bold, violent, vicious' Marine gets suspended sentence for car theft, collision in Japan

by Jonathan Snyder and Hana Kusumoto

Stars and Stripes

MCAS IWAKUNI, Japan - A Marine whose conduct a Japanese judge described as "bold, violent and vicious" received a two-year suspended sentence June 16 for stealing a car, driving drunk and injuring two others in a collision.

Lance Cpl. Dominic Youngren pleaded guilty June 6 to illegal entry, theft, drunken driving and negligent driving in December. He was formally convicted and sentenced Friday by Judge Soshi Okada in Yamaguchi District Court in Iwakuni city.

Youngren, an F-35B Lightning II mechanic with Marine Fighter Attack Squadron 242 at the air station, broke into an Iwakuni car dealership at 7:08 a.m. Dec. 3, according to a case summary of Okada's remarks in court.

The Marine took a key to a car worth \$38,000 and drove away in it at 7:57 a.m., drunk, according to the summary. These were "bold, violent and vicious" acts, the judge said.

After driving more than 2 1/2 miles on city streets, Youngren rear-ended a car at a stop light, according to the summary. The other driver and a passenger suffered neck and back injuries that required 10 days of treatment.

Youngren left the scene without reporting the acci-

dent, Okada said.

He had consumed 10 cocktails the previous night, the judge said. A Breathalyzer measured the Marine's blood alcohol content at 0.05 percent after his arrest.

Although he paid \$1,400 to the car dealership, Youngren has so far paid no further compensation, Okada said.

The lance corporal proved "extremely self-centered," Okada said. "There can be no extenuating circumstances."

But some circumstances weigh in his favor, the judge said before suspending Youngren's sentence. The Marine admitted his guilt, showed regret and apologized for what he did, according to the judge. He also promised not to drink again.

If Youngren commits another offense within four years, he must serve two years with hard labor on this conviction.

He also faces further action from the Marine Corps "in accordance with U.S. laws," base spokesman Maj. Gerard Farao told Stars and Stripes by e-mail Friday. "We take all allegations of wrongdoing seriously and expect all our service members to show respect to the local community."

Youngren and his command "cooperated fully" with Japanese authorities, Farao wrote.

## How video games help boost military morale

(StatePoint) For military members, video games aren't just a fun way to unwind during downtime, they can provide much-needed stress relief and an opportunity to connect with friends and family.

For these reasons, video games have had a place in USO centers over the past four decades - from the early days of standup arcade games and pinball machines, to today's modern video game consoles and livestreaming. In fact, the USO has taken its gaming initiative to the next level by outfitting more of its locations with dedicated gaming spaces, equipped with all the latest technology, as well as by hosting in-person and online video game events. Here are the top ways these initiatives benefit service members:

**•Combating isolation:** In recent surveys, time away from family because of military service is a top concern within the military community. Through gaming, military members can connect with loved ones back home.

**•Stress relief:** About half of military and veteran video gamers specifically play video games in order to deal with military-related stress. Research conducted by the Department of Veteran Affairs shows that gaming can improve mental health by helping veterans cope with combat-induced trauma, by alleviating stress and by providing opportunities to bond with others.

**•Building camaraderie:** Gaming often encourages collaboration and can be an important way to socialize and make friends with fellow service members. USO locations are

outfitted with a variety of gaming equipment and consoles designed specifically so that groups of service members can play together. This is significant, as studies show that playing video games on teams and with others can improve teamwork in daily life.

**•Breaking barriers:** Gaming allows service members of all ranks to step away from the chain of command and be on equal footing as they compete against and alongside one another. And thanks to dedicated spaces at USO centers around the world, such as the 2,500 square-foot facility gaming center on Eglin Air Force Base in northwest Florida, service members and their families can enjoy state-of-the-art systems and games at no cost.

**•Engaging with the community:** In addition to local gaming events at its individual centers, the USO hosts larger online gaming competitions, which are often livestreamed via Twitch. These competitions, which are occasionally open to the public and sometimes feature high-profile professional gamers, serve as a means for active military to engage with members of the community, bridging the civilian-military divide.

"Gaming's ability to give service members a break from the pressure and responsibility of their daily missions, while building community and strengthening bonds, goes straight to the heart of our mission," said Callum Fletcher, USO director of Global Gaming Operations. "Although video games are, in fact, games, for America's military, they can be so much more."

NEWS

HEADLINES

### Army

- Army must plan how to manage electric battlefield, lawmakers say
- A new armored vehicle is coming to the Army. It could be a game changer for light units, vets say.
- The future of Army software development
- The Army is still dreaming of a suit of powered armor for Soldiers
- Army to field roving battery packs in bid to trim fossil-fuel use
- Army unit based out of Yakima Training Center rescues climber on Mt. Adams

### Navy

- Navy's ORION program aims to connect Sailors, Marines with resources following trauma
- Nuclear-powered submarine visits South Korea as a show of force against North's threats

### Marine Corps

- Former Marine pleads guilty to Jan 6. Capitol assault charge
- Marine Corps shuts down all female training unit in ceremony at Parris Island

### Air Force

- Air Force would buy six more F-15EXs in 2025 under draft House bill
- The new TRANSCOM enlisted chief started out as a troubled airman
- Fighter squadron commanders explain Air Force rotations to Okinawa at press event
- Air Force Thunderbirds return to Pennsylvania with new show

### Space Force

- Prodded by GAO, Space Force reconsiders future military-use GPS constellation, receivers

### Coast Guard

- Oregon Coast Guard rescues dog that fell off a cliff

### National Guard

- Texas guard unit's training time in Germany prepares them for what may come in Kosovo
- Bird strike derails Black Hawk training mission over South Carolina lake

### Your Military

- Chaplains test their readiness to help multinational troops in combat during Baltic drills
- U.S. trains with African nations in large-scale exercise amid fight against regional terrorism

### Veterans

- Army veteran's Bronze Star for Afghanistan firefight upgraded to Silver Star
  - Army veteran, Chicagoan killed while fighting in Ukraine remembered at funeral
- Military Culture & History**
- Get to know the heroic namesake of the newly christened Fort Johnson

## Armed Forces DISPATCH

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### St. Luke's Lutheran Church

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## Four nations' navies flex partnership while operating in the Western Pacific

Aircraft carriers USS *Nimitz* and USS *Ronald Reagan* met the Japan Maritime Self-Defense Force's large-deck helicopter destroyer JS Izumo (DDH 183) and surface units from Canada and France.

