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GRADUATION DAY Cadets take the oath of office during commencement at the Coast Guard Academy in New London, Conn., May 22, 2024. The Coast Guard Academy commissioned 225 new officers. U.S. Coast Guard photo by Petty Officer 3rd Class Matt Thieme

WWII 'HIT 'EM HARDER' SUBMARINE WRECK SITE CONFIRMED

WASHINGTON NAVY YARD - Naval History and Heritage Command (NHHC) has confirmed the wreck site of World War II submarine USS Harder (SS 257).

vided by Tim Taylor, CEO of Tiburon Subsea and the Lost 52 Project, NHHC's Underwater Archaeology Branch confirmed the wreck site they discovered as the final resting place of Harder.

guished Public Service Award from the Navy in 2021 for Lost 52 Project's work to locate, discover and memorialize the 52 submarines lost during World War II. Previous submarines located by Lost 52 project include USS Grayback (SS 208), USS Stickleback (SS 415), USS R-12 (SS 89), USS S-26 (SS 131), USS S-28 (SS 133), and USS Grunion (SS 216).

of preservation of the site and the quality of the data collected by Lost 52 allowed for NHHC to confirm the identity of the wreck as Harder.

"Harder was lost in the course of victory. We must not forget that victory has a price, as does freedom," said NHHC Director Samuel J. Cox, Navy rear admiral (retired). "We're grateful that Lost 52 has given us the opportunity to once again honor the valor of the crew of the 'Hit 'em HARDER' submarine that sank the most Japanese warships - in particularly audacious attacks - under her legendary skipper, Cmdr. Sam Dealey."

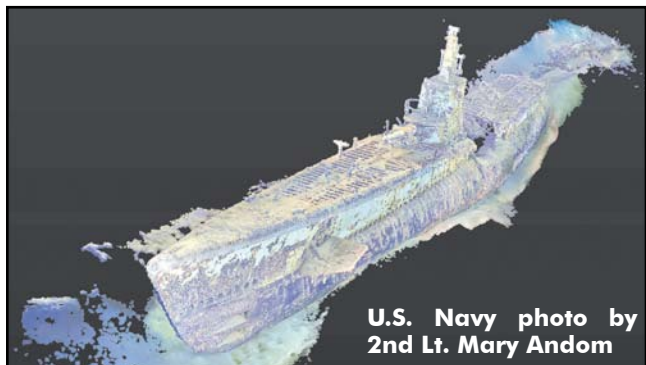
To read more about Harder's successes, including its historic fifth war patrol, go to the Navy newstand at <https://www.navy.mil/Press-Office/News-Stories/Article/3787069>.

The first USS Harder (SS 257) was commissioned on Dec. 2, 1942, with Cmdr. Samuel D. Dealey in command; and lost at sea with 79 souls aboard on Aug. 24, 1944.

Resting at a depth of more than 3,000 feet, the vessel sits upright on her keel relatively intact except for the depth-charge damage aft of the conning tower. Submarines by their very design can be a challenge to identify, but the excellent state

Using data collected and pro-

Taylor received a Distin-



U.S. Navy photo by 2nd Lt. Mary Andom

4D photogrammetry model of USS Harder (SS 257) wreck site by The Lost 52. The Lost 52 Project scanned the entire boat and stitched all the images together in a multi-dimensional model used to study and explore the site.

This summer's RIMPAC exercise in Hawaii drawing 30 nations, 40 ships

by Wyatt Olson, Stars and Stripes

Forty ships from nearly 30 nations are slated to participate in this summer's Rim of the Pacific exercise in and around the Hawaiian islands, the Navy said in a news release May 21.

The biennial RIMPAC, which the U.S. Navy touts as the largest international maritime exercise in the world, has been held 29 times since it began in 1971. The training starts June 26 and runs through Aug. 2 and will include three submarines, 14 land-based forces, more than 150 aircraft and about 25,000 personnel, according to the Navy.

This year's exercise includes forces from Australia, Belgium, Brazil, Brunei, Canada, Chile, Colombia, Denmark, Ecuador, France, Germany, India, Indonesia, Israel, Italy, Japan, Malaysia, Mexico, Netherlands, New Zealand, Peru, South Korea, the Philippines, Singapore, Sri Lanka, Thailand, Tonga, the United Kingdom and the U.S.

The head of U.S. 3rd Fleet will serve as the Combined Task Force commander for the exercise. Vice Adm. Michael Boyle is currently commander of the San Diego-based 3rd Fleet. Vice Adm. John Wade, who previously oversaw the task force in charge of defueling the Red Hill Bulk Fuel Storage Facility in Hawaii, has been nominated to replace Boyle.

Commodore Alberto Guerrero, of the Chilean navy, will serve as deputy commander of the Combined Task Force. Rear Adm. Kazushi Yokota of the Japan Maritime Self-Defense Force will serve as vice commander.

The expected participation in this year's exercise is an increase over the 26 nations and 38 ships that joined the drills in 2022. The coronavirus pandemic dramatically curtailed the exercise in 2020, with only Australia, Brunei, Canada, France, Japan, South Korea, New Zealand, the Philippines, Singapore and the U.S. joining. The exercise lasted only two weeks and all events were held at sea. China participated for the first time in 2014 and joined again in 2016. It was disinvented in 2018 over Beijing's construction of artificial islands in the South China Sea by dredging sand onto small coral atolls, which it then set about militarizing with aircraft hangars and runways.

https://www.stripes.com/theaters/asia_pacific/2024-05-21/rimpac-naval-exercise-hawaii-13932498.html

Biden: Range of missions increasing as pace of world changes

The world is not only changing rapidly, the pace of change is also accelerating. The range of missions that service members are carrying out is also increasing, said President Joe Biden. Biden, who spoke at the commencement address to the graduating cadets at the U.S. Military Academy, West Point, N.Y., May 25, provided some examples of change. U.S. forces are supporting Ukraine in its fight for freedom, not on the ground in Ukraine, but by keeping munitions and equipment flowing into the country, he said. "We are standing strong with Ukraine, and we will stand with them."

B-21 Raider continues flight test, production

Following its formal unveiling, Dec. 2, 2022, the B-21 Raider began flight testing at Edwards Air Force Base where it continues to make progress toward becoming the backbone of the U.S. Air Force bomber fleet. During testimony at the Senate Armed Services Committee, Andrew Hunter, assistant secretary of the Air Force for Acquisition, Technology and Logistics, recently highlighted B-21 flight testing is on track to meet timelines and deliver to the warfighter. "We're in the flight test program, the flight test program is proceeding well," Hunter said in response to a question about the B-21 program. "It is doing what flight test programs are designed to do, which is helping us learn about the unique characteristics of this platform, but in a very, very effective way."

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Army

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- How the Army is driving enterprise training across five warfighting domains and three dimensions

Navy

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Veterans

- Veteran suicide prevention algorithm favors men, investigation finds

Marine Mammal Program contributes to national security



Drew Walter (4th from right), deputy assistant SECDEF for nuclear matters, tours the training facility for dolphins and sea lions at Naval Information Warfare Center Pacific in San Diego. Official U.S. Navy photo

by David Vergun, DOD News

The Navy's Marine Mammal Program uses bottlenose dolphins and California sea lions to detect, locate and recover objects and threats in harbors and at sea for the Navy, Marine Corps and Coast Guard.

Threats could include explosives, mines, enemy divers and manned or unmanned surface or subsurface vessels.

A particularly important mission for the mammals is protection of the Navy's submarines which are part of the nuclear triad, said Drew Walter, deputy assistant secretary of defense for nuclear matters.