The integrated at-sea exercise brought together more than 12,000 Sailors from across the four maritime nations and supports U.S. Indo-Pacific Command's Large Scale Global Exercise (LSGE) 23. LSGE demonstrates the U.S. military's interoperability with allies and partners in support of a free and open Indo-Pacific.

"The credibility of an integrated carrier strike force is the U.S. Navy's greatest deterrent to those who threaten the international rules based order," said Rear Adm. Jennifer Couture, commander, CSG 11, aboard *Nimitz*.

"Together with our allies and partners, we're demonstrating our capability to seamlessly integrate across all domains, our readiness to respond to any contingency, and our commitment to uphold freedom of navigation and overflight in the Indo-Pacific region."

JMSDF Rear Adm. Takahiro

Nishiyama, commander, Escort Flotilla 1, said: "The First Surface Unit of the Indo-Pacific Deployment 2023, JS Izumo and JS Samidare, departed their mother ports by June 1 to begin their three-and-a-half-month deployment operations. As the

warfare tactics and procedures. Moreover, cooperative maritime engagements with such enduring partnerships help strengthen existing relationships and increase collective war-fighting readiness, maritime superiority and power projection.

The combined force conducted flight operations and air defense exercise scenarios as

well as simulated strikes against maritime targets. Other ships in the partnership included USS *Antietam*, FS Lorraine (D 657) from French Navy (Marine Nationale), and frigate HMCS Montreal (FFH 336) from the Royal Canadian Navy.

The training and events provided commanders the chance to practice capabilities across the maritime domain as participating forces focused on anti-air, anti-surface, and anti-submarine

*Nimitz* from CSG 11 is operating with *Ronald Reagan* from CSG 5 for the first time since June 2020.

"The combined operations of CSG 5 and CSG 11- exercising with our Canadian, French and Japanese allies -- demonstrates our interoperability, combined capability and common commitment to a free and open Indo-Pacific," said Rear Adm. Michael "Buzz" Donnelly, commander, CSG 5/Commander, Task Force 70. "As a Pacific nation, our presence allows us to coordinate across all domains and maintain a responsive maritime force that is able to support stability and security in the region by being ready across the full spectrum of naval capabilities."

U.S. 7th Fleet is the U.S. Navy's largest forward-deployed numbered fleet, and routinely interacts and operates with allies and partners in preserving a free and open Indo-Pacific region.



Ships from the U.S., Japan, France, and Canada steam in formation in U.S. 7th Fleet's AOR. U.S. Navy photo by MC2 Carson Croom

## 5 Navy crew injured in watercraft crash at NAS North Island

TIMES OF SAN DIEGO - Five U.S. Navy personnel suffered non-life-threatening injuries Friday in a predawn boat crash at the mouth of San Diego Bay.

The 11-meter rigid-hulled inflatable vessel struck Zuniga Point Jetty on the southwestern edge of Naval Air Station North Island shortly before 2 a.m. as the crew was entering the harbor during routine training operations, according to Navy Region Southwest public affairs.

The injured Sailors were taken to hospitals, where they were admitted in stable condition, the Navy stated.

As of early afternoon, three of the personnel had been released from medical care, according to a Naval Special Warfare spokesperson. The other two were still being evaluated, the official said.

The cause of the accident was under investigation, officials said.

## Completion of passenger vessel Sea Jay recovery operation near Santa Cruz Island

SAN PEDRO, Calif. — The Coast Guard and the California Office of Spill Prevention and Response completed the salvage operation of the charter passenger vessel *Sea Jay* near Santa Cruz Island Saturday.

This operation included underwater assessment, re-floating, stabilization, and the safe transfer of the vessel to harbor.

"Our partnerships played a crucial role in the swift response and safe recovery and removal of the vessel. At no time during any phase of the operation were recoverable hydrocarbons present," said Capt. Ryan Manning, the Federal On-Scene Coordinator. "These actions have successfully mitigated any potential threat to public health and the environment."

Coast Guard officials said Saturday authorities had recovered *Sea Jay* out of Channel Islands Harbor in Oxnard that sank after hitting a rock early Thursday. All 14 people aboard were safely rescued before the boat went down. Another nearby charter vessel initiated rescue efforts, authorities said.

The passenger vessel had struck a rock and was taking on water. Ten passengers and four crew members were on the sportfishing boat.

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# Keel laying for final Independence littoral combat ship

MOBILE, Ala. – The second Navy ship named for South Dakota’s capital city had a keel laying ceremony last week.

Austal USA hosted the keel laying for future USS Pierre (LCS 38), the final littoral combat ship of the Independence-variant, at the company’s Gulf Coast shipyard. Ship sponsor Larissa Thune Hargens authenticated the keel by welding her initials into a keel plate that will be welded to the hull of the ship.

LCS 38 is the second Navy ship named for the South Dakota capital city. The original USS Pierre (PC-1141) was a submarine chaser built during World War II.

“Keel laying represents a major milestone in the construction of a ship,” said Dave Growden, vice president of new construction. “While every keel laying we celebrate is special, this one has added significance as it starts to close the line of a highly successful program.”

“This is a special honor for the city of Pierre and all of South Dakota,” said Hargens. “It’s also a good day for the Navy and the men and women of our joint forces. I’m particularly humbled, of course, to have had the privilege of introducing my daughter Larissa as the ship’s sponsor – a proud dad moment.”

Hargens, a native of South Dakota, graduated from Bethel University. The call to serve runs

deep in her family, Hargens is involved with a non-profit incentive program that helps limited-income pregnant women in Sioux Falls, her father is Senator John Thune and her grandfather was awarded the Distinguished Flying Cross for extraordinary achievement while participating in aerial flight in Fighting Squadron 18 (VF-18) on USS Intrepid during World War II.

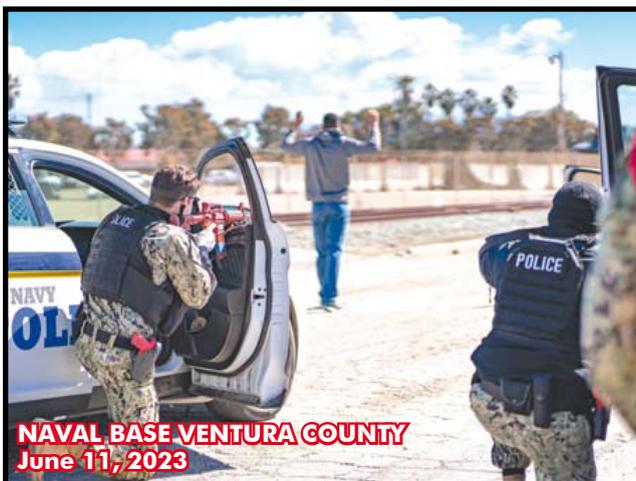
“I’m so honored and grateful for this incredible opportunity to sponsor the future USS Pierre,” said Hargens. “It’s a privilege to be a part of this time-honored tradition and to have my initials welded to a plate that will become a part of the ship’s keel. I look forward to participating in the important milestones throughout the life of USS Pierre, and to building a lifelong relationship with the ship and the Sailors that will make up her crew. May God bless USS Pierre.”

Independence-variant littoral combat ships are fast, optimally-manned, mission-tailored surface combatants that operate in near-shore and open-ocean environments, winning against 21st-century coastal threats. Austal has delivered 17 LCS to the Navy since 2009, most them deployed with the Pacific Fleet.

Pierre is planned for delivery in late 2024 and will be homeported in San Diego, along with the other Independence LCSs that have been delivered to the



The ceremony was widely attended by community and Navy leaders and Austal USA shipbuilders. It was a strong statement of support for future USS Pierre, from the South Dakota delegation. Sen. John Thune and Sen. Mike Rounds attended the event along with the Mayor of Pierre Steve Harding. Photo courtesy of Austal USA



Members of Naval Base Ventura County (NBVC) civilian and military Force Protection participate in active training while conducting Region-wide annual assessment and readiness evaluations. NBVC received the ‘2022 Commander, Navy Installations Command Installation (CNIC) Training and Operational Excellence Award’ for Large Installation commanded by Capt. Robert Barr Kimmach III. U.S. Navy photo by Master-at-Arms 1st Class John Cason



PHILIPPINE SEA June 11, 2023  
Members of Explosive Ordnance Disposal Mobile Unit 5, attached to Commander, Task Force 70, deployed aboard aircraft carrier Ronald Reagan, return to the ship after conducting a fast-rope and rappelling exercise with Japan Maritime Self-Defense Force members. U.S. Navy photo by MC2 Caroline H. Lui



USS BUNKER HILL June 15, 2023  
Rear Adm. Jennifer Couture, commander of Carrier Strike Group 11, speaks over the 1MC announcing system during a visit to the USS Bunker Hill. CSG-11 and Bunker Hill are part of the Nimitz Carrier Strike Group. U.S. Navy photo by MC2 Hannah Kantner

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# 15th MEU Marine Air-Ground Task Force forms at Camp Pendleton

by Gunnery Sgt.  
Donald Holbert

15th Marine Expeditionary Unit  
CAMP PENDLETON - The 15th Marine Expeditionary Unit formed as Marine Air-Ground Task Force during a formal ceremony June 14 at Camp Pendleton.

The 15th MEU Command Element gained subordinate elements of: Battalion Landing Team 1/5, serving at the Ground Combat Element; Combat Logistics Battalion 15, serving as the Logistics Combat Element; and Marine Medium Tiltrotor Squadron (VMM) 165 (Reinforced), serving as the Aviation Combat Element.

The ACE, VMM-165, is reinforced with Marines, Sailors,

and aircraft including MV-22B Ospreys, CH-53E Super Stallions, UH-1Y Venoms, and AH-1Z Vipers, as well as various logistics, maintenance, and support detachments.

Later, the 15th MEU will also receive a detachment from Marine Fighter Attack Squadron 225, which will provide the MEU F-35B Lightning II aircraft.

Known as America's Vanguard Force, the 15th MEU is one of seven standing Marine expeditionary units, which serve as America's only consistently deployed forcible entry capability.

"This MAGTF is the most flexible, versatile, and lethal tool of United States military

power," said Col. Sean Dynan, the 15th MEU commanding officer. "Our mission is to operate forward as a MAGTF afloat to enhance cooperation with allies and partners and, when necessary, respond in crisis as the forward edge of the joint force."

Formations of Marines and Sailors representing each of the MEU major subordinate elements stood before static displays of Marine Corps vehicles and equipment.

The composite ceremony is the official mark of the MEU's training cycle. The training cycle will progress from Marine Corps mission-specific training, and progress to full Navy/Marine Corps joint training evolutions alongside Amphibious Squadron 5. For its sea-based training, the 15th MEU will be embarked aboard the ships of the Boxer Amphibious Ready Group.

As a sea-based MAGTF, the 15th MEU's missions and unique capabilities put it at the forefront of advancing future concepts in-line with Force Design 2030.

The MEU will test, develop, and validate future employment options to find new ways of operating in actively contested maritime spaces – such as projecting small,

mobile teams to operate from expeditionary advance bases using multi-domain solutions to sense for active threats and close kill chains.

The 15th MEU was originally activated in 1987 as the 15th Marine Amphibious Unit, before it's redesignation as the 15th MEU in 1988. The 15th MEU has participated in humanitarian operations and conflicts including Operations Desert Shield and Desert Storm, Operation Enduring Freedom, Operation Iraqi Freedom, and Operation Unified Response.