Trident II missiles are carried aboard Ohio-class submarines and plans are for them to be carried aboard the future Columbia-class submarines. Ohio-class submarines are based at Naval Submarine Base Kings Bay,

Georgia, and Naval Base Kitsap in Bangor, Wash.

"Millions of years of evolution have given these animals exceptional skills and detection capabilities that cannot be replaced by any technology we have today and probably cannot be replaced by new technology we're going to have for a long time," he said.

"They have this extraordinary ability to find objects amidst all of the noise, seaweed and low visibility environment," he said, adding that their hearing and vision is phenomenal.

Over short distances, they are

trained to either swim alongside a small boat or ride in the boat itself. For longer trips, animals can be transported comfortably by sea on naval vessels or by air in planes or helicopters, he said.

The Marine Mammal Program and training location for the mammals is at Naval Information Warfare Center Pacific in San Diego.

Earlier this month, Walter visited the training facility in San Diego and talked to the trainers, veterinarians and other support personnel.

The dolphins and sea lions

are given exquisite care and are well-fed with the right kinds of fish and vitamins prepared in a special kitchen, he said. They're also given regular physical examinations and receive the most ethical treatment.

Navy dolphins are so well cared for that they live about twice as long as other dolphins; Navy sea lions live about three times as long as those in the wild.

The mammals can retrieve all sorts of stuff like lost equipment or potentially hazardous materials that could pose a threat to

see **Dolphins page 7**

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"Congratulations to my fellow dragon swimmers at NAS North Island Aquatics!"

U.S. needs sea-based nuclear capability to ensure second-strike capability

by C. Todd Lopez
DOD News

The U.S. needs all three legs of its nuclear triad, including the land-based intercontinental ballistic missiles and air-launched cruise missiles maintained by the Air Force, as well as the sea-based weapons that are the domain of the Navy.

In a nuclear conflict where adversaries launch a first strike, it's possible they might render U.S. ground-based and air-launched systems unusable. But the U.S. still maintains deterrence through sea-based systems, which guarantee a second-strike capability—the ability to strike back.

"If you think about it from the adversary's perspective, anything that they may think they could do as an initial strike, that [ballistic missile submarine] force is always out there on alert, on patrol, unknown where they're at," said Navy Vice Adm. Johnny R. Wolfe Jr., director for strategic systems. "Certainly, if ever called upon, they are survivable and could ensure that a second-strike from our nation could be performed. That is absolutely critical, as you look at deterrence and what it means."

Wolfe, along with Air Force Gen. Thomas A. Bussiere, commander of Air Force Global Strike Command, testified May 22 before the Senate Armed Services strategic forces subcommittee.

Since last year there have been some advancements on the Navy's efforts to modernize its own portion of the U.S. nuclear triad.

"We have built on this remarkable history of deterrence, marking such milestones as the final demonstration and shakedown operation for our Ohio-class ballistic missile submarines [and] establishment of a new nuclear office for the sea-launched cruise missile, SLCM-N," Wolfe said. "Additionally, in coordination with our [National Nuclear Security Administration] partners, we are initiating a

nuclear weapon project to adapt a nuclear warhead for this new capability."

The sea-launched cruise missile, nuclear, or SLCM-N, can be launched from surface ships and also attack subs, rather than from traditional ballistic missile submarines. Wolfe told



An Ohio-class submarine approaches the Mubarak Peace Bridge while transiting the Suez Canal, Nov. 5, 2023. The boat is deployed to the U.S. 5th Fleet area of operations to help support maritime security and stability in the Middle East region. U.S. Navy photo by MC1 Jonathan Word

senators that the industrial base that would be most responsible for building the SLCM-N has atrophied and that it'll be a challenge to build it back.

"Significant investments are

required to build back capacity to handle multiple concurrent nuclear modernization programs," he told senators.

The admiral also stressed to lawmakers that despite challenges such as an atrophied industrial base and supply chain challenges, the Navy must advance modernization of its part of the nuclear triad.

"First and foremost, we must maintain the current [Trident II D5LE] missile inventory and provide the necessary operational support to sustain Ohio-class submarines through the end of their life in the early 2040s," he said. "Secondly ... we must continue to ensure a seamless transition between Ohio-class and Columbia-class submarines."

The Columbia-class ballistic missile submarine is a replacement for the Ohio-class SSBN, which first saw duty in the 1980s. Part of that, Wolfe said, is transitioning the Trident II D5LE from the Ohio-class subs to the Columbia-class subs.

Wolfe also said that the U.S. isn't alone in providing nuclear capability as a deterrent. He

cited the British as a significant partner in that endeavor.

"One of the greatest advantages the United States has is its alliances and partnerships," he said. "For decades, U.S. policy has recognized the contribution ... an independent British nuclear deterrent adds to NATO, and indeed global stability. [Strategic Systems Programs] will continue to support and sustain this most-important relationship."

The admiral said nuclear modernization will take time

and will require investments in people, infrastructure and the U.S. industrial base.

"It is only through your continued support that the department's highest modernization priorities can be achieved, and the Navy can deliver a reliable sea-based strategic deterrent capability," he said.

<https://www.defense.gov/News/News-Stories/Article/Article/3786326/us-needs-sea-based-nuclear-capability-to-ensure-second-strike-capability/>

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KEEPING YOUR CAREER ON TRACK: Marines return to readiness

by Cpl. Gabrielle Zagorski

CAMP PENDLETON - There are times in life where we fall short to injury. It could be a stress fracture carried on from boot camp, or a sports injury caused during a field meet. Regardless of the cause, one thing remains clear: injuries can leave Marines limited and out of the fight.

To assist Marines in returning to a full physical duty status is Bryan Reed, a strength coach and high intensity tactical training instructor assigned to I Marine Expeditionary Force. Originally from Cincinnati, Ohio, he is now located at the 21 Area Fitness Center here.

Since arriving in late July 2022, Reed has been the go-to guy for fitness across the base, covering events and programs wherever needed. His focus has been implementing fitness programs at various levels, with success in one-on-one sessions aligning with his initial interest in personal training. Reed's capabilities do not stop there; he also leads intensive week-long HITT crash courses monthly, and bi-monthly at Paige Field House in the 13 Area. He is the

all-access pass to peak performance on base.

"There is a program I offer called return to readiness," Reed said. "Basically, it's the stop gap in between physical therapy release and returning to full duty. In that time, I am helping Marines get back to their baseline performance before their injury or surgery."

Reed's focus started at the command level and worked his way down to the individual Marine. Improving, creating and implementing fitness programs to Marines from I MEF at an individual and group level has been his number one priority. As

FOCUS ON CYBERHARASSMENT: Department of the Navy takes aim at online abuse

by DON Office of Force Resiliency

The Department of the Navy recently released a new training module to educate Sailors and Marines on technology-facilitated harassment, accelerating implementation of a key recommendation from the Independent Review Commission on Sexual Assault in the Military

Cyberharassment includes a broad range of behaviors that occur across digital platforms. Anonymity provided by the internet often emboldens in-



Bryan Reed, a strength coach and high intensity tactical training instructor with I MEF, provides guidance to Marines on the key aspects of rehabilitation and becoming a tactical athlete to achieve optimal fitness. U.S. Marines Corps photo by Sgt. Bryant Rodriguez

dividuals, making it easier for them to engage in abusive behavior without facing immediate consequences.

"In today's digitally connected world, the rise of cyberharassment and online abuse has become a growing societal challenge to which the military is not immune," said Assistant Secretary of the Navy for Manpower and Reserve Affairs Franklin R. Parker. "As technology evolves, so do the methods and avenues through which individuals can

be targeted."