The 15th MEU most recently deployed in 2020 to the 3rd, 5th, 6th, and 7th Fleet areas of operation, and participated in Operations Inherent Resolve and Octave Quartz.

"This agile MAGTF has a rich history of being able to adapt, overcome, and thrive as the advancing element of America's crisis response and humanitarian assistance force," said Sgt. Maj. John Schlaud, the sergeant major of the 15th MEU. "It is a special kind of person that volunteers to serve on the forward edge to deter conflict in such a dynamic time in our nation's history, and it is this kind of focus that will ensure our nation's prosperity."

The 15th MEU provides a forward deployed, flexible force capable of conducting amphibious operations, crisis response, and limited contingency operations to support the requirements of geographic combatant commanders.



Marines assigned to the 15th Marine Expeditionary Unit color guard present the colors during the 15th MEU composite ceremony at Marine Corps Base Camp Pendleton, California, June 14, 2023. The ceremony served the official start of the MEU's training cycle, during which the 15th MEU command element gained the subordinate elements of Battalion Landing Team 1/5, Combat Logistics Battalion 15, and Marine Medium Tiltrotor Squadron (VMM) 165, forming a Marine Air-Ground Task Force. U.S. Marine Corps photo by Lance Cpl. Joseph Helms

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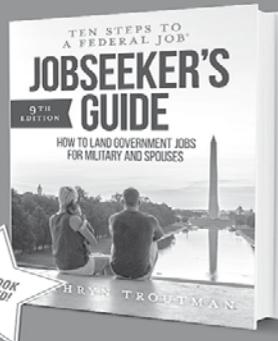
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## Veterans News

### VA programs to support vets struggling with loneliness

by Prince Taylor

Everyone experiences loneliness. For many, especially our most vulnerable, this loneliness can become chronic. Your age, gender, race and socioeconomic background does not matter. Even those with strong social support networks can still experience loneliness.

VA neurologist Dr. Indra Subramanian says a happily married couple "...can be lonely together." That's because loneliness is subjective. It is not a character flaw. It's the gap between your current state of connection and your desired state. Many of our Veterans feel a loss of connection soon after discharge or during the latter stages of life when many of their family and friends have moved or passed away.

Loneliness has been identified by doctors, nurses and social workers for decades. Many Veterans do not receive regular visitors or phone calls. These Veterans are more likely to present at emergency departments. They are more likely to phone crisis lines. And they are more likely to develop clinical conditions such as depression, anxiety and suicidal ideations.



Photo courtesy of Center for Development & Civic Engagement

Some develop substance abuse issues.

VA has recognized the issue of loneliness and offers an array of programs to support Veterans who may be struggling with it. Programs include pet therapy, music therapy and group therapy.

In some areas, Veterans with caregivers can request weekly visitation by a trained volunteer. This has the added benefit of providing regular respite for the caregiver.

Since the pandemic, a new virtual social prescribing program has resonated with Veterans and volunteers alike. It's called Compassionate Contact Corps. This program highlights the power of genuine human connection in combating lone-

liness and improving mental health outcomes.

Compassionate Contact Corps is a non-clinical program. A trained volunteer preferably from the community is matched with a Veteran that has been identified by their clinician as potentially benefiting from additional social connection.

The volunteer phones the Veteran weekly, usually for 15-60 minutes of meaningful conversation. It has become a signature program of American Red Cross and Soldier's Angels, and there is significant participation from other Veteran service organizations helping to combat this issue.

If you would like to help VA support some of our most vulnerable Veterans by volunteering for Compassionate Contact Corps or any of our other amazing volunteer opportunities, please go to VA's volunteer webpage to learn more.

## Holy Mackerel! Milspouse's lifelong fishing dreams become unexpected reality

It all started when I was twelve. My family left me and my cousin alone at our rental vacation house while our parents, older siblings, and grandfather had the adventure of a lifetime aboard a charter fishing boat off the Outer Banks of North Carolina, catching dozens of bluefish in Atlantic waters. They arrived home that night with their plentiful catch. Sunburned, they sipped icy beverages on the cottage porch, recounting stories from their charter.

On the cusp of adolescence, I was sick of being told I was too young for adventure. I envisioned all that I'd missed: Ropes tossed off sun washed docks. Boats rumbling past pelicans atop pylons. Engines roaring to life. Mountainous wakes of teal water forming behind sterns. Parades of cawing gulls following, hopeful for discarded bits of bait. Boats motoring toward the rising sun, deep water and game fish waiting to be caught.

"They'd better take me next time," I gritted my teeth.

However, my opportunity never came. In my late 20s, I married a Navy Intel guy who not only hated fishing, he didn't even like the taste of fish. Ironically, he was invited on many charter boat trips. Of course, I was never asked to come along, relegated to live out my fishing adventures from docks and piers, catching only a few lousy blue crabs while on vacation.

As a military spouse, I've been accustomed to being a team player, but the older I become, the more determined I am to make my dreams a reality. So last month, I booked my own Cape Hatteras charter fishing trip for myself and five other women.

"We can still do it Monday," the Captain texted the day before our charter, "but it won't be very pretty." I wasn't sure what "pretty" meant in the context of ocean fishing, but I was too excited to be deterred. We — myself, my elderly mother, my two daughters, my best friend, and my friend's daughter — left early for the two-hour drive from our beach cottage to Cape Hatteras. We brought a stocked cooler and a playlist of fun songs related to the ocean like "Come Sail Away" by Styx, "Cool Change"

by Little River Band, and "Southern Cross" by Crosby, Stills, Nash and Young.

Having booked a half-day near-shore fishing trip, I expected a casual cruise along the shoreline, stopping occasionally to put our poles in the water, enjoying music, drinks and sandwiches on the way. But about an hour after leaving the marina on The Albatross III, a 1958 classic fishing boat, we passed through Hatteras Inlet into surprisingly rough waters. I looked to the Captain to reassure us.

"See how the water changes color out there?" he pointed to the horizon, but all I could see was whitecaps. "Out there, we'll follow fish along the ebb tide," he said. To me, the Ebb Tide was a dingy motor lodge in Kitty Hawk, but I had no choice but to trust our captain's expertise.

For another hour, the boat rolled between huge swells, spraying us until we were soaked. My daughter Lilly was the first to succumb, heaving miserably into a fishy-smelling five gallon pail. I was next, hurling out of a starboard window. A rouge wave catapulted my friend Patrice violently onto the deck. Shortly thereafter, her daughter up-chucked over the port side. My daughter Anna clung to the flybridge ladder, afraid to move.

All the while, the Captain was calling "GOT-EEM-AWN" to the first mate, indicating that fish were on the four lines trailing in the humongous waves. This left my 80-year-old mother, the only woman capable of reeling fish in, which she did, over and over again from the ancient Rockaway chair mounted in the center of the deck, wearing a polka-dot shirt, white capri pants, and pink lipstick.

When we finally made it back to the marina, we had a cooler full of Spanish Mackerel, some bumps and burns, and an incredible story to tell. "I have to admit," the Captain said, "it was blowing a little harder than I'd expected."

I had to admit, the charter fishing trip wasn't what I'd expected either, but the adventure was certainly worth the wait.

#### The Meat & Potatoes of Life



by Lisa Smith Molinari

#### AutoMatters™ & More by Jan Wagner



Motorsports enthusiasts have lots to look forward at the San Diego County Fair, beginning with the annual Firefighter Demolition Derby and the accompanying Fire & Safety Expo. This year's participants included the Burn Institute and 17 fire departments: Bonita-Sunnyside Fire, CAL FIRE Riverside, Carlsbad Fire, Combat Center Fire, Coronado Fire, Encinitas Fire, Escondido Fire, Fallbrook Firefighters, Imperial Beach Fire, Lakeside Fire Protection District, Miramar Fire, Murrieta Fire, National City Fire, Poway Fire, Rancho Santa Fire, San Marcos Fire and Santee Fire.

This thrilling event would not have been possible without the help of AMR, Burn Institute Volunteers, CAL FIRE, San Diego County Fire, Forest Service, Pala Fire, Poway Fire, Rancho Santa Fe Fire (who also presented the burn car firefighting demonstration), Remembrance Rescue Project, San Diego Gas & Electric, Robert Norton Photography, UC San Diego Regional Burn Center, ScrippsAssists, SDFD Cadets, San Diego County Fair, F & L Media, Jeff Cole and Tom Santos (the Chief Steward).

The day's jam-packed schedule began at 11 with free CPR training, safety education, activities for kids and demolition derby car viewing — where the teams could be visited as they worked on last-minute preparations for their Demolition Derby cars. That was the time to take a good last look, because those cars would never look this way again.

## Firefighter Demolition Derby at 2023 San Diego County Fair

Motorsports fans, curious fairgoers, and friends and family members of the demolition derby drivers then filled the stands of the Del Mar Area, where the afternoon's events began with the "Burn Run Fire Truck Parade" and the opening ceremonies. There was not a bad seat in the house.

The Firefighter Demolition Derby began at 2 o'clock with the prelim heats. The number of cars in competition would almost certainly decrease from this point forward, as the drivers eliminated each other.

Following the preliminary heats, Last Chance Qualifier heats were scheduled to begin at 4:45 p.m., followed by an introduction of the Derby finalists and then the climactic Main Event, where drivers competed for the event trophy.

Throughout the afternoon, the challenge for spectators was to know where to look, as cars were crashing into each other all over the place. Sometimes two were involved, sometimes more. Frequently they were even shoved up the dirt berm that surrounded the track.

In-between the heats, forklifts would unceremoniously lift up what was left of the majority of the field and haul them away. Outside, in the pits, the volunteer crews would do whatever they could to pound the metal back into place, do mechanical repairs and so forth. The most common tool that I saw being used was a sledgehammer.

The 2023 Firefighter Demolition Derby winner was Donnie Butz, of the Encinitas FD. Second place went to Ken McGowan, of CAL FIRE

Riverside County. Mat Newlin, of Carlsbad Fire, came in third.

WGAS Motorsports will return once again to the Del Mar Arena at the San Diego County Fair with Tuff Truck and UVT Racing, and the Monster Ride Truck (June 28); Tuff Truck and Beach Buggy Racing, and the Monster Ride Truck (June 29 & 30); high-flying Monster Trucks, Lawn Mower Racing and Monster Ride Truck (July 1 & 2); and, finally, Monster Trucks, Junior Outlaw and Mini Dwarf Car Racing, and Monster Ride Truck (July 3 & 4). Whether your interests are as a spectator or even as a participant, you can see and learn more about WGAS Motorsports at [wgasmotorsports.com](https://wgasmotorsports.com).

Learn more about the programs of the Burn Institute at [burninstitute.org](https://burninstitute.org), and also see "AutoMatters & More" 786, entitled "FREE Burn Institute program can be a life-saver for senior homeowners," which tells about how seniors in San Diego and Imperial Counties may receive free smoke and CO detectors for their homes, including the hardware and its installation. Information for that program is at [burninstitute.org](https://burninstitute.org), or by e-mail to [smokealarm@burninstitute.org](mailto:smokealarm@burninstitute.org). I've used that program and I really appreciate the peace of mind knowing that my home is protected.

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— Dalai Lama

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**POINT LOMA** - 2BR/2BA gated, quiet. Includes prkg space, kitch w/stainless steel appliances. Close to all. Avail now. \$2995. 619-222-5143. 7/6

**NAT'L CITY** - 1BR/1BA Lrg BR, living room, close to 32nd St, new kitchen, priv entrance, st prkg. \$1650/mo. Mo to mo or lease. 619-908-9977. 6/15

8	9	2	1	9	8	1	6	7
6	9	7	2	1	9	1	8	8
1	8	1	6	7	8	9	9	2
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7	8	6	8	9	1	2	9	1
2	1	9	9	8	6	8	7	1
9	7	8	9	1	2	6	1	8
9	2	8	8	6	1	7	1	9
1	6	1	7	8	9	8	2	9

## THINGS TO DO AROUND TOWN

**Del Mar Village Summer Solstice**, Thur, June 22, 5-8pm. Powerhouse Park, Del Mar. [www.visitdelmarvillage.com](http://www.visitdelmarvillage.com)

**Sunset Market in Oceanside** Thursdays year round. Jan.-March: 4-8pm; April through Dec. 5-9pm. Tremont & Pier View Way.