The training course will equip Sailors and Marines with the foundational knowledge and skills necessary to navigate the online sphere safely. This information is key, as cyberharassment can have equally detrimental effects on an individual's mental health, well-being, and safety as other forms of harassment. Awareness and education are key to preventing and responding to the emerging problem.

"We're committed to develop-

ing a Department-wide culture of digital safety and responsibility," said Capt. Christine O'Connell, former acting director, DON Office of Force Resiliency. "Our Sailors and Marines communicate extensively through their cell phones and other devices. While this has expanded the opportunity for connection and support, it has also created forums for harm. This comprehensive learning module will inform Sailors and Marines of the various forms of cyberharassment, its

part of his program, he currently works with I Marine Expeditionary Force Support Battalion, training and operations section to ensure Marines are set up for success.

"These programs are not just to be able to ensure Marines pass the semi-annual fitness events but to develop them athletically with strength and endurance," said U.S. Marine Corps Staff Sgt. Holland Justin Moser, training chief for I MSB. "That way they can do other things as well as being well-rounded Marines and athletes."

Reed's engagement in various sports during high school greatly

influenced his decision to pursue a career in physical training and conditioning. One key motivation was his desire to maintain and foster competitiveness within himself and others.

He wants his clients to know they do not have to give up because of injuries, things getting tough or because they have plateaued. That is why he loves working with Marines. Marines have the same hunger and drive professional athletes have but with much more demanding jobs and requirements.

"Seeing the changes that I have been able to give to the Marines and myself has been rewarding

impact on victims, and strategies for prevention."

The interactive, 20-minute training is a tool for leaders at all levels to get familiar with technology-facilitated abuse. It illustrates the interpersonal impact of cyberharassment, how individuals can contribute to a safe online environment, and methods for reporting and intervention.

<https://www.navy.mil/PressOffice/News-Stories/Article/3787204>.



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FEDERAL SUIT BY MARINE FAMILIES ALLEGES OSPREY 'NOT SAFE' IN ANY MODE

by Joseph Ditzler
Stars and Stripes

The families of four Marines killed in an MV-22 Osprey crash two years ago have filed suit in San Diego federal court alleging the tiltrotor's makers are liable for its defective design and manufacture.

The suit filed May 23 names Boeing, Bell Textron, Rolls Royce Corp. and Rolls Royce North America. "The aircraft, as fielded, has failed and continues to fail to meet the government's safety and reliability specifications and requirements," the suit alleges. The "aircraft is not safe in the vertical operating mode, horizontal operating mode, or any transitional or other operating mode in between."

The lawsuit stems from the crash June 8, 2022, in Southern California of a Marine Osprey, call sign Swift 11, that killed five crew members: pilots Capt. Nicholas P. Losapio, 31, of Rockingham, N.H., and Capt. John J. Sax, 33, of Placer, Calif.; crew chiefs Cpl. Nathan E. Carlson, 21, of Winnebago, Ill.; Cpl. Seth D. Rasmuson, 21, of Johnson, Wyo.; and Lance Cpl. Evan A. Strickland, 19, of Valencia, N.M.

Family members of all but Losapio are named as plaintiffs in the suit filed by Wisner Baum, a Los Angeles firm.

"We seek accountability, answers, and change," Amber Sax,

the widow of John Sax, said in a news release Thursday from the law firm. "Our goal isn't to see this platform removed; it's to know that someday we will be able to say, 'their lives enabled others to live,' knowing what happened to them won't ever be repeated."

The suit alleges that the pilots were unable to intervene when the aircraft systems failed in flight.

"Due to the Osprey's lack of compliance with government specifications, the SWIFT 11's pilots and crew were powerless to counteract the aircraft's uncontrollable asymmetric thrust condition where there was a sudden loss of thrust on the right proprotor and positive thrust on the left proprotor," the suit alleges.

A Bell spokesman, Jay Hernandez, told McClatchy News the company cannot comment on matters of litigation, according to the *Charlotte, N.C., Observer*. Boeing and Rolls Royce could not be reached by *Stars and Stripes* after business hours.

The Marine Corps determined that Swift 11 was brought down by a dual hard clutch engagement, a problem identified in 2017 that has plagued the aircraft and resulted in Osprey groundings or stand-downs across the military at least twice while it was addressed. In the case of Swift 11, the problem resulted in "a catastrophic loss of thrust



on the right-hand proprotor" that led to an unrecoverable loss of control and the fatal crash, according to a Marine Corps statement in July 2023 on its accident investigation.

The Osprey's twin, rotating engines allow it take off and land vertically like a helicopter but fly like an airplane.

Attorney Tim Loranger of Wisner Baum, a specialist in aviation law, said the firm has spoken to families of service members that died in a Marine Osprey in Australia and an Air Force Osprey in southern Japan, both crashes in 2023. Eleven service members died in those mishaps.

"We don't know there's a common thread with these other crashes," Loranger told *Stars and Stripes* on May 24. "We're not speculating on a common cause."

However, if the report expected this summer on the Nov. 29 Air Force crash in Japan indicates a similar cause, it "may inform" Loranger's case on behalf of the Marine families, he said.

USS *Greenville* arrives at new homeport of Point Loma

NAVAL BASE POINT LOMA - Los Angeles-class fast-attack submarine USS *Greenville* (SSN 772) and its crew of approximately 155 Sailors arrived at its new homeport here May 20. *Greenville* is conducting a homeport shift to San Diego following the completion of a 30 month engineered overhaul at Portsmouth Naval Shipyard in Kittery, Maine. Prior to beginning its EOH, *Greenville* was homeported at Joint Base Pearl Harbor-Hickam, Hawaii. "It's a wonderful feeling to be here in San Diego," said Cmdr. Chad Tella, *Greenville's* commanding officer. "This crew has worked incredibly hard over the course of the last 30 months while *Greenville* was in the shipyard. Over the past month of operations, the crew has demonstrated their professionalism and resilience in safely bringing *Greenville* to our new home. I'm happy to join the warfighters of Submarine Squadron 11."

NEWS
IN BRIEF

Navy announces commissioning date for future USS *Richard M. McCool, Jr.* (LPD 29)

The Navy approved the commissioning date for future USS *Richard M. McCool, Jr.* (LPD 29). The Navy will commission the amphibious transport dock on Sept. 7, 2024, at NAS Pensacola, Fla. The naming of LPD 29 honors Navy Capt. Richard M. McCool, Jr., who was awarded the Medal of Honor in 1945 for the heroism he displayed after his ship was attacked by kamikaze aircraft in the Battle of Okinawa. Despite suffering from shrapnel wounds and painful burns, he led efforts to battle a blazing fire on his ship and rescue injured sailors. LPD 29 will be the first of its name. Richard M. McCool, Jr., will be the Navy's 13th San Antonio-class amphibious transport dock ship. Amphibious transport docks transport and land Marines, their equipment, and supplies by embarked Landing Craft Air Cushion or conventional landing craft and amphibious assault vehicles augmented by helicopters or vertical take-off and landing aircraft. These ships support amphibious assault, special operations, or expeditionary warfare missions and serve as secondary aviation platforms for amphibious operations.



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Netherlands, U.S. naval forces conduct South China Sea operations

by Lt. j. g. Rebecca Moore

SOUTH CHINA SEA - The Netherlands and U.S. navies conducted bilateral operations in the South China Sea, May 22.