**2023 San Diego County Fair** "Get Out There!" Thru July 4, 11am-10pm. \$12-\$20; kids 5/under free. Closed Mon-Tue in June. Cashless. All Fair admission & parking tickets must be purchased online in advance. Exhibitions, funzone, agriculture, entertainment! [www.sdfair.com](http://www.sdfair.com)

**Catfish stocked at Lake Jennings.** Night fishing Fri & Sat til midnight. Shoreline fishing 8am-5pm every day at campground. \$4-\$12. <https://lakejennings.org/>

**Padres Party in the Park**, Fri, June 23, 4:30-6:30. Drink specials, live music, fun activities. Petco Park  
**Cruisin' Grand Escondido.** Escondido's Grand Ave from Orange St to Ivy St. is the place to be on Friday nights through September. Streets host parade of pre-1970s autos for Cruisin' Grand. Vintage autos - from American Hot Rods, Classics, Antiques, and Customs - span seven blocks of the city's downtown. In addition enjoy all that downtown Escondido has to offer, including great restaurants, breweries and pubs, stores, boutiques, and live performance venues. [www.cruisingrand.net](http://www.cruisingrand.net)

**Birding With All Your Senses**, Sat, June 24, 7:45-10am. Free. Join Ornithologist for easy stroll on path in the canyon w/many birds both visible and calling. Bring sturdy shoes, binoculars and covers. Handouts/checklists provided. Meet at Preserve Sign, west end of Canyonside Park Driveway. Sponsored by the Friends of los Peñasquitos Canyon Preserve. 12122 Black Mtn. Rd., Rancho Peñasquitos.

**Ocean Beach Street Fair and Chili Cook-Off Festival**, Sat, June 24, 10am-8pm. [www.oceanbeachsandiego.com](http://www.oceanbeachsandiego.com)

**'All Things Carroll' Shelby Car Show**, Sat, June 24, 9am-2pm. Embarcadero Marina Park North. [www.sandiegoassociationofcarclubs.org](http://www.sandiegoassociationofcarclubs.org)

**Coronado Rotary Club Low Tide Ride & Stride**, Sat, June 24, \$25-\$40. Annual Low Tide Ride & Stride. Lowest tide of the month, 5 mile beach course perfect for runners, bikers, walkers. Sunset Park, Ocean Blvd. & Ocean Ct. <https://lowtideride.com/>

**San Diego Off Road Jamboree**, Sat, June 24, 11am-7pm. \$20-\$40. Food, vendors, microbreweries, displayed trophy trucks, raffle prizes, and

RC cars. (Bring your own to compete for fastest lap on obstacle course. (Sponsored by El Cajon Hobbies). All proceeds go to keeping off highway vehicle trails open to everyone. Lakeside Rodeo Grounds 12584 Mapleview Street, Lakeside, 92040

**Summer Fun on the 101**, Sat, June 24, noon. Leucadia Roadside Park, 860 N. Coast Highway 101, Leucadia, 92024

**California Wine Festival**, Sat, June 24, 1-4pm. Hundreds of fine wines, regional craft brews, and culinary delights for sampling. Park Hyatt Aviara Resort, Carlsbad. Info & tickets: [www.californiawinefestival.com](http://www.californiawinefestival.com).

**San Diego Scottish Highland Games**, Sat-Sun, June 24-25. 9am-5pm. \$5-\$20. The 47th annual San Diego Scottish Highland Games highlights include: Massed bagpipe bands, Scottish Athletics, Kid's area, sheepdog trials, Highland dancing, food and arts, Scottish clans area, and more! Family friendly event, but will have wonderful local breweries and whisky tasting on site for those of age. Brengle Terrace Park, 1200 Vale Terrace Dr, Vista, 92084

**Center Cabaret: S'Wonderful, S'Marvelous - The Songs of Gershwin** Sat-Sun, June 24-25. California Center for the Arts, Escondido. [www.artcenter.org](http://www.artcenter.org)

**Guided Nature Walk**, Saturdays & Sundays, 9:30-11am. Free. Guided nature walk-learn about plants, animals, geology, history of park. San Carlos. [mtrp.org](http://mtrp.org)

**Taste of Adams Avenue**, Sun, June 25, 11am-3pm. \$45-\$55. 40+ eateries offering tastes. Along Adams Ave.

**Scoop Ice Cream Festival**, Sun, June 25, noon-4pm. \$40-\$100. 20+ icecream, Gelato & Palleta shops. Food bank fundraiser. North Park Mini Park, 3812 29th St, 92104.

**25th Annual Art in the Village**, Sun, June 25, 9am-5pm. Carlsbad, [www.carlsbad-village.com](http://www.carlsbad-village.com)

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

**San Diego International Summer Organ Festival**, Mon, June 26-Sept 4. Spreckels Organ Pavilion in Balboa Park. [www.spreckelsorgan.org](http://www.spreckelsorgan.org)

**Singin' in the Rain**, Thru July 2. New Village Arts Theatre, Carlsbad. [www.newvillagearts.org](http://www.newvillagearts.org)

**All-Levels Donation Yoga at Sunset Cliffs**. Every Saturday, 9am. Sunset Cliffs Natural Park at Sunset Cliffs Blvd & Adair St.

**Thursday Storytimes**, Free. Ongoing. Preschool Storytime for age 3-5. All children welcome. Poway Library, 13137 Poway Rd.