Participants included U.S. Navy littoral combat ship USS *Mobile* (LCS 26), homeported in San Diego, dry cargo ship USNS *Wally Schirra* (T-AKE 8) and Royal Netherlands Navy De Zeven Provinciën-class frigate HNLMS Tromp (F803).

"The Netherlands is one of our oldest, continuous bilateral relationships, stemming from the 18th century. I look forward to any opportunity to work together with partners and allies, especially at sea," said Capt. Sean Lewis, commodore, Destroyer Squadron 7. "We share a deep commitment to maintaining stability and free use of vital sea lanes in the Indo-Pacific."

The bilateral operation provided a valuable opportunity to improve allied interoperability and conduct complex scenarios to improve combined readiness.

"We're fortunate to work together with allies and to have them provide replenishment to us. Operating together fortifies our existing relationship with our partners from the U.S.," said Cmdr. Yvonne van Beusekom, Commanding Officer HNLMS Tromp. "We look to continue coordination between our nations to promote regional peace and stability in the Indo-Pacific region."

The U.S. Navy regularly participates with allies and partners in high-end maritime exercises and operations, which have continued to grow in scale, scope and complexity, to create combined operations that enhance interoperability, boost deterrence and demonstrate shared resolve.

"We are fortunate to work with friends at sea in the region. Consistent collaboration makes us better as a crew and more capable as a joint force," said Cmdr. David Gardner, skipper of *Mobile*. "Bilateral operations like these strengthen bonds with our Royal Netherlands Navy partners and deepen our understanding of how to operate together."

During the operation, Commander, Destroyer Squadron 15 acted as a facilitator between DESRON 7 and the Netherlands. Multilateral operations improve interoperability between allied navies and support a free and open Indo-Pacific. These evolutions demonstrate the strength of regional partnerships, interchangeability and cooperation.

Japan announces plans to join U.S. in joint-force drills in June

STARS AND STRIPES - One of America's largest warfighting exercises in the Pacific is getting bigger with the addition of Japanese forces.

Troops from both nations will participate in June in Valiant Shield, a biennial drill that for the first time will include training in Japan, a spokesman for the country's Joint Staff said by phone May 24.

Japanese government spokespeople are often required to speak to the media only on condition of anonymity. About 4,000 Japanese troops, eight vessels and 60 aircraft will join Valiant Shield from June 7 to 18, the Japanese spokesman said.

U.S. Indo-Pacific Command is preparing forces for Valiant Shield 2024, Lt. Cmdr. Marissa Huhmann, a Pacific Fleet spokeswoman, said by e-mail May 24, without confirming the exercise details.

"The U.S. military frequently conducts joint and combined training to refine operational proficiency, improve contingency response abilities, and promote stability and security throughout the Indo-Pacific region," she said. "Additional details about the exercise will be shared publicly at a later date."

American forces involved in the 2022 iteration of Valiant Shield, off Guam, included 13,000 troops along with USS *Ronald Reagan* and USS *Abraham Lincoln* carrier strike groups, the USS *Tripoli* amphibious assault ship, I and III Marine Expeditionary Force, the 36th Wing, 15 surface ships, more than 200 aircraft.

Next month's drill will enhance the U.S.-Japan alliance's deterrence and response capabilities, the Joint Staff said in a news release on its website Friday.

"Through participation in this exercise, the Self-Defense Forces will strengthen our readiness with allies and like-minded countries and contribute to the defense of Japan and the peace and stability of the region," the news release stated.

The announcement came as of Chinese warships encircled Taiwan for an exercise May 23-24. China's Eastern Theater Command described the exercise as "a powerful punishment for the 'Taiwan independence' separatist forces seeking 'independence,'" according to a post on the Weibo social media site May 23. Valiant Shield will take place at U.S. facilities in Japan.

USS Carl Vinson promotes student outreach at LA Fleet Week

by Petty Officer 2nd Class Emily Bennett, USS Carl Vinson

The crew of USS *Carl Vinson* aircraft carrier welcomed more than 450 students and 50 educators aboard on May 21 for the ship's transit from its homeport of San Diego to Los Angeles to participate in Fleet Week.

The embarkation presented a unique learning opportunity for the guests, offering them a chance to interact with the Sailors serving their nation and to gain a firsthand experience of the U.S. Navy's maritime duties.

"It gives the kids a chance to see what the Navy does and what it has to offer," said Don Urquidez, the senior naval science instructor at Hawthorne High School. "The Sailors have been talking to the kids so they can understand what their job is on the ship and how they integrate into the mission."

The potential military career pathways were inspiring for the educators and students as they observed daily shipboard evolutions such as flight operations, firefighting drills, and weapons displays. Many could envision themselves in these roles, fueling their aspirations and driving their ambitions.

"It was pretty interesting and eye-opening because I had no idea about any of this before," said Rachael Pellegrini, a student at Canoga High School. "I get stressed out thinking about college so this seems like a pretty good option for me if I want to take a different path, and I know that basically anything I want to do, I could do here."

Educators aboard *Vinson* for Fleet Week were not only impressed with *Vinson's* specialized tours and their impact on the students, but also with the event's broader impact. The event sparked curiosity and excitement, fostering a strong connection between the local community, education, and national service.

"I'm already thinking about how to make the connection to what I experienced today and bringing that back to my students at the elementary," said Rosalia McKay, the principal at Dominguez Elementary in Carson. "I'd like to get military members to come to my school and talk to the students, especially the women."

Vinson hosted the kickoff of LA Fleet Week May 21.

For a wrap up of LA Fleet Week, visit <http://www.lafleetweek.com> or <http://www.airpac.navy.mil/carlvinson>.



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PHOTO GALLERY



MISS PRINCESS Air Force Second Lt. Madison Marsh, Miss America 2024, chats with students before their Kentucky Derby Parade at Chenoweth Elementary School in Louisville, Ky., on May 2, 2024. Marsh talked about following your passions and being brave. U.S. Air Force photo by Miriam Thurber



SWIM CALL A Marine from 15th Marine Expeditionary Unit jumps off the flight deck of amphibious dock landing ship Harpers Ferry during a swim call in the Sulu Sea, May 22, 2024. U.S. Navy photo by MC2 Sang Kim



WATER SYSTEM Navy Seabees from Amphibious Construction Battalion 1 demonstrate a portable water purification system as part of a Defense Support of Civil Authorities exercise during Los Angeles Fleet Week May 22, 2024. U.S. Navy photo by MC1 Jacob I. Allison

Dolphins

continued from page 2



security, he said. Sometimes the dolphins and sea lions and their handlers team up to do these tasks.

The trainers prefer to say that they partner or team up with these mammals, who are not confined and can come and go out to sea as they please, he said.

They're trained to find and bring back practice targets or real items that the Navy handlers and teammates put out, he said. They're also trained to alert their handlers if they perceive a threat.

The Marine Mammal Program, which started about six decades ago, has not only been a benefit for the sea services, it also has been vital to scientists and researchers, who have authored over 1,200 scientific publications related to marine biology and behavior, Walter said.

Construction battalion unit introduces innovative Seabee Static Display at LA Fleet Week

by Oscar Garcia

Naval Construction Group ONE

In a significant highlight of Los Angeles Fleet Week 2024, Construction Battalion Maintenance Unit 303 (CBMU 303) unveiled their brand new Seabee Static Display at the Port of Los Angeles.

This initiative is part of an ongoing effort to merge the rich history of Seabees with contemporary science, technology, engineering, and mathematics (STEM) education, inspiring both the young and the old about the potential in naval construction and engineering.



The vibrant display, a colorful shipping container located in San Pedro, is designed to function as an educational hub, showcasing the historical achievements and engineering capabilities of the Naval Construction Force. The

exhibit is uniquely tailored to stimulate interest in STEM careers among the next generation, aligning with broader national goals of educational enrichment in these fields.

Capt. Tres Meek, commodore of Naval Construction Group One, emphasized the educational impact of the display, stating,

"The Seabee static display at Los Angeles Fleet Week represents more than our history," he said, "it's a bridge to the future of engineering and innovation, engaging young minds in STEM to inspire tomorrow's leaders in naval construction."

Throughout Fleet Week, the

display drew attention with its interactive demonstrations, including practical use of surveyor's equipment, general construction tools, and transportation and logistics equipment brought by Amphibious Construction Battalion 1.

Mike Getscher, chief operations officer of USS Iowa, praised the initiative, saying, "The Seabees' interactive displays and educational outreach at Fleet Week are pivotal, bridging naval history with modern engineering marvels, offering a hands-on experience that resonates with families and future engineers alike."

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Medal of Honor Spotlight: Navy Lt. Orson L. Crandall

by Katie Lange

Thanks to World War I and the advent of the submarine, U.S. naval divers mastered how to make and survive deep ocean dives. But by the 1930s, they were still trying to figure out how to successfully rescue survivors from sunken vessels.

They finally figured that out in 1939, when Navy Lt. Orson Leon Crandall and three other master divers used a new piece of equipment to rescue nearly three dozen sailors from a sub that sank during a training incident. Crandall's expertise and calmness under pressure earned him the Medal of Honor.

Crandall was born on Feb. 2, 1903, in St. Joseph, Missouri, to Marshall and Bertie Crandall. He had two brothers and a sister, all of whom were older.

Crandall enlisted in the Navy in 1922 when he was 19. For the next decade, he served on several ships before going into diver training in 1932. By March 1939, he held the rank of chief boatswain's mate and was designated a master diver, the highest level a diver can attain.

Only a few months later, a disaster off the coast of New Hampshire would require Crandall to utilize his expertise in the most harrowing of conditions.

On May 23, 1939, diesel-electric submarine USS Squalus was practicing submerging at high speeds near the Isle of Shoals, an island chain off the coast of southern Maine, when it suffered a catastrophic valve failure. The sub - which carried 56 crew members and three civilian contractors - quickly filled with water and sank about 240 feet to the ocean floor.

Crandall was serving on USS Falcon, which was tied up at New London, Conn., when the call for help came in. The Falcon was one of several salvage ships with divers that hurried to the scene to try to save anyone who was still alive inside the Squalus.

It took nearly a full day to prepare for the dangerous mission, but by the morning of the 24th, Crandall and about three dozen other divers were ready to get started.

"I remember that the water



Navy Chief Boatswain's Mate Orson L. Crandall poses for a photo shortly after receiving the Medal of Honor, Jan. 19, 1940. Official Navy photo

was rough and that the wind was pretty stiff, but after a while it calmed down some," Crandall recalled in a 1952 article in the *Baltimore Evening Sun* newspaper. "The descent was pretty fast — it took only about seven minutes to drop down to the 240-foot level where the submarine lay with her stern in about 12 feet of mud."

Shortly before noon, Falcon lowered into the water a newly developed rescue device called the McCann-Erickson Rescue Chamber. Up until then, the chamber had only been used in training.

In theory, rescuers planned to lower the chamber via cables to the sub's deck, then seal it to one of the Squalus' hatches, according to Naval Institute archives. The crew would then blow the water out of the sub's chamber, open both hatches, and pull out the trapped submariners.

The process worked, but it took a long time.

"Because of the pressure, we could work for an average of only 18 minutes at a time. It took three hours to bring us to the surface," Crandall told the *Baltimore Evening Sun*, explaining that the slow ascent was necessary so they wouldn't get "the bends," a decompression sickness that happens when gas bubbles form in the blood stream from rapid changes in pressure.

Thanks to the skilled work of Crandall and three other master divers — Chief Petty Officer William Badders, Lt. Cmdr. John Mihalowski and Lt. James Harper McDonald — 33 men who survived the sinking were separated into four groups and rescued over the span of 13 hours.

At one point, Crandall nar-

rowly escaped death. According to his *Tampa Bay Times* obituary, during one of his dives, carbon dioxide gas formed in his suit. As he lapsed into unconsciousness, he started to call out football signals — something he did as the quarterback of a shore-based Navy football squad. Thankfully, other crew members heard the strange chatter through his diving suit telephone and knew something was wrong, so they pulled him to the surface, according to the *Tampa Bay Times*.

Over the next three months, divers and salvage crews worked to bring Squalus back to the surface and retrieve the remaining 26 men stationed at the rear of the vessel who didn't survive. Crandall made more than 60 dives as part of that effort. The submarine was finally raised on Sept. 13, 1939. All but one of the sailors' bodies were found.

According to Naval Institute archives, a Navy court determined a mechanical malfunction caused the disaster. As a result, submarine hull valves were converted to quick-closing flapper valves to prevent future tragedies.

For Crandall's leadership, bravery and devotion to duty during the hazardous Squalus rescue, he was awarded the Medal of Honor on Jan. 19, 1940, during a ceremony in Washington, D.C. His fellow master divers during the mission — Badders, Mihalowski and McDonald — also received the honor.

Crandall remained in the Navy through World War II, and he became a commissioned officer and took part in several salvage and diving-related missions. He transferred into the Fleet Reserve in June 1946. He retired in December 1952 to St. Petersburg, Fla., where he decided to lay down roots.

At some point along the way, Crandall married a woman named Mary. According to the *Tampa Bay Times*, he operated a fishing guide boat out of Johns Pass during his retirement.

Crandall died May 10, 1960, and was buried in Arlington National Cemetery. Heavy salvage ship USS Crandall, which served the Navy from 1967 to 1993, was named in his honor.

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The near death of a teenage saleswoman

School's almost out, so teenagers everywhere are prowling the streets and message boards, looking for summer jobs. They're not ready for mortgage payments or 401Ks, so they scabble for simple, low-wage jobs at ice cream parlors, community pools, movie theaters, hamburger joints and retail shops to earn a bit of spending money.

When our military family's summers weren't interrupted by PCS moves, our three children had part-time jobs during college and high school. Although we required our kids to earn spending money, I didn't pressure them to get internships or professional jobs until closer to college graduation. Thanks to a most unfortunate experience I had one summer when I was nineteen, I knew it would be a mistake to force our kids into "adulting" too early.

"You can work for me this summer," my father had said during a Sunday evening phone call when I was a freshman in college.

I had no interest in my dad's industrial chemical company. I'd always dreamt of a summer job waitressing at the beach in North Carolina — living in a seaside shack with other waitresses, not saving much money but having the time of our lives.

However, my father's warnings always prevailed. He had me believing that I had to make money, and a lot of it, to survive financially and add professional experience to my resume. According to him, the smartest thing to do was take a sales job at his company.

So, early one morning during that

summer, my father took me to a mile-long strip of diners, restaurants and retail shops in Monroeville, Pennsylvania for my first day of "sales training."

"Okay, here's what you're gonna do," Dad said as we stood at the back of his Chevy Astro Van in a diner

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

parking lot on the strip. He pointed to a "sample case" in the back of his van containing eight liter-sized plastic bottles of cleaning products manufactured by his chemical company.

As it was my first day on the job, I had no idea what the products were or how they were used. I assumed my dad would tell me everything I needed to know, but instead he simply said, "Take that sample case and go find the diner's manager. Offer to demonstrate the products, then make a sale." He handed me a thick pad of order forms, and pointed down the road.