## MOVIES AT THE BASES

Movies & times subject to change. \* Indicates last showing  
Visit [www.navydispatch.com/entertainment\\_03movies.htm](http://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, June 23**  
6pm The Little Mermaid pg

**Saturday, June 24**  
1pm The Little Mermaid pg

4pm No Hard Feelings r

6pm The Little Mermaid pg

**Sunday, June 25**  
1pm The Little Mermaid pg

4pm Fast X pg13

**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, June 22**  
6pm Fast X pg13

**Friday, June 23**  
6pm The Little Mermaid pg

**Saturday, June 24**  
3:20 No Hard Feelings r

6pm The Little Mermaid pg

**Sunday, June 25**  
12:50pm The Little Mermaid pg

3:40pm Fast X pg13

**Wednesday, June 28**  
6pm No Hard Feelings r

**Thursday, June 29**  
6pm The Little Mermaid pg

**Friday, June 30**  
5:30pm Spider-Man: Spider-Verse pg

8:20pm The Boogeyman (2023) pg13

**Saturday, July 1**  
1pm No Hard Feelings r

**Bob Hope Theater** 577-4143  
MCAS Miramar Bldg 2242

**Friday, June 23**  
6pm No Hard Feelings (R)

**Saturday, June 24**  
3pm The Little Mermaid - 2023 (PG)

6:30pm No Hard Feelings (R)

**Sunday, June 25**  
12pm Little Mermaid - 2023 (PG)

3pm Fast X (PG-13)

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

**Saturday, June 24**  
1:30pm

**Saturday, July 1**  
1:30pm Fast X (PG13)

**Saturday, July 8**  
1:30pm No Hard Feelings (R)

**Q-Zone - NAB**  
Bldg. 337 • 619-437-3190  
Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

**NDVDs -- Free Admission**

**Thursday, June 22**  
11am Indiana Jones and the Raiders of the Lost Arc pg

5pm Transformers pg13

**Friday, June 23**  
5pm Air r

**Saturday, June 24**  
11am Trolls pg

**Monday, June 26**  
5pm Champions pg13

**Tuesday, June 27**  
11am Indiana Jones Temple of Doom

5pm Men of Honor r

## SD Humane Society hosts Pre-July Fourth community 'Prepare Fair'

Free licensing, pet tags and microchipping to protect pets from getting lost during July 4 celebrations

San Diego Humane Society is hosting a 'Prepare Fair' to help pet owners prevent their animals from ending up in shelters during and after the July Fourth holiday. On Saturday, June 24, the community is invited to a special event at the organization's San Diego Campus from 10 a.m. to 2 p.m. Free services will include microchipping, licensing, pet ID tags and consultations with the Behavior & Training team. There will also be fun pet supply giveaways!

Due to pets spooked by fireworks, the July Fourth holiday typically leads to a sharp increase in the number of stray animals entering shelter care. San Diego Humane Society is urging pet owners to take steps to protect their pets from becoming lost, as shelters are already full. The organization has been over capacity all year, meaning they are entering the busy summer months — and in particular, the July Fourth holiday — with less space than previous years.

### To reduce the risk of pets getting lost:

• **License Your Dog:** Licenses are required by law, and they also serve as an extra form of identification to help your pet get home if they go missing. If you are within San Diego Humane Society's jurisdiction, your dog's DocuPet license comes with free HomeSafe™ 24/7 lost pet service. To take advantage of the free promotion June 13-July 2, you have to license your dog in person at one of the organization's campuses in El Cajon, Escondido, Oceanside and San Diego between Tuesday and Sunday 10 a.m. - 6 p.m.

• **Microchipping:** Make sure your pet is microchipped, and the information connected to the chip is up to date. San Diego Humane Society is offering free microchipping clinics at its campuses in El Cajon, Escondido, Oceanside and San Diego between Tuesday and Sunday, June 13-July 2, 2023. To make an appointment, visit [sdhumane.org/microchip](http://sdhumane.org/microchip).

• **Collars with Tags:** Make sure your pets wear a collar with contact information tags. If tags are unavailable, writing your phone number on your pet's collar with a sharpie can be helpful.

• **Schedule time with a Veterinarian:** If fireworks scare your pets, now is the time to schedule an appointment with your vet to discuss medication to reduce stress for pets before the fireworks begin.

• **Arrange for a Pet Sitter:** If you won't be home during July Fourth celebrations, make plans early to secure a pet sitter.

• **Create a Home Sanctuary:** Prepare a safe space within your home where your pet can seek shelter during the festivities. Keep your pet comfortable and protected from external noise and lights. Make sure your home's doors, window and yard are secure, and don't leave your pet outside unattended.

• **Keep your dog leashed** on outings at all times, especially on July 4. Statistics show one out of every three pets will become lost during their lifetime, and only one in 10 will be found. The July Fourth holiday poses particular risks to pets who may jumping fence out of fear and confusion, leading to a significant increase in stray animals entering shelters after the holiday.

All San Diego Humane Society shelters will be closed on Monday, July 3 and Tuesday, July 4. If you find a stray pet over the holiday, look for ID on the collar and try to connect with the owner. Post photos and a description on social media. Find more resources at [sdhumane.org/found](http://sdhumane.org/found).

Access San Diego Humane Society's Lost2Found program by texting "LOST" to 858-SAN-LOST (858-726-5678). You'll receive automated text messages with valuable tips and resources to help you in your search!

## ROY'S SUDOKU

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## When it comes to summer fire safety, it's all about location

(Grassroots Newswire) June 15, 2023 - With the summer season in full swing, fire and water damage cleanup specialists with SERVPRO in the San Diego area remind homeowners that popular summer activities - like grilling, setting off fireworks, and relaxing around a fire pit or campfire - can quickly turn from fun to flames, resulting in damage to property and structures, and even personal injury.

"Where you place your grill and fire pit matters," says Rick Isaacson, CEO of Servpro Industries, LLC. "If you don't pay close attention to the location and environment, it could cause much more serious problems than just property damage. Even if the location of your grill or fire pit hasn't changed from past years, the setting may have changed and created a more dangerous situation with the addition of fallen branches, leaves or more combustible, aging decking materials."

To help avoid a potential fire disaster, you need to control the three factors that allow a fire to start and grow: fuel, heat, and air. 1 When you do build an intentional fire, for cooking, warmth, or simple enjoyment, a key element to control is fuel. The U.S. Fire Administration, a division of FEMA, offers these guidelines<sup>2</sup> to help keep your summer fire activities under control.

**Grills.** Place your grill well away from siding and deck railings and out from under eaves and overhanging branches. Do not store or use a grill on a porch or balcony. Use propane, charcoal and wood pellet barbecue grills outdoors only to avoid the risk of fire or carbon monoxide poisoning.

**Chimineas, outdoor fireplaces, and fire pits.** Use these items outdoors only and position them at least 10 feet away from your home or anything that can burn. Build campfires at least 25 feet away from homes, tents, shrubs and anything that can burn. Flying embers can start fires that are not in direct contact with flames.

**Fireworks.** If you want to see fireworks, consider going to a public show put on by experts. Even the simplest fireworks like "sparklers" can reach 1,200 degrees Fahrenheit and cause third-degree burns.

"A small spark can start a major fire," says Isaacson. "Leave the fireworks to the professionals and put some time and thought into where you set up your grill, chiminea and fire pit, including clearing away any combustible materials. Then spend your summer enjoying good times and great food, not dealing with the destruction and heartbreak of a house fire."



**NMRTC San Diego's Directorate for Administration held a frocking ceremony for their recently advanced Sailors in the hospital's courtyard June 15. A total of 36 Sailors were frocked by other Sailors, friends and family. Congratulations and Bravo Zulu to the following team members:**

CS1 Raisaruth Balbuena, HM1 Charmaine Esperanza, CS1 Ronald Holton, PS1 Nandi Mooney, ET1 Christopher Payne, ABF2 Ashley Angel, PS2 Paloma Bruschi Marciano, HM2 Joshua Collins-Hobbs, RS2 Nichole Depayso, YN2 Marcius Donaldson, CS2 Triston Garrido, LS2 Alexander Garza, HM2 Oscar Gomez, PS2 Ulysses Hinojo, PS2 Chariz Joy Lebita, MC2 Celia Martin, CS2 Johnny Nguyen, CS2 William Owen, HM2 Aleksandra Podinovskaya, PS2 Steven Santiago, RS2 Tia Taylor, ABF2 Gabriela Vazquez, HM2 Jacob Warren, PS2 Thai Weatherby, RS2 Princess Whyte, CS2 Isaiah Willis, HM3 Keith Almaria, MM3 Amber Arias, IT3 Shawn Bautista, HM3 Laura Felix, CS3 Gaette Gaspard, YN3 Wilnigt Haber, CS3 Angela Herrera, AM3 Richard Humphrey, MA3 Matthew Morales, HM3 Olivia Neal

## Tell me it's true! Rethinking butter and cheese

If you love butter and cheese, you're gonna love this! Recently a study was published in the respected British Medical Journal showing evidence that 60 years of government and medical convention that linked cardiovascular disease to fat consumption was based on bad science.

The article scientifically corroborated last year's Time Magazine cover story on the failures of the so-called "Lipid Hypothesis" (lipid

is the scientific designation for fat), which incorrectly blamed excessive consumption of dairy products, meat and other fatty foods for heart attacks. The article entitled "Eat Butter" admitted that after years of proclaiming fats as villains, it turns out, they may have been mistaken. Now in fairness, Time Magazine and representatives of the medical model can be forgiven for their ignorance. Fats are confusing! There's good fats, bad fats, shorts fat, long fats, saturated fats and unsaturated fats. Because

of their tremendous diversity and functionality, no aspect of nutrition or diet is harder to understand than the chemistry of lipids.

Dietary and nutritional fats are called triglycerides. They're composed of building blocks called "fatty acids" which come in three sizes: large, medium and small. While all three play an important role in keeping the body healthy, the effects of the short fats (or as they are more technically called, short chain fatty acids or SCFAs) are particularly significant, if

unrecognized. These little molecular fatty structures play an especially huge role in the health of the intestine. Via this link, they have an effect on the whole body.

SCFAs are made in the large intestine by fiber munching bacteria which secrete the fatty molecules as a byproduct. SCFAs can also be ingested via the diet. From the intestine, these tiny lipids readily enter into blood circulation and travel throughout the body, eventually entering into the brain.

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New 2023 Dodge  
**CHALLENGER SXT**

Lease for  
**\$328/month**  
for 36 months



For well-qualified buyers. MSRP of \$34,800. Down payment \$4,995. Residual \$19,709. Tax, title, license acquisition fee not included. 10,000 miles per year. 2 at this price #553784, 553783

**PERRY**  
New 2023 Jeep  
**GLADIATOR SPORT**

Lease for  
**\$488/month**  
for 48 months



For well-qualified buyers. MSRP of \$49,325. Down payment \$4,995. Residual \$49,325. Tax, title, license acquisition fee not included. 10,000 miles per year. #540399.

**PERRY**  
New 2023  
**GRAND CHEROKEE**  
Laredo 4X4

Lease for  
**\$488/month**  
for 36 months



For well-qualified buyers. MSRP of \$61,660. Down payment \$4,995. Residual \$33,914. Tax, title, license acquisition fee not included. 10,000 miles per year. #588710, 786605, 791357

**PERRY**  
New 2023  
**WRANGLER Willy's 4xe**

Lease for  
**\$388/month**  
for 36 months



For well-qualified buyers. MSRP of \$60,810. Down payment \$4,995. Residual \$34,661. Tax, title, license acquisition fee not included. 10,000 miles per year. 3 at this price #690233, 690238, 690246.

## 4TH JULY SALES EVENT



It's Jeep 4x4 season.  
**Jeep**

It's Dodge season.  
**DODGE**

It's Chrysler Pacifica season.  
**CHRYSLER PACIFICA**

It's Ram season.  
**RAM**

It's the season.

It's the season.

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#844243



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#748432



**2017 JEEP WRANGLER**  
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