"When you finish at the diner, go to the next business, and the next one, until you've reached the end of the strip. I'll pick you up at the Sunoco station at five. Good luck."

As the Astro Van peeled away, I squeezed my eyes shut, wishing to

be transported to the beach in North Carolina. But there I was on that dingy strip in Monroeville, cars and trucks whizzing by, breathing in gasoline fumes.

After several polite "no thank yous," I was terrified when the manager of a large steakhouse took me up on the offer to demonstrate my product samples in his huge industrial kitchen. "Everyone!" the manager yelled to his kitchen staff as I took shallow breaths, "Come here for a quick demonstration." Eight or so workers stood before a stainless steel prep station and stared at me.

Frozen, my mind raced. "What do I do now? God ... or Satan ... or Calgon, please take me away!" Unable to disappear, I forced myself to act. I'd seen that one of the samples was labeled "Stainless Steel Cleaner" so I pulled it out, and poured a puddle of it onto the already spotless counter. With a rag, I rubbed it in four circles, then wiped it up. "Voila! All clean!" I said, interrupting the excruciatingly awkward silence.

Needless to say, I didn't procure any orders that day. When my father picked me up at the Sunoco station, I was terrified to tell him the bad news. "Hahahaha!" his laughter boomed. "I wanted to teach you an important lesson: You can't sell anything without knowing your product."

My training in Dad's "school of hard knocks" continued that fateful summer, so this most unfortunate teenage job story continues in next week's column, "The summer I tried smoking."

AutoMatters™ & More by Jan Wagner



This week's AutoMatters & More column was not originally intended to be a part two of a Disneyland double-header (with videos!), but sometimes unexpected opportunities cause plans to change.

AutoMatters & More is usually distributed to publications beginning on Tuesdays. However, I delayed this week's column so that I could first bring you my edited video of the May 4th Star Wars Day, Season of the Force, "Fire of the Rising Moons" fireworks show above Galaxy's Edge, that I shot from within a sea of waving lightsabers, with the Millennium Falcon in the foreground (see [HYPERLINK "https://automatters.net/star-wars-season-of-the-force-2024-at-the-disneyland-resort-with-fireworks-video/"](https://automatters.net/star-wars-season-of-the-force-2024-at-the-disneyland-resort-with-fireworks-video/) <https://automatters.net/star-wars-season-of-the-force-2024-at-the-disneyland-resort-with-fireworks-video/>). Consequently, as I begin to write this week's column, it is now Saturday morning, March 25th.

Yesterday I drove from San Diego to Disneyland primarily to document an opening evening performance of the long-awaited, eagerly-anticipated return of Fantasmic, after a raging fire destroyed its gigantic, fire-breathing Maleficent dragon (nicknamed Murphy) during an ill-fated April 2023 performance. As my photos of the return day's crowds show — particularly in and around viewing areas for Fantasmic — Disneyland was absolutely, utterly packed.

To shoot video and still photos of the opening night performance of Fantasmic,

Fantasmic returns to Disneyland, with opening night video

I breezed through Disneyland Security with a heavy professional camera; a fast, heavy, professional zoom lens (optimized for low-light performance); an external, wind sock-equipped microphone; a monopod, to support my camera and steady my shots; and more.

I arrived at my preferred, elevated viewing area for Fantasmic — on the bridge above the entrance to Pirates of the Caribbean — in what I thought would be sufficient time to stake out a spot for the first of the evening's two performances. Unfortunately, that and the other roped-off viewing areas were already jam-packed with eager park guests, so I decided to leave and then return later for the 10:30 PM performance.

I headed over to Star Wars: Galaxy's Edge to ride "Star Wars: Rise of the Resistance," but it was closed for repairs. I waited for a while for it to reopen but it did not, so I returned to Fantasmic, arriving almost immediately before the start of the first (9:00 PM) performance. My plan was to stay there until the 9:00 PM audience had watched Fantasmic and then — hopefully — they would leave, giving me an opportunity to get a prime viewing location for the 10:30 PM performance.

I squeezed into a small space that remained within the roped-off, stand-by viewing area on the bridge, directly behind a crowd of people and a large, leafy tree. Somehow, I managed to shoot a few still photos when a gap occasionally opened during the first performance of Fantasmic.

When the viewing area's rope was dropped midway through Fantasmic, I rushed over to a place not blocked by a tree and waited, behind the people watching from there. Then, when Fantasmic ended, enough people left that I was able to work my way through to what turned

out to be a great location at the front of that viewing area, to watch Fantasmic's 10:30 PM performance. The handrail there would enable me to keep my hand-held, heavy camera reasonably steady while shooting a video of the 25-minute performance.

As a bonus for arriving well before the day's final performance of Fantasmic, first the audience also got to enjoy the Rivers of America version of Disneyland's Friday evening (9:30 PM) fireworks show. That included projections of animations on sprays of water, in front of where the Fantasmic show would soon be presented.

As you will see in my video, a link to which is posted in this column at [HYPERLINK "https://automatters.net/"](https://automatters.net/) <https://automatters.net/> Fantasmic no longer includes the colossal, fire-breathing Maleficent dragon. Instead, the much smaller Maleficent in her witch form rises high into the air, from where she uses her magic wand to ignite flames upon the Rivers of America. In response, Sorcerer Mickey snuffs out those flames and gets rid of Maleficent the witch.

Fantasmic is back, filled with beloved Disney characters, dazzling special effects and magnificent fireworks, but it is disappointing that for the dramatic climax of the show, Disney did not replace the fire-breathing Maleficent dragon with something else as breathtaking as that. Perhaps they will eventually.

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IN MEMORIAM

Saying goodbye to a loyal Dispatch reader

As condolences came in, one of his most ardent admirers said, "The world has lost an absolute legendary example of integrity, a man of honor we all respect. We will all sadly miss him." Another read, "I always thought of Hal as a model of the ideal man -- they broke the mold when he came into our lives."

Lt. Col. Hal Brown, retired Air Force, passed away at 93 from natural causes Saturday, May 4, 2024, at San Diego Naval Medical Center, surrounded by his family. He was finally reunited with his beloved wife, Elba.

Hal was born in Oklahoma, then as a child resided in Sandersville, Ga., at his ancestral home, "The Brown House", now distinguished as a historical site after Union General William T. Sherman accommodated himself and his troops there during the Civil War.

When he was 5 years old, his father died of a heart attack prompting his mother to move to Texas to work, and place Hal and his brother in the care of relatives who had a farm. Hal adapted well to the duties of farm life. He would say that plowing the fields gave him the opportunity to observe the clouds which initiated his interest in meteorology.

In 1959, while still a student at the University of Texas, he was about to be drafted into the Army, but joined the Air Force instead. Little did he know that he would later be embedded into the Army for eight years as their me-

teorologist. His first duty station as a weather officer was Fairbanks, Alaska where his amazing stories began at 42 degrees below zero and under the Aurora Borealis.

When he was called to the Vietnam War, weather conditions were the extreme opposite from Alaska's and the danger level had heightened considerably, but his gregarious nature led to many positive experiences in the midst of the negative ones of war.

After acquiring some Spanish in Texas, he learned Italian easily while he was stationed in Romeo and Juliet's hometown, Verona, Italy. With beautiful sights and sounds, delicious food, and the grand "piazzas" where he watched the passersby from his balcony, Italy and its people became fascinating to him. More amazing stories ensued from his trips to the Dolomites, skiing on the Zugspitze, sailing on Lago di Garda, and interacting with his Italian Military counterparts.

He left Italy in 1969 having served under generals who held him in high regard for his meticulous work and utmost commitment to his duties. They also admired him for his ability to lead well and make the best of every situation. His last duty station was in direct proximity to the Golden Gate Bridge, the Presidio of San Francisco where he held the rank of Lieutenant Colonel.

In 1973 he retired from the Air Force after 20 years, 2 months, and 12 days,



as he liked to put it. His military career had ended, but not long afterward his second career began when he took a position in San Diego as senior meteorologist at the Air Pollution Control District. He was recognized for his valuable work and at one point, saved the city of San Diego over \$1,000,000 in efforts to keep our air clean.

As if things weren't going well enough, fate beckoned him to contact his sweetheart, Elba, from his early military days. They were more mature now, both divorced and she had three teenagers. He'd tell us, "I must have been crazy!" But as their joint epitaph says, "Love conquers all". They were married in 1976 and their home became the gathering place for a large family. All of Elba's loved ones became his loved ones. They traveled far and wide, fulfilling Elba's dreams of seeing the world. Hal's popularity grew enormously when they visited Elba's native country, Ecuador. A gregarious gringo with a great sense of humor amazed everyone with his knowledge of, and expeditions in, Ecuador. He will be missed far and wide.

He is survived by his daughters Patricia (Victor) Castillo, Virginia (Joe) Norwood, niece Maria (Bill) Fahey, nephew Albert (Ramona) Parsons, sister-in-law Raschel Parsons (Gustavo Poveda), 10 grandchildren, two grand nieces, two grand nephews, two great-grandsons and one great nephew and many more loved ones.

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Resurrection Lutheran Church & Preschool of Coronado
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The Rev. Dr. Timothy Eichler
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www.RLchurch.com
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<https://sandiego.navylifefsw.com/> select movies from dropdown menu on left
<https://miramar.usmc-mccs.org/dining-entertainment/movies>
<https://pendleton.usmc-mccs.org/dining-entertainment/theater>

Lowry Theater - NASNI, 619-545-8479 Bldg. 650

Saturday - June 1
1:00 PM Unsung Hero pg
3:30 PM The Ministry of Ungentlemanly Warfare r
6:00 PM The Fall Guy pg13
Sunday - June 2
1:00 PM The Garfield Movie pg
3:10 PM Challengers r
Thursday - June 6
6:00 PM The Fall Guy pg13
Friday - June 7
6:00 PM Bad Boys: Ride or Die r
Saturday - June 8
12:50 PM Bad Boys: Ride or Die r
3:10pm Kingdom-Planet of the Apes pg13
6:00 PM Bad Boys: Ride or Die r
Sunday - June 9
12:50 PM The Garfield Movie pg
3pm Kingdom-Planet of the Apes pg13
6:00 PM Bad Boys: Ride or Die r
Thursday - June 13
6pm Kingdom-Planet of the Apes pg13

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

3465 Senn Rd.
Saturday, June 1
1:00 PM The Garfield Movie pg
3:10 PM Unsung Hero pg
6:00 PM The Fall Guy pg13
Sunday, June 2
1:00 PM The Garfield Movie pg
3:10 PM Unsung Hero pg
Thursday, June 6
5:50 PM Unsung Hero pg
8:00 PM The Fall Guy pg13
Friday, June 7
6:00 PM Bad Boys: Ride or Die r
Saturday, June 8
1:00 PM The Garfield Movie pg
3:10 PM Tarot pg13
5:50pm Kingdom-Planet of the Apes pg13
Sunday, June 9
1:00 PM The Garfield Movie pg
3:10pm Kingdom-Planet of the Apes pg13
Thursday, June 13
6:00 PM Tarot pg13
8:00 PM Bad Boys: Ride or Die r

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

Saturday, June 1
1:30pm The Fall Guy (PG13)
4:30pm The Ministry of Ungentlemanly Warfare (R)
Saturday, June 8 *SENSORY FRIENDLY
1:30pm *The Garfield Movie (PG)
4:30pm Abigail (R)
Saturday, June 15
1:30pm Unsung Hero (PG)
4:30pm Challengers (R)



Bob Hope Theater 577-4143 MCAS Miramar Bldg 2242

Saturday, June 1
3:00 PM - The Garfield Movie (PG)
6:30 PM - The Fall Guy (PG-13)
Sunday, June 2
12:00pm - Unsung Hero (PG)
3:00 PM - The Fall Guy (PG-13)

CROSSWORD PUZZLE

Across
1 Arthur with Emmys
4 DVR copying button
7 Futuristic TV family
14 Reply to "Excuse me, you're in my seat"
16 Modified to fit
17 Reacted to shearing
18 Fitness regimen
19 *Tour de France participant
21 Manage moguls
22 Rhinitis docs
23 Thumb drive port
26 Pinocle combos
30 Meticulous to a fault
31 ___ vez: Rosa's "once"
34 *Lo-cal tea brand
38 Islamic holy month
40 Scam targets
41 *Singer who's the namesake of the high school in "Grease"
43 Rapper Lil ___ X
44 Poirot's pals
45 "To recap ..."
47 Small point
48 Pedestal or plinth
51 Wedding vow
54 One who might use one of the ends of the answers to starred clues
59 SeaWorld tanks
62 Collectibles from afar
63 Happening now
64 Med. imaging procedure
65 Bob and weave
66 Medical ins. plan
67 Denver-to-Wichita dir.
Down
1 Lettuce variety
2 "The Name Game" singer Shirley
3 Smart ___: wiseacre
4 Campus mil. group
5 First name in stunt driving
6 Formally transfer
7 "Shogun" setting
8 Decree
9 Stories
10 Practice boxing
11 Giants legend Mel
12 Bridal bio word
13 '60s antiwar gp.
15 "The Big Bang Theory" actress ___ Bialik who is also a scheduled 2021 "Jeopardy!" guest host
20 Remainder
23 Remove, as a brooch
24 Actress Hayek
25 Grace verb
27 Stream swirl
28 "You made that up!"
29 Claim to be untrue
30 Well-suited
31 Not at all bucolic
32 Judd of country
33 Scope
35 "Frozen" reindeer
36 Guitarist Lofgren
37 Org. in many civil rights cases
39 Short muscles?
42 God, in Grenoble
46 Tic Tacs, e.g.
48 Yawning, perhaps
49 Essential acid
50 Minor arguments
52 Prepare for takeoff, as a frosty windshield
53 Aquatic predators
54 "The Alienist" author Caleb
55 Field for this puzzle's theme
56 Possible cause of student nervousness
57 Revolution prefix
58 Hamlet, by birth
59 Allentown : "Alas!" :: Altenburg : "___!"
60 Sine ___ non
61 Ocean State sch.

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Visit our military museums

The Veterans Museum at Balboa Park. The Veterans Museum and Memorial Center is a museum located in historic Balboa Park of San Diego, California. Founded in 1989, it is dedicated to create, maintain, and operate an institution to honor and perpetuate the memories of all men and women who have served in the Armed Forces of the United States of America. Active duty military, Museum Member, Children under 12: Free
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<http://www.veteranmuseum.org/>
Hours: Call for current hours (619) 239-2300

MCRD Command Museum & Historical Society. Museum focusing on Marine Corps history from the 19th century to today is also a research library. <https://www.mcmdmuseum.org/>
Free admission • The Pass and ID Center may issue day passes to visitors who wish to visit the museum and do not possess military ID-call (619) 524-4200 for information on base access.
1600 Hochmuth Ave, San Diego, 92140 • (619) 524-4426
Hours: Mon 8am-3pm, Tue-Fri 8-4; Family day 8-5:45; Sat 10:30-5,
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Marine Corps Mechanized Museum Camp Pendleton. Managed under the auspices of Camp Pendleton's Museum Division Office, the collection of over 50 vehicles ranges from World War I to the first Gulf War. It includes Patton tanks, armored wheeled and tracked vehicles, trucks, jeeps and amphibious vehicles. When coming aboard Camp Pendleton, please ensure that you have a valid photo ID for every vehicle occupant along with current registration and proof of insurance.
<https://www.themech.org/>
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USS Midway Museum. The USS Midway Museum is a maritime museum located in downtown San Diego at Navy Pier. The museum consists of the aircraft carrier Midway. The ship houses an extensive collection of aircraft, many of which were built in So Cal.
FREE-Children 5 & under, Active Duty military including reservists (w/valid ID). Adult \$34 (ages 13+). Youth \$24 (ages 4-12). Veterans (w/ID) \$24*Must show ID at entrance.
Open daily 10-5, last admission 4pm. <https://www.midway.org/>

The Ranch House Complex at Camp Pendleton. Listed as the Santa Margarita Ranch House Nat'l Historic Site and as a California State Historical Landmark. Docent-led tours are available by appointment; masks required. Please email your request to: MCBCAMPEN_history@usmc.mil or phone (760)725-5758 The Camp Pendleton Historical Society is a 501(c)3 organization in support of the base's History and Museum's programs. Go to: www.camppendletonhistoricalsociety.org/ for information. Hours: Open daily 10am-5pm • Last admission at 4pm

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Virtual Group Therapy is convenient, effective in treating mental health challenges

by Janet A. Aker,
MHS Communications

Virtual group therapy—gathering regularly online with fellow group members to discuss mental health challenges—is an effective, and convenient, alternative to in-person group therapy or even one-on-one therapy.

With virtual therapy, “you can access this support from wherever you are, which is extremely convenient. And it’s not just convenient—it’s effective. People are benefiting from it and recommending it to their friends,” said Shira Max, a doctorate and licensed clinical psychologist at the Naval Branch Health Clinic Navy Training Center in San Diego.

“For military families, particularly those in remote areas or stationed overseas, accessing mental health care can be challenging,” Max said. “Virtual group therapy eliminates the need for travel to clinics, long waits at base entry points, and time spent in waiting rooms.”

The Naval Medical Center San Diego and Naval Hospital Camp Pendleton have used virtual group therapy for more than four years. The practice has existed since the 1950’s. In 1959, the Nebraska Psychiatric Institute used early videoconferencing to provide group therapy, long-term therapy, consultation-liaison psychiatry, and medical student training at the Nebraska state hospital in Norfolk, Max said.

Patients Say Virtual Therapy Works

Patient surveys conducted after each virtual therapy session “have consistently reported high levels of satisfaction,” Max said. “We’ve found that participants experience improvement in the symptoms or problems that led them to seek treatment. Additionally, they report feeling a strong sense of connection to their fellow group members and are willing to openly share their thoughts and feelings.”

“These findings demonstrate the effectiveness of virtual group

therapy in providing meaningful support and fostering a sense of community, even in a digital environment,” said Max.

“As we continue to refine our assessment of virtual behavioral health groups, we aim to further understand and enhance the patient experience, ensuring that virtual group therapy remains a valuable resource for military families,” Max said.

Making Virtual Group Therapy the Norm

“The group model of care requires a commitment to shift to this format at any given [military hospital] or clinic, and policies to support that commitment and change,” said Ronda Renosky-Vittori, a doctorate in behavioral health, and program area manager of psychological disorders treatment research at the Science and Technology Portfolio Management Branch of the Defense Health Agency Research and Engineering Directorate opens Health.mil in Silver Spring, Maryland. Her background includes leading group therapy.

She has this advice on weighing whether in-person or virtual group therapy could be the right choice for mental health treatment.

“Have you ever had a friend or a group of friends you’ve confided in, but after a while you realize that they aren’t giving you the feedback that you need to make real progress on the challenges you’re bringing to them? Because group therapy has a somewhat structured process to the way it flows, it’s like taking that group of friends and calibrating their guidance and support to be just what you need, when you need it,” said Renosky-Vittori.

“If you’re facing challenges and could use some support, know that we want to help connect you with the right resources that can guide you through,” Max said. “Virtual group therapy offers a lot of benefits, so if it’s offered as a resource—be open to it, because it’s likely to help you.”

Group therapy’s success

is seen at military hospitals and clinics.

“The increased openness and positive interest in groups that has happened” at the U.S. Army’s Fort Leonard Wood opens Army.mil garrison in Missouri “in only the last year bodes really well for the future of groups in behavioral health over the next five to 10 years,” said U.S. Army Maj. Daniel Good, a doctorate in clinical psychology, and the installation’s deputy director of psychological health.

“As culture continues to shift and change, I believe group [therapy] will take hold and become the new expectation and the new accepted norm,” he predicted.

Fort Leonard Wood was part of a six-month pilot program on targeted care opens Health.mil News article for mental health, along with 10 other DHA military hospitals and clinics that lasted from April to October 2023. Targeted Care opens Health.mil is being introduced across the Military Health System currently and is expected to be completed in 2025.

Targeted Care standardizes the patient intake and evaluation process and ensures the patient gets the specific care he or she needs in a timely manner, whether it’s an individual appointment, group therapy, nonclinical support, or specialty mental health treatment, such as medications or inpatient services.



Virtual group therapy—gathering regularly online with fellow group members to discuss mental health challenges—is an effective, and convenient, alternative to in-person group therapy or even one-on-one therapy.

Pregnancy anxiety: Benefits of counseling during pregnancy

Pregnant women who have anxiety before childbirth are at increased risk for mental health concerns after the baby is born. Anxiety during pregnancy is more common in areas where mental health resources are scarce. A recent study showed that counseling given by non-specialists could help.

The study enrolled more than 750 pregnant women in Pakistan. All the women had symptoms of anxiety but not depression at the

start. About half received routine medical care. The rest received at least six counseling sessions designed to treat anxiety. The counselors had college-level degrees in psychology but no clinical experience. The sessions taught women to replace anxious thoughts with helpful thoughts and behaviors.

By six weeks after childbirth, only 9% of the women who received counseling had moderate-to-severe anxiety. This compares

to 27% in the routine care group. And only 12% of women who got counseling had an episode of major depression. In contrast, 41% in the other group had a depressive episode.

“In low-resource settings, it can be challenging for women to access mental health care due

to a global shortage of trained mental health specialists,” says Dr. Joshua A. Gordon, director of NIH’s National Institute of Mental Health. “This study shows that non-specialists could help to fill this gap, providing care to more women during this critical period.”



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WHO WE ARE

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



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<p>CAMP HERO Encourages healthy living and provides outdoor activities and social bonding opportunities for military children.</p>	<p>OPERATION KID COMFORT Custom, hand-made quilts to help children cope with the separation of a parent's deployment.</p>	<p>SERVICE EVENTS Support military families through dances, giveaways, and community events.</p>
<p>HOLIDAY SUPPORT Toy giveaways and financial assistance for active duty service members and their families during the holidays.</p>	<p>SOI RECREATION CENTER Open on the weekends, this recreation space provides a place for School of Infantry students to relax and recharge.</p>	<p>FOOD DISTRIBUTION & FINANCIAL SUPPORT Assistance with food, diapers, gas, and other necessities through monthly distributions, a food pantry, and emergency commissary and gas cards.</p>

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